



**SUFFOLK**  
Community  
Foundation



# Port Community Fund Impact Report

**Grants Awarded: November 2023 – June 2025**





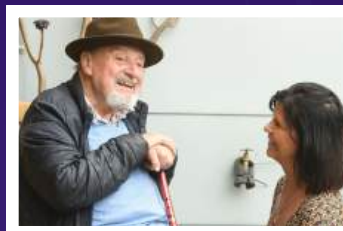
## Making a Difference, One Story at a Time

Established in 2005, Suffolk Community Foundation has become, with the generous philanthropy of so many, the largest independent grantmaker in the county.

We encourage and work with those who can give back to Suffolk, whether they are businesses, the public sector, families or individuals. With the funds under our care and together with other donors, we encourage charitable organisations and community groups to apply for grants.

As a large rural county, Suffolk has pockets of inequality and significant deprivation. Our aim is to improve the quality of life in Suffolk, to support those in difficulty and to tackle a wide range of issues. These could include homelessness, mental wellbeing, domestic abuse, digital exclusion or loneliness and isolation.

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



### TOGETHER WE SUPPORT

Abbeycroft Leisure,  
The Hygiene Bank  
& The Pear Tree Fund

In 2024/25, through the support of our donors and partners, we awarded

# £3.8m

in grants to charities and voluntary organisations across Suffolk.



## Fund Overview

Since November 2023, the Port Community Fund has awarded 41 grants to 37 different organisations. In this period the grants totalled £73,059. The impact of some of the work of the varied organisations you have funded in Suffolk over the last 2 years, is illustrated below.

On behalf of all these organisations and those they support, thank you.



# Funded Projects

Organisation	Amount	Primary Beneficiary	Project Area	Project Summary
Nov 2023				
Ipswich Sea Cadets	£2,000	Children and Young People	Ipswich	Supporting 'Float our Boats'.
Volunteering Matters	£2,000	Children and Young People	Ipswich	Young Ambassadors.
Level Two Youth Project	£2,000	Children and Young People	Felixstowe	Level Two Counselling.
Oasis English Language School	£1,000	Refugees/ asylum seekers /immigrants	Ipswich	Towards core costs.
Suffolk Philharmonic Orchestra	£1,000	Children and Young People	Across rural Suffolk	SPO School & Community Days.
Bows & Arrows	£1,498	Children and Young People	Gainsborough Ipswich	Supporting Angie's Project.

# Funded Projects

Organisation	Amount	Primary Beneficiary	Project Area	Project Summary
Communities Together East Anglia	£2,000	People with mental health issues	Felixstowe	BeAFriend
Ormiston Families	£2,000	Children and Young People	Ipswich	Breaking Barriers Suffolk – Felixstowe and Ipswich.
Suffolk Rape Crisis	£2,000	Women	Ipswich	Suffolk Rape Crisis Counselling Service.
Voices for Gainsborough Community Library	£2,000	People living in poverty	Gainsborough, Ipswich	Gainsborough Girls Groups trips.
DanceEast	£1,800	Children and Young People	Ipswich	To provide free access to dance class programme for vulnerable young people.

# Funded Projects

Organisation	Amount	Primary Beneficiary	Project Area	Project Summary
Suffolk Refugee Support	£1,000	Refugees/ asylum seekers /immigrants	Ipswich	Supporting a Refugee and Asylum Seeker hypertension project.
29th Ipswich (All Hallows) Guide Unit	£2,000	Children and Young People	Gainsborough estate, Ipswich	29 <sup>th</sup> Ipswich Guides camp.
Suffolk Family Carers	£1,992	Children and Young People	Felixstowe	Young Carers.
Headway Suffolk	£2,000	People with multiple disabilities	Felixstowe,	Neuro Support.
Citizens Advice East Suffolk	£1,760	People living in poverty	Felixstowe, The Trimleys	To support Felixstowe Outreach Centres.



# Funded Projects

Organisation	Amount	Primary Beneficiary	Project Area	Project Summary
Abbeycroft Leisure	£1,951	Families/ Parents/Lone parents	Felixstowe	Supporting Family Park Cooking Days.
<b>TOTAL</b>	<b>£30,001</b>			

## June 2024

Neurodelicious CIC	£870	Neurodivergent young people	Ipswich	Anti-Social Prescribing' – workshops for 16-24 year old neurodivergent ex-offenders.
Whitton Youth Partnership	£2,000	Children and Young People	NW Ipswich Whitton, Whitehouse and Castle Hill	School Holiday Activities.
Walton Parish Nursing	£2,000	People with mental health issues	Walton, Felixstowe	Support for No Labels group.

# Funded Projects

Organisation	Amount	Primary Beneficiary	Project Area	Project Summary
The Compass	£2,000	People with low skill levels	Felixstowe	Supporting staff costs at The Compass.
Lighthouse Women's Aid	£2,000	Black, Asian and minority ethnic	Ipswich/ Suffolk	Targeting Felixstowe.
Dora Brown	£2,000	Families/ Parents/ Lone parents	Felixstowe	Dora Brown core costs.
Inspire Counselling and Training	£2,000	People with mental health issues	Ipswich and surrounding villages/towns	To assist those who cannot afford to pay fully for counselling.
Old Felixstowe PCC Popup shop	£1,128	People living in poverty	Felixstowe and district	Old Felixstowe Top up Shop.



# Funded Projects

Organisation	Amount	Primary Beneficiary	Project Area	Project Summary
Suffolk Mind	£1,980	People with mental health issues	Felixstowe & The Trimleys	Cost-Of-Living Counselling Support.
Breast Friends	£2,000	Women	Felixstowe	Provision of Menopause Kits for breast cancer patients.
<b>Total</b>	<b>£17,978</b>			
<b>Dec 2024</b>				
Abbeycroft Leisure	£1,588	Families/ Parents/Lone parents	Felixstowe and Ipswich.	Provision of Family Park Cooking Days.
Woolverstone Project	£1,600	People with multiple disabilities	All IP postcodes, plus Suffolk and North Essex	Woolverstone Project Core Costs.

# Funded Projects

Organisation	Amount	Primary Beneficiary	Project Area	Project Summary
Hope Church Ipswich	£1,600	People living in poverty	Ipswich (focus on most deprived wards)	To run 2 CAP Life Skills courses.
Unity Schools Partnership	£1,600	Children and Young People	Felixstowe	Supporting Happy Top Up Sheds in Suffolk Schools.
Communities Together East Anglia	£1,594	Local residents	IP11- Felixstowe	Felixstowe You're Welcome group.
Ipswich Dementia Action Alliance	£1,600	Older People	Felixstowe	Felixstowe Dementia Cafe.
Brave Futures	£1,600	Children and Young People	Felixstowe	Supporting a child/young person who has been sexually abused.
<b>TOTAL</b>	<b>£11,181</b>			

# Funded Projects

Organisation	Amount	Primary Beneficiary	Project Area	Project Summary
June 2025				
Just42	£2,000	Children and Young People	Woodbridge and Kesgrave	Towards their mentoring programme for disadvantaged young people at Farlingaye and Kesgrave High Schools.
Emmaus Suffolk Ltd	£2,000	Local residents	Felixstowe	To support Felixstowe Wellbeing Hub.
Home-Start in Suffolk	£2,000	Families/ Parents/ Lone parents	Felixstowe	To support the Mum's in Mind Felixstowe project.
Mind Body and Sea CiC	£2,000	Older People	Felixstowe and surrounds	Companions Aboard.
Walton Parish Nursing	£2,000	People with mental health issues	Felixstowe	Support for Mental Health Nurse delivering the 'No Labels' group.



# Funded Projects

Organisation	Amount	Primary Beneficiary	Project Area	Project Summary
Catch2 Suffolk Positive Futures	£1,890	Children and Young People	Felixstowe	Felixstowe young person's football project.
Inspire Counselling and Training	£2,000	People with mental health issues	Ipswich and surrounding villages/towns	To assist those who cannot afford to pay fully for counselling.
<b>TOTAL</b>	<b>£13,890</b>			
<b>GRAND TOTAL</b>	<b>£73,059</b>			

# Impact

Your funding has enabled a wide range of new and existing activities to thrive largely across Felixstowe and the surrounding communities but also further into Eastern Suffolk. These initiatives have delivered tangible benefits to local residents, placing a strong emphasis on supporting children, young people, families and individuals experiencing mental health challenges. In addition, your support has reached those who are vulnerable due to age, isolation, deprivation or disability.

Through Port Community funding, a broad spectrum of projects has been delivered to improve health, wellbeing and individual and community resilience. Your contribution has empowered organisations to create opportunities for people to explore new interests or rediscover old ones. As a result, participants have formed friendships, gained a sense of belonging and grown in confidence. They have enjoyed learning new skills, uncovering talents and experiencing the positive impact of inclusion. Most importantly, many have developed confidence that extends into other areas of their lives.

Your funding has also enabled access to specialist counselling and support for individuals and families facing mental health difficulties or severe life challenges, alongside targeted information and education.

Many funded projects promoted inclusion through holiday activities, cooking, arts, sports (including water-based activities) and language development. A significant focus was placed on youth engagement, confidence-building and financial education, while outreach services and volunteer development strengthened local networks and reduced isolation, particularly among older residents. Collectively, these interventions have enhanced quality of life, resilience and access to vital emotional and practical support – building stronger, more connected communities. The impact of your funding is clear: people – many of them young, elderly, or living with poor wellbeing – who were struggling with aspects of their lives, have flourished. They have grown in confidence and resilience, learned to overcome fears and discovered positive ways forward.

Below are a few stories that illustrate the difference your support has made in the Felixstowe area and beyond.



# Case Studies continued

## Communities Together East Anglia

"My name is Nancy\*, and I am 83 years old. Before Vern\* I was very lonely and isolated due to being housebound, in a wheelchair and constantly needing oxygen. My life was reading books and watching daytime TV. Most of the time I only had the birds in the garden for company. I was worried about the winter months, there would be no birds to see, and the darker days meant my days of daylight were also shortened. Then CTEA found me – Vern visits weekly and we always have lots to chat about, either books or the days during WW2. It is lovely to share my stories from those times. CTEA has given me a new lease on life, my lonely days are shortened now, and my life is brighter."

## Volunteering Matters

Jack\*, aged 14, began his journey with strong stereotypes and little understanding of why microaggressions and biases were harmful and inappropriate. At our Hackathon, he openly expressed a lack of empathy during a workshop on racism. While challenging, this behaviour was addressed constructively and we recognised the need for deeper engagement.

Through collaboration with his school via the Young Ambassadors Programme, we designed a tailored initiative focused on diversity, inclusion, and valuing differences. Coming from a rural area with limited exposure to diversity, Jack's perceptions were shaped largely by media. Initially hesitant, he gradually began to question his assumptions and engage meaningfully.

Over six months, Jack moved from making provocative and shocking statements to showing genuine curiosity about his peers views, contributing to team projects and investing in his youth social action project. This transformation, once dismissed as a 'soft skill', was profound. Jack now feels equipped to navigate a diverse world and aspires to attend university. His journey demonstrates the power of youth social action to foster empathy, challenge bias, and prepare young people to contribute positively to society.



# Case Studies continued

## Walton Parish Nursing

"If it wasn't for Walton Parish Nursing I wouldn't have received the help and guidance I needed. WPN did more for me in a month than anyone else over the nine years I have lived in Walton. They are a God send. With Mary's\* help I was able to access the community therapy team, obtain vital equipment to use at home to improve my mobility and to get my kitchen floor repaired after it caused me to fall. I was housebound but now I am able to get out into my garden and into my car. This has saved the NHS money in transport, an operation and physiotherapy that I now no longer feel I need. I am so much happier in myself. WPN has helped improve my physical, mental and social wellbeing and I would highly recommend them." Client

## Suffolk Family Carers

A family who had lived in Felixstowe for three years never came to the beach. Due to the reduced mobility of both parents, access to the beach was very difficult. Rather than disappoint their children by limiting their fun when at the beach, as parents they chose not to visit at all as they felt they wouldn't be able to adequately supervise their children playing on the beach and in the water.

The family beach day enabled the whole family to experience the beach with SFC staff members playing an active part in supervising the children on the beach and in the water whilst the parents were able to watch from the promenade. The family still had quality time together enjoying their shared picnic and the park at the Martello end of the beach which they were all able to access. Now knowing about the additional family opportunities on the seafront that were wheelchair accessible meant they were keen to visit again.



## Case Studies continued

### Lighthouse Women's Aid

Faith\* came to us after enduring years of abuse from her husband. She had become isolated from her friends; her partner was openly rude to them, and they eventually stopped visiting. Faith lived in fear. There had been threats to kill, coercive control, and sexual violence in the past.

When Faith reached out, she requested a face-to-face appointment in Felixstowe. She was anxious about attending, so we worked with her to create a safety plan and reassured her about confidentiality.

At the appointment, we assessed her risk. Faith minimised what she had been living through, believing it was all her fault – it was clear she was terrified. She was identified as high risk and we referred her for specialist support. Due to the severity of the abuse, the referral also went to the police, who arrested her partner.

Everything happened quickly. Faith decided to stay with a friend to give herself time to process the seriousness of the situation and consider her next steps. We supported her to explore housing options and liaise with her local council for advice. Concerned about finances, Faith received food vouchers to help her through this difficult period. We also arranged a legal appointment to discuss divorce. Faith later chose to drop the charges against her husband but is now pursuing a divorce. She continues to work with the high-risk service and plans to complete the Freedom Programme when she feels ready.

Faith told us she had become so accustomed to the abuse that she almost didn't seek help. Hearing about the Felixstowe drop-in gave her the confidence to reach out. She said that without it, she wouldn't have accessed the support she desperately needed.

### Abbeycroft Leisure

"Me and my children loved every minute of our experience, I loved to see my children really enjoying themselves, was lovely to have met other families – we was like one big family."



# Case Studies continued

## Dora Brown

A mum and her partner and their 3 children (9-17yrs) were living in deprivation, suffering financial hardship with mental/physical health issues and learning difficulties. A referral was made by their Family Support Practitioner due to concerns about extreme domestic neglect.

An initial home visit by our Project Manager found an accumulation of possessions and waste which meant the kitchen, bathroom, bedrooms and living space were unusable, unsafe and unhygienic, with multiple family members sleeping in the living room on the floor. Volunteer teams led by our Project Manager helped clear waste, deep clean and replace what was needed - installing new furniture to make it homely, an electrical air drier to assist with the laundry and other storage solutions to help maintain the improved home space.

We left them with a cleaner, clearer, safer home with a useable bathroom, kitchen, bedrooms and more space to relax, study, cook and clean. It meant visiting stepchildren could sleep upstairs in the bedrooms for the first time which improved family relationships. Through our non-judgemental approach working closely alongside the family, our volunteers made the experience fun and enjoyable. The teenage son initially wary and reluctant to let people tidy his room, changed his mind, taking pride in his newly organised personal space. Mum said "you are brilliant and lovely caring people who don't judge. It finally feels like a home" Our work has a big knock-on impact on the family, mum saying she feels less stressed and isolated, better able to socialise and with the confidence to seek help from other services.



# Case Studies continued

## Level Two

Lucy\*, aged 11, came to counselling seeking a safe space to explore her mental health. She had experienced bullying, struggled with friendships and often felt judged and misunderstood by peers, leading to low self-worth, loneliness and then withdrawal from social activities. Lucy also found it difficult to regulate her emotions and frequently became overwhelmed at school.

Using creative approaches, counselling helped Lucy express feelings when words were hard to find. Over the weeks, she reported feeling empowered by having her own space and time, saying: "I feel like I had lost my voice, but counselling helped me find it again." Her confidence, assertiveness, and self-esteem grew steadily. Lucy learned to accept herself, recognise what she could control, including the way she responded to situations and no longer to rely on external validation: "I now feel that I don't have to agree with my friends on everything and that's ok." By the end of counselling, Lucy had joined new friendship and social groups and was appointed student ambassador for her year. She described counselling as helpful and expressed hope that she could cope independently in the future. This journey demonstrates the profound impact of tailored emotional support in building resilience, self-acceptance, and positive peer engagement.

\*all names have been changed to protect identities

**On behalf of all these organisations and those they support, thank you for your generosity**





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## Thank you for all your support

To learn more, get involved, or support our work, visit our website at [suffolkcf.org.uk](https://suffolkcf.org.uk), email us at [info@suffolkcf.org.uk](mailto:info@suffolkcf.org.uk), or call **01473 602602**

