



**SUFFOLK**  
Community  
Foundation

ANNUAL REPORT  
2022/2023



Making Suffolk a better place  
***TOGETHER***

[suffolkcf.org.uk](https://suffolkcf.org.uk)

## OUR VISION

To help make Suffolk a better place for all.

## OUR MISSION

To be a community foundation for everyone with beneficiaries across the whole county, whilst facilitating and encouraging giving from different sources.

## OUR VALUES

We are ambitious for our county.

We are clear and transparent.

We act with integrity, kindness and compassion.

In 2022/23 our partnerships with private donors, local businesses, public sector and independent trusts and foundations have delivered

# £4.5m

in grant funding to address need in Suffolk. THANK YOU!

Our four priority areas for the next five years are:



Health & Wellbeing



Poverty



Inequality and Equity



Environment & Climate Change

## CHAIR AND CHIEF EXECUTIVE'S INTRODUCTION

### Welcome to our Annual Report and Financial Statements for the year ended 30 June 2023.

#### From our Chair, George Vestey DL

As Chair of Suffolk Community Foundation, I remain incredibly proud of the vital work carried out by our dedicated team. This year's report is filled with fantastic examples of the difference our staff, trustees, patrons and volunteers are making across Suffolk. The current backdrop of rising need and decreasing funding is placing charities and community groups under increasing pressure. Despite this, we have continued to work closely with our existing partners, as well as forging valuable new relationships, so that we can deliver positive change to those most in need.

In July, we welcomed Sarah Cossey as our Director of Finance and Operations, while Karen Moy celebrates her first anniversary as Director of Programmes. After saying farewell – and a huge thank you – to Tim Holder, Director of Development and Communications, we have appointed a new Director of Philanthropy and Engagement, Hannah Bloom, to complete our senior team. The leadership and stability they offer will complement the skills and experience already in place at the Foundation and place us in a strong position for the future.

We celebrated a further milestone in September with the launch of our new five-year strategy. The important document defines our four priority areas for the next five years as health and wellbeing; environment and climate change; inequality and equity and poverty. It also describes our aspiration to use our unique and unrivalled knowledge of Suffolk's needs to unlock additional funding to drive improvements in these areas. The strategy sets an ambitious and upbeat direction for Suffolk Community Foundation while reinforcing the enormous difference that partnership working can make. You can read more about it later in this Annual Report.

Finally, I would like to say thank you to everyone who has supported us this year, including our donors, trustees, ambassadors, volunteers, staff and partners. We are sincerely grateful – our vital work simply wouldn't be possible without you.



GEORGE VESTEY DL  
CHAIR, SUFFOLK COMMUNITY FOUNDATION

#### From our Chief Executive, Melanie Craig

I have had the pleasure of working with some incredible people since joining Suffolk Community Foundation 18 months ago and am inspired by every story I hear about the impact the funds we distribute are having on people's lives. I would like to say a heartfelt thank you to everyone who has supported us so far, while also asking for their continued help as we respond to the ever-increasing challenges our communities are facing.

It is no secret that need for support has increased. An estimated 100,000 people in Suffolk now live in fuel poverty, while inequalities brought into sharp focus by Covid-19 – such as homelessness, deteriorating mental health and social isolation – still remain. New issues have also risen to the forefront, with high numbers of children and young people no longer attending school and fewer people giving up their time to help others. Central funding has continued to shrink, placing the NHS and public services under increasing pressure. This means the need for philanthropy is now greater than ever before.

As a result, our work has become more important than ever. We were delighted to forge stronger relationships with businesses during the year while also working with new charities, such as the Friends of Beeches Primary School in Whitton, to address the diverse needs of different communities. We collaborated with partners to open new funding programmes, including the Beckett Health and Wellbeing Fund, the Sizewell C Community Fund and the Lentonbrook Foundation for underprivileged children. An important match fund to increase digital literacy and digital accessibility also began alongside Suffolk County Council, together with a valuable project to prevent and reduce serious violence. All of these schemes, as well as others we support, have the potential to transform people's lives, and we are excited to follow their progress.

Although there will inevitably be further challenges ahead, we are committed to using our knowledge and experience to make the best possible use of the funding which is available. We look forward to working in partnership even more closely in the future so that we can continue to make a lasting difference to those who need our support the most.



MELANIE CRAIG  
CHIEF EXECUTIVE,  
SUFFOLK COMMUNITY FOUNDATION

SUFFOLK’S HIGH SHERIFF AWARDS WINNERS

Please join us in congratulating this year’s inspiring winners:



Bury Drop In provides support to over 130 registered people who are homeless and vulnerably housed in Bury St Edmunds. The charity works closely with West Suffolk Council rough sleeper service, NHS Health Outreach and other local agencies to ensure that guests get the best support available. Provisions include tents, sleeping bags, toiletries, and emergency food vouchers. Drop in sessions are held twice weekly, 11am - 1.30pm, at Trinity Methodist Church. Their vision is to care for and inspire homeless people as they work to ensure everyone has a place to call home.



Room4... was set up to fill a gap in service provision in Haverhill, offering trauma recovery focused psycho-therapeutic interventions to hard-to-reach young people in the community, who have multiple and complex needs and who have been, or are at risk of being groomed into gangs, Child Sexual Exploitation and Child Criminal Exploitation.



SiT supports all genders who have experienced sexual abuse and violence in childhood, through a range of trauma informed, psycho-educational and trauma specialist activities. These include one to one and group therapy, counselling, advocacy, research and training to become empowered and improve self-esteem and resilience. Founded in 2010, SiT has supported over 4,500 survivors through a range of individualised, evidence-based and quality assured interventions.



The Hive is a community cultural space that has grown and developed over the last two years and is situated on Norwich Road in Ipswich, the most diverse street in Suffolk. It has become a real home for people from all over the world to find a sense of belonging. With classes, groups, workshops, exhibitions and events, people have connected, found friendships and been able to share cultures and experiences which ultimately have led to a stronger community resilience and understanding.

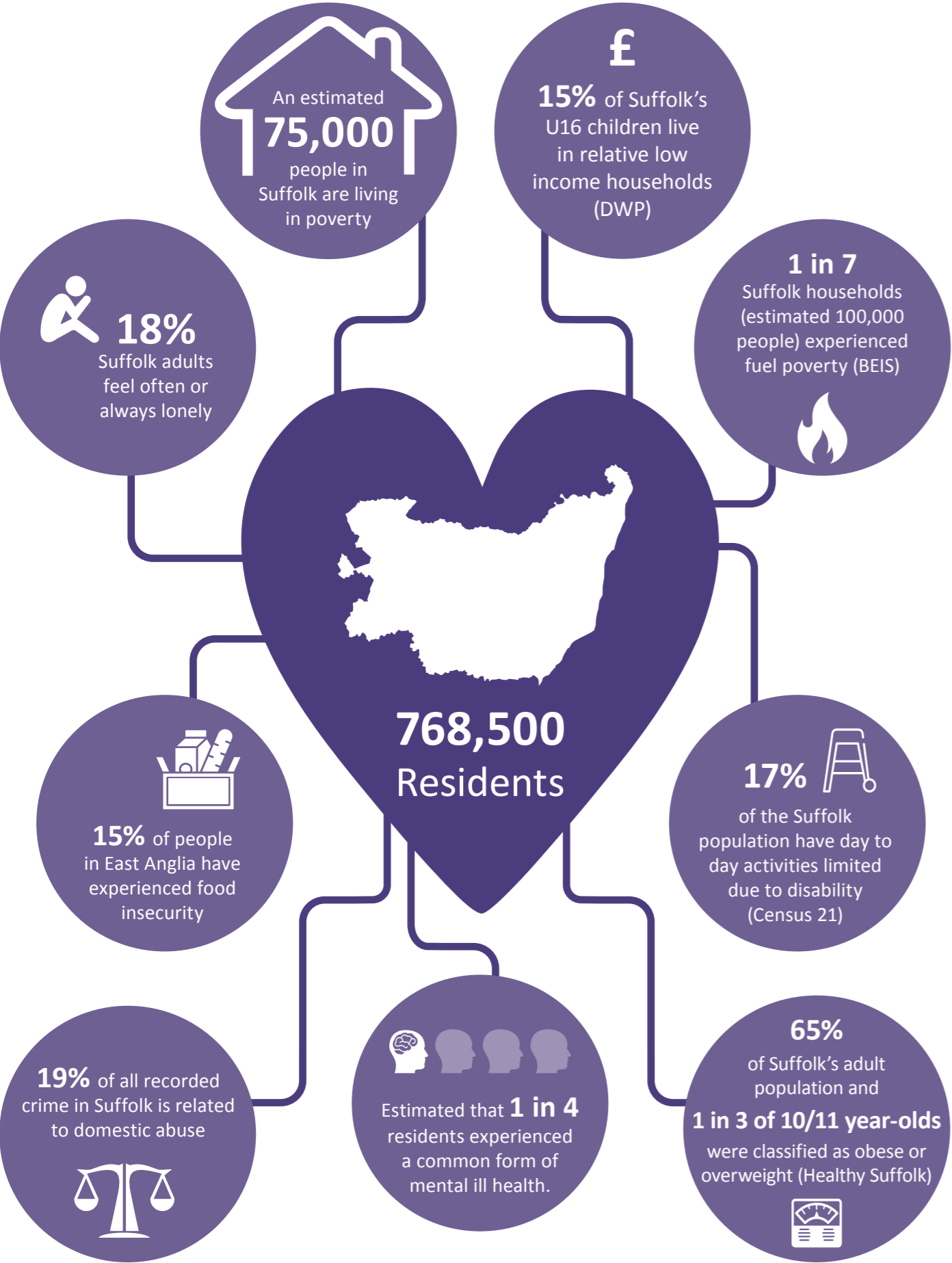


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SUPPORTING:  
Room4...



Data sources – BEIS, Census 21, School Census, DWP, Healthy Suffolk, ONS, Suffolk Office of Data & Analytics (SODA), Suffolk VAWG strategy, Trussell Trust - (info from SODA except where indicated)

Our Grants Team is dedicated to building trusted relationships with the voluntary sector across the county. Its core focus this year has been to ease the application process and to be as accessible as possible to ensure that charities are proactively approaching the Foundation for support when relevant funding is available.

Karen Moy, our Director of Programmes, has reached her first anniversary of working at Suffolk Community Foundation. Having spent much of her year meeting and talking to the voluntary sector, she has been instrumental in working to simplify the grants process which was often regarded as being a barrier to charities. The feedback received is that the process can be cumbersome, especially for smaller groups who are predominantly run by volunteers. Under her stewardship, much work has been carried out behind the scenes on a new, streamlined application process which will be launched in May 2024.

Recently however, she has initiated an ‘expression of interest’ system for larger or over-subscribed funds which speeds up the process and has been positively received.

The team has also organised two types of ‘Meet the Funder’ events. The first, a video call, is set up on the launch of a new fund and invites all relevant charities to meet the funder behind it. This gives the charities the opportunity to find out more about the fund (usually public sector) and to ask questions. These interactions have been key drivers to encouraging applications.

The second type, a ‘Funding and Community Event’ was launched in Mildenhall in the west of the county in February 2024. This gives charities and groups the chance to meet face-to-face with the funder to discuss future needs. The plan is to then replicate this model across Suffolk over the course of the year.



SUPPORTING: Survivors in Transition

Our Grants Team is here to help you. Please contact us on 01473 602 602 or email [grants@suffolkcf.org.uk](mailto:grants@suffolkcf.org.uk)



The Grants Team.  
Please note that Julie Rose, pictured on page 40, is also part of the Grants Team

We would like to thank all our donors, grants panel volunteers and Voluntary, Community, Faith and Social Enterprise (VCFSE) partners for working with us in the delivery of vital grant funding to local charities and community groups in 2022/23. Together, we distributed 863 grants totalling £4.5m supporting projects across the county, including 70 groups (highlighted in blue) who received funding from the Foundation for the first time.

Acorn (Pound Gates & Sevatas) Fund

£4,875

- Headway Suffolk
- Hope Church Ipswich
- St Helen’s Playgroup

Arts & Culture Fund

£9,671

- DanceEast
- Eastern Angles Theatre Company
- Haverhill Community Trust
- Marina Theatre Trust
- New Wolsey Theatre
- Rock Paper Scissors Arts CIC
- The Seagull Lowestoft CIC

Birketts Fund

£15,260

- Brave Futures
- Home-Start in Suffolk
- Memories are Golden
- Rural Coffee Caravan Information Project
- Something To Look Forward To
- Steel Bones
- Suffolk Accident Rescue Service
- The Mix Stowmarket

Bluebell Fund

£88,000

- 301 Sqn ATC Civilian Committee
- Access Community Trust
- Association for Suffolk Museums

- Boost Felixstowe
- For Children & Young People
- Friends of Bramfield School
- Inclusive Response CIC
- Kernos Centre
- Ormiston Families
- Riding for the Disabled (Woodbridge & District Group)
- Rural Coffee Caravan Information Project
- Schoolreaders
- Unity Schools Partnership

Breakthrough Fund

£44,000

- BME Suffolk Support Group
- Bury Drop In
- Haverhill Community Trust
- Lighthouse Women’s Aid
- Men’s Advice Recovery Support (MARS) BPD Group
- REACH Community Projects
- Suffolk Law Centre
- The Lightwave Community CIO

Brooks Fund

£8,555

- ActivLives
- BSC Multicultural Services
- The Befriending Scheme
- Transforming Futures - Suffolk
- Warden’s Charitable Trust

Bunbury fund

£4,500

- Addenbrooke’s Charitable Trust
- St Elizabeth Hospice
- Suffolk Historic Churches Trust
- Transforming Futures - Suffolk

Bunting Fund

£500

- Cure Parkinson’s

Catalyst Fund

£95,000

- Inspire Suffolk
- Porch Project
- Success After Stroke
- The Befriending Scheme

Centenary Fund

£12,000

- Benefice of Athelington, Denham, Hoxne, Horham, Redlingfield, Syleham and Wingfield
- Christ Church Felixstowe
- St John the Baptist Church Saxmundham
- Walton Parish Nursing

Communities in Crisis Fund

£22,122

- Ipswich & District Citizens Advice

Community Inclusion Fund

£14,351

- Classics for All
- Essex Community Foundation
- Inside Out Community

Co-op Community Cares Fund

£144,000

- Abbeycroft Leisure
- Action for Children
- Beccles Lido Limited
- Debenham Village Hall and Playing Field Trust
- Disability Advice NE Suffolk (DANES)
- Essex Community Foundation
- Felixstowe Creative Arts Trust
- Future Female Society
- INVOLVE Active
- Karibu African Women’s Support Group
- Mid Suffolk Voluntary Organisations Forum
- Norfolk Community Foundation
- St Edmundsbury Cathedral
- St Elizabeth Hospice
- Suffolk Mind
- Suffolk Young People’s Health Project
- The Art Station
- The Compass
- The Pear Tree Fund
- The Seagull Lowestoft CIC
- The Sunflower Community Care Farm CIC
- Transforming Futures - Suffolk
- Voices for Gainsborough Community Library
- Volunteering Matters

Cost of Living Fund

£350,948

- Access Community Trust
- ActivLives
- Anglia Care Trust
- Association for Suffolk Museums
- BME Suffolk Support Group
- Brantham Management Community Interest Company
- Bridge Community Church
- Bucklesham and Foxhall Community Council
- Bungay Community Support
- Bury St Edmunds Women’s Aid Centre
- Chevington Parish Council
- Communities Together East Anglia
- Constable Memorial Hall East Bergholt Trust
- Disability Advice Service (East Suffolk)
- Eden’s Project
- Emmaus Suffolk Ltd
- Essex Community Foundation
- Families Together Suffolk
- FIND (Families in Need) Ltd
- Forge Community Church
- Gatehouse Caring in East Anglia
- Gt Waldingfield Bowls & Social Club
- Honington and Sapiston Village Hall
- Hope Church Ipswich
- Hour Community
- IP17 Good Neighbour Scheme
- Ipswich & District Citizens Advice Bureau
- Ipswich Community Media and Learning CIO
- Ipswich Furniture Project
- Lavenham Community Council
- Lighthouse Women’s Aid
- Lowestoft and Waveney Breastfeeding Support
- Mendlesham Community Charity
- Milden Pavilion and Recreation Ground Charity
- New Life Church Community Great Cornard
- New Wolsey Theatre
- Norfolk Community Foundation
- PACT Parents and Carers Together CIC

- Parish of St John with St Edmund, Felixstowe
- Pathways Care Farm
- PHOEBE
- Rattlesden Community Council
- REACH Community Projects
- Restitute
- Rock Paper Scissors Arts CIC
- Rural Coffee Caravan Information Project
- Selig (Suffolk) Trust
- Shepherd Drive Baptist Church
- Simple Norfolk CIO
- Somersham & District Community Shop CIC
- St Andrews Church PCC
- St Mary and St Botolph Whitton IPSWICH
- St Marys Church PCC
- St Matthew Church
- St Peter’s Church, Stoke Park
- St Philips Community Hub (St Marys Church PCC)
- Stowmarket Relief Trust
- Stradbroke Courthouse and Library Trust
- Sudbury and District Citizens Advice Bureau
- Suffolk Law Centre
- Suffolk Rape Crisis
- Suffolk Refugee Support
- Tattingsstone Good Neighbours Scheme
- The BASIC Life Charity
- The Befriending Scheme
- The Coddenham Centre
- The Compass
- The Day Foundation
- The Lightwave Community CIO
- Triangle Church Ipswich
- Union Romani Voice
- Unity Schools Partnership
- Warden’s Charitable Trust

David & Jill Simpson Fund

£36,304

- Aspect Living Foundation
- Communities Together East Anglia
- DanceEast
- Disability Advice NE Suffolk (DANES)
- Disability Advice Service (East Suffolk)
- Forge Community Church
- Gatehouse Caring in East Anglia
- Halesworth Volunteer Centre
- Lowestoft Shopmobility
- Memories are Golden
- Mid Suffolk Voluntary Organisations Forum
- Pathways Care Farm
- Re-engage
- River Church Ipswich
- Rural Coffee Caravan Information Project
- St Nicholas Hospice
- Suffolk Sight
- The Pear Tree Fund
- The Seagull Lowestoft CIC

Denbury Charitable Fund

£30,000

- Beresford Road Evangelical Church
- BME Suffolk Support Group
- Bury Drop In
- Inspire Suffolk
- Kernos Centre
- Lapwing Suffolk
- Selig (Suffolk) Trust

Dolphin Franklin Fund

£2,000

- Young People Taking Action

E&J Legacy Fund

£21,006

- Bury St Edmunds and West Suffolk Samaritans
- Debenham Shed
- Disability Advice Service (East Suffolk)
- HighTide Festival Productions Ltd
- Ipswich Housing Action Group (IHAG)
- Landseer Road Methodist church
- Music in Our Bones
- Norwich City Community Sports Foundation
- Raedan Trust (Suffolk)
- REACH Community Projects
- Sudbury and District Citizens Advice Bureau
- Suffolk Mind
- The Mix Stowmarket
- Wild Heritage Suffolk (CIC)

“The bus - as we call it - has been an absolute Godsend; the nurses are so lovely and make the experience much less stressful than it could be.”

BENEFICIARY/CANCER PATIENT  
HOPE FOR TOMOROW



SUPPORTING:  
Bury Drop In

Inequality is manifested in many different guises including poverty, education, health, ethnicity and gender.

The Women and Girls’ Fund is one of the Foundation’s giving circles which makes grants to support local women and girls. This fund particularly welcomes applications that are towards early intervention, crisis prevention and education for women and girls.

Gender equality in Suffolk is also highlighted in the significant domestic abuse statistics across the county. Shockingly, Suffolk has one of the highest rates of domestic abuse in the entire country, with it accounting for 19% of all recorded crime in the year ending March 2021.

There are also grants available to support and supplement education, including the newly created Edward and Ivy Hood fund (see page 29 in this report) whether this be for school-age children, or for marginalised groups or those who have come to Suffolk from other countries. All our featured three charities in this key priority area work to support these people to overcome the barriers of inequality.



Kinda Education

Kinda Education CIC provides Forest School education and Alternative Provision for children, families and older people and promotes equality and kindness by deepening reconnection to nature, especially for communities that experience persistent barriers to wellbeing and socialising. Through careful environmental stewardship, it works to balance the needs of people and wildlife; improving access to nature and to each other.



Outreach Youth

Outreach youth is a youth work charity by and for young Lesbian, Gay, Bisexual, Trans,\*Queer and Questioning people under 25 in Suffolk. Offering a variety of projects to empower young LGBT\*Q+ people to support themselves and their communities and promote good mental health and wellbeing. However, it is not just a charity providing LGBT\*Q+ youth services - it’s an LGBT\*Q+ youth work movement mobilised to support, educate, promote and defend the mental health, rights and social position of young LGBT\*Q+ people. Outreach youth is a free, confidential and self-referral service - giving young LGBT\*Q+ people a choice and a voice.



Union Romani Voice

Union Romani Voice offers drop-in sessions four days a week for the Roma/Romanian community who are based in Ipswich/Suffolk. It provides free support information, advice, guidance and advocacy on immigration, housing, universal credit, debt, EUSS, rights in the UK, employment, education, health, police, wellbeing, climate change and translation which helps to tackle an individual’s practical needs and barriers while ensuring a feeling of safety and security.



If you would like to support Suffolk Community Foundation to help improve the lives of those in need across Suffolk, please call a member of our team on 01473 602 602 or visit [www.suffolkcf.org.uk](http://www.suffolkcf.org.uk)



Suffolk Community Foundation began its work in partnership with Suffolk in 2005. Together we have awarded over

£40m

in grant funding to over 3,300 local charities and community groups.

Thank you!

Suffolk’s professional advisors play a crucial role in realising the local charitable ambitions of their clients, due to their unique position of trust and expertise.

As people’s understanding of social need and their role in supporting their own community increases, there is a growing interest to learn more about philanthropy and effective, local charitable giving.

Professional advisors are well-placed to provide good quality advice and expert knowledge in this area and are frequently instrumental in a client’s decision to explore the benefits of giving locally to Suffolk Community Foundation.

Many of the humbling and life-changing stories in this report have been made possible thanks to our partnerships with professional advisors and we truly value the excellent relationships we have with our colleagues across the region.



We work closely with solicitors, accountants, financial advisors, wealth managers, land agents and any other professionals who have a specific interest in the technical aspects of planned giving. By combining their knowledge with our experience in philanthropic advice, together we can ensure their clients’ charitable giving is bespoke, straightforward and most of all, rewarding and enjoyable.

Setting up a fund is straightforward and simple and it can usually be done after just one meeting. We take care of all the administrative, legal and due-diligence obligations to create a way of giving that delivers precisely what a client wishes to achieve.



For further information or a confidential conversation, please contact Henry Tapp, Private Client Relationship Manager:  
**T: 01473 602 602**  
**E: [henry.tapp@suffolkcf.org.uk](mailto:henry.tapp@suffolkcf.org.uk)**

We provide a range of options for private clients, including:

- Legacies & gifts in wills
- Creating a personal fund
- Creating a memorial fund
- Charitable fund transfers
- Trust transfers



You can download a copy of our Professional Advisors pack by visiting [www.suffolkcf.org.uk](http://www.suffolkcf.org.uk)



Professional Advisor Networking Events

In 2023, Suffolk Community Foundation launched a series of professional advisor networking events. Hosted in Ipswich and Bury St Edmunds, these get-togethers give private client professionals an excellent opportunity to connect while providing some insight into the benefits of working with us.



Professional Advisor networking events held at Birketts and at the Suffolk Food Hall



“Working with Suffolk Community Foundation enabled my clients to carry out their wishes to give back to the community and help the surrounding villages by setting up a fund unique to them. The guidance and support from those at Suffolk Community Foundation was invaluable, not only to our clients but to us as their legal advisors. Clients appreciate that they can support local charities and causes on their doorstep, no matter the size.”

LORNA DENTON-CARDEW  
PARTNER, ATKINS DELLOW



“The fear when donating or giving money to others is the lack of control. The tax benefits are there, but many still like to see the impact of their generosity. Having Suffolk Community Foundation is so important because clients can still have a vested interest in how they are doing good for their local community and have a direct input into how their monies are put to work.”

TONY WEST  
SENIOR FINANCIAL PLANNER,  
BECKETT FINANCIAL SERVICES



“Suffolk Community Foundation is the North Star of charitable giving in our wonderful region. Shining a light on small charities and providing guidance to those wanting to benefit their local communities, Suffolk Community Foundation can tailor grant-giving to match the wants and needs of my clients. With the complete dedication of its staff, it takes its time to understand each charity, how they operate and what they do. The Foundation can match philanthropists to charities to make a sustainable and lasting impact.”

JACK FAIRWEATHER  
PARTNER, FAIRWEATHER LAW

Equity in Mind Fund  
£698,588

- ActivLives
- Art Branches CIC
- BME Suffolk Support Group
- Caribbean and African Community Health Support Forum
- Citizens Advice West Suffolk
- Disability Advice Service (East Suffolk)
- Families Together Suffolk
- Gatehouse Caring in East Anglia
- Green Light Trust
- Inside Out Community
- Inspire Suffolk
- Ipswich Community Media and Learning CIO
- Noise Solution Ltd
- Outreach Youth
- Rock Paper Scissors Arts CIC
- Suffolk West Citizens Advice Bureau

Euston Fund  
£1,000

- Euston Church
- St Mary's Roman Catholic Church

Evdemonia fund  
£6,811

- Cohere Arts CIC
- Inside Out Community
- Music in Our Bones
- Oyster Community Press CIC

Festival of Suffolk Fund  
£35,814

- Cambridge Children's Hospital

Fifty Miles with My Dad (De La Rue Family) Fund  
£2,230

- Ormiston Families
- Suffolk Artlink

Fonnereau Road Health Foundation Fund  
£31,697

- Hive
- Inspire Suffolk
- Lowestoft and Waveney Breastfeeding Support
- Orwell Mencap
- Riding for the Disabled (Woodbridge & District Group)
- Second Chance Stroke Group
- St Nicholas Hospice
- The Pear Tree Fund
- Waveney Gymnastics Club

Food & Drink Fund  
£90,418

- Access Community Trust
- All Hallows Church Parochial Church Council
- Aspect Living Foundation
- Catch 22
- Friends of Chantry Library
- Halesworth Volunteer Centre
- Home-Start in Suffolk
- Lowestoft Community Church
- Mid Suffolk Voluntary Organisations Forum
- New Life Church (Suffolk)
- REACH Community Projects
- SouthGen
- St Johns Church Elmswell
- St Peter's Church, Stoke Park
- The BASIC Life Charity
- Voices for Gainsborough Community Library

Frank Jackson Foundation Fund  
£69,436

- 5th Woodbridge Sea Scouts
- Asperger East Anglia
- Communities Together East Anglia
- EPIC Dad Community Interest Company
- Inspire Suffolk
- Karibu African Women's Support Group
- MN Well-Child Support CIC
- Murrayside Community Development CIC
- Out Loud Music
- Rock Paper Scissors Arts CIC
- Selig (Suffolk) Trust
- Suffolk Refugee Support
- The Befriending Scheme
- Wild Heritage Suffolk (CIC)

Fred Olsen Fund  
£11,806

- Communities Together East Anglia
- Headway Suffolk
- Rock Paper Scissors Arts CIC
- Suffolk Artlink
- The Art Station
- Woolverstone Project

Harris Family Fund  
£43,000

- Citizens Advice West Suffolk
- Communities Together East Anglia
- Daws Hall Trust
- EPIC Dad Community Interest Company
- GamFam
- Kernos Centre
- Newmarket Day Centre
- Our Special Friends
- Ousden Village Hall

- REACH Community Projects
- Restitute
- Second Chance Stroke Group
- Sonnie Mcaleese
- St Elizabeth Hospice
- Suffolk Mind
- The Mix Stowmarket
- The Pear Tree Fund
- The Salvation Army Trust
- TOPCATS
- Warden's Charitable Trust

Harwich Haven Authority Fund  
£10,000

- Felixstowe Area Community Transport Ltd
- Felixstowe Coastwatch (NCI)
- Inspire Suffolk
- Re-engage
- Suffolk Mind

Healthy Heart Fund  
£24,262

- ActivLives
- BME Suffolk Support Group
- Gatehouse Caring in East Anglia
- PHOEBE
- Selig (Suffolk) Trust
- Spot Wellbeing CIC

Hewlett Fund  
£1,861

- Aspect Living Foundation

High Sheriff's Fund  
£36,051

- Abbeycroft Leisure
- Access Community Trust
- Bury Drop In
- Caribbean and African Community Health Support Forum
- Emmaus Suffolk Ltd
- Gatehouse Caring in East Anglia
- Lighthouse Women's Aid
- Monkey Workshops CIC
- Selig (Suffolk) Trust
- Suffolk Mind
- Suffolk Refugee Support
- The Mix Stowmarket
- Voices for Gainsborough Community Library

“I suffer from really bad mental health and so coming here is as much as I can currently manage. I don't venture out much, only here. It's a space where I feel welcomed and comfortable with no pressure to be or do anything I can't manage. When I come here I am not anxious. I have a horrible illness and so many people don't understand me or want to have me around. Coming here helps me to think and talking to the Emmaus Suffolk team has really helped me.”

BENEFICIARY  
EMMAUS SUFFOLK

It is a terrible, but very real, statistic that poverty is increasing in Suffolk. 1 in 7 households (estimated to be around 100,000 people) are living in fuel poverty and deprivation affecting children is particularly high in some areas including Ipswich and Lowestoft.

The numbers are stark: over 90,000 working-age adults and around 32,000 pensioners lived in relative low-income households in Suffolk in 2021/2022 and 20% of Suffolk pupils are eligible for free school meals with some areas of Ipswich amongst those most severely impacted.

To help support people experiencing hardship, initiatives such as the Household Support Fund (managed by the Foundation on behalf of Suffolk County Council) and our own Surviving Winter Appeal have become much-needed

lifelines. As have the numerous voluntary and faith-based groups which have been set up to support local people in times of crisis.

These three charities have demonstrated their unwavering assistance and dedicated care for the local community.



Disability Advice Service (East Suffolk)

Disability Advice Service (East Suffolk) provides practical solutions to tackle the short and long-term financial issues underlying or worsening the wellbeing of its clients living in Ipswich and rural East Suffolk.

It supports children, adults and their carers, who have a disability related problem, with free, independent advice on welfare benefits (including appeals representation); energy, council tax and water rates relief schemes; Pension Credits; blue parking badges and RADAR keys; as well as signposting on many other matters. It also runs a busy Crisis Intervention Service and a listening telephone service.



Newmarket Open Door

This organisation's mission is to sustain and inspire people who are homeless to change their own lives by the provision of accommodation and support; to provide relief to persons experiencing poverty, hunger and physical and mental disability and to change perceptions and attitudes towards these people.



Suffolk Law Centre

Suffolk Law Centre was set up in 2018 to provide specialist free, accessible legal advice and representation on social welfare law to people living in Suffolk who cannot afford private lawyers, who face barriers to accessing justice and who could not otherwise resolve their legal issues.



If you would like to support Suffolk Community Foundation to help improve the lives of those in need across Suffolk, please call a member of our team on 01473 602 602 or visit [www.suffolkcf.org.uk](http://www.suffolkcf.org.uk)

We are immensely grateful for the support we receive from members of the Suffolk 100.

This special group of individual donors and businesses provide hugely valuable funding which supports Suffolk Community Foundation’s operational costs in addition to research, education and engagement activities.

Membership fees support our ability to identify and prioritise the need within our county, and to build partnerships with key stakeholders to maximise impact and attract crucial new funds.

There are a number of exclusive benefits for members including visits to see charities in action with the communities they support, as well as opportunities for people to share their own ideas and opportunities with us.

Let’s have a conversation

We welcome feedback, ideas and opportunities from existing members that will enable us to achieve more with you all. If you are looking to join the Suffolk 100, or would like to discuss the work of the Foundation in more detail, please contact our Private Client Relationship Manager, Henry Tapp, who would be delighted to assist you.

Please call 01473 602 602 or email [henry.tapp@suffolkcf.org.uk](mailto:henry.tapp@suffolkcf.org.uk)

You can also find out more about our work by visiting our website [www.suffolkcf.org.uk](http://www.suffolkcf.org.uk)

“My wife and I have been very happy to support Suffolk Community Foundation and Suffolk 100 for a number of years. For us, it’s the opportunity it gives to benefit a wide range of smaller charities, local to our county, which do not or cannot get the support that the national bodies receive. We also like the culture of the Foundation - the way the charity and its staff go about their business, keeping us informed about the beneficiaries who are receiving help and how they are going about their work in the community.”

JEREMY & ELIZABETH WAGENER

On Tuesday November 14th at DanceEast Ipswich, Suffolk Community Foundation hosted a truly special night with people who really make a difference in our county.

The overriding message of working together was the golden thread of the evening, reminding us that collectively we are stronger and can do great things to ensure our county stays healthy and happy. The evening was an opportunity to remind people of the important role that Suffolk Community Foundation plays in Suffolk and that the work can only happen with the fantastic support of individuals, families and businesses.

A very big thank you to our speakers who helped identify the need and showed people how there are many ways to help, including giving or volunteering.

An extended thanks to DanceEast, an important charity that provides many meaningful community activities, for allowing us to use and enjoy your beautiful venue.



Connecting the Local to the Global.

The UN’s Sustainable Development Goals (SDGs) underpin the aims of the UN to alleviate poverty and increase sustainability on a global scale. They are a central component of the UN Resolution titled ‘The 2030 Agenda’. *There are six goals that really focus attention on the key areas of need in Suffolk.*

The 17 SDGs provide the framework needed to sew a golden thread through the work of the VCFSE sector. Focusing on People, Planet, Prosperity, Peace and Partnership, the Goals provide a blueprint to achieve a better and more sustainable future for all. The SDGs have been designed so that activity can be undertaken at various scales with local action contributing towards both local and global outcomes. Furthermore, they capture the essence of community foundation activity and align with our vision to drive philanthropy and collaboration across communities to enable meaningful and sustainable change.

The team at Suffolk Community Foundation continue to embrace the SDGs and to make them an integral part of our thinking and processes, alongside our key priorities. We have selected to focus on those SDGs that best inform and align to the needs in Suffolk. This helps us to better understand and evaluate the contribution the Foundation and our partners in the VCFSE across Suffolk are making towards these goals. While we celebrate our progress and successes, we recognise that we, alongside those we work with, need to continue to strive to make a tangible impact in these areas.

In this report, and in the Suffolk Stories section on [suffolkcf.org.uk](http://suffolkcf.org.uk), we highlight some of the wonderful projects supported by the Foundation, and the impact they are having on communities and individuals across Suffolk. We have indicated which of the SDGs each project is addressing through our funding.



THE 17 GOALS:



We have selected six of the SDGs to focus on, those that best align to the need in Suffolk. Those six are:



Suffolk Community Foundation is a partner and facilitator for The Suffolk Medal in perpetuity. Since its inception in 2019, 14 medals have been awarded to some of Suffolk’s finest contributors.



The Suffolk Medal is the highest honour that Suffolk can bestow on one of its own. The most recent recipients have made outstanding contributions to our county in areas such as education and young people, refugee rights and the lives of asylum seekers as well as commerce and community action.

2023 RECIPIENTS:

- **Rebecca Crerar** - CEO of Suffolk Refugee Support since 2005, Rebecca is a passionate advocate of refugee rights and has made an outstanding contribution to improving the lives of asylum seekers and refugees in the county for nearly 25 years.
- **Jonathan Adnams** - a true Suffolk man, born in Southwold in the late 1950’s within sight and sound of the sea, he has influenced the world of Brewing, Business, and Community Action. The 1990’s saw the formation of the Adnams Community Trust and, since its inception, Jonathan has been a trustee and is its longest standing Chair. During his tenure, Jonathan has presided over the distribution of approximately £1.75m in charitable funding throughout Suffolk.



Rebecca Crerar & Jonathan Adnams

2024 RECIPIENT:

- **John Norman** - Since moving to Suffolk 45 years ago, John has devoted his life to shaping a county of which to be proud. As well as contributing to community groups, volunteering with local charities and supporting heritage organisations, he has been integral to the regeneration of the Ipswich Waterfront while inspiring the next generation with his passion for education.

“Those receiving this very special award are truly exceptional Suffolk people who are unfailing in their talent and dedication to our wonderful county. We thank them from the bottom of our hearts for the incredible breadth and depth of the contributions they have made.”

CLARE COUNTESS OF EUSTON,  
LORD LIEUTENANT OF SUFFOLK,  
CHAIR OF THE SUFFOLK MEDAL PANEL

Nominations for The Suffolk Medal can be made by any resident of Suffolk. For further details and to nominate online visit: [www.thesuffolkmedal.org.uk](http://www.thesuffolkmedal.org.uk)



John Norman

“It is an honour, not only for myself, but also for my wife and family who have supported me in all I do.”

JOHN NORMAN

We manage a total of **180 funds** of which **105 are endowment funds\***. Our endowment funds have a current combined value of

**£20.5m**

they deliver resilience, flexibility and longevity to address local need in perpetuity.

\* within the Trustees Report, the total number of funds is disclosed separating grant making and endowment funds.

Hill Family Fund

£12,758

- Future Female Society
- Lighthouse Women's Aid
- Mid Suffolk Voluntary Organisations Forum
- Schoolreaders
- St Andrews Pre School
- Suffolk Refugee Support

Hintlesham & Chattisham Fund

£2,053

- Six bursaries to advance the education of local residents
- Hintlesham and Chattisham VC School

Horizon Fund

£6,997

- Lowestoft and District Mencap Society
- Headway Norfolk and Waveney
- Norfolk & Suffolk NHS Foundation Trust
- The Seagull Lowestoft CIC

Household Support Fund

£889,116

- Access Community Trust
- Anglia Care Trust
- BME Suffolk Support Group
- Bridge Community Church
- Bungay Community Support
- Bury St Edmunds Women's Aid Centre
- Citizens Advice West Suffolk
- Communities Together East Anglia
- Disability Advice NE Suffolk (DANES)
- Disability Advice Service (East Suffolk)
- Families Together Suffolk
- FIND (Families in Need) Ltd
- Forge Community Church
- Friends of The Beeches Community Primary School
- Future Inclusions Organisation

- Gatehouse Caring in East Anglia
- Hope Church Ipswich
- Hour Community
- Ipswich & District Citizens Advice Bureau
- Ipswich Community Media and Learning CIO
- Ipswich Furniture Project
- Lighthouse Women's Aid
- Lowestoft and Waveney Breastfeeding Support
- New Life Church Community Great Cornard
- Newmarket Open Door
- PACT Parents and Carers Together CIC
- Parish of St John with St Edmund, Felixstowe
- PHOEBE
- Racing Centre - returned grant
- REACH Community Projects
- Redlingfield Parish Meeting
- Restitute
- Rural Coffee Caravan Information Project
- Selig (Suffolk) Trust
- Shepherd Drive Baptist Church
- Simple Norfolk CIO
- St Mary and St Botolph Whitton IPSWICH
- St Matthew Church
- St Peter's Church, Stoke Park
- St Philip's Community Hub (St Marys Church PCC)
- Stowmarket Relief Trust
- Sudbury and District Citizens Advice Bureau
- Suffolk Family Carers
- Suffolk Law Centre
- Suffolk Rape Crisis
- Suffolk Refugee Support
- The Compass
- The Lightwave Community CIO
- The Pear Tree Fund
- The Racing Centre
- Triangle Church Ipswich
- Union Romani Voice
- Unity Schools Partnership
- Warden's Charitable Trust
- YMCA Trinity Group

Hubble Bubble Fund

£3,764

- Victorious Living

Hughes-Hallett Fund

£7,091

- Access Community Trust
- LawWorks
- Pathways Care Farm
- Rural Coffee Caravan Information Project

Iken Peninsula Fund

£2,689

- Iken Parish Council
- Orford Primary School
- Snape Primary School

Langlands Fund

£3,986

- Music in Our Bones
- YMCA Trinity Group

Lovewell Blake

£4,502

- Boost Felixstowe
- East Bergholt United Juniors FC
- Memories are Golden
- Mendlesham Football Club
- Waveney Gymnastics Club
- Waveney Wolves American Football

Martineau Care Fund

£13,065

- Adult Community Services
- Children's Community Learning Disability Nursing Team - behaviour support
- Disability Advice NE Suffolk (DANES)
- Disability Advice Service (East Suffolk)
- East Suffolk and North Essex NHS Foundation Trust
- ESNEFT Ipswich hospital

Felixstowe Road Medical Practice

- Integrated Community Paediatric Services
- Integrated Community Paediatric Services - West
- Lowestoft and Waveney Breastfeeding Support
- Newberry Child Development Centre
- Norfolk & Suffolk NHS Foundation Trust
- Norfolk Community Health and Care
- School Nursing - Ipswich South & West team
- Spot Wellbeing CIC
- St Elizabeth Hospice
- St Nicholas Hospice
- Suffolk County Council
- Suffolk County Council - Adult and Community Services
- Suffolk Sight
- West Suffolk Hospital Foundation Trust
- Willow Children's Centre

Maurken Fund

£31,935

- Abbeycroft Leisure
- ActivLives
- Be Me Like We
- Beresford Road Evangelical Church
- Bridge Project Sudbury
- Bury St Edmunds Cricket Club
- Family First
- Friends of Haverhill Library
- Future Female Society
- GamFam
- Greener Growth CIC
- Hive
- Hope After Suicide Loss
- Ipswich Housing Action Group (IHAG)
- Let's Talk Reading
- Music in Our Bones
- REACH Community Projects
- Sudbury and District Citizens Advice Bureau
- Suffolk Mind
- Suffolk Refugee Support
- The Befriending Scheme
- Volunteering Matters
- Waveney Domestic Violence & Abuse Forum

Health and Wellbeing has become a key priority for us as we understand more the benefit that art, nature and green spaces play in our day to day lives. This need for support and access has increased significantly, having deepened during the pandemic.

Improving health and wellbeing is not only a challenge in urban areas, where residents experience poor air quality which significantly impacts physical and mental health, but also in rural areas where loneliness is a key factor. This priority works to combat loneliness in a county where 18% of adults always or often feel lonely, and also helps to reduce physical inactivity, which has led to 65% of Suffolk's adult population and 1 in 3 of 10- and 11-year-olds being classified as obese or overweight.

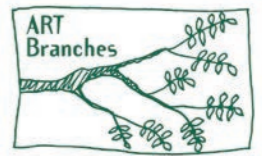
Our chosen charities in this area help people to access the outdoors, particularly pertinent as Suffolk offers a wide variety of beautiful land and seascapes, which are inaccessible to vast swathes of the population. These groups understand the importance of community cohesion and membership to add value, purpose and joy to people's lives. Indeed, organisations like these have often become the glue to a community.



Art Branches

Art Branches was set up to improve the health and wellbeing of people through supported creative projects that are linked to the environment.

They specialise in mental health recovery and linking people to their heritage, working with vulnerable communities, such as homeless and carers, as well as the general communities' wellbeing. Whilst running 3-8 targeted projects a year using successful grant applications, Art Branches also has a philanthropic element to their work in mental health recovery.



Wardens Trust

The Wardens Trust is a charity based in Sizewell. It has a large hall on the cliff top near Thorpeness & Aldeburgh and offers recreational, camping, and residential facilities for children and adults with disabilities.

Wardens offer a unique Bath Day to people who are unable to bath in their own homes and it has a team of dedicated carers to assist their users.

Wardens hold a twice monthly Lunch club & "Music Memories" for people to enjoy a cooked lunch and entertainment with a chance to socialize with others in a beautiful location by the sea.



Women Like Me

Women Like Me supports women to reduce mental decline and isolation, and to increase wellbeing to empower all to Learn Laugh & Grow together. It has allotments in Lowestoft, Beccles & Southwold, and runs a project called Garden Angels, where teams visit gardens to clear and tidy them.

Their latest project is a women-only walking group which visits a variety of locations across Waveney.



“Today Bill is no longer coming here. Why? Because the skills he learnt and the baby steps of confidence he gained here pushed him forward. He now has a full-time job, a new partner, a roof over his head and is a proud man once again.”

WORKER  
CASTLE HILL COMMUNITY CENTRE TRUST

If you would like to support Suffolk Community Foundation to help improve the lives of those in need across Suffolk, please call a member of our team on 01473 602 602 or visit [www.suffolkcf.org.uk](http://www.suffolkcf.org.uk)



Our hugely successful Surviving Winter campaign has continued to have a significant impact by helping low-income families and people struggling to make ends meet to stay warm when the temperature drops.

Now in its 13th year, the initiative supports those most in need by providing grants of up to £175 towards fuel costs or a delivery of 500 litres of heating oil.

This year, the eligibility criteria was revised in response to the changing needs of our communities, with the support we provide directed specifically towards the estimated 100,000 people in Suffolk currently experiencing fuel poverty. This includes hard-working families and individuals who cannot access other support, such as cost of living payments or the Warm Homes Discount.

Melanie Craig, Chief Executive at Suffolk Community Foundation, said:

“Our Surviving Winter Appeal has raised a fantastic £1.5 million since its launch. This has provided a lifeline for many thousands of people by helping them to stay safe and warm in their own homes.



PART OF OUR SOCIAL MEDIA CAMPAIGN

But the need for support is now greater than ever, as one in every seven people in Suffolk is currently living in fuel poverty and having to make difficult choices every day. As a result, we changed the criteria for applications this year so that we could make sure this vital funding would reach those who are in the greatest need.

At the same time, we are also reminding anyone who feels that they can support the appeal that it's not too late to get in touch. Please consider giving away your winter fuel payment or making a donation if you are able. It really will make a huge difference to those who need it the most.”

We work alongside the five local branches of Citizens Advice in Suffolk to provide year-round support to people across the county. This is designed to help households become more resilient, and includes giving advice on benefits, making savings and reducing debt.

“We are so proud to be partners in the Surviving Winter campaign as administering grants to those most in need is extremely rewarding.

We are especially pleased that the campaign remains true to the objective of reaching those in most need. The adjustments to the qualifying criteria this year demonstrate a real understanding of those who are being hardest hit by the impacts of the increasing energy costs.”

NICKY WILLSSHERE  
CEO, IPSWICH CITIZEN'S ADVICE

How you can help

We are incredibly grateful for the donations we have received so far and would like to thank everyone who has given so generously.

If you feel you can support the appeal or are able to gift your winter fuel payment to help others keep warm over the winter, please do get in touch. You can:

Donate online  
at [suffolkcf.org.uk](https://suffolkcf.org.uk)

Visit any branch of  
**Suffolk Building Society**  
to make a payment over the counter

Call us on 01473 602 602  
(during office hours)

By cheque, made payable to:  
**Suffolk Community Foundation**

The Old Barns, Peninsula Business Centre,  
Wherstead, Ipswich, IP9 2BB

Backing from Suffolk’s businesses

We welcomed more than 60 local business people to the launch of this year’s Surviving Winter Appeal. The event took place at West Suffolk College in October and gave organisations the chance to find out more about the hidden needs of thousands of people in fuel poverty, as well as ways to support the campaign.



“As a family company, we are deeply passionate about our local community and are proud to support the dedicated team at Suffolk Community Foundation and the Surviving Winter Appeal. Together, we hope to raise awareness of the alarming rise in households experiencing fuel poverty, and encourage those that can to donate and help others in need.”

MEDITERRANEAN SHIPPING COMPANY (UK) LTD

“The Surviving Winter campaign is incredibly important for us to support and I’d encourage anybody to do what they can to help.”

OLIVER DRURY  
HEAD OF MEMBER AND CUSTOMER SUPPORT  
EAST OF ENGLAND CO-OP

“One of the things I really love about Surviving Winter is the symmetry of it and the fact that people who are getting a winter fuel payment are able to give it to people in poverty. I would urge you to give your winter fuel payment to the campaign if you can afford to do so. It will make all the difference to the people who receive it.”

SARAH ZINS  
VOLUNTEER ADVISOR, CITIZENS ADVICE  
TRUSTEE, SUFFOLK COMMUNITY FOUNDATION



PART OF OUR SOCIAL MEDIA CAMPAIGN

“It’s really shocking to hear that one in seven people in Suffolk live in fuel poverty – I had no idea the number would be that high. It’s just so demoralising that people are having to choose between heating their home and keeping their children warm or making other decisions about the weekly food shop.”

DEL SHARMAN  
DIRECTOR  
POUND GATES

“Our staff are all knowledgeable about the campaign and ready and waiting to accept donations in branch. I would also love other Suffolk businesses to really put their support behind Surviving Winter this year. It’s in all our interests to try and address this issue.”

WENDY QUANTRILL  
MARKETING MANAGER  
SUFFOLK BUILDING SOCIETY

“It was such a privilege to welcome guests to West Suffolk College for the launch of the appeal as it’s important that we teach our students the value of community and giving back to others. We have been shocked by the volume of people needing help and are seeing more students who don’t have enough food to eat or are cold. It’s really important that we support them.”

CLAIRE WATSON  
OPERATIONS MANAGER  
WEST SUFFOLK COLLEGE

As we reflect on the past year, we acknowledge the invaluable support from the public sector which has played a pivotal role in addressing critical issues affecting our community, enhancing the quality of life for many individuals.

Our partnership with public sector bodies represents a shared commitment to the wellbeing of our community. One such collaboration is the Equity in Mind Fund, in partnership with the Suffolk and North East Essex Integrated Care System. This fund is dedicated to community-based mental health provision, delivering local projects that cater to individuals living with severe mental health impairments. From psychosis and eating disorders to severe depression and complex emotional needs, Equity in Mind has enabled our community to make a tangible difference in the lives of those facing mental health challenges.

We have worked with colleagues at Suffolk County Council on the Violence Against Women and Girls Fund. This fund has been instrumental in supporting a comprehensive strategy aimed at preventing violence, assisting victims, pursuing perpetrators, and strengthening the system as a whole. This collaboration exemplifies the power of partnerships in fostering a safer community for everyone.

We continue to work with the Suffolk Police & Crime Commissioner and are delighted to manage his fund. This recognises the vital role played by the VCFSE organisations in reducing crime and disorder while providing crucial support to victims. This fund is dedicated to supporting projects that not only aid victims of crime and mitigate crime and disorder but also foster collaborative efforts to improve criminal justice outcomes and enhance community safety.



SUPPORTING:  
Rock Paper Scissors



SUPPORTING:  
4YP



SUPPORTING:  
Lighthouse Women's Aid

Just a few examples of grants that have been delivered in partnerships with the public sector:



Equity in Mind Fund: Rock Paper Scissors

A grant of £49,626 over two years was awarded to Rock Paper Scissors to develop their Creative Practice for Wellbeing programme to meet the needs of those with serious mental illness who are not yet engaged with statutory health care organisations and may not have a diagnosis.

The programme is structured in a way which identifies needs at an early stage and uses experienced Artist Facilitators and volunteers to deliver a range of six-week creative courses that include drawing and painting, printmaking, clay, textiles and book arts. These workshops focus on teaching a wide range of creative skills in different ways and through these practical workshops, participants develop their confidence, aspiration and sense of community.

Through the process of focusing on developing an independent creative practice for themselves, participants build a new awareness of wellbeing strategies that support themselves and in turn, can help to strengthen family and friend relationships and their social support network.



Violence Against Women and Girls Fund: Lighthouse Women's Aid

Lighthouse Women's Aid was awarded a grant of £50,000 over three years towards their newly developed Children and Families Service for women and children suffering domestic abuse, either currently or historically.

Children are a hidden group in domestic abuse and unfortunately, children's needs can be missed. The Children and Families service is imperative in addressing this hidden need.

The service will be delivered through a hybrid model of support, with 1-2-1 appointments for mothers in person or online and 1-2-1 appointments for children being delivered in school, online or in the women's centre. In addition, mothers and their children will be able to access online courses, and family fun sessions.



The Suffolk Police & Crime Commissioner's Fund: 4YP

The grant request of £40,000 over two years will enable the continuation and expansion of 4YP's weekly detached youth work in Gainsborough, Ravenswood and Chantry in Ipswich.

The 4YP youth work service aims to provide somewhere safe to go, something positive to do and someone trusted to be with, for as many young people as possible.

4YP is committed to interacting with young people wherever they are. By going to places where young people spend time, 4YP detached youth workers build an understanding of the issues that young people are facing and help to create safer places in the areas where young people hang out. Their detached youth work addresses issues such as anti-social behaviour, low level crime and drug related crime.



Leave a Legacy.

Suffolk Community Foundation has the privilege of managing **180 funds, 105 of which are endowment funds\***, that have been created in partnership with donors and, in many cases, with the support of the professionals who advise them.

With a combined current **value of £20.5m** the majority have been created as ‘Living Legacies’ with donors sharing first-hand the positive impact that their funding achieves.

If you have benefited from an inheritance, or you are thinking about what legacy you will leave either now or when you are gone, we’re here to help.

Death and dying are difficult to talk about, but using your legacy to its best effect is one area of our expertise.

You may choose to ask the Foundation to allocate your gift to one of our existing funds. Alternatively, you may decide to create a named fund to support your own particular charitable interests as well as ensuring your name lives on in the future. If you wish, this option enables your family to have an input on how the funds are distributed.

Charitable gifts are exempt from inheritance tax and could help reduce the total amount of tax paid on your estate. Anyone leaving at least 10% of their estate in their will to charity benefits from a reduction of inheritance tax from 40% to 36%. As an accredited Community Foundation, legacies made to Suffolk Community Foundation qualify as a charitable donation.

Whether you are looking to begin working on your charitable legacy during your lifetime, leave a charity legacy in your will or in memory of a loved one, a donation made today will continue to make a positive difference to local lives for many generations to come.



For further information or a confidential conversation, please contact Henry Tapp, Private Client Relationship Manager:

**T: 01473 602 602**  
**E: [henry.tapp@suffolkcf.org.uk](mailto:henry.tapp@suffolkcf.org.uk)**



\* within the Trustees Report, the total number of funds is disclosed separating grant making and endowment funds.

MAKE A LASTING DIFFERENCE IN SUFFOLK

Edward and Ivy Hood believed in helping others, including those with a connection to Suffolk from humble beginnings. They wanted to ensure all were given a fair opportunity to overcome challenges and succeed in life.

The Edward and Ivy Rose Hood Memorial Scholarship Programme in Engineering and Computing Sciences has been established to do just that.

This partnership between the University of East Anglia (UEA) and Suffolk Community Foundation will give people with substantial ties to Suffolk a chance to excel through study at UEA creating future generations of engineers and computer scientists.

- two 3-year undergraduate (BSc) scholarships
- two 1-year postgraduate (MSc) scholarships
- two 3-year PhD scholarships

“This incredible legacy will be awarded every year for the foreseeable future to eligible students for whom going to university was not previously an option. It will truly change lives.”

MELANIE CRAIG  
CEO, SUFFOLK COMMUNITY FOUNDATION



Edward and Ivy Rose Hood on their wedding day

“The Edward and Ivy Rose Hood Memorial Scholarship Programme at UEA will support students with substantial ties to Suffolk to study Engineering and Computing Sciences. We believe that the impact of such a scholarship extends beyond the campus as we aim to nurture local talent and shape a future of innovation and excellence in East Anglia.”

IAN CALLAGHAN  
CHIEF RESOURCE OFFICER AND UNIVERSITY SECRETARY,  
UNIVERSITY OF EAST ANGLIA

STATEMENT OF FINANCIAL ACCOUNTS

for the year ended 30 June 2023

	Unrestricted funds £	Restricted funds £	Endowment funds £	Total 2023 £	Total 2022 £
Income and endowments from:					
Donations and legacies	728,078	3,162,410	333,243	4,223,731	7,849,739
Grants	-	-	-	-	86,100
Other trading activities	62,734	27,400	-	90,134	85,106
Investments	62,836	541,061	-	603,897	534,551
Total income	853,648	3,730,871	333,243	4,917,762	8,555,496
Expenditure on:					
Raising funds	220,067	89,007	41,740	350,814	275,655
CHARITABLE ACTIVITIES					
Grants awarded	120,475	4,353,456	-	4,473,931	4,866,737
Other charitable activities	689,233	15,097	-	704,330	584,213
Total expenditure	1,029,775	4,457,560	41,740	5,529,075	5,726,605
Net gains / (losses) on investments	(45)	979	402,254	403,188	(1,145,604)
Net income / (expenditure)	(176,172)	(725,710)	693,757	(208,125)	1,683,287
Transfers between funds	591,988	(299,754)	(292,234)	-	-
Net movement in funds	415,816	(1,025,464)	401,523	(208,125)	1,683,287
Fund balances at 1 July 2022	515,128	3,087,196	20,076,477	23,678,801	21,995,514
Fund balances at 30 June 2023	930,944	2,061,732	20,478,000	23,470,676	23,678,801

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the Companies Act 2006 small companies’ regime. The financial statements were approved by the Board and authorised for issue on 31st October 2023.

Mr G Vestey - Trustee / Mrs S Gull - Trustee

Company Registration No. 05369725 / Registered Charity No. 1109453

Statement by the Trustees

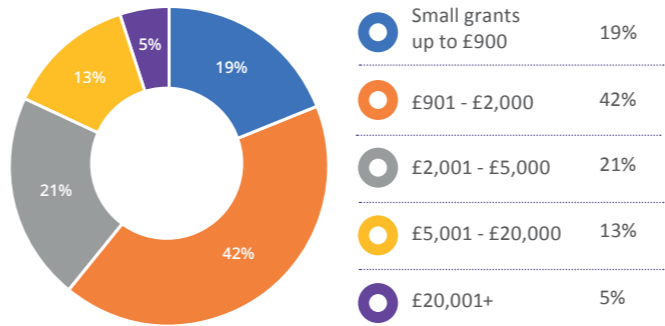
These summarised financial statements are a summary of information extracted from the annual accounts, audited by Ensors Accountants LLP, on which the auditors’ opinion was unqualified. The full report and accounts were approved by the Trustees on 31 October 2023 and have been submitted to the Charity 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 registered office.

BALANCE SHEET

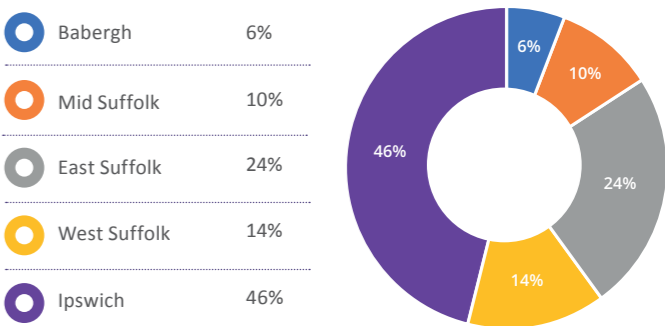
as at 30 June 2023

	2023 £	2022 £
Fixed assets		
Tangible assets	6,239	42,381
Investments	20,820,705	19,774,385
Total fixed assets	20,826,944	19,816,766
Current assets		
Debtors	899,129	934,740
Cash at bank and in hand	3,083,538	3,974,636
Total current assets	3,982,667	4,909,376
Liabilities		
Creditors amounts falling due within one year	(1,284,739)	(1,029,341)
Net current assets		
	2,697,928	3,880,035
Total assets less current liabilities	23,524,872	23,696,801
Creditors: amounts falling due after more than one year		
	(54,196)	(18,000)
Net assets	23,470,676	23,678,801
The funds of the charity:		
Capital funds		
Endowment funds	20,478,000	20,076,477
Income funds		
Restricted funds	2,061,732	3,087,196
Unrestricted funds	930,944	515,128
Total charity funds	23,470,676	23,678,801

% Grants awarded by size 2022/23



% Grants awarded by district 2022/23



Suffolk Community Foundation provides a number of bespoke giving options according to the desires and circumstances of people wishing to donate.

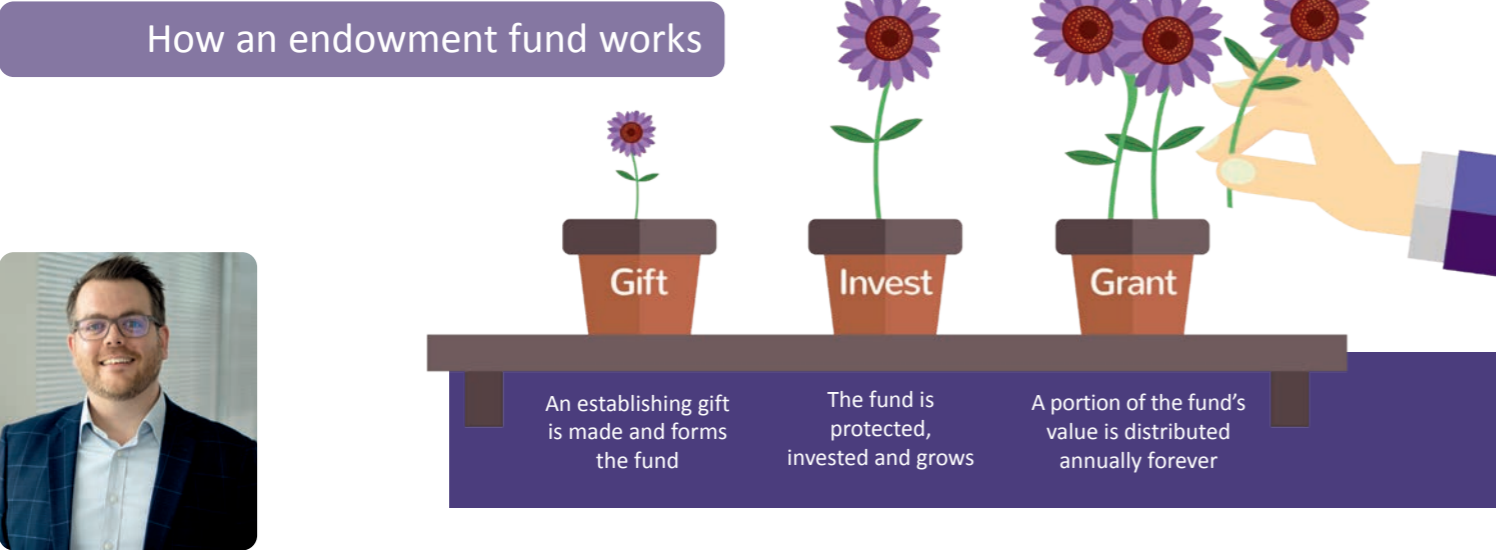
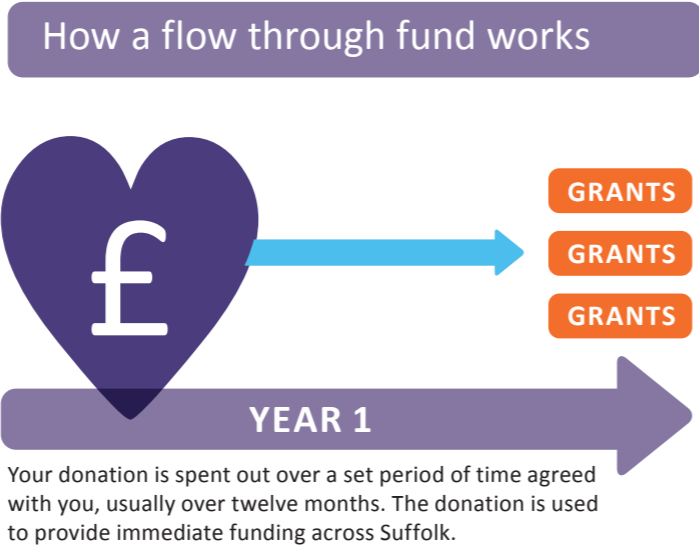
- These include:
- Personal Funds
  - Business Funds
  - Family Funds
  - Memorial Funds
  - Legacies
  - Trust & Charity Transfers

The majority of our funds are one of two types: endowment or flow-through. Some fundholders even choose to combine the two, which allows for a bit more flexibility.



For further information or a confidential conversation, please contact Henry Tapp, Private Client Relationship Manager:

**T: 01473 602 602**  
**E: [henry.tapp@suffolkcf.org.uk](mailto:henry.tapp@suffolkcf.org.uk)**



Personal Fund (endowment)

“As part of changing jobs, I received a lump sum of money that I hadn’t exactly planned to have so soon. I’ve always had a strong urge to give back and mark special occasions in life. Through conversations with Suffolk Community Foundation, I realised that I could set up a fund which would signify this big event.

Having an endowment fund means that the original donation isn’t lost or flittered away and instead It has the chance to grow, to benefit others. This is now part of my family’s legacy to our local community. It’s something my son can, in time, be part of to help him understand the wider needs of others.

Supporting children in Suffolk is important to my wife and I as we know many are not as fortunate as we are. Having support and the right environment when you are young is so important and we feel our fund can make a difference to those in need.

Unfortunately, our family name isn’t very uncommon. Thankfully, my grandfather had a unique middle name, Le Basse, so we incorporated this into our fund name to differentiate it and to keep it personal to our family.

The great thing about having a fund is I feel more connected to doing good locally. There are tax benefits too. I’d rather pay less tax by putting money into my fund where I decide who benefits. It doesn’t have to be an eye-watering sum and it’s something which you can then build from. It’s a legacy from you to your community and one way we can all try to have a positive impact on this big green and blue ball we live on.

TONY WEST,  
WEST LE BASSE FAMILY FUND

Suffolk Food & Drink Fund

The Suffolk Food and Drink Fund was created in 2018 by some of the county’s industry leaders to support charitable initiatives which directly address food poverty. To date, the fund has distributed over £300,000 to worthwhile causes and communities.

“I have been involved with the food and drink fund since we set it up, six years ago. I have a love of Suffolk and, as one of the owners of Gressingham Foods, I feel this is a great way of contributing to alleviating food poverty within the county. It has been a great pleasure to visit some of the food banks and help support these projects with the amazing network of volunteers that run them. Suffolk Community Foundation has been a fantastic support, gathering information, and helping us to distribute the much-needed funds in a professional and trustworthy manner.

I hope that this fund can continue to flourish and grow in the future and we’d certainly welcome new members, even if you are outside of the sector.”

WILLIAM BUCHANAN,  
DIRECTOR, GRESSINGHAM FOODS

Other contributors to the fund include James White Drinks, Hawke Optics Ltd, Aldeburgh Food & Drink Festival, Muntons & Lane Farm Foods.

“The Aldeburgh Food & Drink Festival, which takes place at Snape Maltings over the last weekend in September, donates any surplus funds from its activity to Suffolk Community Foundation’s Food & Drink Fund. With 10,000 visitors and 120 stalls, the festival celebrates the abundance and quality of local produce.

The festival is also keen to create awareness of the great work that Suffolk charities do in providing food to those in need and in educating people of all ages on the advantages of cooking and eating healthy food.

To enhance this link, the charities which benefited from the Food and Drink Fund were hosted by Suffolk Community Foundation at a special event at last year’s festival. It is hoped that this will become an annual feature.”

TIM ROWAN-ROBINSON,  
CHAIR, ALDEBURGH FOOD & DRINK FESTIVAL



Stand Up For Suffolk Fund

The Stand Up For Suffolk Fund is a giving circle that was created in 2022 by a group of friends in South West Suffolk. It was set up to give people an opportunity to learn about the hidden needs in their local area and to contribute to charity in a way that suited them.

“The Stand Up For Suffolk Fund’s aim is to build a community of people in their 30s and 40s who want to make a difference in the county they live in and love, but lack time and resources to make a big impact on their own.

Members of the fund subscribe to pledging small donations twice a year, as well as the opportunity to visit charities. Then collectively we vote on a theme, and in partnership with the Suffolk Community Foundation, allocate funds to charities within this theme.

Last year we raised over £17,000 and donated to three charities that support families and children. In addition to the donations and voting, we host two events a year to raise additional money, showcase charities for people to hear from and bring people together to unite around our cause.

This year we will be launching the opportunity for parents and grandparents to gift a subscription to their children/grandchildren so we can drive awareness and a mindset of collective support with a younger generation.

Our ambition is to continue to grow our community exponentially. Many people, making small contributions, can have a large impact.”

TOM PROBERT,  
CO-FOUNDER OF STAND UP FOR SUFFOLK FUND

Port Community Fund

The Port Community Fund was established in 2008 by several companies associated with the Port of Felixstowe, as a way of joining forces and combining their efforts to make a bigger impact in supporting their local community.

For its members, the fund offers the opportunity to increase the effectiveness of their charitable giving and has established a unique mechanism for companies to give back to their local community, particularly in very concentrated areas of need.

“We are proud to have been members of the Port Community Fund since its inception. Now in its 16th year, the fund has raised £750,000 for a range of good causes and provides an efficient and effective way for us to support the community in which we are based.”

PAUL DAVEY,  
HEAD OF CORPORATE AFFAIRS, HUTCHISON PORTS

Over the past **19 years**, our grants team has worked in partnership with fundholder and volunteer grants panels to deliver over

**9,900 grants**

to **over 3,300** local charities and community groups.

Thank you!



SUPPORTING:  
Wild Heritage

GRANTS AWARDED: PART 5

Suffolk Carers Fund

£205,799

- BSC Multicultural Services
- Community Together
- Gatehouse Caring in East Anglia
- Halesworth Dementia Carers' Fund
- Lofty Heights CIC
- Lowestoft and District Mencap Society
- Memories are Golden
- Music in Our Bones
- PHOEBE
- Restitute
- St Elizabeth Hospice
- The Pear Tree Fund

Suffolk Giving Fund

£126,654

- 48th Ipswich Brownies
- ActivLives
- Autism and Nature
- [Bipolar UK](#)
- Brave Futures
- [Britten as a Boy Statue Campaign](#)
- BSC Multicultural Services
- Bungay Community Support (BCS)
- [Bury St Edmunds for Black Lives](#)
- Bury Town Pastors
- Cancer Campaign in Suffolk
- Caribbean and African Community Health Support Forum
- Child Brain Injury Trust
- Compassion
- Disability Advice Service (East Suffolk)
- [Dora Brown](#)
- East Anglia's Children's Hospice
- Emmaus Suffolk Ltd
- EPIC Dad Community Interest Company
- Eye Opportunity Group
- Footsteps Walking With You
- Forge Community Church
- [Friends of Haverhill Library](#)
- Happy Days Children's Charity
- [Headway Norfolk and Waveney](#)
- Home-Start in Suffolk

- Hope After Suicide Loss
- Hope Church Ipswich
- IHAG
- Inspire Counselling and Training
- Inspire Suffolk
- Ipswich Community Media and Learning CIO
- [Ipswich Multiples Club](#)
- Kernos Centre
- Lapwing Suffolk
- LEAPS Suffolk
- Let's Talk Reading
- Lighthouse Women's Aid
- Lowestoft and District Mencap Society
- Mid Suffolk Voluntary Organisations Forum
- Norwich City Community Sports Foundation
- Ormiston Families
- [Riding for the Disabled \(Woodbridge & District Group\)](#)
- Selig (Suffolk) Trust
- Sole Bay Arts CIO / Southwold Arts Centre
- St John the Baptist Church Saxmundham
- St John's Church
- Suffolk Rape Crisis
- Suffolk Wildlife Trust
- The Befriending Scheme
- The Living Paintings Trust
- The Mix Stowmarket
- The Seagull Lowestoft CIC
- TOPCATS
- Transforming Futures - Suffolk
- Voices for Gainsborough Community Library
- Warren Association Trust
- Waveney Domestic Violence & Abuse Forum
- West Suffolk Hive CIC

Suffolk Growing Minds Fund

£45,514

- [Families Together Suffolk](#)

Suffolk Sports Fund

£17,685

- Inori Aikikai Aikido Dojo
- Inspire Suffolk
- Ipswich BMX Club
- Murrayside Community Development CIC
- St Elizabeth Hospice
- Sudbury Canoe Club
- TOPCATS
- Voices for Gainsborough Community Library
- Woodbridge Coastal Rowing Club

Surviving Winter 2021

£1,921

- Anglia Care Trust

Tackling Poverty Fund

£61,363

- Access Community Trust
- Bungay Community Support (BCS)
- EPIC Dad Community Interest Company
- Forge Community Church
- Fresh Start Charity
- Friends of The Beeches Community Primary School
- Happytots pre-school
- Haverhill Community Trust
- Ipswich & District Citizens Advice Bureau
- Level Two Youth Project
- Lighthouse Women's Aid
- Realise Futures CIC
- St Francis with St Clare
- [St Mark's Oulton Broad](#)
- St Mary and St Botolph Whitton IPSWICH
- Suffolk Refugee Support
- [Zebras Children and Adults Charity](#)

Technology Networks Charitable Fund

£1,250

- [Pride in STEM](#)
- [Spinal Injuries Association](#)

Violence Against Women Fund

£331,888

- [Families Together Suffolk](#)
- Fresh Start - new beginnings
- Lighthouse Women's Aid
- Suffolk Law Centre
- Suffolk Rape Crisis
- [Terrence Higgins Trust](#)
- The Mix Stowmarket

West Fund

£2,000

- Debenham Shed
- Re-engage

Wider Horizons Fund

£9,974

- Friends of The Beeches Community Primary School
- Rural Coffee Caravan Information Project
- Young People Taking Action

Women and Girls Fund

£14,060

- Bury Drop In
- [GIRLGUIDING North West Suffolk Division](#)
- Kernos Centre
- Let's Talk Reading
- Lighthouse Women's Aid
- Ormiston Families
- Rock Paper Scissors Arts CIC
- Suffolk Mind
- The Hal Company
- TOPCATS

Woodward Fund

£2,135

- The Mix Stowmarket

“Kay suffers from anxiety and cannot currently work but has blossomed as a volunteer with us. Volunteering has made a real difference to her and she is making a real difference to people's lives.”

WORKER  
HALESWORTH VOLUNTEER CENTRE

Suffolk Community Foundation works closely with businesses of all sizes to deliver charitable funding according to their bespoke wishes and passions. Whether it is setting up a fund, joining a giving circle, nominating us as ‘charity of the year’ or becoming a regular donor, there are numerous ways to get involved.

For further information, please contact Henry Tapp on 01473 602 602 or email [henry.tapp@suffolkcf.org.uk](mailto:henry.tapp@suffolkcf.org.uk).

The Fred. Olsen  
Community Fund

“As a large employer within Suffolk, we are always looking for ways to give back to our local area. We chose Suffolk Community Foundation to aid us with our local giving, as they have the connections, and experience, to help us give seamlessly to the issues that we care about the most.

Through the creation of our Fred. Olsen Community Fund, we knew the process of finding causes that aligned with our business goals, including arts-based projects, supporting older people and maritime based charities, would be simple.

For us, it’s incredibly important for us to give back to our local community and we understand that even the smallest donation to grassroots charities and projects can make a big difference in supporting the lives of those in Suffolk.



In selecting causes to support this year, we awarded grants to the Woolverstone Project, catering to disabled sailors and allowing them to experience the water, aligning with our 175-year maritime history along with two arts charities, Headway Suffolk and Rock Paper Scissors, reflecting our dedication to the arts. This targeted approach allows us to make a concentrated and meaningful impact on causes that matter to us as a business.”

PETER DEER  
MANAGING DIRECTOR, FRED. OLSEN CRUISE LINES

The Axter  
Climate & Community Fund

“Axter Ltd. has been operating out of Suffolk for over 30 years, so our team is deeply connected with this area. As a successful local company, we wanted to do something specifically for our neighbouring communities. That is why we are using our resources and skills to help fund and support Suffolk-based charities – to benefit our shared environment and improve the lives of people across the county, our own staff included.

Our team has identified four objectives that we wanted the fund to centre on:

- Improve the health and wellbeing of our communities and reduce health inequalities through great community access to Green Social Prescribing activities and interventions
- Promote the importance of community biodiversity and nature recovery
- Boost community resilience to climate change through a combination of nature-based solutions and building improvement



- Support emotional awareness and resilience education programmes for children

Axter has committed to long-term support of the fund, focussing on the first two elements this year, with an expectation of broadening to cover all the objectives as the fund continues to grow.

We recognise the essential work SCF does in providing grant-making opportunities for smaller charities and community groups across the county. We are very pleased to be able to partner with the Foundation and look forward to continuing to support them for many years to come.”

PHILLIP WILCOX-MOORE  
MANAGING DIRECTOR, AXTER LTD



LDH (La Doria) Ltd

“LDH (La Doria) Ltd is a food importer whose head office and warehouse are located in Ipswich at a purpose-built site close to the A14. As an organisation we care about the wellbeing of our staff, of the wider community and the environment. In addition to our commitment to donate surplus food to those in our community facing the burden of food poverty and the cost of living, we have since 2021 partnered with Suffolk Community Foundation. The Foundation does vital work in supporting local

charities by providing grants for specific local projects and initiatives within the county.

Working with SCF we have been able to assist with projects that are close to our hearts, and support those who are in real and urgent need of help. By the end of 2023 LDH had awarded 30 grants via the Foundation to projects aimed at helping women and children at risk of domestic abuse and also supported vulnerable and disadvantaged children and families.

The feedback we have received from these projects is shared with all of our colleagues within LDH. We are proud to support Suffolk Community Foundation, whose work makes a difference to those of our community in need.”

BARRY FINE  
CEO, LDH (LA DORIA) LTD.

The Birketts Fund

“The Birketts Fund focuses on providing support to a wide range of voluntary and community groups in Suffolk, particularly those that may struggle to obtain government or other funding. We consider it important for Birketts to support the local community and the Birketts Fund allows us to reach and hear about causes on our doorstep, via Suffolk Community Foundation, which we may have otherwise missed. The work of Suffolk Community Foundation’s team in terms of due-diligence, reporting and overall support to the Birketts Fund Committee to help us with our grant decisions is invaluable. We are always presented with such worthy causes and we always want to support them all!

This year Birketts has also directly supported the Surviving Winter Appeal in addition to grants awarded by the Birketts Fund. The Birketts Fund Committee wanted to



donate money to this appeal to have an immediate impact on those people in the local community who may be struggling with the rising costs of fuel.

Personally, the opportunity to chair the Birketts Fund Committee and work alongside Suffolk Community Foundation has really been a worthwhile and eye-opening experience and I would really encourage people to get involved.”

EMMA BYSOUTH  
SENIOR ASSOCIATE



‘Charity of the Year’  
NFU Ipswich

“NFU Mutual Ipswich believes that giving locally is very important as many of our employees and customers live and grew up in Suffolk. As an office we chose to give through Suffolk Community Foundation because we like how they work at a grass-roots level to support the wider Suffolk community.

It has been an absolute pleasure working with the team over the past year and it’s been great to see how many causes they help daily.”


LARISSA ARTHUR  
NFU IPSWICH



The impact of climate change is impossible to ignore. We all have a responsibility to work to reduce our impact on the planet, whether this be on a seemingly micro-level, trying to waste less paper or using public transport more, or as a community.

It also incorporates the need to connect people to nature for wellbeing and environmental benefits as well as the importance of fitness and health.



This is a new priority for us and we applaud our three chosen charities for their dedication and commitment to both the health and wellbeing of local communities and to that of our fragile planet.




### ActivLives

ActivLives is an independent charity working in Ipswich and across Suffolk. It helps to keep people active, connected and involved with their local community through accessible sports and exercise, learning new skills and volunteering opportunities.



It provides a range of activities including exercise classes, Community Gardens and Men's Sheds projects that support those who are vulnerable, lonely and isolated due to age, disability and cultural barriers.






### Daws Hall

Daws Hall is a 25-acre nature reserve on the Essex-Suffolk border, dedicated to environmental education. Catering for Early Years through all the Key Stages into Further Education and Adult Studies.







### Wild Heritage

The historic 4-acre Langham Walled Garden and Nursery has been managed under license since 2019, increasing plant and vegetable sales turnover annually by 50% and is now a registered CIC known as Wild heritage Suffolk.

Its aim is to create a safe and community-based vegetable and wildlife-friendly garden where people can volunteer, learn, socialise and enjoy themselves. Our successful pilot project 'Let it grow' allowed members of the public who are socially prescribed to join us to enjoy and learn from the garden.



If you would like to support Suffolk Community Foundation to help improve the lives of those in need across Suffolk, please call a member of our team on 01473 602 602 or visit [www.suffolkcf.org.uk](http://www.suffolkcf.org.uk)

We would like to 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.

#### Patrons

Clare Countess of Euston,  
HM Lord Lieutenant of Suffolk

Rachel Kearton, Chief Constable,  
Suffolk Constabulary

Mark Pendlington DL,  
2023/24 High Sheriff of Suffolk

The Rt Revd Martin Seeley,  
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William Kendall DL

Louise Long




Jane Millar

Neil Walmsley

Terry Ward (retiring)

Gareth Wilson DL

Sarah Zins





SUPPORTING:  
Survivors in Transition

CONTACT THE TEAM

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THANKS TO OUR TRUSTEES

We would like to take the opportunity to thank our chair, George Vestey DL, and the board of trustees for their unwavering energy and support.

We would also like to thank our retiring trustees Peter Newnham and Terry Ward and welcome Anna Hughes, Louise Long and Sarah Zins to the team.



Jonathan Agar DL



Sue Gull



Jordan Holder



Anna Hughes



William Kendall DL



Louise Long



Jane Millar



Peter Newnham  
Vice Chair (retiring)



George Vestey DL  
Chair



Neil Walmsley



Terry Ward  
(retiring)



Gareth Wilson DL



Sarah Zins



SUPPORTING:  
The Hive

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Suffolk Community Foundation works collaboratively with public sector partners delivering

**177 grants**

totalling £2.5m in 2022/2023

## STAY CONNECTED WITH US



Do you know you can find us on social media too?



Be sure to connect with us on Facebook, Instagram, LinkedIn and YouTube 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.

If you want to keep up to date with what we are up to you can also join our mailing list. By joining our mailing list, you will receive the occasional updates about new funds, as well as the latest news from the team. You can subscribe here:

[suffolkcf.org.uk](https://suffolkcf.org.uk)

Whilst our website is home to all information about the Foundation, please do call us on 01473 602 602 should you wish to speak to one of the team.



As we seek to reduce our carbon footprint, more of our literature and reports are being delivered electronically. This QR code will take you to an electronic version of this report - please do share it with your friends and colleagues.



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**SUFFOLK**  
Community  
Foundation

SUPPORTING LOCAL LIVES

**SUPPORTING:**  
Bury Drop In

### Suffolk Community Foundation

The Old Barns  
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