



Dorset

Community Foundation

Raising funds to help those most in need

Hidden Dorset

Report 2015

www.dorsetcommunityfoundation.org

Introduction:

Dorset Community Foundation – who we are and what we do

Dorset Community Foundation is an independent charitable foundation which supports smaller charities and community groups across the county. We give out grants from the funds we manage on behalf of individuals, companies and local authorities. The Foundation supports a variety of causes, from support for the elderly and those experiencing social isolation, to helping young people develop the skills to gain jobs and get ahead in life.

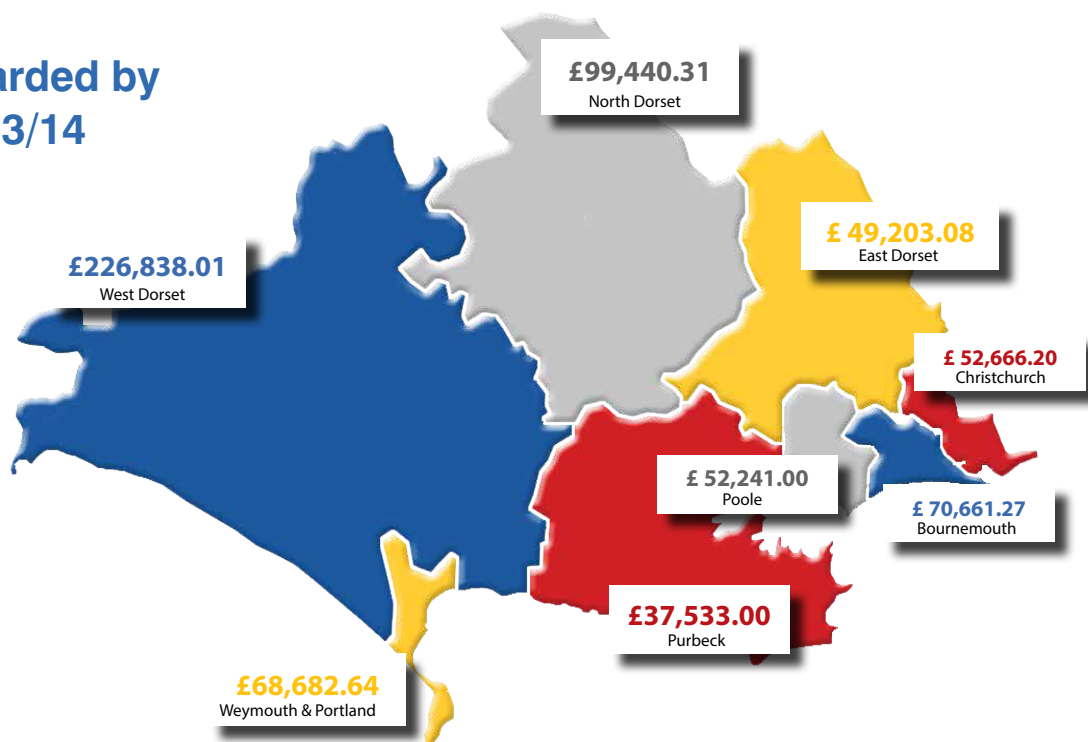
We are able to achieve this incredible local impact because of the funds we manage on the behalf of Dorset County Council, Comic Relief, Bournemouth, Poole and Dorset Community Funds, Meggitt Fund, Skills and Learning Fund, Flood Relief Fund, Fishmongers Company Fund and the two funds we manage on behalf of local individuals. Part of the funding also came from our Surviving Winter Appeal and our Education Fund.

Dorset Community Foundation focuses on supporting smaller charities and community groups. These groups are often completely volunteer led and often don't have the resources or experience to raise funds and promote themselves.

Last year 2013/14 we distributed over £670,000, benefitting more than 100,000 local people and over 180 projects including:

- Transport schemes for older people in shire Dorset
- Music clubs for disengaged young people
- Arts and craft group activities for severely disabled adults

Grants awarded by area in 2013/14



We also support individuals from deprived backgrounds or facing difficult circumstances through our Dorset Fund and our Surviving Winter Appeal.

While Dorset is a relatively well-off and privileged area in many respects, not all of its residents are equally fortunate. The work of the Foundation and the many smaller organisations it supports makes a big difference in improving the quality of life and opportunities for many less fortunate Dorset residents. As publicly-funded service providers face the twin challenges of continuing constraints on their resources and growing demands for their services, particularly from an increasingly elderly population, there is scope for local charities and voluntary organisations to do more to help.

This document highlights some of the more important issues which the Foundation is addressing through its support for individuals, smaller charities and community groups.

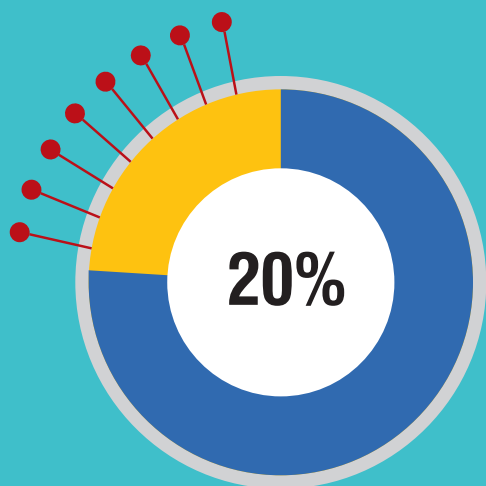
We hope that this description of some of the needs in Dorset, and the difference that the Foundation's support makes in improving the quality of life for significant numbers of Dorset residents, will inspire you to get involved. Our Dorset Fund provides an opportunity for individuals, companies and trusts to support issues affecting our communities now and in perpetuity.

The current themes within the Dorset Fund aim to help older people lead more independent lives, help young people from disadvantaged backgrounds access education or training and support creative care projects which increase the wellbeing in people with mental health problems and disabilities. These are all key issues that have emerged from this research.

The endowment side of the Dorset Fund (where people can leave a donation to be invested in perpetuity) will enable the Foundation to provide more secure and stable long-term funding and continue to make a difference to the lives of many more people who are in need across Dorset for generations to come.

Ashley Rowlands
Chair of Trustees

Key Findings



Thirteen areas in Dorset fall into the top 20% most deprived nationally.



24.3%



of people in deprived rural areas have a limiting long-term illness.



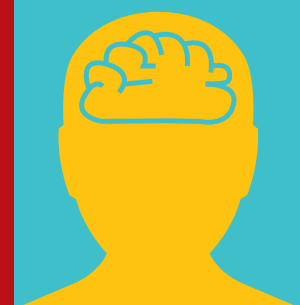
Average house prices in Dorset are among the highest in the UK outside London, while earnings are among the lowest.

The highest levels of NEETs in Dorset are in Christchurch (Somerford) and in Weymouth and Portland.



Around
130,000

people in Dorset have experienced a mental health issue at one time.



27%

40%

Dorset has the largest elderly population of all counties with older people making 27% of the population. If current trends continue then by 2030 almost 40% of Dorset's residents will be of retirement age or above.

Attainment gaps between pupils from deprived backgrounds and their more affluent peers persist through all stages of education, including entry into higher education. Even the highest early achievers from deprived backgrounds are overtaken by lower achieving children from advantaged backgrounds by age seven.

Why what we do is important

Based on Census results and other statistical reports, Dorset County Council's State of Dorset 2013 provides a comprehensive description of many aspects of life in Dorset. Other DCC reports and the Dorset For You website also provide in-depth analysis of key features of life in Dorset: its population, the economy and jobs, education, health and welfare amongst other topics.

This Hidden Dorset Report does not aim to duplicate the in-depth research and analysis which has gone into DCC's State of Dorset report and the Dorset For You website. Instead it draws on some of the significant findings of those sources and reports from a number of other organisations to illustrate four key issues which are of particular concern to the Dorset Community Foundation; these are the areas where the DCF feels it can make a worthwhile difference to the lives of many Dorset residents.

The data shows that in many respects the residents of Dorset, in both the rural parts of the county and in Bournemouth and Poole and surroundings, are fortunate when compared with many other parts of England and Wales. For the most part, Dorset residents enjoy above average life expectancy, good levels of education attainment, and access to a wide range of jobs in a growing economy, while living in one of the most attractive parts of the country.

But that is not to say that all of Dorset's residents enjoy the same advantages and opportunities. Many local jobs are in seasonal employment, often part-time, and pay less than the national average. House prices in many parts of the county are higher than elsewhere, partly driven by the effects of retirement on local, often rural, communities making it more difficult for young people and those in lower paid jobs to be able to afford to buy housing in the area.

Average house prices in Dorset are among the highest in the UK outside London, while earnings are among the lowest. In 2012, the ratio of lower end house prices to lower earnings was 9.8 in Dorset compared with 6.6 in England. Affordability of housing is therefore a key issue; scarcity of supply, below average earnings and high house prices (including the high cost of privately rented housing) all make it hard for many Dorset residents, particularly first time buyers, to get on the property ladder. What is more, the increase in this affordability ratio indicates that house prices in much of Dorset are rising faster than local earnings. So with local pay already below the national level on average, further increase in house prices will only make it increasingly more difficult for local people to buy their own home. This in turn could also have implications for the retention or attraction of a skilled/graduate workforce.

At the same time, those living in rural parts of the county often face difficulties in being able to access the range of jobs, housing and social activities enjoyed by those living in Bournemouth and Poole and Dorset's other larger towns. While levels of car ownership in Dorset are higher than the national average, not everyone has access to a car; for those young people or older residents in rural areas who are dependent on infrequent or expensive public transport, access to opportunities may be more limited. This can give rise to issues of social isolation, particularly for older residents living on their own.

Nor is this Hidden Dorset Report a comprehensive analysis of the social and economic issues affecting the residents of Dorset. Dorset Community Foundation recognises that a large number of statutory bodies and other voluntary bodies and charities all have a vital role and responsibility in helping to maintain and improve the lives of everyone in Dorset. Instead, this short document focuses on a small

number of issues where DCF believes it can make the greatest difference by supporting particular groups in need. It does this by working in consultation and partnership with the County and District Councils, the Boroughs of Bournemouth and Poole and with many other bodies and agencies. But in particular, the Foundation achieves results by supporting the valuable work of the many smaller charities and other voluntary groups all across Dorset who are committed to improving the lives of those in the area.

What we focus on

Based on its experience, the Dorset Community Foundation believes it can make the greatest impact by focusing its support on three key issues which we feel are currently of particular importance in Dorset:-

- Older people (and in particular rural deprivation and social isolation)
- Young people in training and education
- Improving the lives and wellbeing of people with mental health and disability issues through creative care

The following sections look at some of the more important aspects of these topics. They give examples of some of the projects which the Foundation already supports and where we believe increased support could make the greatest difference.

Encouraging community giving in Dorset

The work of the Dorset Community Foundation already touches the lives of an impressive number of Dorset residents. Since its inception in 2000, it has provided over £10 million of funding across Dorset.

But there is clearly much more that could be done to improve the lives of many local people in need. We hope this description of our work and the impact we achieve will inspire and encourage you to get involved by philanthropic giving to the work of the DCF in support of local charities, community groups, voluntary organisations and individuals.

With your support and sustainable financial arrangements, together we could make a significant difference to the quality of life of many more Dorset residents for generations to come.

Issue 1: Older People's Issues

Over £103,000 of our total budget of £670,000 for 2013/14 funded projects supporting people over the age of 65.

Background

Almost a quarter of Dorset's three quarters of a million residents are over 65 and their numbers are likely to continue to increase in future. Shire Dorset has the largest elderly population of all the shire counties in England and Wales. Dorset also has a higher than average proportion of people over retirement age compared with both the South West region and with England and Wales as a whole.

In 2013, 27% of Dorset's residents were over 65, compared with roughly 21% in the South West and just over 17% in England and Wales. In some parts of Dorset the proportion of elderly people is even larger; in Christchurch the figure is over 31%, in East Dorset almost 30% and in West Dorset it is just over 28%. The proportion of elderly people is lowest in Bournemouth (18%) and in Poole (around 21%).

Between 2000 and 2010 there were significant increases in the number of people aged over 60 in Dorset (up by 24,000) and according to ONS projections recent trends are likely to continue and to become more pronounced over the next twenty years. Between 2011 and 2021, the highest rate of projected annual growth in those over 65 is expected to be in North and West Dorset (2.6% and 2.4% per annum respectively). But absolute growth in the numbers of those over 65 in the next twenty years is forecast to be greatest in Christchurch (up 19.7%) and East Dorset (up 14.9%).

If current trends continue and forecasts prove correct, then by 2030 almost 40% of Dorset's residents will be of retirement age or above.



Christchurch Angels

Why does this matter, and what are implications for Dorset

Dorset's elderly population and those choosing to retire to Dorset, are a valuable resource. They bring a lifetime's skills and experience as well as, in many cases, their accumulated wealth. The retired make a significant contribution to community life and they support a great many local community and social initiatives.

But Dorset's growing elderly population also places increasing demands on health and welfare services in particular. Services for older people (and for people with a disability, or with sight or hearing problems) currently account for 55% of the County's adult social care budget. The challenges of meeting growing demand for services from public funds which are likely to be further constrained in future are well known.

As the number of older people grows in rural areas in particular, the challenges of access to services and pressure on health and care services will also grow. Older people living in rural areas experience the same financial problems as older people in towns and cities. But living in a rural area brings additional challenges, like higher living costs including higher fuel prices and having to travel further to the nearest shop, bank or to key health and social services and other community facilities.

Projects to support people in rural Dorset received a total of £67,756 from us in 2013/14.

Recent research by the Campaign to End Loneliness estimated that 20% of older people are lonely sometimes and that 10% are 'intensely lonely' at any given time in the UK, increasing their risk of mental and physical illness. In the case of Dorset, this could mean that of the almost 140,000 residents aged 60+ in the county, some 14,000 of them could be intensely lonely. Tellingly, other similar surveys have found that 1 in 4 older people feel they have no-one to go to for help and support; of these, almost 4 in 10 said they felt lonely and 1 in 5 said they felt forgotten as a result of this.

The ageing of Dorset's already elderly population also means that a growing number of residents will develop a long-term illness or disability including dementia. Between 2011 and 2021 the number of Dorset residents aged 85+ is expected to increase by almost a third, rising from 4% to 5% of Dorset's population (compared with 3% in England). In turn there is likely to be a continuing increase in the number of carers needing support as well in the valuable work they do to care for elderly relatives and others in the community.

What can the Dorset Community Foundation do to help

The focus for Dorset Community Foundation's Neighbourhood theme is 'Older People' and the aim of projects supported through the Dorset Fund is to help combat loneliness and isolation amongst older people in Dorset. Early intervention is key to keeping older people independent and able to stay in their own homes. Our research and consultation shows that projects that involve older people themselves, consulting and working with them to identify what services they need and/or identify a gap in provision and, in some cases, as volunteers in delivery of support, can be particularly effective.

Dorset Community Foundation supports various initiatives all across the county, in rural areas and in the South East Dorset conurbation, which support these aims. We provide grants to numerous small charities and community groups who between them run and develop local projects including dementia/active minds, advice services, supporting carers, social events, lunch clubs, outings, transport and befriending.

The Surviving Winter Appeal is a particularly important part of Dorset Community Foundation's effort to help older people during the winter months. **Dorset has an above average proportion of households living in fuel poverty and the elderly and vulnerable can be particularly badly affected; over the last four years an average of 500 elderly people have died each winter in Dorset as a result of the cold.**



Surviving Winter Appeal warmer pack recipient

The Dorset Surviving Winter Appeal is part of a national campaign led by UK Community Foundations, launched four years ago to raise awareness and funds in order to support the elderly and vulnerable during the cold winter months. The campaign offers an opportunity to people who receive, but do not need, their Winter Fuel Allowance to recycle it so it will help an elderly person in need.

The Foundation's 2014-15 Surviving Winter campaign raised over £23,000, enabling us to help 528 local older people. With more funds in future years, we could extend our impact, helping to ensure that no elderly person in Dorset should suffer as a result of the cold in future.

How you can help

Older people's charities are not always high on the list of charities that receive general public support. With greater funding available from philanthropic giving to the Dorset Fund, the Foundation would be able to make a much greater impact in improving the lives of Dorset's increasingly elderly population, particularly those who are most at risk of becoming isolated and vulnerable, through carefully targeted support to the many smaller charities and voluntary groups who support the elderly across all parts of Dorset.

Issue 2: Young People's Issues

Education and Employment

In 2013/14, 22% percent of our total funding went to young people aged 13-25, helping 9522 of them.

Employment in Dorset

The number of jobs in Dorset has increased in the last two years as the economy has recovered, and further strong employment growth is projected in the Dorset Local Enterprise Partnership area. As the local economy has recovered and new jobs have been created, unemployment has continued to fall amongst those of working age. This more positive outlook is good news for Dorset, but challenges remain for some groups within the workforce, particularly young people who may be looking for their first full-time job.

Forecasts suggest that half the projected future growth in employment is likely to be in part-time jobs. One in ten new jobs will be in the care industry, already subject to recruitment and retention difficulties with skills shortages and hard to fill vacancies. Three-quarters of employment growth in the care sector will be part-time.

On a more positive note, Bournemouth has recently been identified as one of the UK's fastest growing hot spots in the digital economy, with digital start-ups growing by 212% between 2010 and 2013. Bournemouth has relied heavily on the local University to provide skilled workers in the gaming and marketing industries in order to achieve this record growth. But other research shows that many other high-growth technology firms struggle to find staff with the right skills, illustrating the importance of making sure education and training for young people meets the changing demands of business and industry.

Compared with the country as a whole, wages in Dorset tend to be lower than average. Much employment in tourism, a significant source of jobs in many parts of the county, is often seasonal. Low wages and seasonal jobs can also make it harder for Dorset's young people to get on the housing ladder. In an increasingly competitive jobs market, it is vital for Dorset's young people to be as well prepared as possible through education and training matched to the needs of local employers.

Claimant unemployment has been falling over the last five years for Dorset, Bournemouth and Poole. Unemployment rates in Dorset amongst those claiming Job Seekers Allowance and actively seeking work were generally lower than those for the country as a whole and for the South West in September 2014. The highest rates of unemployment were in Bournemouth (1.6%), Weymouth and Portland (1.5%), Poole (1.1%) and Christchurch (1.0%)

In January 2015's unemployment figures, Bournemouth registered the largest percentage fall in unemployment, but unemployment in most other parts of the county also fell. However this overall improvement masks some locations where unemployment remains a problem, including Weymouth and Portland and parts of Christchurch in particular.

Youth unemployment amongst those aged 16-24 fell significantly in Bournemouth and Poole between 2009 and 2013; in Bournemouth the rate fell from over 25% in 2009 to 12% in 2013, and in Poole it fell

from almost 17% to around 4% over the same period. (More recently, the average percentage of Job Seekers Allowance claimants aged 16-24 has fallen by much less in Bournemouth, Poole and shire Dorset – it fell by only 1.7% between 2013 and 2014 in the Dorset LEP area as a whole).

Last year we gave out over £27,000 to projects supporting young people not in education, training or employment.

These figures suggest that young people in the conurbation have found it easier to take advantage of a growing number of jobs in Bournemouth and Poole, but that it has been more difficult for young people in some parts of shire Dorset to gain access to this growth in opportunities. More detailed analysis of data measuring employment deprivation (defined in the 2011 Census as involuntary exclusion of the working age population from the labour market) shows that thirteen areas in Dorset fall into the top 20% most deprived nationally (up from eleven in 2007). Nine of these areas are within the borough of Weymouth and Portland, three are in West Dorset and one within Christchurch. Nine of the thirteen areas also fall into the top 10% most deprived nationally, with four areas in Melcombe Regis (Weymouth) in this top 10%.

Analysis by Dorset Community Action (2011) found that the most deprived rural areas in Dorset are characterised by:

- high levels of unemployment: 4.9% of the economically active population are unemployed, compared with 1.9% across all rural areas and 2.0% across Dorset as a whole
- high levels of limiting long-term illness: 24.3% of people in deprived rural areas have a limiting long-term illness, compared with 17.7% across all rural areas and 19.2% across Dorset as a whole
- high levels of adults with no qualifications: 39.7% of all those aged 16 to 74, compared with 25.3% across all rural areas and 26.2% across Dorset as a whole

In terms of their qualifications, 2013 figures for the percentage of young people achieving 5 or more GCSEs or equivalent at grades A*-C including English and Maths in Bournemouth (63%) and Poole (62.3%) exceeded those for England (59.2%) and the South West (59.5%). However, rates of achievement were lower in other parts of shire Dorset (58.9%).

More detailed analysis of Census data for education, skills and training reveals the extent of education deprivation for children/young people in some parts of Dorset and their comparative lack of skills and qualifications. This shows that thirteen small areas in Dorset fall into the top 20% most deprived nationally for education deprivation (up from ten in 2007). The most deprived area in the county is Somerford in Christchurch, which has the two most deprived Lower Super Output Areas in Dorset. Bridport in West Dorset and Ferndown in East Dorset also have two areas in the top 20% most deprived nationally.

Why does this matter, and what are implications for Dorset

As the economy of Dorset continues to evolve, the level of skills required will continue to increase. Young people need to acquire a range of personal and transferable skills which will enable them to

find suitable jobs. But there can be significant barriers to achieving this for young people living in rural areas, for those in jobs with no training, for those who are NEETs (not in education, employment or training) and for young people with learning difficulties or disabilities.

The highest levels of NEETs in Dorset are in Christchurch (Somerford) and in Weymouth and Portland. Although the number of young people not in education, employment or training (NEET) is below average in Dorset, the proportion of young people in jobs without training is higher in Dorset than in both the South West and the country as a whole. **The majority (75%) of them live in the shire Dorset area outside of the Bournemouth and Poole conurbation. Research suggests that young people in jobs without training are also more at risk of becoming NEET.**

Attainment gaps between pupils from deprived backgrounds and their more affluent peers persist through all stages of education, including entry into higher education. Even the highest early achievers from deprived backgrounds are overtaken by lower achieving children from advantaged backgrounds by age seven. The likelihood of a pupil eligible for Free School Meals achieving five or more GCSEs at A*-C including English and Maths is less than one third that of a non-FSM pupil. Studies also show that students who meet regularly with a mentor are 52% less likely than their peers to skip a day of school and 37% less likely to skip a class.

The choice of local employment in rural areas and smaller towns and villages is more likely to be limited compared with the opportunities in larger towns and particularly in the Bournemouth and Poole conurbation. **Transport difficulties can also affect the range of opportunities for young people living in rural areas.** They are more likely to be reliant on public transport which makes getting to and from work more expensive and inconvenient. Access to relevant information, advice and guidance, as well as good quality education and training opportunities, including more apprenticeships, is essential for Dorset's young people to improve their employment prospects.

What is Dorset Community Foundation doing to help

While there is much that is positive about the local economy in Dorset, there are clearly some parts of the county where the overall picture disguises particular difficulties if everyone is to take full advantage of the projected growth in jobs. Dorset Community Foundation believes that carefully targeted support for young people facing particular challenges can help to make a real difference to their employment prospects.

The focus for DCF's Education theme under the Dorset Fund is two-fold:

- to provide support through **Bursaries** to young adults in Dorset between the ages of 16 and 21 who are in education, apprenticeships and/or training; and
- to support **Mentoring** activities for secondary school pupils from disadvantaged backgrounds who might be at risk of becoming NEETs (Not in Education, Employment or Training)

Dorset Community Foundation **Bursaries** help to support disadvantaged young people who don't meet the eligibility criteria set by government to help them meet the cost of participating in higher education or training and who would otherwise be excluded from such support. Bursaries are available for students between the ages of 16 and 21 living in rural Dorset who wish to study a vocational (job-

related) programme who have lived in Dorset within the last five years, have proof of Dorset residency, and who meet the following criteria:

- young people in receipt of income support
- young people who have caring responsibilities for other members of their family
- young people who are living on a family income of less than £25,000 per annum
- disabled young people receiving both Employment Support Allowance and Personal Independence Payments

In 2014 the DCF provided over 20 bursaries to help young people from all parts of Dorset to continue their studies.

Dorset Community Foundation's support for **Mentoring** aims to help disadvantaged young people do better in education, to improve their skills and qualifications. **It focuses its support on helping students who live in the more rurally deprived and isolated areas in Dorset, including those areas with the greatest levels of education deprivation.**

To extend its reach and impact, the Foundation also works with other charities and voluntary organisations doing similar work to improve the quality of life for children and young people and their families in Dorset. The Dorset Youth Association also supports a programme of informal education, positive participation and volunteering which aims to promote personal and social development for young people, enabling them to reach their full potential and become valued members of society. DYA's 'Fresh Start' is a Big Lottery-funded, 3 year programme working with 15-25 year olds who are not currently in education, employment or training (or are at risk of becoming so). The programme offers a wide variety of free activities to enable young people to develop the skills to progress towards employment, education or training.

Dorset Community Foundation has recently agreed to provide funding to work in partnership with the DYA to fund a full time mentor for a secondary school in the Weymouth area. Together with a contribution from the school's pupil premium budget, this will support a two year programme with agreed outcomes, providing support to 235 mentees and 250 bursaries to students at Key Stage 4.

In 2013 DCF provided a grant to the Cicely Foundation in Christchurch to help meet a gap in local provision where disadvantaged young people had no access to appropriate support, advice and guidance and were at risk of becoming NEETs. This has helped to provide counselling, advice and mentoring from trained volunteers for 40 young people aged 13-18. It is also hoped that the scheme will train some young people to become peer mentors and provide skills to those who are NEETs.

With more funding available for similar schemes, the Dorset Community Foundation would be able to make a greater impact in improving the lives of Dorset's children and young people, helping them to complete their studies at school and college and to find suitable jobs and further training.



Dorset Youth Association

Issue 3 Mental Health and Creative/Arts Projects

Mental health – a national concern

£101,900 of our funding for 2013/14 went to projects supporting local people with mental health problems and disabilities.

Anxiety and depression is the most common mental disorder in the UK. **It is estimated that one in four people experience some kind of mental health problem in the course of a year, a significant proportion of them children and young people as well as the elderly.** Other groups at risk include women, people living alone, those separated or divorced, the unemployed and those who are less well educated. As a society we are living longer, but often with disability and long-term health conditions. Dementia and loneliness are big and growing threats to many older people's wellbeing.



Inside Out Festival Activate Performing Arts

Mental health in Dorset

The prevalence of people with complex mental health problems (not including more common mental health problems such as anxiety and depression) in Dorset (0.67% of the local population) is similar to the average for England (0.77%) but varies across Dorset. It is predicted that one in six adults and older people will have a mental issue at any one time – this could mean around 130,000 of Dorset's estimated population of nearly 800,000 people. **In terms of dementia, there are an estimated 13,000 in Dorset living with the condition.**

One of the priority areas for action identified in the Dorset Health and Wellbeing Strategy for Dorset, 2013 – 2016 is reducing anxiety and depression, the most common form of mental health problems. They very often go hand in hand as manifestations of the same problem. The prevalence of anxiety and depression varies significantly amongst localities in Dorset, with the greatest incidence often in more deprived areas.

Creativity improves health and wellbeing in Dorset

By reducing the incidence of depression and anxiety, many other health and wellbeing outcomes are likely to be improved. A positive perception of well-being is as important as good health itself. In Dorset an above average proportion of residents aged 16+ report a high life satisfaction rating and feel the things they do in their lives are worthwhile.

But not everyone in the county has the same ability or opportunity to take part in such activities. While there is generally above average engagement and participation in cultural and sporting activity in Dorset, this is proportionally greater amongst the better off. Dorset residents in more deprived circumstances and young people tend to be under represented. Access to leisure and cultural facilities is often more difficult for those living in rural areas compared with those living in Bournemouth and Poole and other towns. Although many events are offered in villages, for example through Arts reach, the range is more limited.



Walford Mill

How is Dorset Community Foundation helping

Dorset Community Foundation fully supports the work of Creative Care Dorset and firmly believes in the benefit of helping people, families and communities lead healthy and fulfilling lives wherever possible. DCF believes there is a valuable role for carefully-targeted support for local community-based and voluntary sector groups working alongside the other bodies involved.

By reaching out to those who may be suffering from loneliness, anxiety and depression and enabling them to take part in creative and other social activities, their enjoyment of life can be improved significantly. The Foundation's Dorset Fund seeks to support arts projects in all their forms, with its 'Arts' theme supporting individuals, community groups and voluntary organisations involved in Art, Music and Drama.

There is a particular focus on a range of creative care activities which can help to improve mental well-being for Dorset residents of all ages, including:

- projects delivering complementary and alternative therapy and care to treat and prevent illness and to promote health and well-being
- projects that use creative therapy such as music therapy which has a powerful effect on the state of mind, and
- creative activities such as singing, painting, poetry, needlework, dance, scrapbooking, photography, writing and drama, etc which reach out to those who may be feeling lonely and isolated

The Foundation has provided support to the Dorset Writers' Network which works with those between 16 and 80 who suffer from disabilities and poor mental health. The DWN's Pen Pals project is focused on older people who are feeling isolated, including some with varying degrees of memory loss, dementia and other age-related physical impairments. Bringing them together through professionally-facilitated workshops helps to reduce loneliness and share common experiences and memories.



Dorset Writers' Network

DCF has continued to support Future Roots, a social enterprise based at Rylands Farm near Sherborne, providing a grant to help it expand its successful farm-based programmes for young adults. Through its rural activity centre, Future Roots provides opportunities to learn horticulture, woodwork, pottery, cooking etc for young adults aged 19-30 who have mental health problems and who are not yet ready to find employment. As a result, young people learn valuable new life skills and get help with pre-employment support, all helping to build their confidence and self-esteem at a critical stage in their lives.



Future Roots

Many of these national issues also face many inhabitants of Dorset. But they affect not only Dorset's rural population, they can affect young and old people alike and those living in Bournemouth and Poole and some of Dorset's other towns.

Whilst most Dorset residents can get to shops and services, jobs and schools, relatively easily, for some this may be more difficult. There are additional challenges for those living in rural areas; older people, the ill or disabled; those with care responsibilities some young people; those who rely on public transport; and those not in education, employment or training; or with learning difficulties and disabilities.

Giving back to Dorset – how you can make a difference

Making a lasting difference

We hope this Hidden Dorset Report will have given you an insight into our work. We have highlighted only some of the most important challenges facing the people of Dorset, but ones where the Dorset Community Foundation is providing financial support to the many much smaller local charities and voluntary groups who are making a real difference to people's lives in Dorset.

Many people see Dorset as an affluent county but there are significant areas of deprivation and hardship, particularly in rural areas and amongst the elderly. With a growing elderly population and continuing cuts in public expenditure, the pressure on the smaller charities and community groups providing support and assistance to growing numbers of Dorset residents – and not just the elderly - is greater than ever.

What sets Community Foundations apart is their long term view. The Dorset Community Foundation is fully committed to helping meet the needs of the local community today. But to ensure the long-term sustainability of our work we are equally determined to build a lasting endowment that will meet the needs of Dorset's future generations.

We hope you have been inspired by our work to address just some of these challenges today. More importantly, we hope you share our view of the need for a lasting endowment and that you might want to get involved to create a unique and lasting tribute to your community. If so, there are a number of different ways you can contribute.



How you can give back to Dorset

Make a donation to the Dorset Fund

You can make a donation to the fund online via our website www.dorsetcommunityfoundation.org or send us a cheque made out to The Dorset Community Foundation to Abchurch Chambers, 24 St Peter's Road, Bournemouth, BH1 2LN.

Make a gift in your Will

We can help you create a unique and lasting tribute to your community, which reflects your personal wishes, supports the causes or the area you care about and benefits future generations in years to come.

Making a Will does not have to be expensive or complicated. You should consult a solicitor for advice.

Set up an Individual or family fund

Setting up a fund enables you to get directly involved in community giving without the need to set up a charitable trust.

Corporate Donations

You can make a one-off donation or fundraise for the fund. Supporting the Dorset Fund will fulfil your local Corporate Social Responsibility. Your company can also claim Tax Relief by deducting the value of your donations from your total business profits.

Charitable Trusts and Foundations

If you are involved with a Charitable Trust or Foundation then Dorset Community Foundation also offers a number of partnership options:

- out-sourcing some or all of your grant-making programme to DCF
- establishing a named endowment Fund in parallel with your existing Trust
- establishing a service level agreement with DCF to carry out the day-to-day administration
- transferring the Trust or merging with DCF, perhaps because the trustees have moved on or the original settlor has passed away
- directly supporting DCF's work strengthening local communities

References

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7. Dorset Health and Wellbeing Strategy for Dorset 2013 – 2016
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10. Age UK Later Life in Rural England, 2015
11. Income Related Benefits Estimates of Take-up in 2009/10, Department for Work and Pensions, 2012
12. Public/Private Ventures study 'Big Brothers Big Sisters'
13. The government's Tech Nation report, 2015

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