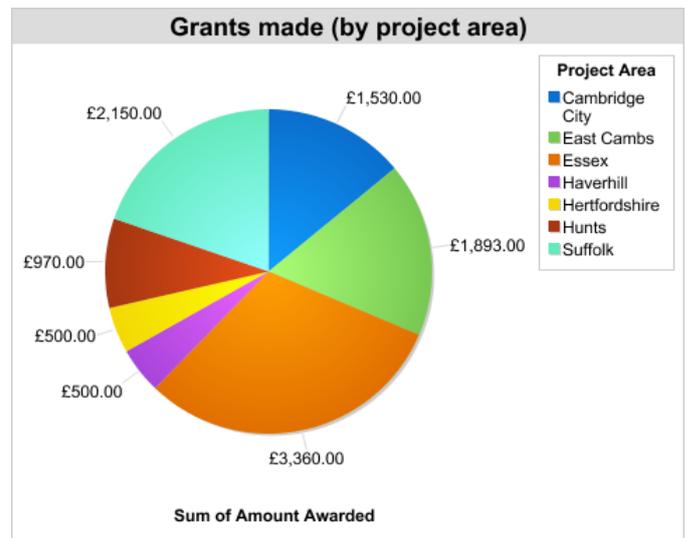


Cheffins Grassroots Endowed Fund

fund update:

- Over **£10,000** to local projects across Cambridgeshire, Essex, Suffolk, Hertfordshire & Huntingdonshire
- Projects supporting people in need, including:
 - * **Health & wellbeing**
 - * **Poverty & disadvantage**
 - * **Disability & access**



Latest grants awarded:

- ♦ **Illuminate Charity**—£500 towards five day personal development programme for 10 unemployed people with **mental health** issues.

Illuminate Charity brings confidence coaching and personal development to unemployed, disadvantaged or vulnerable people so that they may make sustainable changes to their lives for the benefit of themselves and their families. The Charity works across Cambridgeshire. www.illuminatecharity.org.uk

An additional £2,000 towards this project has been awarded through other funds managed by CCF.

- ♦ **Peterborough & Fenland Mind** — £500 towards running costs of **wellbeing** and recovery sessions in Peterborough

Peterborough & Fenland Mind work to support adults of working age who are suffering some form of mental distress. www.pfmind.org.uk

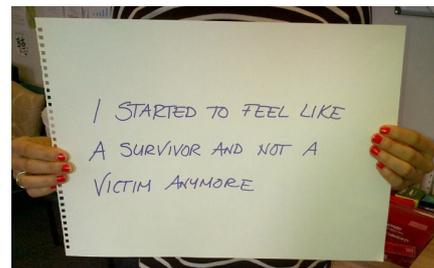
- ♦ **Meadows Children & Family Wing**—£750 towards FREEDOM—working with female victims of, or those at risk of, **domestic violence**.

The Meadows Children and Family Wing help to educate families and the public in better standards of childcare and in the importance of sound relationships between parents and children for the maintenance and enrichment of family life. They provide preventative help, early intervention, signposting and intensive family support to many local families in the North of Cambridge City.

An additional £4,250 towards this project has been awarded through other funds managed by CCF, which will fund the project for six months.

case study

£715 grant awarded to Cambridge Rape Crisis Centre: towards running costs.



CRCC is a specialist sexual violence organisation providing support services to women and girls in Cambridgeshire who have experienced rape, sexual abuse or sexual violence. It provides a confidential telephone helpline service, on-line email support, face to face counselling and access to the Cambridgeshire Independent Sexual Violence Advisors. www.cambridgerapecrisis.co.uk/

'Being in such a supportive caring environment and having what I had been through acknowledged for the first time made me feel real again.'

Case study of an 18 year old woman

S, an 18 year old young woman, was referred to the counselling service by her social worker. S is a **survivor of child sexual abuse**. She had been abused by her father and older brother from the age of 9 to 16 years old.

When she started to attend counselling sessions, S was living in a **supported housing project** for young people, and had a **place at college**.

When she was referred to the counselling service she was at risk of losing her college place and being evicted from her supported housing as a result of disruptive behaviour, non-attendance, aggressive outbursts and **self-harming behaviours**.

The counsellor worked with S to help her to see and understand that none of what happened to her was her fault, and the only people responsible for what happened to her and her sister were the abusive adults around them.



Over time S found **less harmful ways of coping**, she started to **believe in herself** again and this enabled her to start to **attend college** again, find less aggressive ways to communicate with those around her and the **risk of her eviction was lifted**.

Helpline: 01223 245888


Cambridge Rape Crisis Centre

The **Cambridgeshire Community Foundation**, an independent charity (1103314), makes grants to local grass root community groups. Individuals, families, business, public sector organisations, and other charitable trusts make this possible by setting up Funds with us. For more information on CCF, please visit www.cambscf.org.uk.

This Fund newsletter has been written and produced by employees of the Foundation. Whilst every attempt is made to ensure the information is correct, this cannot be guaranteed. Please contact the Cambridgeshire Community Foundation if you have any comments about the content - info@cambscf.org.uk

www.cambscf.org.uk/cheffins-fund.html