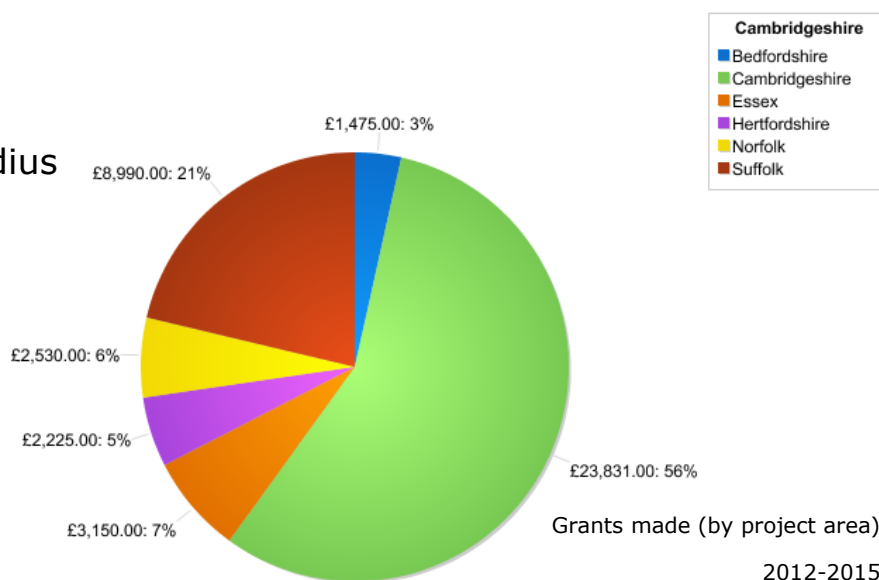


Ridgeons Community Fund

fund update:

- Over **£40,000** to projects based within a 10 mile radius of Ridgeons' branches
- Projects supporting:
 - * **Improving Health**
 - * **Children, young people and families**



Recently offered grants:

- ♦ **Felixstowe Opportunity Group (Suffolk)**—£250 towards play sessions for children with special educational needs and respite time for parents/carers.
- ♦ **Cambridge Hub (Cambridgeshire)**—£400 to purchase books for 'Schools Plus' a tutoring project for children who are disadvantaged.
- ♦ **Ipswich Opportunity Group (Suffolk)**—£250 towards providing scrapbooks to record children's achievements while attending group sessions.
- ♦ **Cruse Bereavement Care (Hertfordshire)**—£750 to fund group days for bereaved children and young people.
- ♦ **Road Victims Trust (Bedfordshire & Cambridgeshire)**—£500 towards volunteer counsellor supervision for two volunteers.

Ridgeons Community Fund is one of a number of donors who, through Cambridgeshire Community Foundation's **RESTART programme**, will support charitable projects in Cambridgeshire & Peterborough **to improve the mental health of local people.**

restart programme

case study

£500 grant awarded to Colchester Carers Centre:

To support two months office rent for a project supporting young carers.

The **Young Carers Project**, run by the Colchester Carers Centre, has benefited all children on the project, as without the office facility the centre would be unable to provide telephone support to their families. Many of the children live with a parent with a mental health problem. Support to the family is vital for the wellbeing of parents, siblings and the child, who is acting as the carer in the family.

"I can see that I can change over time, but it takes time."

Colchester Carers Centre aims to provide support, advice and information, including signposting to other agencies, to all carers whether they live within Colchester and its environs or the wider demographic area. Offering help to individual carers but ensuring that the needs of the cared for person and other family members are given equal consideration.

www.colchestercarerscentre.co.uk

"The (Young Carers) Project has been a lifeline for my daughter who looks forward to every activity and outing, with great enthusiasm saying,

"I Love Young Carers and I am never, never going to leave!" "



The **Cambridgeshire Community Foundation**, an independent charity (1103314), makes grants to local grass root community groups. Individuals, families, business, public sector organisations, and other charitable trusts make this possible by setting up Funds with us. For more information on CCF, please visit www.cambscf.org.uk.

This Fund newsletter has been written and produced by employees of the Foundation. Whilst every attempt is made to ensure the information is correct, this cannot be guaranteed. Please contact the Cambridgeshire Community Foundation if you have any comments about the content - info@cambscf.org.uk

www.cambscf.org.uk/ridgeons-community-fund.html