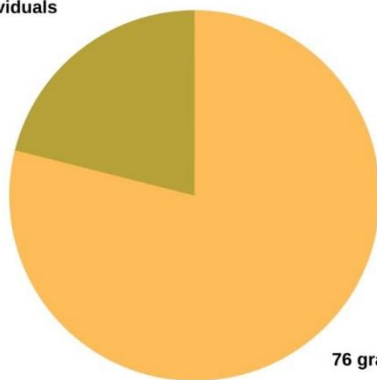


Impact Report 18/19

Total Awarded = £413,234.07

315 grants to individuals
21.1%



76 grants to groups
78.9%

Total Beneficiaries



**6,313 People in
Dorset**

Average Grant Size



**Groups: £4,292
Individuals: £268**

**63% of the groups said the
grant enabled them to
recruit new staff or
volunteers**

**39% of the groups said
the grant helped them to
raise funds from other
sources**

**47% of the groups said the
grant helped to provide
training for staff or volunteers**

'As usual, working with the Dorset Community Foundation has been a really positive experience. You have offered great advice and information, all pitched at just the right level. Your team are incredibly knowledgeable and supportive. Your overall approach is excellent and the fact you have local knowledge and experience is invaluable.'

Beneficiary numbers by Hidden Dorset 2 Identified Issues:



Disadvantage & Poverty

- 257 grants to individuals
- 1,609 benefitting from grants to groups



Health, Wellbeing & Mental Health

- 1,002 benefitting from grants to groups



Work, Education & Training

- 58 grants to individuals
- 1,607 benefitting from grants to groups



Loneliness & Isolation

- 1,780 benefitting from grants to groups

We continue to prioritise support for the smallest voluntary groups in Dorset; 70% of organisations we funded have annual income less than £100,000 and 55% of the organisations we funded have annual income less than £50,000

Comparison to previous year

- We distributed more funding than in 17/18; an increase from £291,455.83 to £413,234.07, and total beneficiaries supported rising from 4378 to 6313. This was due to several factors:
 - We received a Trust Transfer which has added to the funds distributed via our Neighbourhood Fund
 - We introduced three new funding programmes: The Primrose Fund, The Tampon Tax Community Fund, and The Wessex Water Community Fund
 - The amount distributed through the bursary scheme increased by 58%
- The average grant size to groups has increased from £3663 to £4292 due to two unusually large grants; 1 made from the BSBT programme (funded by the Home Office) and the other grant pledged as part of a Trust Transfer according to the wishes of the residual trustees

Impact on organisational development:

Based on a sample of 37 groups (50% of grants to groups)

- 39% of the groups said the grant helped them to raise funds from other sources (a total of £200,919 was raised by the sample groups)
- 53% of the groups said the grant helped them to develop new working relationships or partnerships with other organisations
- 63% of the groups said the grant helped them to raise awareness of their organisation/services
- 31% of the groups said the grant helped them to improve their future planning, management or governance
- 44% of the groups said the grant helped them to consult with their beneficiaries
- 47% of the groups said the grant helped to provide training for staff or volunteers

Feedback about Dorset Community Foundation and the grant application and monitoring process:

Comments received in End of Grant reports were positive. There were 7 constructive comments/suggestions received; 6 related to the length and format of the End of Grant form and 1 suggestion was made regarding the Tampon Tax Community Fund. The End of Grant form will be improved when the Impact Framework for Community Foundations is rolled out in 2020/21, which will hopefully address the main concerns. Tampon Tax funding is restricted to the terms given to us within the DCMS contract.

“Great support as always - as we are such a small charity this is much appreciated. I also appreciate being kept informed of possible new sources of funding, and when deadlines are coming up for evaluations.”

“It was very nice that (Grants Manager) came out to see us, so we were able to speak to her in person about the work we do and how the grant has benefited the community. Ellie also spoke to (beneficiary), so she could hear first-hand what a huge benefit having support in place for her was, which your funding contributed to. So I liked the personable approach. thank you.”

“We have been heartened and encouraged by the funding which came at a critical time for the group and we have welcomed the award being defined as a contribution towards core costs. This allows much greater flexibility than project-based funding and has enabled us to use the money to satisfy a series of very different needs.”

“The grant process has been very straightforward, and it has been extremely useful being able to discuss the process and project with (Grants Manager), who was also really helpful when we asked to extend the grant period as we had experienced unforeseen delays in setting up the project.”



The Shine Project



Samee



Safe and Sound

Impact and Outcomes for beneficiaries

Disadvantage and Poverty (1866 beneficiaries)

Disadvantaged young people

- 18 young people have been able to pursue & develop their sporting talent who may otherwise have been unable to afford the costs needed
- 56 young people from deprived households took part in sport and outdoor activities, gaining new skills and improving mental health
- 58 young people from deprived households took part in arts activities at a free outdoor school club and 7 received additional support services

Fuel poverty

- 238 older people in fuel poverty have been able to heat their homes in order to decrease the risks of the cold on health and wellbeing
- 168 older people in fuel poverty received financial advice & support, resulting in a total income gain of £46,739 and £44,445 of written off debts

Prejudice and discrimination

- 112 individuals effected by hate crime were supported to report to the police or undertake other interventions and support services
- 876 young people took part in workshops about prejudice and discrimination and how to support peers who may be effected
- 120 individuals from diverse and deprived communities took part in multicultural lunches to improve community cohesion, including 8 who attended training as part of the activities, 6 of whom gained sustainable employment as a result

Financial hardship and Homelessness

- 60 individuals took part in a new allotment project, growing fresh produce to supply a local foodbank, and 12 became regular volunteers
- 30 individuals suffering financial hardship received training and gained new skills in cooking and budgeting, and reported improved mental health
- 50 homeless individuals accessed support services as a result of a new Street Support website, bringing homeless charities and services together
- 24 new volunteers joined organisations supporting homeless people as a result of the Street Support Website
- 25 homeless individuals received support services in a temporary accommodation setting; all attended social activities and life skills training, 12 addicts engaged in treatment/support services, and 15 moved into supported accommodation or independent living
- 30 homeless individuals received support services in a supported accommodation setting in order to work towards a move to independent living, including mental health services, life skills training and employment support
- 1 individual received a grant to support home improvements due to financial hardship

Case Studies

DCF's Surviving Winter appeal raises money to support older and vulnerable people in fuel poverty who are unable to adequately heat their homes due to financial difficulties. 86% of recipients had health conditions likely to be exacerbated by the cold and 66% live in hard to heat homes, including those with no access to mains gas (using oil, electricity, coal, bottled gas), housing with non-cavity walls and park homes.

"Both my wife and I are in poor health, with limited mobility. Our house faces north is very cold and it costs a lot of money to keep it warm enough for us. The grant will help us to do this as we are on a limited income"

"I live alone am disabled due to accident and suffer lasting effects from cancer. My house is cold due to two old storage heaters. I have no money to improve my heating or lifestyle, the cold makes my disability worse. The grant will help me deal with the added costs of trying to keep warm this winter."

Christchurch Activities for Young People provide out of school activities for deprived 8 - 17 year olds whose families are unable to otherwise pay for them. Young people are able to participate in the UK Youth Achievement Award and the Duke of Edinburgh Award and some become volunteers.

"We have had a number of young people participate in activities who have previously isolated themselves as they felt that no one 'cared' about them. These young people have had poor relationships with the adults in their lives and do not have any motivating influences coming from home. This project has given these young people the chance to get out and be part of something different. From the activities we put on, we have managed to develop a trusting relationship with the young people who have now begun to share their mental health struggles"



Citizens Advice BCP ran a successful Hate Crime awareness campaign and programme of support, in order to increase the reporting of Hate Crimes and incidents, to reduce prejudice and increase tolerance, and to improve the support offered to those effected by Hate Crimes and incidents.

"(Anon) has been experiencing racial and religious harassment from next door neighbour ranging from insults, having cat excrement thrown over their fence, exposing themselves to his children, derogatory remarks about their faith and being sworn at (racial language). With a serious health condition and a new baby (anon) was left in a very fragile state, resulting in high anxiety levels. The client initially reported the incidents to the police and anti social behaviour team and although sympathetic, they were largely non responsive and on one occasion they experienced intimidation and insults from the police, who told them not to contact them anymore. Through the support of one of our Community Ambassadors, they then got in touch with us. Our case worker helped the family to articulate their concerns more clearly to the authorities. The superintendent in charge of Hate Crime vowed immediate action to address the behaviour of the officer and progress of the case. This proactive response saw an immediate increase in confidence about the police. Our intervention gave the family more confidence and resilience to tackle the neighbour by keeping a diary of the incidents and not reacting to their taunts. Our communication with the authorities prompted firmer action resulting in an injunction and caution. Hate incidents subsequently ceased. The client has felt a positive improvement in his well being and thanked our organisation for the support given."

Christchurch Foodbank run by **Faithworks Wessex**, offer 'cooking on a budget' courses, to reduce reliance on food parcels and support social connections, reducing isolation caused by poverty.

"(Anon) was thrown out of home at age 14, housed in BCHA supported housing and at age 18 given a flat and let out into the world. He was referred to the foodbank and came to us for food. After a short meeting it was obvious that he would be a perfect client for the cooking on a budget workshops. We invited him to join, he was a very under confident individual. We taught him right from basics, cutting and prepping veg and meat and then portions, weighing, adding and bulking out, making good, healthy meals. He made friendships and became confident in his cooking. On the last week he came in and said that he had called his mum that he hadn't spoken with for 5 years and asked her to come to dinner that evening, he said he knew whatever he cooked at the workshop would be good. All the attendees were very excited for him. It was wonderful to receive a call from his mother to say thank you and that she had invited him back to the family home for dinner. They now have a good relationship after many years of not seeing each other."

Work, Education & Training (1665 beneficiaries)

Young people

- 58 young people in financial deprivation have accessed vocational courses at college, decreasing risk of future unemployment
- 179 young people participated in a Social Action project, developing new skills and confidence (additionally, 234 people attended community events/activities delivered by the young volunteers) and received training for new skills
- 7 young people with educational or mental health needs took part in arts training to improve skills and confidence; 5 gained accreditation
- 850 young people attended training and workshops to increase awareness of shared values in a Multi-faith Britain and to tackle religious prejudice

Hate Crime training

- 237 professionals and practitioners received training on delivering appropriate support to victims of Hate Crime
- 16 Community Champions from diverse communities were recruited and trained to provide information and support on Hate Crime within their communities

Employment support for disadvantaged groups

- 50 female single parents received employment support & training; all gained new skills and confidence; 21 gained sustainable employment as a result
- 100 people with multiple disabilities received employment support & training; all gained new skills and confidence; 41 gained sustainable employment
- 33 individuals with mental health conditions gained new skills and confidence through work experience supported placements

Volunteering

- 135 new volunteers in total have been recruited and trained across all groups funded

Case Studies

The DCF Bursary and Superior STEM Bursary schemes support disadvantaged young people to attend vocational and STEM courses at college.

An 18-year-old student describes falling in with the 'wrong crowd' and with the help of a counsellor decided the path for him is studying Level 2 Military Preparation at Kingston Maurward college. He was from a single parent family with no contribution from dad and needed additional fund, to cover the cost of transport to get to college. The DCF bursary contributed to transport costs and he is now hoping to do his Level 3 Military Preparation course. He has enjoyed the fitness element of the course and the confidence it has given him to conquer his fears around anxiety. He told DCF that the bursary has made him see a future.

A 16-year-old student at Brockenhurst College studying Level 2 in Sports Performance was applying for a Saturday job and doing a daily paper round to ease financial pressure from his parents. They were struggling on a low household income due to part-time working in order to care for his Nan, living alone with breast cancer. The DCF bursary contributed to college meals, sports kit and Sports Academy fee. He has been accepted onto the follow-on course after which he hopes to go to University.

"Without your help I know my parents would have struggled financially. I have been able to focus on my course without the extra pressure or worry that I know this would have put on my family."

BEAF Arts Company supported groups of young people from Boscombe to create and deliver community workshops and events for the annual BEAF festival, exploring topics and issues of their choice. This provided an opportunity to develop new skills and confidence, to experience the benefits of volunteering, and to share their voice with the wider community. They created a film 'Plastic People' about negative aspects of social media, shown at one community workshop. <https://youtu.be/CtU46pS0Mki>

"Through BEAF I have been able to express my creativity and also convey a very important message through social media. I originally volunteered for my friend's film however thoroughly enjoyed the experience and due to wanting to work with children in the future, I volunteered at the Joy Cafe, where BEAF held an arts day. I'm so glad I volunteered and the only thing BEAF could do to improve would be advertise the opportunity more as if it wasn't for my friend needing help, I wouldn't have been able to have this great experience."



Samee, based in Bournemouth, is an employment support charity specialising on self-employment support for those who may have entrepreneurial ambitions or find there are barriers to traditional employment. DCF supported the launch of the DEBSS (Disabled Entrepreneurs Business Start-up Service), providing tailored support for disabled clients. The service was recognised by ITV Meridian and the People's Projects this year. <https://www.thepeoplesprojects.org.uk/projects/2018/view/the-debss-project>

DCF also supported the launch of new service SMILE (Single Mums into Lifelong Enterprise), addressing the difficulties single parents can experience when trying to find employment.

"Charlene was a single mother struggling to find any employment opportunities with hours that could fit around her parenting needs. She was long term unemployed and socially isolated, which resulted in mental health challenges. Poole Job Centre referred Charlene because she had expressed an interest in working for herself as a nail artist. Over three meetings we explored her interest further and discovered that she was fully qualified as a nail technician but desperately needed self-employment skills to help set up her business. We helped her to create a test marketing questionnaire and comprehensive business plan which proved her business idea was viable. She successfully launched her business in June 2019. As a result of joining our SMILE project, Charlene gained newfound confidence and increased self-esteem. By engaging with new customers, her mental health has improved which means she is better able to integrate with the local community. And finally, her financial health has improved with less need to rely on welfare benefits."

Health, Wellbeing and Mental Health (1002 beneficiaries)

Young people

- 74 disadvantaged young people received support services addressing sexual health, relationships issues and mental health, reporting improved understanding and improvements to mental health
- 8 young people received training in mental health issues and became mental health Ambassadors in their school, providing support to others and experiencing improvements to their own mental health
- 100 children and young people from a deprived area took part in sports and social activities as a result of improvements to the local skatepark
- 90 young carers received social and support services, reporting improvements to mental health

Women and girls

- 25 vulnerable women (including street workers) received training, gained new skills and confidence and became volunteers for the charity
- 30 vulnerable women (including victims of domestic violence) accessed support services and report improved mental health; 1 gained sustainable employment as a result
- 17 women with learning difficulties attended a support groups focussing on health issues and raising awareness and understanding of medical checks; attendance at medical appointments improved and mental health//confidence also improved
- 23 female victims of rape and sexual assault attended social activities following therapy, reporting continued improvements to mental health
- 5 women in rural areas took part in a self help group and report improved mental health

Families and community support

- 55 single parents took part in community activities to reduce isolation, including 21 taking part in sports activities reporting improved health & wellbeing
- 15 families (with young children) experiencing crisis received long-term support by trained volunteers, improving mental health and moving out of crisis
- 200 people from disadvantaged local families took part in various community activities to improve community cohesion
- 65 people suffering from mental health difficulties including addiction issues, took part in drama and music activities to improve mental health and maintain a healthier lifestyle
- 35 people with mental health issues received community support services, improving mental health & wellbeing
- 50 local residents took part in community activities promoting environmental awareness and recycling
- 57 people with mental health conditions received support services following a period of NHS treatment/accommodation, continuing improvements to mental health and addressing housing and other needs

Therapeutic services

- 16 parents received therapeutic services following a child's disclosure of abuse by another person; all report improved mental health and gained skills to help appropriately support their child
- 6 survivors of childhood abuse received therapeutic support and report improved mental health
- 12 people with multiple health conditions took part in art therapy activities, reporting improved mental health
- 66 older people with dementia & memory loss and their carers, took part in arts activities resulting in improved mental health and wellbeing for all

Specific conditions

- 33 people undergoing or recovering from cancer treatment took part in sports and social activities, reporting improvements to physical and mental health; 15 received additional support services as a result of appropriate referrals
- 20 individuals with Asperger's Syndrome/High Functioning Autism, accessed support services including advice, advocacy and social activities

Case Studies

Dorset Mind deliver the Mind your Head initiative in Dorset schools to improve mental health support available to young people in Dorset. The programme involves group and individual support for young people, and training teams of young people to act as Mental Health Ambassadors in their school, to support peers with early signs and symptoms. DCF has supported the introduction of the programme in Shaftesbury School. It has been featured by the BBC <https://www.bbc.co.uk/news/av/uk-england-dorset-45749633/dorset-students-becoming-wellbeing-mentors>

"A quiet, 13/14 year old volunteered to be part of the Peer Mentoring programme. She had talked about being bullied at school during the sessions and seemed quite vulnerable but had support from pastoral care in the room. It took her a little time to trust me. She became more animated and engaged in the activities as the sessions went on. She participated well in group discussions and in the last session she was able to spot a potential safeguarding issue and act on it appropriately. I felt she really came out of her shell and was more confident at the end of the sessions than at the beginning."

People First Dorset were awarded funding to develop a support group for women with learning difficulties in Dorchester, to address women's health issues, body confidence, relationship skills and other issues effecting women with learning disabilities. The women discussed many areas of their lives, in particular those in which they wanted more information or support, and concerns they had previously felt too embarrassed or shy to talk about or address. A number of organisations supported the workshops, including Dorset Healthcare, Dorchester Hospital and Poole Breast Screening Unit. They created a video with members, who chose to call the group Girls Aloud. <https://www.youtube.com/watch?v=USjeNliOL04>

"I have become more confident to find out more and talk about breast screening. I think I'm more likely to attend now I know what to expect"

"I have been able to understand my body better, know what is normal, and what to look out for when looking for breast cancer"

"I have been able to express myself and not be embarrassed, to feel more free. I can now talk about women's health with friends and mum"



The Bus Stop Club run annual group therapy 'SOS' for adults who experienced childhood abuse, alongside various other community services in Trickett's Cross, East Dorset.

"SOS completely changed my life, as I was somewhat controlled by other people. One of the most helpful things I learned was how to put in a boundary and keep it and through tackling the other areas of SOS I have even been able to return to work after 13 years. You make friends whilst on the course and we continue to support one another. Now I run Wednesday after school club at the Bus Stop Club. I love it and am much more confident in talking to other parents. My kids both have different issues, but through SOS I learnt to be firmer with them and my son has improved a lot. He wasn't even attending school before."

Loneliness and Isolation (1780 beneficiaries)

Rural isolation

- 93 young people from rural areas took part in community activities to promote physical and mental health and community cohesion
- 84 local residents from deprived or rurally isolated areas were able to access support services and take part in community activities
- 467 local residents took part in community activities in a rural market town, promoting community cohesion and bringing people together across all ages, ethnicities and backgrounds

Disability

- 327 people with multiple disabilities took part in sports activities, reducing isolation and improving physical and mental health
- 97 people with sight loss, partially sighted or blindness took part in social activities and received support services, reducing isolation and loneliness

Older people

- 78 older people and those suffering social isolation took part in cooking and eating activities, improving mental health and independent living skills
- 432 older people received support services to reduce loneliness & isolation including befriending, transport for shopping or medical appointments, practical tasks
- 137 older men took part in community activities in a community shed setting, reducing isolation and loneliness
- 65 older people took part in social and leisure activities, reducing loneliness and isolation

Case Studies

Link Visiting Swanage provides a Place of Welcome and befriending service for older, isolated residents experiencing loneliness and isolation. The Campaign to End Loneliness collates evidence on the impact of loneliness, showing its detrimental effect on physical and mental health (e.g. higher risk of cognitive decline, depression, high blood pressure, reduced immune functioning, heart disease and stroke) and increases the likelihood of mortality.

“John's nearest family member lives in Poole and does support him very well but John finds the days long and his reduced mobility has kept him at home most of the time. He has formed a wonderful friendship with our volunteer. She recently told me she is so glad she came to volunteer for us as John is good company and a very good talker. He has given her something of an education on local history with a wealth of stories about local people and places.

Jean suffers from a rare neurological disorder and is now bed bound. Her husband cares for her 24/7. When our volunteer calls he stays in the house but he gets relief for an hour or so. Jean enjoys the visits and also feels happy that her husband has a short break. When the Volunteer's Supervisor speaks to John on the phone to monitor the visits it is apparent that John very much welcomes these calls and the chance to talk about his difficult situation.



Island Community Action have developed a Mens Shed on Portland, addressing the social isolation and loneliness of older men and men with mental health difficulties. They are supported to participate in a practical activity that not only supports their wellbeing and opportunity for new friendships, but has provided other local groups with repairs, renovations, up cycled furniture and new commissions to benefit the wider community living in a deprived and isolated area.

"Going to the Shed twice a week has been wonderful for me. I've met other people of a similar age, we have cups of tea and put the world to rights, while keeping our hands busy refurbishing furniture. In spite of my health conditions I can still be a useful human being! There should be a Shed in every town, stopping us men from festering indoors. It keeps our minds active, I'm sure it would slow down dementia rates for older chaps."

"I'm not sure if I found the Shed or the Shed found me. All I know is at the time I was in a bad place with depression and anxiety. My house had become run down, the front door was rotten and peeling and walking through it each day was making me feel even worse – it had become a symbol of how bad I felt about myself. When I started at the Shed I'd take the door off the hinges and take it with me. I believed that fixing it would help fix me. I was right. I'm now painting it and my daughter has chosen the colour... Being depressed makes you question your value to those around you, so it's really nice being included and feeling that they want me around."



A number of groups supported run accessible sports activities for disabled people, which support physical and mental wellbeing, reduce social isolation and increase social interaction and connectivity. These include **Poole Sailability**, **Dorset Disabled Canoe Unit** and **Southbourne Tennis Club**.

"One of our regular paddlers, Sam is a great advocate for people who has been living with life changing brain injuries and co-morbid neurological conditions affecting coordination and motor functions. "Maybe because my eyes, my walking and maybe my voice - people think I'm simple or high. Maybe I am, but high on life! I don't take any tablets, and never have, not for "those" problems anyway. Get to know me and you'll know that I'm pretty compos mentis!" During the Sunday paddles he aims to spend as much time in single boats as possible refusing to be reliant on others. Very protective of his independence and wanting to maintain as much dexterity with fine and gross motor movements as he can... he is our first applicant for the winter kayak rolling session... and soon will join us on the committee and contribute to the future success of his club."

"Southbourne Tennis Club was my first sportive experience after sustaining a spinal injury. Tennis saved my sanity! It introduced me to other wheelchair users, people I can relate to, something that was very hard to come by. It has given me not only a social connectivity with like-minded people but more importantly the confidence to go on to try other new things. Furthermore, tennis gave me back my ability to strive for more when I had lost all hope. Through tennis my physical and mental health has improved. With the confidence I gained, I have gone onto to try indoor sky diving, quad biking, kiting, water skiing, I have joined a gym, begun to swim again (something I never thought I could do), as well as gaining a position as a Spinal Injured Association volunteer. Thank you for being such an amazing club."

