

Romsey Mill "Support, opportunity, potential"



Romsey Mill is a Cambridge based charity providing practical, educational and emotional support to those hardest to reach and most in need. They support over 3500 young people, children and families each year.

"Romsey Mill provides an open door for young people and families facing tough times at home, at school and in the community. It is an inspiring place to work because every day we are touching the lives of some of the most disadvantaged people in Cambridge and helping them achieve their aspirations. My colleagues always go the extra mile and have a passion for what they do." - Quote from Charity, who is the Corporate Partnerships Officer for Romsey Mill.



Watch the video

Since 2005, Romsey Mill have been awarded 23 grants by CCF.

Below are some examples of projects which have been funded by a variety of our donors.



In February 2014, Romsey Mill were awarded a grant from the [High Sheriff's Award Scheme](#) towards a new music project for at least 20 disadvantaged young people living in the north of Cambridge City.

The 20 young people involved in the project will develop key transferable skills that will enable them to lead a positive, more fulfilling life. The project will make use of film and photography to capture the

young people's journey which will also be widely shared.

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In October 2012 the [Seymour Charitable Fund](#) awarded a grant for support and advice and guidance for up to 40 young women experiencing a range of mental health conditions.

"I used to feel so alone and didn't understand why I did things. Romsey Mill helped me understand myself and I met other girls like me."

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In September 2012, a grant was awarded from the Cambridge City and South Cambs Reward Grant Fund to run a course equipping young adults with high-functioning autistic spectrum conditions (ASCs) for independent adult life.

Aspire Plus delivered 40 sessions and a 2 night residential for 12 young people with autistic spectrum conditions.] Sessions included life skills training such as travelling on public transport, household chores, cooking and social situations. They also delivered sessions on CV writing, applying for a job or college course, applying for benefits and budgeting. Sessions were delivered weekly during term time in the evenings, with the 2 night residential completing the project at the end of the 40 sessions.

"I have enjoyed new and different experiences like going on my residential, going out for dinner, meeting up. It has improved my confidence massively." – Jack

oOo



Romsey Mill received a grant from the High Sheriff's Award Scheme 12/13 to fund a Boxing club for a group of 10 young people from Cambourne aged 13-17.

The project has made a really positive difference to the young people who have attended the boxing group. They have taken ownership of it and attend every week. They have been able to learn new skills, develop positive relationships, gain access to positive role models and learn a sport that has positive effects both physically and mentally. The group has also acted as a diversion from anti-social behaviour and crime which some of the young people were actively involved in. The young people have achieved something that they can be proud of which has helped to build their confidence and ability. Some of the young people are keen to take their passion for boxing further and become coaches themselves.

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Quote from Carl, a young person involved in Romsey Mill's Social Inclusion Programme. Carl attended some positive activities including football and youth groups -

"Things went seriously downhill for me when I moved on to secondary school. I felt that I could not blend in and I was always in trouble with the teachers. I started bunking off school, smoking, drinking and committing robberies. Romsey Mill got involved, helped my case and never gave up on me. I eventually turned my life around and got into college and passed all my courses: Animal Care, IT, Maths and English. I grew up a bit and now I want to give something back and become a volunteer to help other teenagers.

My neighbourhood can be unfriendly and rough. The children there have no guidance and activities to focus on; they are just looking for trouble. I want to help young people in my community, even if it is just to take them off the streets for an hour or so.

I now want to work with Romsey Mill as a volunteer and get hands-on with running football training courses and residential trips. I am hoping to get paid youth work in the future and want to continue working with teenagers and learn about what they are going through."