







FOREWORD by Terry Hunt

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WITH THANKS TO







One of my favourite headlines in twenty years as editor of the East Anglian Daily Times, was the one which proclaimed Suffolk as the kindest county in the whole of England. It came after the people of Suffolk raised £85,000 for the Surviving Winter campaign in 2014/15, which was the highest amount of any county in England.

That news confirmed what so many of us already knew – that Suffolk is a very special place indeed. It has a very powerful sense of identity, and an incredibly strong community spirit. You won't find Suffolk people shouting from the rooftops about their immense contribution to the community. That's not our way. But let's be in no doubt – it happens, many times over, in every single village and town.

The EADT works with Suffolk Community Foundation on the Surviving Winter campaign. It is a collaboration which has been in place for a number of years now. I was honoured to be part of the original steering group which launched the Foundation, and it has been very pleasing to see it establish itself as an important part of the county's life.

The work of the Foundation has never been more vital, as continued cuts in public sector spending create an increasing reliance on voluntary groups to fill the gaps. There are 5,000 community groups and charities in Suffolk, more than half of which run on less than £10,000 a year. For these groups, a grant of £1,000 will have an enormous impact, both for their wonderful volunteers and the people they help.

With the greatest of respect, we are not talking here about buying new curtains for the village hall – increasingly the money will be used to ensure positive outcomes to very difficult and dangerous social issues. Child abuse, domestic

abuse, substance abuse, and also issues of rural isolation, difficulty in accessing services, care for older people and the most vulnerable in our society, making sure children who haven't had the best start in life are given support to "break the cycle." The list is very long.

The contribution of Suffolk Community Foundation in such difficult areas is not always known about, or understood, by the wider public. Here at the EADT, we have been pleased to work with the Foundation to produce a series of articles which illustrate the broad range of areas in which the Foundation works.

This book is part of a celebration of the first ten years of the Foundation. It is right that we should celebrate that milestone. But there is so much more to be done, and we hope this book will encourage many more people to discover ways in which they can play a part.

The ambition of the Foundation is to increase grantmaking in Suffolk from £2 million a year to £5 million a year over the next decade. That significant growth is absolutely vital

if our voluntary sector is to maintain even the most basic levels of wellbeing and social cohesion.

In its first ten years, Suffolk Community Foundation has established itself as a powerful force for good. It provides an important central platform for giving which, through grantmaking, gives every community group equality of access to funds. It is also a safe place for philanthropists to invest their money, both from within Suffolk and as a local platform for national funders.

I started this foreword by describing Suffolk as the kindest county in the whole of England. That's an accolade of which everyone should be mightily proud. Even so, there is still so much more to be done.

Our beautiful county has much deprivation, so many people in great need and so many serious problems, which need to be addressed.

Suffolk Community Foundation will play a central part in that work, fully supported, I have no doubt, by the wonderful, generous, and community-minded people of Suffolk.

TERRY HUNT

Editor, East Anglian Daily Times & Ipswich Star Editor-in-Chief, Archant Suffolk











SUFFOLK COMMUNITY FOUNDATION IS
CELEBRATING ITS TENTH ANNIVERSARY. IN THAT
TIME THEY HAVE AWARDED GRANTS OF MORE
THAN £12 MILLION TO OVER 2,000 LOCAL
CHARITIES AND COMMUNITY GROUPS. CHIEF
EXECUTIVE STEPHEN SINGLETON TALKS ABOUT
CHALLENGES AND TRIUMPHS, PAST AND PRESENT.



THE NEED HAS ——NEVER—— BEEN GREATER



Most of us are fortunate to live in this wonderful county renowned for its beautiful coast, culture and chocolate-box villages. But, all of this camouflages an uncomfortable and unseen reality.

According to Stephen Singleton, Chief Executive of Suffolk Community Foundation...

"... our county is home to thousands of people in need but who are often hidden. There are places in Suffolk where deprivation is as serious as it gets. We have some communities that are among the most isolated and remote in the UK in terms of access to essential services and opportunities."

Suffolk Community Foundation's Hidden Needs report published back in 2011 was the first academic research to highlight the real scale and depth of the challenges communities and individuals face across Suffolk. More than 78,000 people including 19,000 children are affected by povety, and this brings with it other social issues.

"With recent years of austerity, and more to come, the outlook today is likely to be even tougher for our communities. In order to continue building on our understanding of the challenges we face, the Foundation is currently revisiting and updating its Hidden Needs report which is set to be published in the spring of 2016."

During the last 10 years the Foundation has, through its grantmaking, made a difference to those in need across Suffolk.



Claire Horsley, a founding trustee involved in the original Steering Committee that created the Foundation, explained "the idea came about from a chance remark at the Ipswich Council for Voluntary Services from one of their new employees who had moved here from Wales and asked whether Suffolk had a community foundation?

"It didn't, so a group of people with a marvellous vision and a can-do attitude set about fundraising for a Chief Executive to make it happen."

Stephen was appointed and since then the Foundation has grown year-on-year to what it is today.

Based at Wherstead, the Foundation employs ten people, boosted by a band of volunteers and is one of 48 community foundations across the country.

"In the early days charities asking for help were much as you might expect," says Stephen, "supporting people with disabilities, addiction and homelessness."

Two of the first grants were made to Ipswich Sports Club for the disabled and the East Anglian Sailing Trust, based at Suffolk Yacht Harbour on the River Orwell at Levington.

Pat Hoy, Chairman of Ipswich Sports Club for the disabled, said, "grants from the Foundation helped provide funding so wheelchair users from East Suffolk could play basketball or bowls one evening a week. Today, in times of austerity, without these grants the club may have struggled to continue."





Bill Smith from East Anglian Sailing Trust says, "thanks to the Foundation we were able to buy boats that over the years have been used by more than 300 adults and children, allowing them to discover the freedom of sail."

Fast forward ten years and "dramatic" change has come to the charity sector.

Funding streams have dwindled or disappeared and the need for other forms of help have emerged.

"There's been an increasing need for crisis intervention. When we started there were a few groups around the county that dealt with these problems but today there are more than 50 food banks and crisis food providers in Suffolk," said Stephen.

Also, in the wake of the Jimmy Saville revelations, more people have been seeking help because of sexual abuse. With more organisations and charities requesting grants, the Foundation's role in creating funding streams for smaller charities and organisations has become even more vital.

Today the Foundation manages more than 50 endowment funds totalling £10 million and crucially has created a platform for bringing large sums of money into the county from national funders like Comic Relief, The Henry Smith Charity and Esmée Fairbairn Foundation. Through dynamic grantmaking programmes, more than 2,000 organisations in the county have been awarded over £12 million to date.

For Stephen and his team, it's been a joy. "We have been working with wonderful people who have given so generously to make this happen.





"We have also been inspired by the incredible people from our voluntary sector who roll up their sleeves and in many cases devote their lives to help those most in need." He and Suffolk Community Foundation now have another dream - a vision for longevity to grow the endowment funds to £30 million in the next ten years and increase grantmaking from £2 million to £5 million a year.

"In times of austerity, it is likely that the county is going to be relying much more on the voluntary sector. It's absolutely vital that we can deliver the money required to support them. It would be wonderful to think that Suffolk Community Foundation is laying something down here that will still be working for those in need for many years to come."









ANY OF US





TOUGH TIMES CAN HAPPEN TO ANYONE. YOU

NEVER KNOW WHAT'S ROUND THE CORNER.

SUFFOLK COMMUNITY FOUNDATION SUPPORTS

CHARITIES LIKE REACH IN HAVERHILL AND

ARTHEADS IN BURY ST EDMUNDS, TO HELP PEOPLE

GET THEIR LIVES BACK ON TRACK.





Many lives are affected by illness, poverty and deprivation from the outset, with many young people not being afforded the opportunities to fulfil their potential for a happy and productive life. Others experience a radical change in circumstances, sometimes overnight. Changes in personal wellbeing or financial circumstances can see the most secure life thrown into chaos. There are many cases in our county where people with previously secure lives have found themselves on the

streets and homeless; suffering from addictions; overwhelmed with debt or experiencing life-changing mental health problems.

Inevitably when the worst happens getting life back on track is something most people need some help with.

Ann Merrigan, of REACH Community Projects in Haverhill says it's something she knows only too well...



"...my husband Steve fell ill with a lifethreatening illness and needed a liver transplant which meant that he was unable to work. I carried on working as a teacher full-time and running the home but our credit card debts started to build up."

Then Ann heard about a debt management programme in Haverhill.

"We discovered this organisation could help us and we started to pay off what we owed. During this time the project also launched a food bank so I decided to volunteer."



Then Ann was made redundant, but the growth of the food bank meant part-time work became available for her and the church needed help, so also employed her part-time. She said that demand for the food bank grew which resulted in the need for new premises and REACH was born on the St Clements's Estate providing a drop-in centre, a free debt management service, a food bank and a furniture bank.

"There are so many other practical steps that we support people with to improve their own lives. Filling out complicated forms; writing CVs; job searches etc. It's hard work, but very fulfilling. Over the last ten years we have seen hundreds and hundreds of people but demand has increased so much we average 20 new clients a month."

Amid all this, Ann also faced bereavement as her husband sadly died from his illness. It's her life experiences, she says, that have helped her build a team of volunteers that can really offer a personal service, so when someone asks for help there is someone who genuinely understands what they are going through.

Across the county in Bury St Edmunds, Bryan Thorpe at Artheads is another individual who has turned his life around and now works for the not-for-profit



organisation that he originally went to for help. A former gunner for the RAF Regiment he served his country walking the streets of Belfast at the age of 17, doing tours of duty abroad and training soldiers for the first Gulf War.



He is also a former problem drinker, "From my very first drink at the age of 13 there was something not right about me and alcohol. One drink was not enough and one drink was too much," he explained.

Having served his time in the RAF he moved from one job to another doing engineering, carpentry and even taxi driving, but none of them worked out because of his drinking. "After a good 10 to 15 years of trying to address my drinking I managed to get on a 12-week rehabilitation programme."

It was after that he discovered Artheads at Bury St Edmunds' Abbeycroft Leisure Centre, which helps those recovering from drug, alcohol or mental health issues. Bryan's ability was quickly recognised – he went on to do a Higher National Diploma in Fine Art from Cambridge, decided to volunteer for the group and has ended up as Head of Art.

Art is very therapeutic for those recovering from addiction or mental health issues and the group helps people explore their creativity through painting, drawing, sculpture and even music.

"In the first 12 months of recovery they usually have a lot of time on their hands, but this group gives them the opportunity to meet others who understand and build up confidence too.

"It allows them to get to the stage

where they are able to move on with their lives, get themselves out there and get a new job," he said.

It's thanks to Artheads says Bryan, that his life has moved on.

Suffolk Community Foundation Trustee, Gulshan Kayembe, says supporting organisations such as REACH and Artheads is an essential part of the Foundation's work. In her professional life as an Education Consultant and Ofsted Inspector she's witnessed that support from statutory services is so stretched that it's sometimes very difficult for those in need to find help.

So it's essential that organisations that create a vital safety net in Suffolk should be supported in every way, she said.

"Terrible things can happen to people and families – but with the right help and guidance they can get their life back on track again."







GIVING





THE WELLBEING OF SUFFOLK'S LOCAL
COMMUNITIES IS IN ALL OF OUR
HANDS. JOINING ONE OF SUFFOLK'S
"GIVING CIRCLES" ALLOWS YOU TO
HELP THOSE MOST IN NEED THROUGH
COLLECTIVE GIVING.





GIVING

The notion of giving a regular sum of money every month by direct debit to your favourite charity is nothing new. Our largest national and international charities are likely to feature on many of our monthly bank statements.

However, if you want to give regularly to help numerous charities and good causes within Suffolk, you can join a local 'Giving Circle' or create one of your own that will improve the lives of many closer to home.

Suffolk Community Foundation manages three collective giving schemes; the Port Community Fund, based in Felixstowe, the Women & Girls Fund Suffolk and the Suffolk 100 Club where like-minded individuals contribute on a regular basis and enjoy the experience of making a difference together.

Each has a different history and a different focus, but the aim is to help

those who need it most and who live on our doorstep.

The Port Community Fund, set up in 2008, helps charities in Felixstowe and the Ipswich areas and is the oldest of the three.

Currently there are nine equal members, Cory Brothers, Coscon, the Freightliner Group, Grange Shipping, Harwich Haven Authority, Maritime Cargo Processing, Pentalver, Port of Felixstowe and Trinity College but 15 other companies have also contributed over the years.

Paul Davey, Head of Corporate Affairs for Hutchison Ports said they each make an annual donation to the Port Community Fund in addition to fundraising throughout the year. "Since it was established the fund has raised over £460,000, of which over half has been spent on good causes in Felixstowe and





as far as Ipswich." The rest has been put into endowment so that the fund can continue helping local charities into the future. The fund has already made grants to groups as diverse as Lighthouse Women's Aid, East Anglian Sailing Trust, Bucklesham and Foxhall Village Hall and Felixstowe Area Community Transport.

East Suffolk Association for the Blind has also benefitted and secretary Jane Fox says that grants made a huge difference to them. The organisation has 200 members which meet socially and grants have paid for transport and contributed towards everyday aids that make a difference, like talking clocks. More unusually it has also helped them branch out into something different

- running regular shooting sessions at Walton Rifle Club with the help of special sound tutors. "It's particularly popular," said Jane, "with the younger members, not only providing a social outlet but allowing them to enter competitions with Blind Veterans UK."

Another giving circle, the Women & Girls Fund for Suffolk, was set up by Dominique Fell-Clark and Kate Earle three years ago and does what it says on the tin. It aims, says Dominque, to help issues that particularly affect women and girls like domestic violence, bullying, cyber bullying, sexual abuse of children and also supports young women, single mothers, teenagers and girls to fulfill their potential.



"Through the foundation the women's giving circle has given grants to Suffolk Refugee Support, Level Two Youth Project, Bury St Edmund's Women's Aid, Red Rose Chain and Suffolk Young People's Health Project."

Dominque explained that currently there are 30 people who contribute £500 a year for three years but the long-term aim is to have 100 in the circle.

Suffolk Community Foundation also has a collective giving group - the Suffolk 100 club. Tim Holder, Development Director said "We are trying to build up to 100 people and are now half way there – we were really pleased to welcome Gotelee Solicitors as our 50th member.

"The power of collective giving through Suffolk 100 has helped us

build a sustainable income for our Suffolk Giving Fund which supports the most pressing needs in the county." Its members, he said, are from all walks of life but they all have dedicated themselves to giving $\mathfrak{L}1,000$ each year for three years.

Alistair Lang, CEO of Gotelee Solicitors explained, "As a law firm firmly committed to serving the local Ipswich and Suffolk community, Gotelee is delighted to join forces with Suffolk Community Foundation. We often deal with the vulnerable in society and being able to contribute to the work of the Foundation via the Suffolk 100 Club clearly complements that effort."



Meanwhile another member, Andrew Wheeler, from Brewin Dolphin in Ipswich said, "I support the Suffolk 100 because I feel that the Foundation has enormous experience in the charitable sector and allows me access to smaller, local charities which desperately need support, but would otherwise struggle to promote themselves widely."

One charity that has benefitted is the Porch Project in Hadleigh, set up by the Dean of St Mary's, the Very Rev. Martin Thrower.



The project is aimed at 11-20 year olds as drop in sessions on Tuesdays and Fridays offering a range of activities – there are three game consoles with six-foot high screens, opportunities to learn how to cook or just a place to hang out.

"The project came about" said the Rev. Thrower, "because of a number of young people were hanging around in the church porch.

"At the time there was a problem with anti-social behaviour in the town," he said "but by giving the young people somewhere to go this has reduced."

Tim Holder from the Foundation would welcome initiatives from any groups who might want to create a giving circle. "There may be people who work in a particular industry, say food and drink or financial services who want to target money towards charities that help a particular cause. Or maybe there might be a group who want to target a particular town or geographical area that could give together."

"We don't want to stop people from making donations to an individual charity, but if you want to commit to giving in a sustained way with other like-minded people this is great way for anyone from any walk of life to create a network and build a team of collaborative philanthropists."











LEAVING A LEGACY TO SUFFOLK

COMMUNITY FOUNDATION CAN HELP

YOU REALISE YOUR HOPES TO

IMPROVE THE LIVES OF FUTURE

GENERATIONS.





Walsham-le-Willows is a beautiful Suffolk village with colour washed cottages and a flint-clad church that is picture-postcard perfect. It's also home to philanthropist Richard Martineau and his wife



Diney who have made a charitable gift in the form of some of its most historic cottages with the aim to transform the lives of local communities long into the future.

A lasting legacy for a better Suffolk. Hand in hand with Suffolk Community Foundation they are passionate about preserving the heritage of their village by helping its people and also meeting the needs of others across the county. "It's really exciting seeing what you can do and the difference you can make" said Richard. His greatgrandfather John built seven blocks of cottages for the people of the village at the end of the 19th century.

Since then they've remained in

family ownership and even today you still need to have a local connection to live in one.

"We really wanted to keep these cottages for local people, but realised that our children would probably have to eventually sell two or three blocks to pay for death duties. We have been 'gifting' a cottage block a year.

"So now tenants don't pay rent to us instead they pay it to the Foundation who in turn have created an endowment fund allowing us to make grants to local charities from the proceeds.



"We went to the Foundation because the charity is so professional and works so hard. They really know what they are doing."

Offering a gift in their lifetime has allowed them to fully involve themselves in seeing the good that their gift is giving to the county they love.



One of the Foundation's largest funds came from a mystery £1.2million donation from a widow's estate in the Sudbury area.

This was complemented by match funding, which brought the total up to £1.7million.

The fund was brought to life thanks to advice from Wealth Advisor Darren Chaplin from Towry Ltd and Catriona Galloway from Birketts Solicitors.

"Sadly the individual died in 2013 but with her bequest Suffolk Community Foundation was able to get match funding which has boosted the total sum so it's doing even more good." Darren says, his client was an incredibly private person, a widow with no children or close family but she had spent her life being very active in the community.

Darren and Catriona are now in the very special position of seeing her money in action as grant panel members.

Among the charities that have benefitted are the Eden-Rose Coppice in Sudbury, a woodland sanctuary for people with cancer or terminal illnesses, and The Bridge Project, also in Sudbury, which helps disadvantaged adults, including those with learning difficulties or mental health problems.

"She wanted to leave her money to charity and thought the only option would be to give it to a national organisation. But, by creating a fund with Suffolk Community Foundation, she was delighted to discover a way to go on supporting her local community."

Another legacy, with a different background has been created by Clare Meade, who with her husband helped establish the Yard Project in Lowestoft, a charity which received one of Suffolk Community Foundation's first ever grants. The Yard Project has



supported many young people with work skills and provided a hub for learning for the local community.

But the legacy Clare has created is in memory of her parents Peter and Dorothy Meade who loved Suffolk.

"They were both passionate about lifelong learning and social equality.

"My mother developed MS in her 70s but led a very active life taking great pleasure in supporting the Yard Project with donations, and always wanting to hear about how the project was developing.

"When she died at the end of 2012, I wanted to leave a legacy in the name of my parents, so I

established a fund in their memory to provide ongoing support to individuals and projects working in Suffolk to combat inequality.

"It is only a small contribution but hopefully the grants will provide a much needed boost to projects in Suffolk, just as the grants we received at The Yard Project did."

Suffolk Community Foundation's Development Director, Tim Holder, says that people often want to leave legacies but are unsure how to achieve their vision.



"They might want to enable every child in Suffolk to be able to play football or music, they might want it to go towards helping older people for instance.

"It's wonderful as these intentions come from the heart, but they might wonder how they can make them a reality.



"That's the beauty of Suffolk Community
Foundation, we can create a fund, a central pot of
money that's made available to organisations
connected to the donor's interests.

"What's more, the Foundation can grow the fund using its investment expertise so it continues to deliver support long into the future."

"You don't have to be as wealthy as you might think to create a legacy either – with average house prices in Suffolk currently at £228,000, it is entirely possible for people to have a hand in shaping the future of their county for generations to come."

For those wanting to leave a legacy Suffolk Community Foundation advises starting a dialogue. Share your thoughts, involve your professional advisors and create a team that can truly appreciate and evolve what you hope to achieve and what you are passionate for your legacy to deliver.

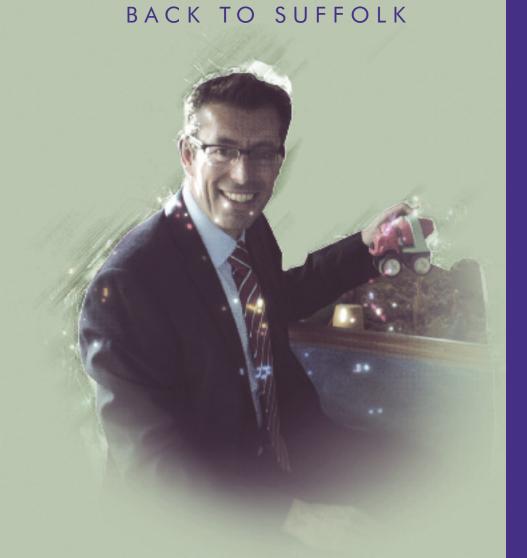
Your contribution is key!











BUSINESSES DO NOT ALWAYS HAVE
THE RESOURCES THEY NEED TO ENSURE
THEIR CORPORATE GIVING ACHIEVES THE
GREATEST IMPACT. WORKING WITH
SUFFOLK COMMUNITY FOUNDATION CAN
MAKE ALL THE DIFFERENCE.





One of the original partnerships created by Suffolk Community Foundation with a local business, was with Ipswich law firm Birketts. Team member Mike Richards, says "We have a fund with Suffolk Community Foundation which goes back to 2006, and every year the partners donate £10,000 towards it.

"We contributed towards the cost of employing a Business Administrator to help the CEO, Diana Porter, with her work in this instance," he said.

They've also helped a Felixstowe project called Level Two, which promotes the welfare of young people – with a transition to high school scheme.



In Ipswich they've helped the Winter Night Shelter for homeless people and also the Town Pastors, which run a scheme in the early hours of the morning to protect young people who've perhaps overdone the weekend "partying".

Every Tuesday lunchtime AXA Insurance employees Melissa Whiley, Ellen Wright, Lorraine Cropper and Carole Colman have a regular date out of the office.

"Part is used for grants to local charities and the rest forms an endowment to build up a giving fund for the future.

"Whenever the charity panel made up of our staff meets, we are presented with a list of applications which have all been carefully screened, often from organisations that are completely new to us," he said.

Among the charities they have supported are Fresh Start – new beginnings, for children who are victims of sexual abuse.



They leave work behind for an hour of volunteering at The Befriending Scheme at The Methodist Church, on Black Horse Lane, Ipswich.

"We help the people there play bingo and then lend a hand when they have lunch. It's really good fun, we wouldn't miss it. Clearly the adults with learning difficulties who attend feel just as enthusiastic too.

Now we've got to know everyone there it takes us about ten minutes to even get through the door because everyone wants to say hello and give us hugs," says Melissa.

And none of this life-affirming volunteering would have happened if it hadn't been for their involvement with the AXA Insurance Fund Panel and the company's charitable fund with Suffolk Community Foundation.

AXA, says Tim Holder, Development Director at Suffolk Community Foundation, is one of a number of local businesses that are making a direct difference to those in need through "Corporate Giving" schemes and programmes. "There are a lot of people in business, both employers and staff, who if they actively had an opportunity might like to get involved in working in the voluntary sector. It takes all sorts of people to make a difference and it's essential that businesses, through their hard work, profit and the bottom line, contribute to and support the community where we live."

Getting involved with the Foundation can also help businesses with time and resources too. He said, "companies can receive many requests each week



from different causes asking for help and they can find it difficult to know how to respond, sometimes making poorly informed decisions or simply saying 'no' to a request that if they had time to understand they might have said 'yes' to.



"Researching each charity to see if they are worth supporting can take time and money but channeling corporate giving through the Foundation means that all that work is done for you," he explained.

So how does it work? "AXA", explained Melissa, "has its own charitable fund with the Foundation, which is added to through a monthly collection across 1,200 employees in its Ipswich and Haverhill offices."

"This allows the AXA Panel to make quarterly grants, amounting to £1,000 to various local charities."

"It's brilliant when you see how a small amount of money can make a difference but it's also made a difference to us personally. You might have had a rubbish morning at work and after volunteering you come back and think that life is not so bad," said Melissa.

Two other Ipswich-based organisations involved with Suffolk Community Foundation are sister companies Pound Gates Insurance Brokers and Sevatas.

Through their collective 'doing good' approach, staff are encouraged to participate in fundraising events, given opportunities to volunteer and generally give back to their local community.



Director Del Sharman explained they established The Acorn fund two years ago. Money is raised through charity events, monthly dress down days, staff and company donations and the fund awards grants to small, often over-looked, good causes.

To make grantmaking as inclusive as possible, there's a staff committee which meets twice a year with the Foundation, to decide where to award grants.



"It's sometimes really hard to decide which causes to support because they are all doing such good work and we don't have unlimited funds to distribute."

Recently funded projects have included Friends of the Ferns, where a grant was awarded towards the cost of refurbishing a family room for those children that have been victims of sexual assault, and Age UK Suffolk's St. Augustine's Forget-Me-Not Club, providing a much needed opportunity for dementia sufferers and their carers to come together on a monthly basis.

Meanwhile Greater Gabbard Offshore Winds Ltd, based in Lowestoft, has created a fund that's quite different in the way it works. Spokesman Sid Anverali explained that the company established a fund of £150,000 specifically for the people of Leiston and Sizewell because the substation for their offshore wind farm is located nearby.

"So far we have given out £69,000 to 28 local groups which includes £4,000 to Leiston Library for refurbishment."

He says that it has worked really well and the Foundation has done all it can to make sure the process is easy and efficient.

Gayla Rowling, manager of Leiston Library says, "The grant we received made a huge difference to the library. The money has been used for extensive painting and decorating of the library, as part of a wider refurbishment project."





TRUSTS —— AND FOUNDATIONS



FOR SOME YEARS NOW SUFFOLK COMMUNITY
FOUNDATION HAS BEEN ACCESSING NEW
MONEY FOR THE COUNTY FROM NATIONAL
ORGANISATIONS, DISTRIBUTING THESE FUNDS
DEEP WITHIN OUR LOCAL COMMUNITIES.







PARTNERSHIPS WITH ——TRUSTS —— AND FOUNDATIONS

Every year funding worth thousands of pounds flows into Suffolk, and it is the partnership between national funders and the Foundation's expertise that ensures financial support reaches projects for those most in need in our county.

Among the most significant partnerships formed are those with the Esmée Fairbairn Foundation, The Henry Smith Charity and more recently, the Pargiter Trust.



Most people are unlikely to have heard of these national charities but they've helped make a difference to many lives across our county. It is thanks to Suffolk Community Foundation that these funds have become available.

The oldest of these organisations is The Henry Smith Charity, dating back to 1628 with a legacy of £2,000 from a man who wanted to help others.

"Today this original cash sum might seem small but The Henry Smith Charity now makes grants in excess of £25 million a year," says Head of Grantmaking Andy Winders.

The Henry Smith Charity's Andy Winders, said, "historically The Henry Smith Charity had connections with eight counties in the south of England and Suffolk is one of them.

Charities that have received grants through Suffolk Community Foundation include Age UK Suffolk, Iceni Ipswich, Headway Suffolk, Suffolk Family Carers and Felixstowe Youth Development Group.

"Suffolk Community
Foundation looks after a
grantmaking programme
for us worth £150,000 a
year, targeting charities
working within health and
social welfare."

It has also awarded £3,000 to the Rural Coffee Caravan Information Project, which organiser Ann Osborn says has been used to help fund Golden Age Fairs around the county.

"We offer free afternoon tea and activities that range from vintage Meccano to quilting and photography. Lots of agencies and service providers also attend, offering advice about a wide range of issues that affect older people.

"Most attendees don't seem to be aware that half these agencies exist or that there's even help available."

Meanwhile the Partiger Trust, set up in 2005 by The Honorable Isobel Cooper-Heyman, is offering a new stream of grantmaking in partnership with Suffolk Community Foundation.

Chair, Suzanne Gardiner explained the trust aims to alleviate social isolation and stress for older people.

"We want to help disadvantaged older people to be independent, healthy and socially included. We were particularly impressed not just by Suffolk Community Foundation's enthusiasm, but also its Surviving Winter campaign which in recent

years has raised more money than any other county in the country."

In partnership with the East Anglian Daily Times, Age UK Suffolk, East of England Co-operative Society and Ipswich Building Society, over 400 grants were made to older members of the community who were unable to afford to heat their homes during the winter months in 2014/15.

The Esmée Fairbairn Foundation is another relationship cultivated for Suffolk that has so far committed £500,000 to local charities over a three year period.



John Mulligan, Director of Funding Development at the Esmée Fairbairn Foundation, said they became aware that they were not reaching parts of Suffolk and East Anglia that were in real need. "We read Suffolk Community Foundation's Hidden Needs report and got in contact because we wanted to create a formal relationship.



"We wanted to be involved with an organisation that had real experience and knowledge of the area."

His charity was created in 1961 by lan Fairbairn, a leading City figure, as a memorial to his wife Esmée using his holdings in M&G, which pioneered the unit trust industry.

Today it's one of the leading grantmaking charities in the UK and since 1961 has made more than £560 million in awards.

Esmée Fairbairn works with the arts, environmental spaces, children and young people for social change.

In Suffolk they have given funds to Ipswich Housing Action Group, the

Rural Coffee Caravan Information Project, the Bridge Project and Anglia Care Trust.

Suffolk Refugee Support has also benefitted with a £15,000 of grant over two years for core funding.

Rebecca Crerar says the Ipswichbased service serves refugees and asylum seekers in Suffolk, supporting individuals forced to flee atrocities in their home countries.

"This grant has made a real difference. It's very difficult to get core funding to help with running costs," she said.



Suffolk Refugee Support works with 600 people from countries including Sri Lanka, Iran, Pakistan, Zimbabwe, Nigeria, Albania, Malawi and Eritrea.

Suffolk Community Foundation's Development Director Tim Holder says, "one of the most important duties of the Foundation is to provide a sustainable platform for giving into the county.



"It is our deep knowledge of the voluntary sector in Suffolk that has really attracted national funding. National funders would not have been aware of the depth of need that exists, or which organisations are best placed to deliver solutions and support without our local knowledge."

"With about 78% of charitable giving leaving Suffolk in support of national and international charities, it's essential that we bang the drum for local organisations.

"Raising money from within is of course vital, but the continued development of new and existing relationships bringing new money to Suffolk, will remain a Foundation priority."









SUFFOLK COMMUNITY FOUNDATION IS
LIBERATING DORMANT OR INEFFECTIVE TRUSTS,
RELEASING MILLIONS OF POUNDS FOR LOCAL
CHARITIES AND COMMUNITY GROUPS.







TRUSTS

These days charity giving can be as easy as making a phone call, sending a text message or clicking on a website.

Back in Victorian and Edwardian times it wasn't quite so easy, so middle class philanthropists simply set up their own trust funds.



Most were aimed at helping the "deserving poor" but as time has gone by many of these trusts have become dormant or ineffective.

"It may be because the trusts have lost their trustees or as interest rates have fallen they do not have access to the right sort of financial, investment experience for the capital to have an income, or because the original aims of the trust are now impossible to fulfil," says Colin Evans, UK Community Foundation Trust Transfer Associate.

"For instance a trust might have been set up to support orphans of the Great War, to provide petticoats for poor girls, bread, coal, to provide clogs for workers on the 8.30am shift at a named factory or education for boys from a particular village," explained Colin.

His role is to seek out all these trusts, largely by "data mining" the internet. By helping them to restructure he has already released £52 million for UK community foundations in the last ten years.

Locally, Suffolk Community
Foundation has helped to liberate
funds from trusts including the
Shrubland Foundation and the
Fonnereau Road Health
Foundation.



"The Shrubland Foundation was originally set up in the 1930s with the aim of helping local people," says David Nicolson, Personal Tax Manager at Ensors, "although more recently no grants were being made."

"I suggested that it might be a good idea to pass the trust to Suffolk Community Foundation who could invest the capital and put the money to good use helping local charities."

So in 2011 the Shrubland Foundation was transferred to the Suffolk Giving Fund where it's now used for general grantmaking.

The Fonnereau Road Health Foundation is one of Suffolk's largest health charities and dates back to 1999 following the sale of Christchurch Park Hospital to BUPA.

Foundation secretary Nick Feldman said, "It has been used to help lpswich Hospital buy equipment that was not being purchased by the NHS. For the first seven or eight years the bulk of the grants went to the hospital and then the hospice started to make approaches too."

As the years went by trustees wanted to extend its reach and so an approach was made to Suffolk Community Foundation for its expertise in working with smaller charities.

The result was a substantial donation and the creation of Fonnereau Road Health Foundation Fund. Nick says the idea is to give grants for capital projects of no more than £5,000 and to fund 100 per cent of whatever is needed.

"Of course we will continue to support the hospital and other charities, but this means we can reach grassroots groups too."

Charities that have already benefitted include Survivors in Transition, which works with adult survivors of sexual abuse, violence and exploitation.



Fiona Ellis, who runs the charity, said £3,490 they received had been used to fit out two new counselling rooms at their lpswich base in Fore Street.

"Since the Jimmy Saville story broke, demand for our services has gone up by 250% and we are very, very busy. "Last year we worked with 900 people whose sexual abuse has resulted in problems ranging from drug and alcohol abuse to eating disorders, self-harm and difficulties with relationships and parenting."

Equipping the counselling rooms properly was a big part of their therapeutic process, she said, as it's important for people to feel comfortable and valued when they visit.



Another charity to benefit is Suffolk Accident Rescue Service, which provides specially trained doctors and paramedics to assist the East of England Ambulance Service at the scenes of serious incidents.

Ben Hall, from Suffolk Accident Rescue Service, said, "We received £4,574 which allowed us to equip one of our lone responders with the eight pieces of specialised equipment they need including safety clothing and a helmet.

"Sometimes our doctors are the first person at the scene of an accident and they need monitoring equipment to check the injured person's vital signs."

Home-Start Mid Suffolk also received a grant of £940 towards a projector, screen and laptop.

The scheme co-ordinator, Mandy Logan, said it has been invaluable as their work, which promotes the safety and welfare of children and support struggling families, relying a lot on volunteers.





Tim Holder, Development Director at Suffolk Community Foundation, said, "The caring nature of the people of Suffolk is deeply rooted in our county's history.

"Numerous trusts and foundations have been in existence for generations and still support their founding principles. Inevitably, as the need of our society evolves, some trusts find it difficult to operate as originally intended.

"Our team has had many conversations with those who now hold the responsibility for such trusts. The burden can weigh quite heavily upon them and sometimes solutions can seem impossible to uncover.

"Suffolk Community Foundation's aim is to turn what might feel like an insurmountable problem into a way forward that can remain fit for purpose and help those most in need for generations to come."









IN THESE DAYS OF AUSTERITY EVERYONE HAS
TO COUNT THE PENNIES AND MAKE TOUGH
DECISIONS. THAT'S WHERE INNOVATIVE
PARTNERSHIPS BETWEEN STATUTORY FUNDERS
AND SUFFOLK COMMUNITY FOUNDATION ARE
MAKING A POSITIVE IMPACT.





CREATING PARTNERSHIPS FOR A STRONGER SUFFOLK

Suffolk is no different to anywhere else in the country - money coming into the county from central government has been declining. Budgets have been cut and services we all took for granted have been dramatically reduced.

But our county may well be faring rather better than other places thanks to alliances forged between Suffolk County Council, the Suffolk Police and Crime Commissioner, New Anglia Local Enterprise Partnership (LEP) and Suffolk Community Foundation.

Quite simply, these statutory agencies have found a way of working with the charity sector that stimulates support and reaches the grassroots, maximising the power of available budgets.

Wendy Herber from Suffolk Community Foundation says...

"... by creating these important partnerships we have been able to combine our expertise in working with local charities, community groups and organisations to enhance their strategic aspirations for Suffolk.

Together we have created funds that support groups to participate in real change."

Change is being felt everywhere and current projects have seen more people getting out and about into the Suffolk countryside to improve physical wellbeing, a reduction in crime and anti-social behaviour and help preparing some of the most vulnerable people in our society to return to work.

Chris Bally, Assistant Chief Executive for Suffolk County Council says, "In working with the Foundation the Council have discovered new routes for achieving positive change by investing money in endowment funds which will continue to deliver positive outcome for generations to come. Our partnership has also distributed additional funds that quickly and effectively address immediate needs."

This money, he said, has helped create three funds tackling specific areas through the Raising the Bar Community Fund, Get Suffolk Moving and the Dementia Friendly Communities Fund.

"We see Suffolk Community
Foundation as a partner that's
willing to help us find a new
way of funding services. It's
something really different. The
results have been so good that
the council is now looking to
see if this model would be
suitable in other areas too."



Chris Bally explains the reason for working in this way is very much down to everything Suffolk Community Foundation has achieved.

"The Community Foundation team has a very creditable background and understanding of the social funding model. They know how to get to the groups we cannot reach."

For example, The Lowestoft Community Hub, through The Friends of John Turner Day Centre received a grant from the Get Suffolk Moving Fund to buy two specially adapted bicycles for people with disabilities.

Team Leader David Barber explained the bicycles have been

purpose-built, one is a threewheeled tandem and the other is designed to clip onto the back of a wheelchair.



"People can hire these bicycles for a nominal charge either for an hour, a half or full day and although we've only been going for six months they are very popular. Word has got out. We've even had people coming from Norfolk to take them out.

"It allows people who would normally not be able to get out on a bike to feel the wind on their faces and explore places they might not otherwise get to. The enjoyment is obvious for everyone. We had one wheelchair-bound lady who was so thrilled that she was urging the carer to go faster! Then another man who rarely speaks had a go and just started talking."

Another recipient, from the Raising the Bar Fund, is ActivLives, an organisation which aims to improve the health and wellbeing of people living in Ipswich.

As part of their ActivGardens project, it's launching 'Grow to Learn' at Maidenhall Allotments for children and young people - especially those who find it difficult to learn at school.

"These may be young people with mental health issues, heightened anxiety or perhaps without the right sort of support at home", said Development Manager, Susannah Robirosa.



"They will be learning everything you need to know about gardening from weeding, pruning and watering right through to making jams and chutneys. In addition they might also have the opportunity to learn about bees and bee keeping."

She said that all this will help them gain confidence and self-esteem, they will gain vitally important work, life and social skills, with opportunities to achieve pre-entry-level awards in horticulture and related areas.

"Ultimately our key aim is to provide early intervention support so that students arrive in the education system ready to learn."

On another front The Safer Suffolk Fund has been created by Tim Passmore, Suffolk's Police and Crime Commissioner, with the aim of helping to solve crime, reduce anti-social behaviour and care for victims and vulnerable people.

He says that when he was first appointed he was given a grant from the Home Office and he decided to ask Suffolk Community Foundation to administer part of it to help prevent crime.

"We know there's a huge link between social circumstances and anti-social behaviour which in turn gives rise to crime and addiction.

"Trying to tackle the problems before they begin – for example by supporting the Porch Project in Hadleigh, which provides a drop in



for young people – has led to a 50% reduction in anti-social behaviour" he said

Among recipients from this fund is The Globe in Lowestoft, a former pub that's now being used by Access Community Trust as a centre for young people.

Development Manager, Patrick Moir said that there's been an issue of kids and teenagers roaming the streets at night and work at The Globe aims to give them some positive activities to keep them occupied.

Currently it's open once a week offering a range of activities



including art, cookery and health related education.

"In the last two years we have had 200 young people coming here – many of them have been excluded or are at risk of being excluded from school."

He said that they would love to be able to have funds to open another day, as they have access to woodland and would like to run a forest school.

New Anglia Local Enterprise Partnership has also been working with Suffolk Community Foundation on the Community Challenge Fund to help disadvantaged people become job ready and gain employment.

Chris Starkie, Managing Director of New Anglia LEP said: "Charities and volunteers are at the heart of their communities and actively deliver help to those who need it most.

"The Community Challenge Fund has invested £160,000 in eight projects across Suffolk and Norfolk. It aims to help people with a whole range of problems including those suffering from mental health issues to homelessness and people with disabilities.

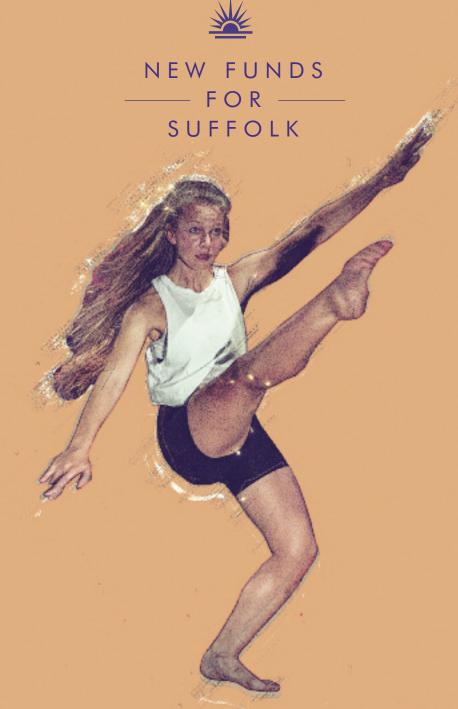
In Suffolk, the fund has supported projects at Suffolk Sport, the Museum of East Anglian Life, Julian Support and Access Community Trust.

Mr Starkie added, "we are delighted to commit £500,000 for a further two years and look forward to supporting the next round of exciting and creative projects."









AGAIN AND AGAIN SCIENCE HAS PROVED THAT
THE ARTS, THEATRE, DRAMA AND SPORT ARE ALL GOOD
FOR OUR WELLBEING. SUFFOLK COMMUNITY
FOUNDATION BELIEVES IT HAS THE POWER TO KEEP
OUR COUNTY A HAPPY, HEALTHY PLACE.





It's something that the Foundation has seen on numerous occasions with the thousands of charities and organisations it's worked with and, says Tim Holder, the Foundation's Development Director, that's why the Foundation created three new targeted funds – the Arts and Culture Fund, the Sports Fund and the Rural Fund.

The Arts and Culture Fund, launched at a gala at Bury St Edmund's Theatre Royal in September, has already got off to a good start. With a focus on bringing money in to the fund, grantmaking will commence in 2016.

Suffolk-born Gary Avis, Royal Ballet Master, was one of the stars who performed and for very special reasons – he understands from personal experience not just the difficulties that can hinder young people but how the arts can make a difference.



"When I was at school in Ipswich I used to be bullied and spat at on my way to school and would have to take a different route every day because there were kids who just wanted to pick a fight. Every night my Mum used to wash my clothes as soon as I got in."

It was thanks to the local arts scene in Ipswich, he says, that he was able to find a way through this difficult period. Of course, not everyone has the talent or ambition to pursue an international career, but says Rebecca Gibbs of Spinning Wheel Theatre, "the arts can make an enormous difference."

Her group takes professional theatre into remote village halls and communities that might otherwise not see live performance.

She also runs Spinning Wheel Youth Takeover for 16-25 year olds in Bury St Edmunds and it's so successful that they are about to launch in Haverhill too.

"Unlike other youth theatres we let our young people do everything, they choose what they want to perform, they do the props, the PR, the lighting, the acting, the costumes, flyers and they manage the budget too.



"It makes a huge difference. One young girl who was incredibly shy was running a technical rehearsal and had to really speak up. Since then she has really come out of her shell."

Tim Holder says in the same way the arts fund will target groups making a difference in all aspects of culture, the Sports Fund is very much directed at achieving the benefits in physical and mental wellbeing through individual or team sports.

The Sports Fund has had a fantastic start and amassed funds which have been invested in the Foundation's endowment fund, and grantmaking will begin in 2016.

"Over the last ten years the Foundation has supported many groups from the sporting arena, but creating a specific fund means we can do more and hopefully attract donors to the fund who have a specific interest in supporting this work," he said. For example, Eastgate Amateur Boxing Club in Rougham, which help local people tackle problems from fitness and obesity to confidence and bullying.

Mick Bryant runs community boxercise groups with sessions for all ages and abilities in addition to regular boxing training.



"It still seems to make a huge difference to people's lives whether or not people want to progress and take up the sport more seriously.

"Last year one young teenage woman came to us because she was getting teased and bullied at school for being about five stone overweight.

"Since then her life has changed, she's lost weight, she's become fit but also very happy and her outlook on life is completely different." Meanwhile the soon to be launched Rural Fund will target the isolation and deprivation in Suffolk that is hidden and goes unnoticed.



Wendy Herber, Partnership Development Manager at Suffolk Community Foundation, said it wasn't until the Foundation's Hidden Needs report in 2011 that the scale of the problem was known.

It revealed, beyond areas of deprivation in Lowestoft, Haverhill and parts of Ipswich, an uncomfortable truth hidden in many of our tranquil picture-postcard villages.

"We now know that you might find two or three houses in a village where people are really struggling with things like isolation, lack of access to healthcare services, domestic violence, sexual abuse and because of poor transport services there's nowhere to turn for help."

Hidden Needs really changed views about the county and as a result national charities like the Esmée Fairbairn Foundation and The Henry Smith Charity have started or increased their grantmaking activity in Suffolk.

However, the economy and public finance priorities have evolved since then and with new government statistics due soon, the Hidden Needs report is about to be updated, which should give a clearer picture of the current situation.

This will enable the Foundation and its Rural Fund to target grantmaking to those most in need.

For instance a group like Halesworth Volunteer Centre would fit the bill.

Based in the town's council offices and with more than 50 volunteers it runs services like dog walking, odd jobs, a befriending scheme and even a car service.



Manager Tracy Gardner said most of the people they help are older. "We'll drive them to and from doctors and dentists appointments



or if necessary to hospital, whatever is needed.

"You might not think that Halesworth is inaccessible because we have a rail service but people can be isolated because they can't get out of their homes"

Chief Executive of Suffolk Community Foundation Stephen Singleton says...

"... if you are passionate about sport, the arts or understand the challenges of rural living and want to make a difference, making a donation to a central pot of money means that groups from across the county can receive the funding they need to continue their invaluable work."









SUFFOLK COMMUNITY FOUNDATION HAS
BEEN A LIFELINE TO MORE THAN 2,000
CHARITIES OVER THE PAST DECADE. FIND OUT
MORE ABOUT HOW LOCAL GROUPS ARE
SUPPORTED TO ACCESS FUNDING THROUGH
THE GRANTMAKING PROCESS.





Diana Porter is the chief executive of Fresh Start - new beginnings, a Suffolk charity that helps children who have been sexually abused.

Since 2012 the charity has helped 400 young people referred by the police, schools, health and social services and is currently working with six children who are under the age of three.

The experiences that these innocents have been through are heartbreaking, difficult to listen to and will bring tears to your eyes.

However, says Diana, not everyone wants to help them - or at least they don't want to be seen to be helping them.

Suffolk Community
Foundation has
always supported her
with her annual
fund-raising of
£180,000 which tops
up funds provided by
the three health
clinical commissioning
groups within the
county."

"When I am looking for funding there are many people who don't want their company name to be connected with sexual abuse so we come up against difficulties with getting support.

"Also, our service is expensive, it's run on a one-to-one basis, can take months or years and there are no smiley faces that can be publicised at the end.



"The Foundation helped me get funding from a local company so we could set up in the first place. Without support from Suffolk Community Foundation I don't know where Fresh Start - new beginnings and the hundreds of children we help would be."

Likewise Suffolk Artlink says the Foundation has provided a backbone of support. Artlink improves the quality of people's lives through creative expression and is currently running 12 different projects across all age groups.

Funding comes from different places but Suffolk Community Foundation has helped many times, says Co-Director Hayley Field.

These have included grants from The Henry Smith Charity and the Foundation's private fund holders. It has also worked to help them get the matched funding needed to access bigger pots of money.



One such scheme is the Clown Round Project at Ipswich Hospital, engaging children who are ill.

"We have eight Clown Doctors who work with children at the recommendation of the Play Team to distract them at, what for some, can be a very difficult time," she said.

Access Community Trust in Lowestoft has been running for 40 years but finds Suffolk Community Foundation an invaluable ally in accessing funding.

Chief Executive Emma Ratzer explained they provide hostel accommodation for up to 200 homeless people a night, including young mothers, children and babies, but also offer health, wellbeing and employment services as well.



Half of their funding is from the Government but the rest comes from Suffolk Community Foundation and organisations like the Big Lottery and others.

"The Foundation has helped us with many small grants but it's also very good if we need to apply for something bigger elsewhere in helping us put a bid together to support the work we do."

Being able to support charities, all with varied and unique needs, in the right way is a key part of Suffolk Community Foundation's role. In the last ten years the charity has developed a high level of expertise in supporting thousands of community groups and grassroots charities in Suffolk. It's can-do



approach to 'connecting causes that matter with people who care' has ensured that many organisations have the opportunity to build their services in a sustainable way and really make a difference to local communities.

When it comes to grantmaking, the Foundation's team aim is to do all they can to find the best possible outcome - they want to say yes and they want to make a positive difference.

The grants team is headed up by Andrea Pittock. "The first thing, particularly for new community groups or charities, is to make sure they are ready for funding with a properly set-up constitution and two independent signatories for cheques.

Sometimes this might feel like a major hurdle to overcome, but it pays dividends quickly and a brief phone call with our partners at Community Action Suffolk, or development officers from borough and district councils, can often provide an effective solution."

Operations Director, Mandy Abdel-Aziz, says, "Our grants officers are there at the end of the telephone to offer help and friendly advice and guidance. We aim to build really strong relationships with the groups we award grants to, we know that they are brilliant at what they do and it's our job to help make sure that they continue to have the necessary financial support to continue their valuable work.



"Of course we have to operate within guidelines. Our funders want to know that their money is being well spent and that we are awarding grants to projects that address the needs of our local communities effectively."



"I'm here to support organisations to be successful and receive funding, not prevent them from getting it. Yes, we need to ask questions, yes we need to be sure the need is genuine, but my role is about presenting the application as realistically and positively as I can. It is then up to an independent grants panel to decide if the funding is awarded."

Once the application is made, it's not simply a case of right or wrong. Emma Rawlingson from the grants team says, "Charities need to be aware that not every application is successful on the first attempt and sometimes there isn't the funding available and perhaps it's only possible to award a proportion of the money requested.

"Our team gets satisfaction and pleasure from seeing what successful outcomes bring. We always keep trying to find the right solution".

So what is a grant panel looking for? Richard Cooper of Three Swans Property Management, a volunteer on the Suffolk Giving Fund panel says, "We want to be able to fund organisations that are thinking ahead and are clear about how they will be able to continue

doing the work they have set out to do." The majority of panels are over subscribed, but on average around 70% of applications are approved.

"Sometimes we don't award the full amount requested so that we can spread funds further and help other groups too." Obviously funding isn't endless and available pots of money are often smaller than the grants requested from them.

Successful applications receive funds within weeks. The Foundation will always offer advice and feedback to unsuccessful applicants because it wants to support them to make better bids next time, or make suggestions as to where else they may be able to source the funding they need.





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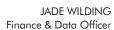


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SUFFOLK COMMUNITY FOUNDATION IS A MEMBER OF



If you're not fortunate enough to live in Suffolk, there will be a community foundation in your local area.

Suffolk Community Foundation is one of 48 foundations supporting their local communities across the UK.

To find out more visit: www.ukcommunityfoundations.org





Also with thanks to Liz Nice, Lynne Mortimer, Rachael Mikulskis, and all of the charities and community groups who opened their doors to us and helped us tell their stories in words and pictures.



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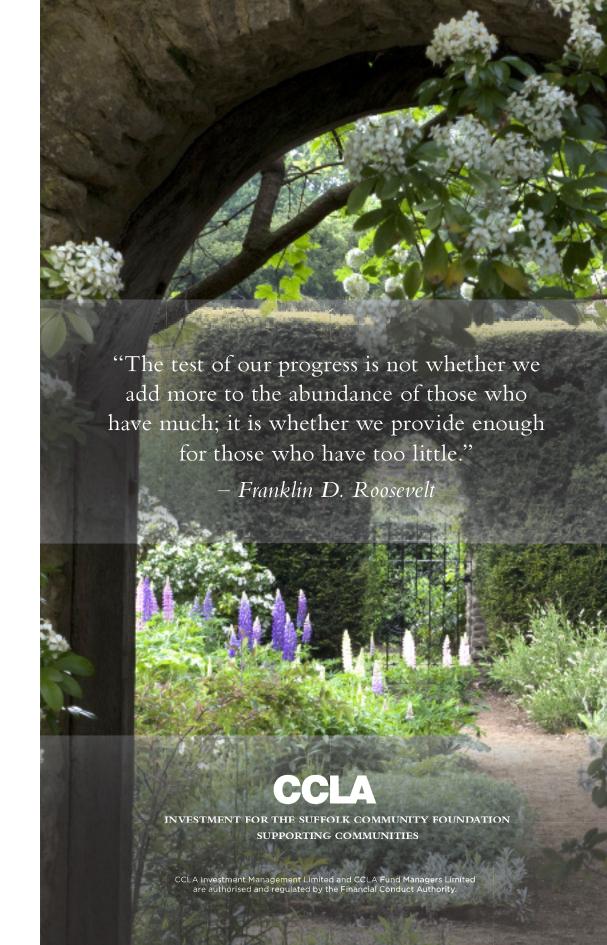
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