

GIVE TO WHAT YOU LOVE



suffolk

REBUILDING
LOCAL
LIVES
TOGETHER



Annual Report 2019/2020



SUFFOLK
Community
Foundation



44,582
direct
beneficiaries

CHILDREN & FAMILIES



39,065
direct
beneficiaries

COMPASSION IN CRISIS



76,301
direct
beneficiaries

HEALTH & WELLBEING



12,101
direct
beneficiaries

OLDER PEOPLE



28,006
direct
beneficiaries

THRIVING IN SAFE COMMUNITIES



5,592
direct
beneficiaries

EDUCATION, LEARNING & LIFE SKILLS

Unlike traditional grantmaking trusts and foundations, we develop lasting partnerships with individuals, families, businesses, public bodies and trusts.

We work together to ensure that areas of acute need in Suffolk are addressed compassionately, respectfully and sustainably. We are committed to deepening levels of engagement in everyone who seeks to change lives and improve futures.

We are one of a national family of 46 Community Foundations in the UK. As one of the top five grantmakers in the UK, our combined power and shared passion to make a difference is increasingly influential at the most senior levels and is delivering real and meaningful change.

Our vision is to help make Suffolk a better place for all.

Our mission is to change local lives by connecting causes that matter with people who care.

Our values are to be:

- Compassionate and fair in our purpose
- Professional and independent in all our relationships
- Open and clear in our communications

Our priority is to reach those in most need by combining robust evidence with local service delivery.

CHAIRMAN & CHIEF EXECUTIVE'S REPORT

The publication of this year's annual report could not be more timely as it gives us a great opportunity to look back over the past eight months of the pandemic crisis, take stock of what has happened in our county, and set the direction of travel for the support the Suffolk Community Foundation can provide to the voluntary sector over what is undoubtedly going to be an extremely demanding year in 2021.

The Covid-19 pandemic has clearly exacted a heavy toll on many people across the county, beyond those already living in deprivation - from children missing out on learning and life skills, to older people affected by isolation and loneliness, to families coping with financial uncertainty, bereavement, unemployment or mental ill health. We may not be the hardest-hit county, but you only have to see the number of people and the variety of issues that our voluntary sector has supported to get an idea of the extent of hardship many in Suffolk have faced.

The pandemic has also tested our voluntary organisations to extreme levels that have not been witnessed in living memory, if ever. Demand for charitable services have soared whilst income through fundraising and trading activity has fallen for the majority. In addition, trained and experienced volunteers, particularly older volunteers, have had to socially distance, thereby reducing their host organisation's ability to respond to the growing need for their services. So often, these circumstances have fallen on our smaller local charities that typify our voluntary sector.

And yet the response from the county has been nothing short of extraordinary. What is particularly heartening, is the way that public, private and voluntary sector organisations have come together, working in partnership to develop and integrate their services for maximum reach and impact.

We are proud of the role that Suffolk Community Foundation has played during the emergency and witnessing how the whole team found new ways to deliver vital support has been inspirational.



George Vestey DL
Chairman



Stephen Singleton MBE
Chief Executive

In responding to the crisis, we have established the emergency Coronavirus Community Fund to raise vital money to support front-line needs – over £1.7M has been raised so far. We rapidly identified the immediate hotspots of need and are doing everything possible to urgently channel funds to the front line. We have also supported voluntary organisations with much needed operational costs by delivering 885 grants to a value of £4.92M.

The resilience and can-do attitude of the whole team has been phenomenal, and we are deeply grateful, but the Foundation is just one part of a cog and it has been equally impressive to see the power of Suffolk working together, as it never has before. There has been a reawakening of neighbourhoods and community spirit through a massive upsurge in volunteering and kindness at a grassroot level. As well as some incredible partnerships built on a level across the county with the likes of Community Action Suffolk, our faith groups, Clinical Commissioning Groups, the Police and Crime Commissioner, Suffolk Association of Local Councils, Suffolk County Council, District and Parish Councils. They have all been working together to provide a range of flexible solutions to immediate frontline need, all helped by our fantastic collaboration with the East Anglian Daily Times and BBC Radio Suffolk who have been such a powerful voice for rallying support. We also owe a massive debt of gratitude to the thousands who have contributed to the emergency appeal and to our fundholders who have been simply brilliant.

You will see in this report, that we are also launching our third Hidden Needs research and we are grateful for the work that Noel Smith and Cristian Dogaru at University of Suffolk have undertaken to shine new light on areas of deprivation in the county. We are hopeful that Hidden Needs 3 will enable us and our partners to focus on the right priorities for our support moving forward, as we tackle the pandemic and rebuild thereafter.

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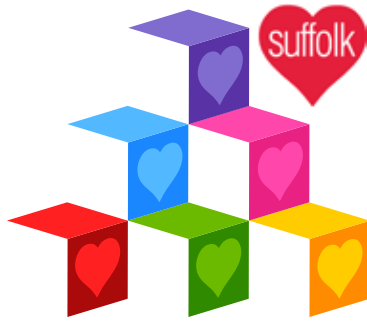
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SUFFOLK CORONAVIRUS COMMUNITY FUND

REBUILDING LOCAL LIVES APPEAL



Please donate to the Suffolk Coronavirus Community Fund



When the coronavirus pandemic hit Suffolk, almost overnight the scale of need in our county rose dramatically.

Established local charities and community groups responded immediately to the communities they support and were joined by a countywide network of locally organised 'Good Neighbour Schemes' and grassroots community response teams. Initially, resources were challenged as many volunteers themselves were instructed to lockdown – but service delivery was quickly reviewed and adapted to comply with lockdown rules and the countrywide effort to reduce the levels of infection.

There was an immediate need to upscale the ability of charities and volunteers to work from home using a mixture of home technology, social media and other online communication platforms. It was vital to harness all means possible to maintain contact with existing 'clients' and support many more people who found themselves in need for the first time.

Also, fundraising activity ceased overnight, threatening not only immediate and vital work to address need, but also the very future of many of our voluntary sector organisations at a time when we all needed them most. It was clear within hours that the team at Suffolk Community Foundation would need to play a key role in raising and delivering funds to support this work as quickly and smoothly as possible.

As a member of a family of 46 Community Foundations across the country, our existing ability and proven track record to reach and support grassroots organisations had already been identified by the **National Emergencies Trust (NET)**. A partnership agreement to address the situation we all found ourselves in had, thankfully, already being worked on in the wake of The Grenfell Tower disaster. The combination of the NET's ability to raise funds nationally, and 15 years of the work by the team at Suffolk Community Foundation to create and build central funding resources, allowed us to hit the ground running in Suffolk. A response was mounted with immediate effect and vital funding distributed to keep existing organisations moving forward whilst at the same time supporting many vital new schemes that were springing up in local communities across the county.

Suffolk is working TOGETHER to fight the coronavirus pandemic



2,923
direct
beneficiaries
supported

who have caring responsibilities

In tandem with this extraordinary work, it quickly became clear that the depth of the crisis was growing rapidly and that whatever solutions we needed to deliver would not be for days and weeks, but for months and even years. More had to be done to raise local funding and further develop partnership working in the county.

Suffolk Community Foundation became a key founding member of **Suffolk's 'Home But Not Alone' initiative** and stakeholders launched the **Suffolk Coronavirus Community Fund** in March 2020. With an initial target of £1M achieved within only a few weeks, the target for the appeal was raised to £2M (to be achieved by the end of 2020). As of October 2020, £1.7M has been raised, with over 350 grants awarded to local groups, reaching over 170,000 direct beneficiaries.

An incredible #TeamSuffolk effort that is very much ongoing and in need of further financial support and partnership.

Wonderful news!

Suffolk Community Foundation's CEO Stephen Singleton is recognised with MBE in the Queen's Birthday Honours List for services to the community in Suffolk during Covid-19.

To read the full story, [click here](#)



Superstar Ed Sheeran makes stunning Suffolk Day gift as BBC Radio Suffolk joins the team to boost Suffolk Community Foundation's £2M Appeal.



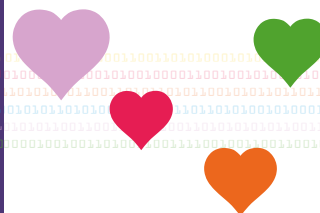
To read more, [click here](#)



Read more about the work of local charities and community groups by [clicking this link](#)



WORKING IN PARTNERSHIP WITH THE PUBLIC SECTOR



As in previous years, over the last 12 months we have successfully worked with partners from across the public sector, including Suffolk Police, the NHS and local authorities. In many ways the pandemic has served to reinforce the importance of collaboration and that working in a systemic way across the different sectors is key to addressing the breadth of need in Suffolk.

As ever, we have sought to add value to our partnership activity by using our unique position within, and knowledge of, Suffolk's voluntary sector. We have utilised our philanthropic donor base to complement public sector funding and in doing so enabled greater investment into the voluntary sector. By working in this way, we have enabled alignment between the needs of our communities and the collective resource at our disposal.

This year our collaborations and partnerships have been particularly wide ranging. We have played a key role in the collective response to Covid-19, both through our fundraising and by way of participation in the Suffolk Collaborative Communities Board and its strategic workstreams.

Importantly, we have also carried on with business as usual, where for example, we have continued our significant Realising Ambitions grant programme in partnership with the Integrated Care System. We have also co-developed and delivered funding programmes with Suffolk Police and Suffolk County Council tackling a broad range of needs and delivering positive outcomes within communities in Suffolk.

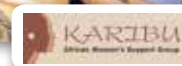
Realising Ambitions

Last year Suffolk saw the creation of the Integrated Care System (ICS) which brings together local health and care organisations from both the statutory and voluntary sectors. The Realising Ambitions programme was established by the ICS to help address key priorities including: reducing loneliness and social isolation, improving mental health and well-being and suicide prevention, preventing and treating obesity, and reducing the impacts of poverty on health outcomes.

The Realising Ambitions grants programme has seen SCF deliver grants totalling £1.2m to 48 organisations across Suffolk. To the right an update on the delivery by some of those organisations and the difference it is making to their beneficiaries in Suffolk.

Karibu African Women's Support Group

This group were awarded a grant to deliver three activity programmes in personal development and well-being, principally but not exclusively for BAME women in Ipswich including; Exercise and Dance; Mindfulness; and Healthy Cooking. [Read more](#)



Home Start Mid and West Suffolk

Funding has helped this organisation to support additional families in West Suffolk by providing home visits, and to continue running the Lakenheath Parent and Child Group. [Read more](#)



Unscene Suffolk

The grant enabled those with visual impairments to take part in the singing group to plan and work towards performances, and then to continue meeting in lockdown. [Read more](#)



Holiday Hunger – The PINK Orange Project



In the summer of 2020 the Department for Education (DfE) launched its Holiday Activities and Food Programme. This resulted in an award of funding to Suffolk County Council (SCC) to enable children and young people to benefit from free healthy meals and enriching activities throughout the summer.

Following preliminary discussions, SCC and Suffolk Community Foundation (SCF) formed a partnership to distribute a proportion of the funding, targeted at those households with children and young people in receipt of, or eligible for, free school meals. The need was met by delivery through PINK Orange, a programme run by Access Community Trust.

PINK Orange provides two weekly meal provisions for its Members, alongside a range of additional support measures. Its ultimate aim is to help break the cycle of food poverty by educating young people and their families with key life skills that allow them to maintain healthy eating on a budget. It also provides supportive services on a range of household issues that inherently surround these families and could lead to long-term social isolation if not addressed. [Read more](#)

Quotes from beneficiaries

Not only has it provided us with welcomed food, it has reminded us of the importance of family dinner times.

Using your easy to follow recipe cards and videos, I have managed to introduce Blake to cooking with new ingredients!

Covid-19 changed our world. But our weekly PINK Orange bag have given the kids something to look forward to. It's brought us together at the dinner table.

PINK Orange is a new and exciting service that breaks the stigma of households suffering from holiday hunger and ongoing food poverty

Working in partnership with Suffolk's Police and Crime Commissioner

Tim Passmore, the Police and Crime Commissioner for Suffolk has worked with Suffolk Community Foundation in utilising the skills of the voluntary sector to help reduce crime, support victims of crime and educate those about criminal activity and its effects. During the last year, the fund has awarded 23 grants totalling £252,223 which is anticipated to reach around 7,344 beneficiaries.

The Reader

Helping ex-offenders to have a more successful reintroduction to society, the 'Through the Gate' project looks to train prisoners to lead weekly reading groups with a view to continuing this volunteering role on release. [Read more](#)



Ormiston Families

The 'Breaking Barriers' project supports children and young people, providing a safe, non-judgmental place for them to talk about and process the imprisonment of a parent and the impact this had on their lives. [Read more](#)



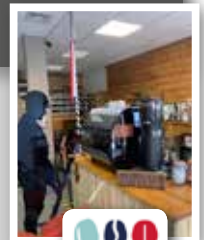
Anglia Care Trust

A grant was awarded towards the Money Advice Service, specifically for victims of abuse. The service helps victims to improve their financial capacity and reduces repeat victimisation. [Read more](#)



Men's Mental Health Fund

Working with Public Health, a grant fund was created to improve men's mental health, to reduce the risk and incidence of suicide amongst men in high risk groups in; Brandon, Newmarket, Ipswich, Leiston and /or Stowmarket.



The fund aimed to offer:

- Work that supports men, especially middle-aged men, and young men where there is an emerging risk, or;
- Work supporting men in high risk groups:
 - In the care of Mental Health Services, including inpatients
 - With a history of self-harm
 - In contact with the Criminal Justice System
 - Working in specific occupations such as the construction industry, rural or agricultural sectors
 - Other at-risk groups – BAME, LGBTQ, Veterans, Homeless and rough sleepers, survivors of domestic/sexual abuse

This fund has been very well received and has given Suffolk Community Foundation a chance to meet demand in a specific area which is often not addressed.

[Read more](#)

GRANTS



who are facing challenges with substance abuse and addiction



We would like to thank all our donors and fundholders for supporting us to deliver the highest ever levels of grantmaking in 2019/20.

TOGETHER we distributed **885** grants totalling over **£4.92M** to charities and community groups right across Suffolk. A wonderful achievement.

#iwill Fund

£92,540

Access Community Trust
ActivLives
B&B Young People's Theatre Company
Forge Community Church
Future Female Society
Green Light Trust
Ipswich and Suffolk Council for Racial Equality
Ipswich Community Media
Porch Project
REACH Community Projects
Small Nose Productions
Suffolk Rape Crisis
The Mix Stowmarket
Volunteering Matters
Waveney F.C.

Acorn Fund (supported by Pound Gates & Sevatas)

£1,750

Cancer Campaign in Suffolk
Porch Project

Arts & Culture Fund

£7,000

Caribbean and African
Community Health Support
Forum
Ko-an Arts CIC
Orwell Mencap
Quay Theatre at Sudbury

Theatre Royal Bury St
Edmunds

Bluebell Fund

£14,783

BSC Multicultural Services
Child Brain Injury Trust
County Upper Wolves
Basketball Club
EPIC Dad Community
Interest Company
Fresh Start - new beginnings
Green Light Trust
Home-Start Mid & West
Suffolk
I MADE THIS
Ipswich & District Citizens
Advice Bureau
REACH Community Projects
Stour Valley Vineyard /
Storehouse
Suffolk Mind
Suffolk Young People's
Health Project

Bunting Family Fund

£2,167

Our Special Friends
St Elizabeth Hospice
The Benjamin Foundation
The Children's Literacy
Charity

Catalyst Fund

£10,897

Brandon PCC
Bury St Edmunds and West
Suffolk Samaritans

Bury St Edmunds Child
Contact Centre
St Edmundsbury Newstalk
Association
Suffolk Accident Rescue
Service
Suffolk Family Carers

Centenary Fund

£12,000

All Saints' Church Ringsfield
Bradfield St George Parish
Church
Porch Project
St Michael's Church, Beccles
Parish
Walton Parish Nursing

Co-op Community Cares Fund

£42,268

Bury St Edmunds Women's
Aid Centre
Essex Community
Foundation
Fresh Start - new beginnings
KidsOut
Leeway Domestic Violence
& Abuse Services
Lighthouse Women's Aid
Norfolk Community
Foundation
Orwell Housing

Cunliffe Family Fund

£3,000

Brandeston Parochial
Church Council
Framlingham Area Youth
Action Partnership
Ipswich Housing Action
Group (IHAG)
Level Two Youth Project
Suffolk Hearing Advisory
Service

David & Jill Simpson Fund

£22,865

Access Community Trust
ActivLives
Age UK Suffolk
Disability Advice NE Suffolk
(DANES)
Felixstowe Area Community
Transport Ltd
GoStart Community
Transport
Lawshall Tuesday Club
Lowestoft Blind Activities
Club
Lowestoft Shopmobility
Music in Our Bones
Our Special Friends
Rendlesham Good
Neighbour Scheme
Rural Coffee Caravan
Information Project
Suffolk Mind

Davies Family Fund

£5,746

ActivLives
Music in Our Bones
Orwell Mencap
Suffolk Rape Crisis

De La Rue Family Fund

£600

Fresh Start - new beginnings

Dementia Friendly Communities Fund

£1,842

The Seagull Lowestoft CIC

2,258
direct
beneficiaries
supported

who have been affected by domestic violence

Dolphin Franklin Fund

£7,500

EPIC Dad Community
Interest Company
FIND (Families in Need) Ltd
Kernos Centre
Lowestoft Boxing Academy
Suffolk Refugee Support
Walnut Tree Health and Wellbeing CIC
High Sheriff's Fund

Essex & Suffolk Water

£2,000

Headway Suffolk

Euston Family Fund

£20,000

St Nicholas Hospice

Fonnereau Road Health Foundation Fund

£59,092

Beyond the Wall
Disability Advice NE Suffolk (DANES)
Eden's Project
Green Light Trust
Ipswich & District Citizens Advice Bureau
Ipswich Dementia Action Alliance
Little Bealings Parochial Church Council
littlflfts
Poppies Care Farm CIC
St Nicholas Hospice
The Pear Tree Fund

Food & Drink Fund

£49,711

ActivLives
Age UK Suffolk
Bucklesham Village Hall
Chapman Centre Trust
Emmaus Suffolk Ltd
FIND (Families in Need) Ltd
Green Light Trust
Lowestoft Community Church
Mid Suffolk Voluntary Organisations Forum
New Life Church (Suffolk)
REACH Community Projects
Rural Coffee Caravan Information Project
St Mary's Church, Kersey
Stour Valley Vineyard / Storehouse
Suffolk County Council
TOPCATS
Waveney Foodbank
Wednesday's Child

Frank Jackson Foundation Fund

£46,500

ActivLives
East Anglian Russian and International Cultural Society
Fresh Start - new beginnings
Headway Suffolk
Home-Start Mid & West Suffolk
Horringer Pre-School
Schoolreaders
Suffolk Family Carers
Suffolk Refugee Support
The Seagull Lowestoft CIC

Harris Family Fund

£45,050

Age UK Suffolk
BACT Community Transport Ltd
Bungay Arts and Theatre Society
Cancer Campaign in Suffolk
Disability Advice NE Suffolk (DANES)
East Anglia's Children's Hospice
Halesworth Volunteer Centre
Headway Suffolk
Home-Start Mid & West Suffolk
Horringer Pre-School
Our Special Friends
PBC Foundation
PCC of Bardwell
REACH Community Projects
Run-4-a-Difference
Suffolk Cruse Bereavement Care
Suffolk Mind
Suffolk Young People's Health Project
The Pear Tree Fund
The Racing Centre
The Seagull Lowestoft CIC
Waveney Centre
Management Committee

Harwich Haven Authority Fund

£5,959

Ormiston Families
Suffolk Young People's Health Project
Whitton Youth Partnership

Henry Smith Charity

£351,100

Level Two Youth Project
The Befriending Scheme

Henry Smith County Grants

£148,000

Disability Advice NE Suffolk (DANES)
Eden's Project
Eye Opportunity Group
Home-Start in Suffolk
Hour Community
Ipswich Community Playbus
Ipswich Opportunity Group
Just 42
New Life Church Community
Great Cornard
PHOEBE
Warden's Charitable Trust

Hewlett Fund

£4,000

Bury St Edmunds Women's Aid Centre
Lighthouse Women's Aid
Suffolk Refugee Support

High Sheriff's Awards

£7,000

Farlingaye High School
Green Light Trust
Lowestoft Boxing Academy
Orwell Mencap
Suffolk Refugee Support
Voices 4 Gainsborough Community Library
Waveney Domestic Violence & Abuse Forum

STAY CONNECTED & SPREAD THE WORD

60 direct beneficiaries supported

with financial literacy

Recognising the need for greater understanding and information sharing across the county we have continued to develop our partnership with groups and individuals throughout Suffolk.

We are The Champions

We have an established network of about 30 community champions who are our eyes and ears and communicate important information both to and from their town or village. The network of Community Champions has opened up stronger communication channels with the grassroots of Suffolk, ensuring the need in Suffolk and the work of the Foundation is known to a wider audience. These advocates are able to share details of our grant programmes within their communities, letting grassroots community groups know that the Foundation is here to help and support them to grow their good work. It is also vital to highlight the need for greater local giving. It is only through increasing the number of donations, larger gifts and legacies that the Foundation will be able to continue building sustainable funds to address immediate need. We would love to hear from more people who would be interested in joining this fabulous initiative.

Register your interest: kate.paul@suffolkcf.org.uk



Ed steps up to encourage Suffolk to build a brighter future

Rebuilding Local Lives Appeal was launched with the invaluable support of superstar Ed Sheeran. We were delighted with Ed's support as not only were the funds a huge boost with which to launch the campaign, but also his profile as a proud son of Suffolk brought fantastic visibility and awareness. Our loyal media partners have also been crucial in working with us to share news and stories of our activities, and, in particular, in promoting this campaign.



Make room for Zoom

Our ambition over the coming months is to continue to build our partnerships, adapting our delivery of information and communication to the Zoom world. It is particularly important that the widest possible audience is aware of the support that is available for groups that are experiencing funding difficulties but offer such vital support. We also hope that as appreciation of the work of the Foundation builds, this will act as an incentive for donations and legacies for those that are able to provide financial support to the Foundation over the longer term.

Becoming One Community

Since the outbreak of coronavirus, we have expanded our community partnerships from individual champions to various community groups operating within the county. The benefit of working with community groups is that through a single point of contact our message is effectively multiplied by the membership of the organisation. These groups include Suffolk Libraries, Ipswich Building Society, the WI and Suffolk Cadets. Leveraging the wider network of the membership of these groups has enabled us to communicate with a larger, and in many cases, new, audience.





Let's get social!

Do you know you can find us on social media too? Be sure to connect with us on the social media platforms below to stay updated with events, news and to gain a real insight into what the Foundation team gets up to, to help address the need in our county.

[@suffolkfoundation](#) 
[@suffolkgiving](#) 
[@suffolk_giving](#) 
[suffolkcommunityfoundation](#) 
[suffolkcommunityfoundation](#) 

www.suffolkcf.org.uk

Whilst the website truly is our hub of activity, we always welcome a phone call. Where our friendly team can answer any queries you may have, just head on over to our contact page or call us on 01473 602602



Please subscribe to our monthly newsletter

Don't forget to subscribe to our newsletters too! Don't worry, we won't 'spam' your inbox with loads of emails, but instead send you a monthly update that's jam-packed

with everything from recent news, upcoming events, inspiring stories and possible fundraising opportunities. And if you're a charity or community group, our dedicated grants newsletter is ideal for keeping you informed with what funds are open for applications.

SUBSCRIBE HERE



High Sheriff's Fund

£9,334

Anglo Chinese Cultural Exchange
Catch 22
Home-Start Mid & West Suffolk
Lighthouse Women's Aid
Ormiston Families
Rotary Club of Saxmundham & District
Suffolk Young People's Health Project

Hill Family Fund

£24,000

Grants generously made via the Youth Intervention Fund and the Suffolk Coronavirus Community Fund.

Hintlesham & Chattisham Fund

£4,380

Hintlesham and Chattisham VC School
Suffolk Young People's Health Project
Two bursaries to advance education of local residents

Hodge & Shallow Fund

£2,871

Bury St Edmunds Child Contact Centre
Community Education Needs Services

Hopkins Charitable Fund

£97,411

Anglia Care Trust
Cambridgeshire Community Foundation
Chapman Centre Trust
Emmaus Suffolk Ltd
Felixstowe Area Community Transport Ltd
Fresh Start - new beginnings

Green Light Trust
Ipswich Boxing Club
Lawshall Tuesday Club
Lowestoft & Waveney Samaritans
Norfolk Community Foundation
Pathways Care Farm
Suffolk Mind
Suffolk Rape Crisis
Suffolk Refugee Support
Suffolk Young People's Health Project
The Reader
Waveney Domestic Violence & Abuse Forum

Horizon Fund

£4,858

Lowestoft & Waveney Samaritans
Waveney F.C.
Waveney Sailability Limited

Hughes-Hallett Fund

£7,560

Disability Advice NE Suffolk (DANES)
I Made This
Inspire Suffolk
Pro Corda Trust

Iken Fund

£4,698

Bungay Black Dog Running Club
INK (Pen to Performance)
Snape Village Hall Management Committee

Ipswich School Charity Fund

£2,404

Suffolk Mind

Kingsfleet Community Fund

£1,650

Boost Felixstowe
Eye Opportunity Group
PHOEBE

Lovewell Blake Fund

£8,731

Cancer Campaign in Suffolk
Greenfinch Church
Suffolk Rape Crisis
TOPCATS
Whitton Youth Partnership

Martineau Fund

£25,000

Age UK Suffolk
BSC Multicultural Services
Cancer Campaign in Suffolk
Fresh Start - new beginnings
Home-Start Mid & West Suffolk
Let's Talk Reading
Number 72
Our Special Friends
Porch Project
REACH Community Projects
Rural Coffee Caravan
Information Project
St Nicholas Hospice
Suffolk Mind
YMCA Trinity Group

Maurken Fund

£24,222

Anglia Care Trust
BME Suffolk Support Group
BSC Multicultural Services
Capel Parish Nurses
Catch 22
EPIC Dad Community
Interest Company
Ipswich Housing Action Group (IHAG)
Let's Talk Reading
Music in Our Bones
Our Special Friends
Porch Project
REACH Community Projects
Schoolreaders
St Giles Trust
Stour Valley Vineyard / Storehouse
Suffolk Refugee Support
Suffolk Young People's Health Project
The Reader
Whitton Youth Partnership

Men's Mental Health Community Fund

£30,026

BSC Multicultural Services
Combat2Coffee CIC
EPIC Dad Community
Interest Company
The Outsiders Community Consultants CiC
The Racing Centre

Miller Trust Fund

£10,598

Action for Children
County Upper Wolves
Basketball Club
Lakenheath Heritage Group
Stanton PCC
Steel Bones
Suffolk Cruse Bereavement Care

Mitchell Fund

£2,000

HighTide Festival
Productions Ltd

New Anglia LEP Community Challenge Fund

£246,339

Access Community Trust
Disability Advice NE Suffolk (DANES)
Emmaus Suffolk Ltd
Future Female Society
Green Light Trust
Ipswich Community Media
Porch Project
Sharing Parenting
Suffolk Mind
Suffolk Refugee Support
Suffolk West Citizens Advice Bureau
The Reader

SUFFOLK'S STORIES

CHILDREN & FAMILIES

44,582
direct
beneficiaries

The Foundation's grantmaking has focused on funding projects that deliver positive outcomes for children with disabilities, mental health issues and the multiple disadvantages created by deprivation and inequality of access to education and services. During the coronavirus pandemic,

emergency support continues to enable charities and community groups to keep moving forward with their work and adapt their service delivery. In the coming months and years, the sector will need higher levels of funding to support an increase in the numbers of families whose challenges have been compounded by these extraordinary times.

Spectrum

"Our recent funding has enabled the families we work with to access increased levels of support, via a newly recruited additional Family Support Worker. Through this we can continue to provide areas of family and child psychology support for parents, meeting the increased needs since the start of Covid-19". [Read more](#)



Justin Heron - Spectrum



St Mary's Church, Kersey

230
direct
beneficiaries



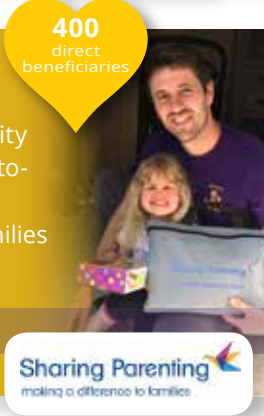
This rural based church group offers support to children with complex learning difficulties and/or autism via youth group weekly meet-up sessions. [Read more](#)



Sharing Parenting

"Our organisation has been supporting families adversely affected by Covid-19 by supplying child activity bags to vulnerable families, as well as vital online one-to-one child telephone support. Using the grant, we have managed to deliver many family resource packs to families in need". [Read more](#)

Suzanne Pearson - Sharing Parenting



Level Two Youth Project

"Quick to adapt our services, we used this crucial funding to help young people within the Felixstowe area as the pandemic hit. From those young people that are vulnerable to families struggling with isolation, our team of volunteers picked up on additional need, such as remote mentoring and counselling sessions, to delivering school lunches to primary school children". [Read more](#)



Shez Hopkins - Level Two Youth Project

700
direct
beneficiaries



EPIC Dad

100
direct
beneficiaries



Providing an important service for Dads and male carers, empowering them to help transform their daily family life and feel confident as they support their children to grow. [Read more](#)

If you would like to support Suffolk Community Foundation to help improve the lives of those in need across Suffolk, please click here to find out more



PROFESSIONAL ADVISORS

5,103
direct
beneficiaries
supported

with education, learning and training



Suffolk's professional advisors – lawyers, accountants, tax advisors, will writers and the like, hold a unique position of trust with their clients.

They are so often the link between their clients' ambitions to make a difference in their local community, and the reality of how this can be achieved.

Almost 80% of charitable giving in Suffolk goes to the top 3% of the largest national and international charities. All giving is good, and Suffolk is a very generous county, but the negative impact that the shape of giving currently has on our local communities and the vulnerable is considerable.

Suffolk relies on its local charities and community groups to provide almost all of the grassroots project support it needs, yet only a small percentage of what we give is directed towards them.

When a desire to support local causes is expressed, a confidential initial conversation with us could be just what is needed to find the best way to maximise the impact of that giving locally during the client's lifetime and beyond.

Whether a client is looking to establish a named family fund through a lifetime donation, a legacy in their will, or wishes to reduce the administrative burden of an existing trust, we can work together to find the best solution - ultimately helping to achieve charitable goals in a tax efficient, professional way.

Trust Transfers

The Charity Commission has given advanced permissions to community foundations to undertake the transfer of trust assets from dormant, ineffective and moribund trusts so that their funds can be better used.

Over recent years, we have seen a rise in the number of charitable trusts and other charities enquiring about transferring their existing assets to us. There are several reasons why trustees would consider the Foundation as an alternative option to manage the assets going forward. For example:

- ▶ They want to sustain the legacy of the trust
- ▶ They want to modernise the objectives of the trust
- ▶ The income of the trust is no longer sufficient to support effective grantmaking
- ▶ They wish to retire or simply hand over responsibility for the business of the trust

Once transferred, the trust or charity will have no loss of identity or purpose and will benefit from expert asset management and specialist fund support, with the original trustees maintaining as much or as little involvement as they wish.

Lifetime giving

Setting up a fund with us is straightforward and a simpler alternative to creating your own charitable trust or foundation. We take care of all the administration, grantmaking, financial management, statutory reporting and monitoring.

Working with you, we can turn your ambitions into reality, creating a fund that delivers precisely what you want it to.

Legacy giving

In 2018 over £3 billion was donated to UK charities through legacies, with the major charities (annual income of £10m+) attracting 94% of legacy income. Only 6 in 100 people leave a gift in their will. The work of our Suffolk charities would be transformed if more people left a legacy and if even a small percentage was directed locally.

For a confidential chat please contact:
a member of our leadership team



Click
here



LIVING LEGACIES



A 'donor's eye' view of working with us...

Suffolk born and bred, I had a successful corporate career for many years. When my father became ill with dementia, I retired to look after him. It was at this point that I became familiar with many local charities that were able to offer the advice and care that we both needed.

"These were small vital organisations that I knew very little or nothing about until I really needed them. They stepped up to the mark amazingly, they kept me sane too - and without them my father and I wouldn't have received the vital support we needed."

After my father died, it prompted me to re-evaluate my future and what would happen as and when I was to pass on. With no immediate family, I was keen to find a way to make my money work during my own lifetime and make a difference.

After seeing a powerful film about the work of the Foundation at the Royal Ballet event back in 2016, I decided to establish a 'Family Fund' with the foundation.

"It feels amazing to be able to help people. I've started building an **endowment fund** with some of the proceeds from the sale of my parent's home and I'm already making grants from the income this is generating as well as boosting my grantmaking with the proceeds of a small therapy business that I run. I don't need the money from that, I do it because it helps people and this way the money works twice, it's really satisfying."

Family funds at the Foundation are set up to address issues that the donors are particularly passionate about. In my case, the team helped me create a fund to offer support with education, but not from a traditional angle. My fund aims to help support people to gain new skills so that they can change their own lives for the better, and improve themselves or their situation.

"One of the comforting things about the Foundation, is that I know that when I'm gone, the team there will continue to respect my wishes and would carry on the ethos of my fund. In years to come, they will also keep it relevant to the need of the moment. That's why I feel so passionate about what they do. I love the Foundation dearly, I feel part of their team and much closer to the community they support."



Watch this film about 'Three Ordinary Suffolk Girls' who have each set up a family fund with Suffolk Community Foundation



YOUTH INTERVENTION FUND

Keeping Suffolk Youth Work moving forward...

Building a positive future for Suffolk's young people will always be a prominent and constant focus for our work.

As you can see here, Suffolk's voluntary sector have been quick to respond to needs arising from the pandemic.



However, perhaps even more vital as we seek to rebuild local lives, is the way that **#TeamSuffolk** has been equally committed to continuing with existing longer-term plans to help our county's young people continue to move forward with their lives.

Last year, we reported on the new Youth Intervention Fund which was launched as a result of a research project commissioned by Bishop Martin Seeley and carried out by University of Suffolk to ask young people across Suffolk what they need.

From the concerns they raised, which were wide reaching – accessibility to services, creation of services, safe and supportive places to meet – **the fund granted £139,535 across 13 organisations.**

What follows is a snapshot about the progress of just some of the projects that have been funded so far. Services have adapted with coronavirus and there have been inevitable delays but every project is finding new way to move forward and sticking to the findings of the original research to support young people in the way they identified they needed.



TOGETHER



...we helped make it happen



Level Two Youth Project in Felixstowe

Level Two Youth Project was awarded a grant of £17,790 for its Supportive Space.

Due to the pandemic, no open access or school holiday sessions have taken place at the hub since mid-March. However, the outreach sessions have been delivered, engaging with young people and families in the community, as well as WhatsApp chat groups and online sessions. Topics covered include addiction, sexual health, care of the environment, and the mental health and physical wellbeing of the young people and others around them. Level Two have used a new bespoke youth bus to deliver outreach sessions in several outdoor spaces in Felixstowe and the surrounding areas.

The impact of this project to date:

- 18 young people lacking confidence showed increased self-esteem.
- 31 young people developed greater resilience to build stronger relationships with their families and peers.
- 41 young people developed coping strategies to enable positive attitudes and behaviour.

Early Interventions on Knife Crime



In addition to the Youth Intervention Fund, our donors made it possible to fund **1,250** primary aged children, from **32** primary schools across Ipswich to receive interactive workshops to help educate them on the dangers of knife crime.

To learn more about The Youth Intervention Fund click here





Framlingham Area Youth Action Partnership (FAYAP)

FAYAP was awarded a grant of £4,992 to support the Pagent Field Youth Drop-in.

Over 50 young people have engaged with the outreach work so far. FAYAP has built good relationships with many of the young people, some of whom attend mentoring but are able to receive informal support alongside this. The organisation is working with three individuals who have previously dealt drugs. They have developed a relationship with the police to assist in keeping some of the young people out of trouble.

What a young person had to say...

"We love it when we are skating, and we see Joe or Helen or one of the others coming to open up the hut. It makes us feel safer and it's good knowing there is an adult to talk to that we know and trust that isn't our parents. Helen has helped me stop smoking so much. We like the drinks and snacks too."

Feedback from the project...

"All children engaged in interactive parts of the session. Lots of important information regarding keeping themselves safe. Thank you for addressing the children's needs and misconceptions. It was so useful to listen to their point of view"

- Teachers from Pipers Vale Primary School

What the children said from St Helen's Primary School.

"Just don't lie to your parents, they are your safety"

"I found this a really good opportunity to learn more about the dangers of knife crime as it is now common and me and my family can now talk openly about it"

"You should not fight"



Just 42 in Woodbridge

Just 42 was awarded a grant of £5,520 to support a boat building project.

Ten sessions of the project have taken place so far consisting of two 'get to know you' sessions and eight practical sessions. The project was accessed by six young people of which five continued on. The young people started learning about workshop safety, general tools and power tools by making bird boxes, before working individually on making their own paddles. They also started to mark out and plan the canoe. As each week went on, every member gained new skills, gradually opened up, started to make eye contact and gained in confidence and by about week five there was a good atmosphere in the workshop.

Feedback from the project...

"Two 14 year old boys came to see us telling us all about the problems they were experiencing with their home life and the trouble they were getting into. We have since helped one of them tackle the issue of talking to his father and now he is living solely with his mother and is much happier."

"We became aware of a fight over drugs money between boys of high school age at St Michaels Church; interrupted drugs dealers in St Michaels Rooms Car Park and helped the police in the arrest of a young person with a knife at the skate park."

"Last Friday, a member of staff administered first aid to one of a group of four intoxicated 15 year olds. The group has been back to see the staff and taken part in a useful conversation."

"After a few weeks there was a definite decrease in the time the young people are wanting to take breaks and feeling overwhelmed. They are wanting to get on with their projects."

Would you like to make a donation to support the fund's next round of grantmaking? [Click here](#)



Orpheus Fund

£71,702

British Youth Opera
Bursary awards to seven individuals
Daws Hall Trust
Musicians' Union
Noise Solution Ltd
XLP

Orwell Park School Charitable Fund

£5,037

Foxhall Centre Lavender Trust

Pargiter Trust Fund

£53,920

ActivLives
Age UK Suffolk
Cancer Campaign in Suffolk
Disability Advice NE Suffolk (DANES)
Halesworth Volunteer Centre
Kernos Centre
Memories are Golden Community Hub
Our Special Friends
PCC of Bardwell
Preston St Mary Village Hall Committee
Re-engage
Rural Coffee Caravan Information Project
Second Chance Stroke Group
The Pear Tree Fund

Peter & Dorothy Meade Grantmaking Fund

£2,000

Waveney Domestic Violence & Abuse Forum

Peter Rous Fund

£4,247

Combat2Coffee CIC

Police & Crime Commissioner's Fund

£273,751

Access Community Trust
Albany Pupil Referral Unit
Anglia Care Trust
BSC Multicultural Services
Catch 22
Eden's Project
Emmaus Suffolk Ltd
Future Female Society
Green Light Trust
Greenfinch Church
Home-Start Mid & West Suffolk
Ipswich Community Church
Ipswich Community Media
Nansen Road Baptist Church
Ormiston Families
P.L.O.T. Community Interest Company
Reflections Youth Centre
RFEA - The Forces
Employment Charity
Suffolk Young People's Health Project
The Prince's Trust
The Racing Centre
The Reader
Whitton Youth Partnership

Police & Crime Commissioner's Stay Safe Online Fund

£6,000

Porch Project

Port Community Fund

£19,998

ActivLives
East Anglian Sailing Trust
Fresh Start - new beginnings

Headway Suffolk
Ipswich Opportunity Group
Orwell Mencap
Riding for the Disabled (Woodbridge & District Group.)
Suffolk Cruse Bereavement Care
The Befriending Scheme
Voices 4 Gainsborough
Community Library
Woolverstone Project

PPG Pound Fund

£3,296

Constable Country Medical Practice PPG
Eye Health Centre PPG
Fressingfield Medical Centre
Ravenswood Medical Practice

Realising Ambitions - East

£676,787

ActivLives
Age UK Suffolk
Anglia Care Trust and IHAG
BSC Multicultural Services
Emmaus Suffolk Ltd
Green Light Trust
Home-Start in Suffolk
Hope Church Ipswich
Ipswich Community Media
Julian Support
Karibu African Women's Support Group
Level Two Youth Project
Mid Suffolk Citizens Advice Bureau
Ormiston Families
Out Loud Music
Rural Coffee Caravan
Information Project
Sudbury and District
Citizens Advice Bureau
Suffolk Artlink
Suffolk Libraries
Suffolk Rape Crisis
Suffolk Refugee Support
Suffolk Young People's Health Project
Swimming Self-Help Group
Ipswich
The Mix Stowmarket

Realising Ambitions - West

£437,127

Active Suffolk
Age UK Suffolk
Catch 22
EPIC Dad Community
Interest Company
Gatehouse Caring in West Suffolk
Green Light Trust
Home-Start in Suffolk
Home-Start Mid & West Suffolk
Memories are Golden
Community Hub
Noise Solution Ltd
Our Special Friends
Rural Coffee Caravan
Information Project
Stour Valley Vineyard / Storehouse
Sudbury Gateway Club
Suffolk Archives Foundation
Suffolk Artlink
Suffolk Cruse Bereavement Care
Suffolk Rape Crisis
Suffolk User Forum
Suffolk West Citizens Advice Bureau
Theatre Royal Bury St Edmunds
Unscene Suffolk
Voluntary Network
Walnut Tree Health and Wellbeing CIC

RJB Grantmaking Fund

£15,483

51st Ipswich Scout Group
ActivLives
BSC Multicultural Services
Catch 22
Fresh Start - new beginnings
Inspire Suffolk
Ipswich Community Playbus
Let's Talk Reading
Lighthouse Women's Aid
Schoolreaders
Suffolk Family Carers
Suffolk Refugee Support
Suffolk Young People's Health Project
Voices 4 Gainsborough
Community Library

SUFFOLK'S STORIES

COMPASSION IN CRISIS

Anyone can find their life in crisis and facing a critical situation where they need help quickly to prevent an even more serious downturn in their circumstances. This has never been more clearly demonstrated than now as Suffolk works together to fight the impact of the pandemic.

39,065
direct
beneficiaries

Charities and community groups have played an essential role in supporting vulnerable people to stay at home safely, and to create resilience in communities to avoid additional pressure on the NHS and other public services. Ongoing issues and challenges such as bereavement, unemployment, sudden ill health, addiction, domestic abuse, debt, homelessness and displacement have all been compounded by this national crisis.

Suffolk will see levels of need rise significantly. In recent months, the Foundation has very quickly been able to provide critical financial support to existing charities, community groups and brand-new local projects and 'Good Neighbour Schemes'. Together we have been successful in harnessing the power of a new generation of volunteers and keeping them engaged to deliver vital services directly into grassroots communities.

SERV

"We offer a free out-of-hours service, our organisation delivers urgent blood products, and samples for our local NHS services. As demand has increased, we brought in extra volunteers to be available 24 hours a day, every day. Funding has helped to cover additional costs, enabling the organisation to increase their capacity to support local health services".



Cindy Dickerson - SERV Suffolk

235
direct
beneficiaries

[Read more](#)



Hope After Suicide Loss

169
direct
beneficiaries



Survivors across the county have been able to join regular virtual sessions offering a mental health service that constantly provides open ended support for those bereaved by suicide. [Read more](#)



Halesworth Dementia Carers Fund

"We offer respite care on a weekly basis, enabling the person with dementia to be taken out or to do a structured activity in the safety of their own home, making it possible for the family carer to take a break. We have increased our service during the pandemic by offering extra visits". [Read more](#)

Jim Fyfe - Halesworth Dementia Carers Fund

50
direct
beneficiaries



Battisford Parish Council

"Funding has helped us provide a food bank and delivery service for the elderly and vulnerable residents of Battisford, who continue to self-isolate as a result of the pandemic. Battisford is a very small rural village, with no public transport links – this service has become vital since the crisis hit". [Read more](#)



Nicky Cleaver - Battisford Parish Council

500
direct
beneficiaries



ICENI

125
direct
beneficiaries



Iceni exists to offer care and support to families across the county, who are affected by addiction, and to provide such families with the help they need to improve opportunities for children in fulfilling their potential. [Read more](#)

If you would like to support Suffolk Community Foundation to help improve the lives of those in need across Suffolk, please click here to find out more



THE SUFFOLK MEDAL

In the middle of the pandemic where large gatherings were not permitted, The Suffolk Medal was celebrated in the form of a very special live broadcast on BBC Radio Suffolk.



"Last year the first ever Suffolk Medals were presented at a prestigious ceremony at the Museum of East Anglia Life in Stowmarket. This year, because of coronavirus restrictions, and the fragile health of its recipient, the medal had to be presented virtually by the Lord Lieutenant of Suffolk and it was decided the best way to celebrate this was to broadcast the investiture ceremony live on BBC Radio Suffolk's Lesley Dolphin show on 30th April."



Grenville has been involved with the Suffolk Wildlife Trust for 22 years.

The Suffolk Medal, Suffolk's highest honour, was presented this year to Grenville Clarke for his environmental work in Suffolk in support of organisations including Green Light Trust and Suffolk Wildlife Trust.



"All who come into contact with Grenville still talk about him years later, and speak warmly of his calm, generous support; delivered in an entirely selfless and understated manner. Grenville has personally motivated 1000's of people during his lifetime of contribution to this region."

Clare Countess of Euston - Lord Lieutenant of Suffolk



The Suffolk Medal, designed by renowned Suffolk artist, Maggi Hambling, was launched in March 2019. Nominations come from the general public in Suffolk and are decided upon by a panel of the county's leaders. Last year the Suffolk Medal was awarded to Sally Fogden MBE who founded the Rural Coffee Caravan, Terry Hunt, past editor of the East Anglian Daily Times, and Richard Martineau, philanthropist from Walsham le Willows.

Its purpose is to recognise, reward and champion the exceptional contributions of Suffolk people that have made a fundamental, measurable and lasting difference to the lives of people in our county.

A clear demonstration of outstanding volunteering, either as a single feat, an accumulation of personal impact over a period of time or, indeed, a lifetime of selfless service are key elements for consideration.

The Suffolk Medal was the idea of George Vestey from Haverhill who was the High Sheriff of Suffolk in 2018-19,

and it is administered by Suffolk Community Foundation, funded by private individual contributions to the fund they manage on behalf of The High Sheriff of Suffolk.



The judging panel meets at least once a year and nominations for future medals can be made directly online by any Suffolk resident via www.thesuffolkmedal.org.uk

TOGETHER

Members of the panel



...we helped make it happen

Royal Hospital School Charitable Fund

£9,174

Ipswich Housing Action Group (IHAG)
Lighthouse Women's Aid
Suffolk Refugee Support
Woolverstone Project

Royal London Foundation Community Matters Fund

£20,000

Bury St Edmunds Women's Aid Centre
Suffolk Law Centre
TOPCATS

Sabariah's Fund

£3,000

Fresh Start - new beginnings
Waveney Domestic Violence & Abuse Forum

Sapphire Grantmaking Fund

£45,835

1st Fressingfield Scout Group
Age UK Suffolk
Bury St Edmunds Ecumenical Centre Trust (BECT)
Eye Opportunity Group
Friends of All Saints Church, Stradbroke
Friends of Thornham Walks
Green Light Trust
Mid Suffolk Voluntary Organisations Forum
Our Special Friends
Raedan Trust (Suffolk)
Re-engage
Thorndon Bowls Club
Thornham Magna Bowls Club
Trustees of Eye Town Moors
Woodland Society

Scarecrow Fund

£1,846

P.L.O.T. Community Interest Company

Shadwell Fund

£7,000

Age UK Suffolk
County Upper Wolves Basketball Club
Fresh Start - new beginnings
Newmarket Town Youth FC
Raedan Trust (Suffolk)
Steel Bones
The Racing Centre

Skinner's Fund

£8,400

Green Light Trust
Knodishall Village Hall
Leiston Guide Hut Management Committee
Lighthouse Women's Aid
Rotary Club of Saxmundham & District

Stimulus Fund

£840

Saxmundham Tennis Club

Suffolk Carers Fund

£202,138

ActivLives
Art Branches CiC
Asperger East Anglia BSEVC
Headway Suffolk
Kernos Centre
Lofty Heights CIC
Out Loud Music
Pathways Care Farm
St Mary's Church, Kersey
St Nicholas Hospice
Steel Bones
Suffolk Artlink
The Seagull Lowestoft CIC
Wednesday's Child

Suffolk Coronavirus Community Fund

£982,130

Our grateful thanks to the following fundholders who generously provided their support to the emergency fund: Birketts, Bunbury Family, Bunting Family, Euston Family, Hill Family, Hopkins Charitable Fund, Michael Ben Howes, Port Community, Rutgers, Sapphire and Skinner's Fund.

Abundant Life Church
Access Community Trust
Action on Elder Abuse
Trading as Hourglass
ActivLives
Acton Good Neighbour Scheme
Age UK Suffolk
Aldeburgh Good Neighbour Scheme
Aldeburgh Town Council
All Saints St. Margarets Church and Pakefield Community Group
Alumah CIO
Anglia Care Trust
Anglo Chinese Cultural Exchange
Art Branches CiC
Aspect Living Foundation
Asperger East Anglia
BACT Community Transport Ltd
Badingham Playschool
Battisford Parish Council
BME Suffolk Support Group
Brandon PCC
Bridge Project Sudbury
BSC Multicultural Services
Bungay Emergency Community Response
Bury St Edmunds and West Suffolk Samaritans
Bury St Edmunds Women's Aid Centre
Cancer Campaign in Suffolk
Capel Parish Nurses
Caribbean and African Community Health Support Forum
Catch 22
Cavendish Parish Council

Changing Faces
Citizens Advice Diss, Thetford and District
Coddendam Parish Council
Co-Op Dancing Classes Limited
Deafblind UK
Debenham Parish Council
Disability Advice NE Suffolk (DANES)
Earl Soham Parish Council
East Anglian Air Ambulance
East Anglia's Children's Hospice
Elmswell Parish Council
Emmaus Suffolk Ltd
EPIC Dad Community Interest Company
Essex Community Foundation
FareShare
Felixstowe and District Citizens Advice Bureau
Felixstowe Area Community Transport Ltd
Felixstowe Youth Development Group
FIND (Families in Need) Ltd
FitzRoy
Fresh Start - new beginnings
Gatehouse Caring in West Suffolk
Get Me Out The Four Walls
GoStart Community Transport
Green Light Trust
Greener Growth CIC
Group of Organisations
Hadleigh Assist & Care
Hadleigh Dementia Action Alliance
Hadleigh Foodbank
Halesworth Area Community Transport
Halesworth Dementia Carers' Fund
Halesworth Volunteer Centre
Haverhill Community Trust
Headway Suffolk
Home-Start in Suffolk
Home-Start Mid & West Suffolk
Honington and Sapiston Village Hall
Hope After Suicide Loss
Hour Community
Iceni Ipswich
Independent Provider of Special Education Advice
Inspire Suffolk

Continued on P27

HIGH SHERIFF'S AWARDS 2020

Studio 1

BBC
RADIO
SUFFOLK



The Show Must Go On

On 26th March, hundreds of people from every corner of Suffolk were due to gather at a glittering awards celebration hosted by The East of England Co-operative at their impressive Wherstead Park HQ. Due to the pandemic, this was not possible. However, with only a few hours notice, Suffolk Community Foundation and BBC Radio Suffolk joined forces to produce a very exciting live broadcast of the event.

With the nation having been placed in full lockdown in the fight against the coronavirus these were truly exceptional times, with all gatherings and events cancelled. The team at Suffolk Community Foundation were determined that this important annual event would not follow suit, and a decision was made that this important celebration could still go ahead, but in a different way and to a far wider audience - harnessing the power of the BBC Radio Suffolk airwaves to broadcast the awards for the first time ever as a very special live show!



The High Sheriff of Suffolk Roz Eminson said,

'When the team came to me with the idea, I loved it. With so much of the fight against the virus falling on the shoulders of the voluntary sector at the time, it was more important than ever to find a way to lift their spirits and acknowledge the heroic work they do. Sometimes out of adversity comes a sense of community. The idea to go live on the radio meant that everyone could still celebrate the vital work of our local charities and volunteers, and it allowed Suffolk to tune in and take to their social media channels to bring us together and celebrate something positive in a bigger and better way than ever before.'



The awards nominations process and awards ceremony is created and organised every year by Suffolk Community Foundation in partnership with the serving High Sheriff, as one of the headline events of their year in office.

"The evening itself is always a most moving and inspiring occasion. Everyone really looks forward to it. It would have been so easy to simply say 'not this year', but we really felt that, with the increasing demands being placed on our voluntary sector, this was a straightforward case of 'especially this year'. So, with the backing of our wonderful High Sheriff at the time Roz Eminson, we continued forward with a new plan. However, we didn't achieve this alone. Our fabulous sponsors confirmed their continued generosity and the immediate assistance of our friends at BBC Radio Suffolk and the folks at East Anglian Daily Times was unflinching. We found a way not just to save the event this year, but to reach a much larger audience to celebrate with. Quite simply, the awards were probably the most special that they had ever been."

Tim Holder, Head of Public Affairs at Suffolk Community Foundation

Due to lockdown restrictions, the team of contributors to the event were spread right across Suffolk as the awards show was presented in the virtual presence of The High Sheriff (by phone) and co-host Tim Holder (via Facetime) and with the BBC's Lesley Dolphin and her production team in the studio. During the course of the 90 minute live broadcast, 25 inspiring nominees were interviewed live and 7 very special winners were presented with the wonderful news that they were a worthy winner. The team at Suffolk Community Foundation would like to thank every single person who helped to prevent this important celebration from becoming another name on the growing list of Covid cancellations.

"The High Sheriff Awards is such an uplifting event and always one of my favourite nights of the year. We didn't give up during the crisis, we carried on and said a much needed thank you to those who have devoted their lives to supporting vulnerable people in our county. It was the right thing to do."

Lesley Dolphin, Broadcaster BBC Radio Suffolk

Coming soon...

The details about the High Sheriff Awards 2021 will be published on our website in December. Due to the coronavirus pandemic we are currently reviewing the award categories, nominations process and format for the awards. Please subscribe to our newsletter to be the first to hear about the details.

Subscribe here



The Award Winners

Volunteer of the Year Under 30

Rifaii Al Nayet
from Suffolk
Refugee Support



Volunteer of the Year Over 30

Grzegorz Kowalczyk
from Orwell
Mencap



Strengthen Your Community Gainsborough Community Library, Ipswich



Caring for the Environment Farlingaye School Green Council, Woodbridge



Suffolk's Road to Recovery Green Light Trust, (Lawshall, Minsmere, Ipswich and others)



Long Service Award Drena Black, Waveney Domestic Violence & Abuse Forum



New Group of the Year Lowestoft Boxing Academy



SUFFOLK'S STORIES

HEALTH & WELLBEING

73,300
direct
beneficiaries

The diagnosis of a serious condition will often cause other negative impacts on the lives of the sufferer and those around them. Family and financial stability can be severely impacted. Suffolk's charities offer meaningful levels of on-going help and provide a sense of community with people in a similar situation. They offer information, guidance and support to families and carers who play such a vital role in care. During the

The voluntary sector delivers early intervention, prevention and in-depth support that promotes independence and encourages healthy day-to-day living. Diagnosis of a serious physical or mental condition will often see statutory health treatments complemented by voluntary sector support.

pandemic, the role of charities and community groups is proving even more vital, supporting people to stay well in their homes during lockdown. Community volunteering has played an important role in relieving pressure on the NHS, keeping hospital beds available and saving lives. As communities begin to return to a 'new normal', a plethora of new challenges will become apparent for charities and community groups to address as Suffolk seeks to rebuild local lives.

Citizens Advice Leiston

"Funding has enabled our advisers at this branch of Citizens Advice to increase their support of vulnerable people using technology and telephones, assisting many across the north east of the county. This ensures they have vital support, connecting them with the community for help with accessing foodbanks, essential shopping, collection of medication and support through social isolation". [Read more](#)

Chiara Saunders - Citizens Advice Leiston



179
direct
beneficiaries



Music In Our Bones

250
direct
beneficiaries



A recent grant has helped this group to expand on their successful online and CD singing sessions during lockdown. [Read more](#)

BME Support Group

"Our group provides practical support for Black and Minority Ethnic families and individuals helping them to improve their ability to adapt and integrate into their local community. We offer key services, such as an African food pantry and also a support group for children from 8-16 years which helps us to keep a check on their mental health during lockdown". [Read more](#)

Tchenda Simões - BME Suffolk Support Group



30
direct
beneficiaries



Wednesday's Child

"We offer help for those living with or affected by an eating disorder, our organisation gives support for the mental health condition such as empathy training and activities focused on those living with this disorder in their daily lives. One-to-one support sessions and befriending calls have proved to be vital for the wellbeing of sufferers". [Read more](#)

Debbie Watson - Wednesday's Child



82
direct
beneficiaries

[Read more](#)



Rushmere Good Neighbour Scheme

50
direct
beneficiaries



A group of volunteers from the Rushmere area who can offer residents a sense of support and friendship within a community, as well as assistance with daily tasks that some might find more difficult. [Read more](#)

If you would like to support Suffolk Community Foundation to help improve the lives of those in need across Suffolk, please click here to find out more



IP3 Ipswich Good Neighbour Scheme
 Ipswich & District Citizens Advice Bureau
 Ipswich and Suffolk Council for Racial Equality
 Ipswich Community Media
 Ipswich Disabled Advice Bureau
 Ipswich Housing Action Group (IHAG)
 Ipswich Outreach Bus
 IPSWICH17 Good Neighbour Scheme (IP17GNS)
 Kernos Centre
 Kinetic Science Foundation
 Kirton and Falkenham Parish Council
 Leeway Domestic Violence & Abuse Services
 Leiston Dementia Project
 Leiston Good Neighbour Scheme
 Leiston, Saxmundham & District Citizens Advice Bureau
 Level Two Youth Project
 Lighthouse Women's Aid
 Link Lunch Club
 Lofty Heights CIC
 Lowestoft & Waveney Samaritans
 Marie Curie
 Matthew Project
 Mid Suffolk Citizens Advice Bureau
 Millennium Farm Trust
 Music in Our Bones
 New Life Church (Suffolk)
 Newmarket Open Door
 Norfolk Community Foundation
 North East Suffolk Citizens Advice Bureau
 One Voice 4 Travellers Limited
 Ormiston Families
 Our Special Friends
 Outside the Wire (Matthew Project)
 Papworth Trust
 Park Radio Ltd
 Pathways Care Farm
 PBC Foundation
 PHOEBE
 Pro Corda Trust
 Raedan Trust (Suffolk)
 Raedwald Trust
 REACH Community Projects
 Red Rose Chain
 Redlingfield Parish Meeting

Rock Paper Scissors Arts CIC
 Royal British Legion Club (brbl community support group)
 Royal Mencap Society
 Royal National Lifeboat Institution Lowestoft Lifeboat Station
 Rural Coffee Caravan Information Project
 Rushmere Good Neighbour Scheme
 Salvation Army Felixstowe Corps
 Selig (Suffolk) Trust
 SERV Suffolk & Cambridgeshire
 Sharing Parenting
 Shotley Parish Council
 Simple Norfolk CIO
 Southwold and Reydon Community Emergency Group
 Spectrum Cambridge
 St Elizabeth Hospice
 St John Ambulance - Suffolk
 St Mary's Church, Kersey
 St Nicholas Hospice
 St Peter's Pantry
 Steel Bones
 Sudbury and District Citizens Advice Bureau
 Suffolk Accident Rescue Service
 Suffolk Coalition of Disabled People
 Suffolk Cruse Bereavement Care
 Suffolk Family Carers
 Suffolk Law Centre
 Suffolk Mind
 Suffolk Oxygen Therapy Centre
 Suffolk Parent Carer Network
 Suffolk Rape Crisis
 Suffolk Refugee Support
 Suffolk West Citizens Advice Bureau
 Suffolk Young People's Health Project
 Survivors in Transition (SiT)
 The BASIC Life Charity
 The Befriending Scheme
 The Country Food Trust
 The Giving Tree (East Anglia) CIC
 The Hygiene Bank
 The Living Paintings Trust
 The Mix Stowmarket

The Offshoot Foundation
 The Pear Tree Fund
 The Salvation Army Trust
 The Seagull Lowestoft CIC
 The Stroke Association
 Volunteering Matters
 Warden's Charitable Trust
 Waveney Centre
 Management Committee
 Waveney Domestic Violence & Abuse Forum
 Wednesday's Child
 Westleton Village Hall
 Whitton Youth Partnership
 Wonderful Beast
 Woodbridge Town Council

Suffolk Disability Care Fund

£22,541

Health and social care professionals have submitted applications on behalf of 51 local beneficiaries to fund specialist living aids to improve the quality of their lives.

Adult Social Work Services
 Bury Child Development Centre
 Integrated Community Paediatrics Services
 Ipswich Child Development Centre
 Sensing Change
 Suffolk Community Healthcare
 Suffolk Sight
 West Suffolk Sight

Suffolk Giving Fund

£112,684

The Suffolk Giving Fund includes support from the following funds: Barclay Family, Chapman Family, Ipswich Building Society, Joy Abbott, Lucstu, Mahony Family, Marriott Motor Group, Peter Rous, Tattersalls, Vestey Holdings and other private funders.

Access Community Trust
 ActivLives

Age UK Suffolk
 Anglia Care Trust
 Autism and Nature
 BACT Community Transport Ltd
 BSC Multicultural Services
 Barking Village Hall Management Committee
 Cancer Campaign in Suffolk
 Capel Parish Nurses
 Catch 22
 Child Brain Injury Trust
 Disability Advice NE Suffolk (DANES)
 East Anglian Sailing Trust
 ENYP
 FareShare
 Felixstowe Area Community Transport Ltd
 Fresh Start - new beginnings
 Green Light Trust
 Grundisburgh Youth Club
 Home-Start Mid & West Suffolk
 Huntington's Disease Association
 Ipswich Disabled Advice Bureau
 Ipswich Furniture Project
 Ipswich Sports Club For The Disabled
 Joshua Tarrant Trust
 Karibu African Women's Support Group
 Lighthouse Women's Aid
 littlelifts
 Long Melford Village Memorial Hall
 Lowestoft Shopmobility
 Mid Suffolk Citizens Advice Bureau
 Music in Our Bones
 New Life Church Community
 Great Cornard
 Ormiston Families
 Our Special Friends
 Porch Project
 Preston St Mary Village Hall Committee
 REACH Community Projects
 Rendlesham Good Neighbour Scheme
 School for Social Entrepreneurs
 Sporting 87 Football Club
 St Michael's Church, Beccles Parish
 St Nicholas Hospice
 Stour Valley Vineyard / Storehouse
 Suffolk Bereavement Support
 Suffolk Mind
 Suffolk Young People's Health

GIVE TO WHAT YOU LOVE

Suffolk 100 members are an exclusive team who work together to help address the needs of vulnerable people in Suffolk. They directly support the work of the Foundation, and also the Young Philanthropists Initiative, which encourages our young people to raise money for local charities whilst developing a greater understanding of philanthropy.



By joining the Suffolk 100, you can join a collective of philanthropists and businesses who are passionate about making a real difference to the lives of vulnerable people here in Suffolk - whilst also inspiring young people to become the philanthropists of the future.

Impact

TOGETHER with Suffolk Community Foundation, Suffolk 100 Club members have helped us to raise over £45M for local causes over the past 14 years. Through our grantmaking programmes this year alone we have awarded 885 grants totalling £4.92M to charities and community groups throughout Suffolk...a fabulous achievement.

Invitations

There are plenty of rewarding events and learning opportunities taking place during the year that you will be welcome to join as a member of the Suffolk 100. From dinners and dog days to 'seeing is believing' visits and awards ceremonies - there's something to stimulate everyone's interest.

Schools Programme

We know that encouraging future philanthropists is important. The Suffolk 100 supports us to work in partnership with schools in Suffolk on our Young Philanthropists Initiative. Through this programme, our experience and knowledge of the voluntary sector is shared. Young people are encouraged to learn more about the community where they live, understand more about the need of vulnerable people in our county, whilst at the same time developing key skills in research, discussion, negotiation, decision making and public speaking. Most importantly, direct access to our grantmaking process supports them to direct their giving to local charities and community groups.

Let's have a conversation...



If you are looking to join the Suffolk 100, or would like to discuss the work of the Foundation, please contact our Philanthropy Coordinator Sally Ledger who would be delighted to assist you.

T: 01473 602602

sally.ledger@suffolkcf.org.uk





As the coronavirus pandemic continues to have a profound impact on all our lives, we perhaps have a greater empathy than ever before for what it is like for us and those we love to feel vulnerable, lonely and isolated.

At this time of year, for the team at the Foundation and all our annual Surviving Winter Appeal partners and existing donors, thoughts inevitably turn to the coming months and the impact that shorter days and colder nights may have on health and wellbeing, particularly of vulnerable older people and others experiencing deprivation or serious issues affecting their physical or mental health.

With winter almost upon us, Suffolk is bracing itself for a dramatic increase in need. Last year our annual Surviving Winter Appeal raised enough money to heat over 1,000 homes and connected many hundreds of people to other services to help tackle isolation, address physical and mental health challenges, improve poor living conditions, solve debt problems and assist with access to services to help them stay safe and well.

This year, we are expecting more people to need our help than ever before, so we are merging the Surviving Winter Appeal with the central Rebuilding Local Lives initiative that we have been running since the start of the pandemic. We hope that this action will deliver a much louder and easily understood central message to increase local giving and ensure that every person in our 'Caring County' is supported to Stay Warm, Stay Well and Stay Connected.

Our Pledge

Stay warm

The appeal will support vulnerable individuals and families to heat their homes.

Stay well

As we process requests for help with winter fuel, we will also ask questions about general health and wellbeing, living conditions, energy tariffs, review benefit options and provide advice around debt and other financial concerns. We will also offer to connect people to support from other charities and organisations in Suffolk who can help with other immediate concerns and provide longer term solutions wherever possible.

Stay connected

Following the recent closure of Age UK Suffolk and its countywide Befriending Scheme, Suffolk Community Foundation is offering grants to Good Neighbour Schemes, community groups and charities to step up their winter activities wherever possible to assist people to stay in touch with the community that they are living in and receive other practical help they may need during the winter months.

How to help

To make a donation or to find out more about this year's appeal



Thanks to everybody who is helping us raise the profile of this year's appeal including



Brad Jones - Editor of East Anglian Daily Times, **Bridget McIntrye** - High Sheriff of Suffolk, **Christine Abraham** - CEO of Community Action Suffolk, **Doug Field** - Joint CEO of the East of England Co-op, **Dr Ed Garratt** - CEO of Ipswich and East Suffolk, West Suffolk & North East Essex Clinical Commissioning Groups, **John Dugmore** - CEO of Suffolk Chamber of Commerce, **Christine Webber** - Author & Broadcaster, **Mark Pearson** - County Commissioner of Suffolk Scouting, **Mark Murphy** - Senior Broadcaster BBC Radio Suffolk, **Shez Hopkins** - Project Manager Level of Two Youth Project, **Matthew Hicks** - Leader of Suffolk County Council, **Nicki Willshire** - Chief Officer of Citizens Advice Ipswich, **Phanuel Mutumburi** - Business & Operations Director of Ipswich & Suffolk Council for Racial Equality, **Sally Longmate** - CEO of Suffolk Association of Local Councils, **Tim Passmore** - Suffolk's Police & Crime Commissioner, **Bruce Leeke** - Chief Executive of Suffolk Libraries, **Ann Osborn** - CEO of Rural Coffee Caravan, **Mary Evans** - County Councillor for Suffolk County Council, **Claire Staddon** - CEO of Emmaus Suffolk, **Jo Leah** - General Manager at Ipswich Building Society

TOGETHER



...we helped make it happen



Brian is recovering from a serious illness and has been isolating in this upstairs flat since lockdown began in March.

Brian and the team at IP17GNS have created an ingenious way to deliver provisions and stay in daily contact.

Project
The Hygiene Bank
The Reader
Thirst Youth Café
TOPCATS
Total Insight Theatre
Unscene Suffolk
Waveney Domestic Violence & Abuse Forum
Woolverstone Project

Suffolk Sports Fund

£12,880

Bucklesham and Foxhall Community Council
Caribbean and African Community Health Support Forum
East Anglian Sailing Trust
Ipswich Boxing Club
Suffolk Young Farmers
TOPCATS
Woodbridge Coastal Rowing Club

Sugar Reduction Fund

£2,935

East Anglia Community Arts C.I.C.
Friends of Highfield
Whitton Youth Partnership

Surviving Winter Appeal

£124,425

FIND (Families in Need) Ltd
Ipswich & District Citizens Advice Bureau
REACH Community Projects

Tampon Tax Fund

£36,490

Compassion
Future Female Society
Suffolk Refugee Support
Suffolk Young People's Health Project
Women Like Me

Transforming Suffolk Loans Fund

£10,000

Horringer Pre-School

West Fund

£4,000

ActivLives
Catch 22
Inspire Suffolk
Ipswich Sports Club For The Disabled
Thirst Youth Café

Women & Girls Fund

£9,615

ActivLives
Bury St Edmunds Child Contact Centre
Cancer Campaign in Suffolk
Home-Start Mid & West Suffolk
Lighthouse Women's Aid
Selig (Suffolk) Trust
Sporting 87 Football Club
Suffolk Young People's Health Project
Voices 4 Gainsborough Community Library

Woodward Fund

£3,600

Daws Hall Trust
Theatre Royal Bury St Edmunds

Youth Intervention Fund

£221,916

Access Community Trust
Alumah CIO
Catch 22
County Upper Wolves Basketball Club
Framlingham Area Youth Action Partnership
Green Light Trust
Ipswich and Suffolk Council for Racial Equality
Just 42
Level Two Youth Project
Porch Project
Suffolk Refugee Support
Suffolk Young People's Health Project
The Mix Stowmarket
Volunteering Matters
Whitton Youth Partnership
YMCA Trinity Group
Young People Taking Action

SUFFOLK'S STORIES

OLDER PEOPLE

12,101
direct
beneficiaries

Empowering older people to live dignified, productive, independent, happy and healthy lives is vital for our society as a whole. Supporting this to happen is a delicately balanced partnership between the individual, their families, local community, voluntary and public sector organisations.

Many of the recognised challenges for older people such as a decline in physical and mental wellbeing, social isolation, financial struggle, bereavement and loneliness, have been made more apparent and understood by our society during the many months of lockdown. During the pandemic we have had the opportunity to really engage in supporting this vulnerable part of our society.

Equally, when the resources the older population provide (as grandparents and community volunteers) are removed from day-to-day life, it is immediately clear what a huge asset their life skills and experience brings to their communities. As we move forward into a 'new normal', it will become even more crucial to work hard together to address their needs and harness this vital contribution.

Empanda

"Our organisation runs three north Suffolk based day care centres, each of which provide an enjoyable, therapeutic, safe and secure environment that supports older people. Our staff rely heavily on offering a door-to-door transport service for their regular day care attendees. Funding has enabled vital upgrades to be made to the bus in order to make it fully operational". [Read more](#)



Sally Hanlin - Empanda



40
direct
beneficiaries



Rural Coffee Caravan

100
direct
beneficiaries



A vital service that exists to help rurally isolated people in Suffolk access services and information to improve their lives, health and wellbeing, and to bring people and communities together. [Read more](#)



Link Lunch Club

"Since lockdown our Beccles based organisation has been unable to hold its weekly Link Lunch Club at St. Luke's Church Centre for our elderly and vulnerable local residents. Funding has meant that our church led volunteer team have been able to 'go-mobile' delivering free hot meals directly to the homes of those that need it most". [Read more](#)

Fran Tuck - Link Lunch Club

60
direct
beneficiaries



Hour Community

100
direct
beneficiaries

"Our services were quickly adapted, as we picked up the demand for a vital Meals on Wheels delivery and support service, we partnered with a local hotel to deliver much needed nutritious meals to the older and more vulnerable, living in isolated and rural areas of the county". [Read more](#)



Nick Corke - Hour Community



Coddenham COVID-19 Response Group

300
direct
beneficiaries



This new mid Suffolk based group has been set up, in order to respond quickly to the need of its elderly residents, many of whom are living alone. [Read more](#)

If you would like to support Suffolk Community Foundation to help improve the lives of those in need across Suffolk, please click here to find out more



AN UPDATE FROM OUR GRANTS TEAM

Emergency response or business as usual, our Grants Team are always here to help you!

Our grants team share a passion and commitment to supporting our amazing, adaptive and deeply embedded voluntary sector. Dedicated customer service and genuine partnership is key.

Whether we have supported your projects previously or you are applying for funding for the first time, we'd like to help!

We have seen some amazing new initiatives and groups emerging during the pandemic to support the people of Suffolk with services such as delivering prescriptions and essential shopping to bereavement support and befriending. As well as new organisations, we have also supported some of the better-known local organisations to increase the levels of services they are providing to address issues as diverse as domestic abuse, emergency food provision and mental and physical well-being.



Andrea Pittock, Head of Grant Programmes reports

"So many stories have been shared, and in recent months, it has been really heartening to hear from so many new groups and passionate people who have been working hard to support the communities where they live. Whether

a project is being delivered by a well-established charity or community group, or one of the many new 'local neighbourhood schemes' that have sprung up during these difficult times, we want to thank everyone for their passion and commitment. Really, where would we all be without an ongoing #TeamSuffolk determination to make a difference?

We remain committed to building an even deeper understanding of what our voluntary sector is achieving and are determined to find every way to support them to continue the exceptional work and increased positive impact that they are making.

It has also been humbling to work with the incredible generosity of funders – established donors, public sector and the general public. All have joined forces with national trusts and foundations to deliver more funding for Suffolk. Add to this the power of The National Emergencies Trust, raising funds nationally and partnering with Community Foundations across the country to deliver support deep into the grassroots of communities.

We have also been overwhelmed with the generosity we have witnessed and for the continued and loyal support for the delivery of the very important "business as usual" aspects of our grantmaking."



Andrea Pittock



Tracey Fuller



Hollie Martin



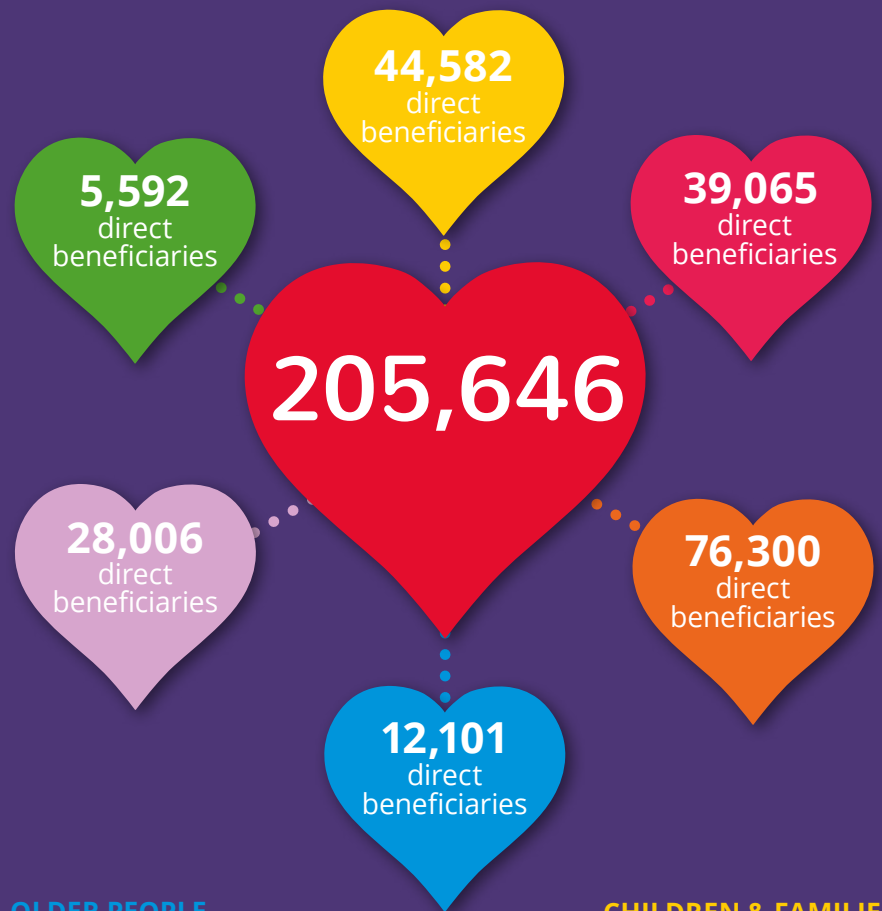
To read more about the huge variety of Suffolk projects that have been supported, [click here](#)



Overnight, when lockdown was announced, our whole team moved to home working. Our Operations Team, led by Mandy Abdel-Aziz, had thankfully prepared the groundwork with our systems and IT. These actions enabled us to keep moving forward at full speed. We were able to protect the quality, standards and accuracy of our work. The Suffolk Coronavirus Community Fund and its associated grants programmes for disaster funding commenced within just seven days of the pandemic and lockdown. This enabled minimal interruption to the sector as they worked incredibly hard to rethink, diversify and adapt their services.

This year has not only been a record year for Suffolk Community Foundation; awarding £4.9m in grants; but it has been the most, diverse, busy and heart-warming (as well as heart-breaking), time for the team. In addition to our ongoing grantmaking activity, over the past six months since the virus struck, the team have delivered over 300 additional grants worth over £1.5M to support the voluntary sector. Together the positive impact of this emergency operation has reached over 167,000 beneficiaries during the coronavirus pandemic.

Here are the incredible impact figures for the past year that have been achieved through partnership between Suffolk Community Foundation, our donors and Suffolk's voluntary sector.



OLDER PEOPLE
THRIVING & SAFE COMMUNITIES
EDUCATION, LEARNING & LIFE SKILLS

CHILDREN & FAMILIES
COMPASSION IN CRISIS
HEALTH & WELLBEING

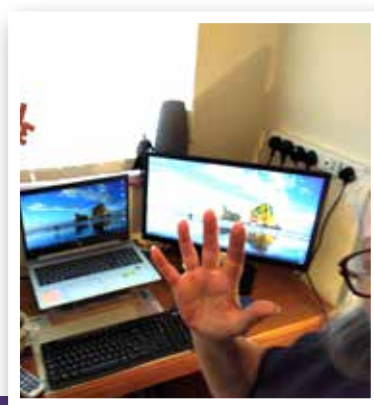
*an individual may be a direct beneficiary of a number of different services.



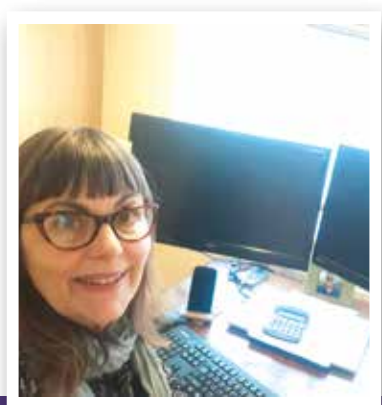
Julie Rose



Sally Ledger



Maggie Cross



Nicki Bray

To find out more about applying for a grant from Suffolk Community Foundation, click here

BUILDING THE ANNUAL REVIEW

A behind the scenes look...

Every year supporters of Suffolk Community Foundation gather together for our annual review. It's a real highlight of the year - a chance for people to catch up and celebrate all the great work that Suffolk is achieving in partnership with the Foundation as we all seek to improve the lives of people in Suffolk.

There is a something very special about bringing a few hundred like-minded people into the same space and creating a really good energy that buoys everyone up with positive news, empowering information and inspiring stories. These 'together' moments will return, but in the meantime, we continue with our ethos to find exciting new ways to keep us all together and reach many people for the first time too.

We've already turned the High Sheriff's Awards and The Suffolk Medal in to live radio shows with BBC Radio Suffolk, but with this event we felt the need to be much more visual...

And so, we created a partnership with DanceEast and harnessed the power of their brand new state-of-the-art digital broadcasting studio housed at their HQ - The Jerwood Dance House in Ipswich.



Interviewing
Angelle Joseph
Ipswich Community Media

After 8 months of Zooming and WhatsApping (and sizing up the quality of our colleagues' book cases and their taste in original artwork!), we decided that a LIVE internet broadcast was what was needed. If Suffolk couldn't actually be in the room, we would go out and capture their thoughts, challenges and achievements and present them to Suffolk in a one hour special. Tim and Laura from the Communications team hit the road across Suffolk to pay some socially distanced visits to county leaders, inspiring charities and community groups, and many of the people they are working to support.



WATCH our Annual Review by clicking on the button at the bottom of the page. We hope you feel inspired by what you see and motivated to join **#TeamSuffolk** as we step up the pace to Rebuild Local Lives **TOGETHER**

During the broadcast you will **HEAR** leaders from across Suffolk celebrating the incredible impact being made by of our voluntary sector

Together we will **CELEBRATE** the dynamic response of charities and local communities as Suffolk continues to support people through the pandemic

We will also **LEARN** more about Suffolk's Hidden Needs as The University of Suffolk publishes an important new report

SUPPORT **#Team Suffolk** as we launch a brand new Surviving Winter Appeal to help vulnerable people and save local lives



Presenters
Christine Webber
and Tim Holder

Watch our Annual Review



STATEMENTS OF FINANCIAL ACTIVITIES

for the year ended 30 June 2020

	Unrestricted funds £	Restricted funds £	Endowment funds £	Total 2020 £	Total 2019 £
Income and endowments from:					
Donations and legacies					
Donations and legacies	183,190	4,561,542	390,186	5,134,198	5,101,119
Grants	-	505,800	-	505,800	142,660
Other trading activities	44,695	26,100	-	70,795	152,646
Investments	65,501	437,317	-	502,818	480,942
Total income	293,386	5,530,759	390,186	6,214,331	5,877,367
Expenditure on:					
Raising funds	155,219	78,890	31,339	265,448	287,251
Charitable activities					
Grants awarded	54,936	4,871,388	-	4,926,324	2,763,633
Other charitable activities	501,321	5,943	-	507,264	456,522
Total expenditure	711,476	4,956,221	31,339	5,699,036	3,507,406
Net gains on investments	-	396	(249,994)	(249,598)	755,932
Net income / (expenditure)	(418,090)	574,934	108,853	265,697	3,125,893
Transfers between funds	514,739	(326,897)	(187,842)	-	-
Net movement in funds	96,649	248,037	(78,989)	265,697	3,125,893
Fund balances at 1 July 2019	416,293	1,527,208	16,043,767	17,987,268	14,861,375
Fund balances at 30 June 2020	512,942	1,775,245	15,964,778	18,252,965	17,987,268

The financial statements were approved by the Board on 28 September 2020

Mr G Vestey Mrs S Gull
Trustee Trustee
Company Registration No. 05369725 Registered Charity No. 1109453

Statement by the trustees

These summarised financial statements are a summary of information extracted from the audited annual accounts on which the auditors' opinion was unqualified. The full report and accounts were approved by the Trustees on 28 September 2020 and have been submitted to the Charity Commission and the Registrar of Companies. These summarised financial statements may not contain sufficient information to allow for a full understanding of the financial affairs of the charity. For further information, the full accounts, the auditors' report on those accounts and the Trustees' Annual Report should be consulted. Copies of these may be obtained from Suffolk Community Foundation's registered office.

Statement by the Auditors

In our opinion the Summarised Financial Statements are consistent with the full annual accounts.
Ensors Accountants LLP

BALANCE SHEET

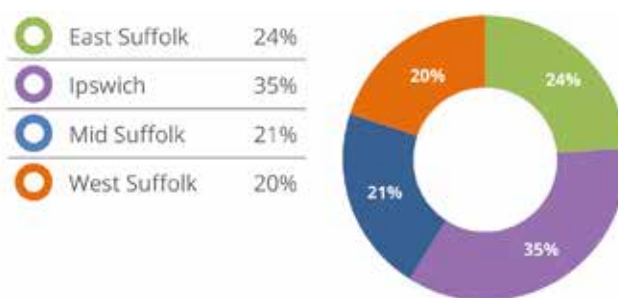
as at 30 June 2020

	2020		2019	
	£	£	£	£
Fixed assets				
Tangible assets		18,692		14,435
Investments		16,115,806		16,079,058
Total fixed assets		16,134,498		16,093,493
Current assets				
Debtors	463,909		440,980	
Cash at bank and in hand	3,221,036		3,639,254	
Total current assets	3,674,945		4,080,234	
Liabilities				
Creditors amounts falling due within one year	(1,390,178)		(2,127,959)	
Net current assets		2,284,767		1,952,275
Total assets less current liabilities		18,419,265		18,045,768
Creditors: amounts falling due after more than one year		(166,300)		(58,500)
Net assets		18,252,965		17,987,268
The funds of the charity:				
Capital funds				
Endowment funds		15,964,778		16,043,767
Income funds				
Restricted funds		1,775,245		1,527,208
Unrestricted funds		512,942		416,293
Total charity funds		18,252,965		17,987,268

% Grants awarded by size 2019/20



% Grants awarded by district in 2019/20



ENDOWMENT FUNDS

3,849
direct
beneficiaries
supported

received support with
counselling advice & mentoring

Arts & Culture Fund
AXA Fund
Barclay Family Fund
Birketts Fund
Bluebell Fund
Bunbury Family Fund
Bunting Family Fund
Caroline, John & Merryn Everitt Fund
Catalyst Fund
Centenary Fund
Chapman Fund
Clopton Hall Farms Fund
Cunliffe Family Endowment Fund
David & Jill Simpson Fund
Davies Family Fund
De la Rue Family Fund
Dolphin Franklin Fund
Edward and Ivy Rose Hood Memorial Fund
Euston Family Fund
Evdemonia Fund
Fonnereau Road Health Foundation Fund
Food & Drink Fund
Freud Curtis Family Fund
George Vestey Family Fund

Hewlett Fund
High Sheriff's Fund
Hill Family Fund
Hintlesham & Chattisham Harriet Lloyd Fund
Hodge & Shallow Family Fund
Hopkins Charitable Fund
Horizon Fund
Hubble Bubble Fund
Hughes-Hallett Family Fund
Iken Peninsula Fund
In Memoriam Fund
Ipswich Building Society Charitable Foundation Fund
Joy Abbott Charitable Fund
Kemball Fund
Kingsfleet Fund
Lucstu Fund
Mahony Family Fund
Marriott Motor Fund
Martineau Fund
Maurken Fund
Michael Ben Howes Fund
Mitchell Fund

Orpheus Fund
Peter & Dorothy Meade Fund
Peter Rous Fund
Philipps Family Fund
Port Community Fund
RJB Fund
Rowland Family Fund
RSM Suffolk Fund
Rutgers Fund
Sabariah's Fund
Sheepshanks Family Fund
SIFRE Inter-faith Legacy Fund
Skinner's Fund
STIMULUS Fund
Suffolk Fund
Suffolk Development Endowment Fund
Suffolk Rural Fund
Suffolk Sports Fund
Tattersalls Fund
Vestey Holdings Fund
West Fund
Women & Girls Fund
Woodward Fund

How an endowment fund works



An establishing gift is made and forms the fund

The fund is protected, invested and grows

A portion of the fund's value is distributed annually forever

DONORS & SPONSORS



It is sadly impossible to acknowledge you all individually, however, the following supporters have made a significant contribution to the Foundation over the past year. Our heartfelt thanks are extended to those of you who donated your Winter Fuel Payments to our Surviving Winter Appeal 2019/20, as well as those of you who have provided support in many ways, large or small, to help change local lives.

Mr Alan Abrey
 Dr Humphry Adair
 Mr Matthew Adams
 Mr Robin Aitchison
 Alde Garden
 Aldeburgh Food & Drink Festival Ltd
 Mr P R Allen
 Mrs Juliet Allerton
 Mr Richard Anderson
 Mrs Anne Angel
 Anglia Water Group Plc
 Animal Health Trust
 R Henson
 Ashbocking Swilland & Winesham
 Women's Institute
 Ashtons Legal
 M E Atkinson
 Mr James Austin
 Mr John Baines
 Mrs Janet Baker
 Mrs Gail Baker-Bates
 Mr Rodney Baker-Bates
 Ms Adrienne Bamberger
 Dr A Banister
 Bank of England's South E & East A
 (Camb) Agency
 Mr Alexander Banks
 The Banks Group Limited
 Mr Robin Barclay
 Mr David William Barclay
 Mr James Barclay
 Barclays Bank plc
 Mr Timothy Barker
 Mr Michael Barlow
 Mrs Susan Barnard
 Barnes Construction
 Mrs Penelope Bartlett
 Mr Ian Bass
 Baton Rouge Area Foundation
 His Honour Judge Patrick Bazley-
 White
 BDO LLP
 The Lord Bestead Charitable
 Settlement
 Mr John Bennett
 Best Behaviour Dog Training
 Best of Suffolk
 Mrs Judith Betts
 Binder Limited
 Birketts Solicitors
 Mr James Black
 Blackrock Investment Management
 Viscountess Blakenham's Charitable
 Trust
 Mrs Ann Bond
 Mr Nicholas Bonnar
 Mr Alan Braithwaite
 J Breheny Contractors Ltd
 Mr Ian Brewster
 Mr Tim Bridge
 Brenda Brown
 Miss J O Brown
 The late Mrs Gillian Buckle
 Mr James Buckle
 Mrs Emma Buckmaster
 Mr Nick Bullen
 Sir Michael & Lady Bunbury
 Mrs Anita Burnard
 Mr Philip Burnford
 Bury Abbey Rotary
 Bury St Edmunds Quakers
 Mr B G Button
 Mr Ian Buzer
 Ms Hilary Cadman
 Mr Colin Campbell
 Mrs Sarah Carr
 Mr Richard Cave
 Broomton Foundation
 Mr Michael Chapman
 Mr Andrew Chapman
 Chassis-Cab Ltd
 Mr Anthony Cherry
 Chestnut Inns Limited
 Ms Melanie Chew
 Chives Montessori School
 Christchurch Veterinary Group
 R & B Clarke
 Mrs Fay Clarke

Mr Anthony Clarke
 Mrs Helen Clarkson
 Mrs Rosemary Close-Brooks
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SUFFOLK'S STORIES

THRIVING IN SAFE COMMUNITIES

28,006
direct
beneficiaries

We all have a responsibility and need to play a part in ensuring that the streets where we live are safe to walk and that community hubs and safe spaces are available for people to meet. Friendships can then flourish amongst neighbours of different ages, races and cultures as we get to know and understand each other more fully. Building a

supportive and resilient community ensures that when issues arise, people will naturally come together to help and support each other. The coronavirus pandemic has presented a unique set of challenges that Suffolk communities are stepping up to address. It will be vital in the coming months and years to continue supporting this important work.

Lofty Heights

"We work to enable people to live safely, securely and healthily in their homes and provide employment and training opportunities to young people in Suffolk. Recent funding was used to purchase key-safes and a drill for the installation of vital key-safes at the properties of patients who live alone". [Read more](#)

Olive Quinton - Lofty Heights



42
direct
beneficiaries



SELIG



100
direct
beneficiaries



Funding has enabled this homeless charity to create a COVID-19 safe space that will protect the health of their Winter Night Shelter guests, Hope into Action tenants, volunteers and staff. [Read more](#)



Emmaus Suffolk

"Our project 'Turn Around' supports those who have offended or are on day release from prison. We give participants the opportunity to engage in meaningful work-based activities in the Ipswich and Felixstowe areas. Our project increases the participants' confidence and self-esteem, whilst also encouraging them to move away from crime and repeat offending". [Read more](#)

Claire Staddon - Emmaus Suffolk

60
direct
beneficiaries



Eastgate Amateur Boxing Club

"Our community-based boxing club provides positive activities for young people and adults within the local area. Boxing teaches self-discipline and respect for others, whilst achieving a high level of fitness and good mental wellbeing, which helps to steer vulnerable young people from negative influences and gives them a sense of belonging". [Read more](#)

Mick Bryant - Eastgate Amateur Boxing Club



75
direct
beneficiaries



Fresh Start, Future Enterprises

20
direct
beneficiaries



A mentoring programme that helps and supports to promote the rehabilitation and resettlement of ex-offenders for the public benefit. [Read more](#)

If you would like to support Suffolk Community Foundation to help improve the lives of those in need across Suffolk, please click here to find out more



PATRONS, TRUSTEES & VOLUNTEERS

We would like to once again thank our patrons, trustees, honorary life patron, volunteers, grants panels, donors and supporters who have so generously contributed to the work of the Foundation over the past year.

Special thanks to all the people whose names appear below, but also to the teams of volunteers who have worked with us.

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THE VIRTUAL WORLD OF SUFFOLK'S HIGH SHERIFF, BRIDGET MCINTYRE MBE



I was appointed High Sheriff of Suffolk on 2nd April 2020 via Microsoft Teams. I'm so grateful to HHJ Martyn Levett for making this happen.

As Covid-19 impacted our country, it was clear that any plans I had were not going to happen.

So as like many of us, the role of High Sheriff moved to Zoom. I spoke to community and charity leaders, our judicial system leaders and sought to find ways that I could be helpful. I wrote letters to many of the people working selflessly in our communities in education, policing, GPs and care. Thanking people became even more important.

Whilst being sad I am only being able to meet the majority of people online, I feel it has given me a chance to have great conversations and to focus on some key issues. If I had been visiting organisations, I would have clocked up many miles and had short chats. Instead I have connected for longer with people and had some very interesting conversations. Being a leader during these times is tough and I feel that being able to hear what it's like, provide an independent ear and to thank leaders for all they are doing is important.

I have been able to join groups on Zoom and see the connectivity and ways they are working together to help navigate through this crisis.

I hope to have a chance to visit more people as the year goes on, but I know we have to continue to stay safe in the virtual world a while longer. I will have a very unique year as High Sheriff and will make it work.



Bridget, Clare Jackson (Blossom Charity), Murphy(Dog), Stuart Rimmer & Urmila Ransen (East Coast College)



Nadia & Robin Drury & family (RAF Lakenheath)

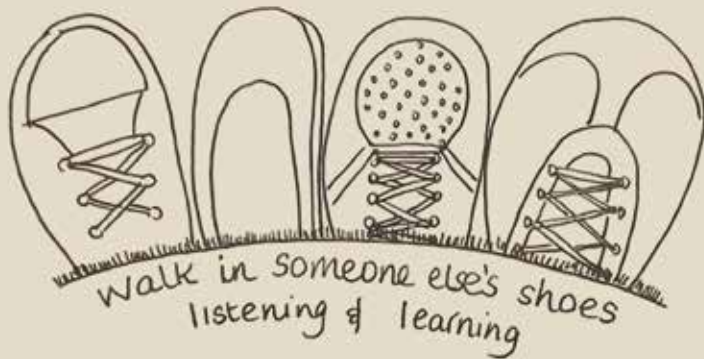


Bridget, Judith, Steve Fenning HS Chaplain, Tim (SCF) & his sister Karen



Six days walking the coast of Suffolk. Bridget & Nidhi celebrate their arrival at Landguard Fort

WALK IN SOMEONE ELSE'S SHOES



As High Sheriff of Suffolk, I wanted to take action to understand prejudices faced and what is happening to help address them. I know it's not enough to say, "I'm not racist", I have to be anti-racist.

Walking and listening is a great way to have a good conversation. In August this year, I decided to walk the fabulous Suffolk coast over six days, to listen and learn from people from different ethnic communities. To understand what life is like in Suffolk.

I learned the importance of role models to inspire our young people, the need for companies to take positive action and to offer both work experience and job opportunities. The personal expense of the NHS Levy during very long immigration processes. We have a lot of talent coming to our county that we don't use. I heard about a barrister who is now a healthcare assistant. We need to stop the language of asking people to fit in and look at how we widen the circle to include.

I am grateful to all the people who gave me their time to join the walk. We had great weather and fun as we walked our beautiful coast. I have a list of actions and I will do what I can to support all the wonderful communities I met.



Ore, Bridget, Pricilla and Phanel



Beth Stephens (Access Community Trust), Bridget, Wesley Doyle (Access Community Trust), Amanda Church (Dream on CIC)



I painted this to illustrate what was going on in my home during lockdown

HIDDEN NEEDS IN SUFFOLK

Taking The Long View 2020



A REPORT TO SUFFOLK COMMUNITY FOUNDATION

University of Suffolk

Dr Noel Smith, Independent Research and Consultancy
Dr. Cristian Dogaru, Associate Professor, School of
Social Sciences and Humanities, University of Suffolk



To view or download the latest copy of Suffolk Community Foundation's Hidden Needs Report, [click here](#)



SUFFOLK'S STORIES

EDUCATION, LEARNING & LIFE SKILLS

5,592
direct
beneficiaries

They work with adults, young people and their parents, including those with disability and mental health issues, ex-offenders and many from diverse communities who do not have English as their first language. Intergenerational learning and broadening access to a wider cross section of communities encourage people to break down barriers that have traditionally held people back. During the pandemic

we have and continue to recognise and support the development of those, who without extra help, are likely to fall behind their peers. Our grantmaking has focused on supporting the adaption and upscaling of existing educational services. We also seek to encourage creative thinking and new projects that ensure a continued cycle of connection and learning between organisations and the vulnerable people they support.

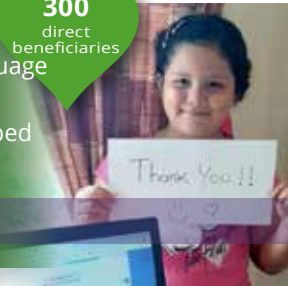
Suffolk Refugee Support

"We are an Ipswich based organisation and have rapidly adapted our advice service and English language tuition group work. We offer online learning support on subjects ranging from mental health, to schooling and education, and destitution and emergency needs. The funding we've received has helped us to provide IT equipment to adults and their families to help continue this vital learning journey".

Rebecca Crerar - Suffolk Refugee Support

[Read more](#)

300
direct
beneficiaries



Achievers

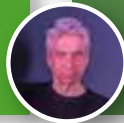


70
direct
beneficiaries



A supplementary 'Saturday' school that helps primary school children from low income families, to support and learn English as an additional language.

[Read more](#)



Ipswich Community Media

"Funding has enabled us to provide IT and musical equipment to those that are on the wrong side of the digital divide - from disadvantaged young people who are struggling in lockdown to keep up with school work, to migrants who want to continue learning the language but have no digital means to do so".

[Read more](#)

Bruce MacGregor - Ipswich Community Media

60
direct
beneficiaries



Papworth Trust

"Our 'Opportunities Without Limits' service provides leisure, learning and work-related activities to disabled people countywide. From Creative Writing groups, to NatureWatch Wildlife & Gardening courses, there is a huge amount for all to learn and get involved with. The recent grant has helped our disabled day service customers, and provided tablets to those feeling isolated and with no IT equipment".

[Read more](#)

Sarah Miller - Papworth Trust

10
direct
beneficiaries



Suffolk Family Carers - Who's in Charge Programme

An online programme vital to help parents/carers of young people who experience child to parent violence and abuse, helping to regain control in the home.

[Read more](#)

32
direct
beneficiaries



If you would like to support Suffolk Community Foundation to help improve the lives of those in need across Suffolk, please click here to find out more



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THANKS TO OUR TRUSTEES



George Vestey DL
Chairman



Peter Newnham
Vice Chair

We would like to take this opportunity to thank our Chairman George Vestey DL and the Board of Trustees for their unwavering energy and support. We would also like to take the opportunity to welcome Jordan Holder to the team.



William Kendall DL



Sue Gull



Jordan Holder



Louisa Pepper



Gulshan Kayembe DL



Terry Ward



Jonathan Agar



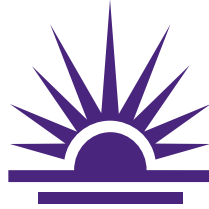
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Company limited by guarantee. Registered in England

Company Registration No. 5369725
Charity No. 1109453

Suffolk Community Foundation is a member of UK Community Foundations



PageFlip publication by oresign.co.uk

With thanks to the East Anglian Daily Times and Suffolk's Voluntary Sector for featured photography

With special thanks to Rathbones for supporting the design of this publication

Rathbones is delighted to support Suffolk Community Foundation




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