



THE  
BERN<sup>ICIA</sup>  
FOUNDATION



# Annual Report

2022-2023



Claire-Jane Rewcastle  
Chair

## Foreword

**Bernicia Foundation’s third year of grant support has seen us continue to be able to react to the changing needs of our communities and the organisations which support them. Increased costs, changing labour markets and the unwinding of consequences from pandemic lockdowns have affected both people and businesses alike.**

As we will see in our report, many of the most vulnerable people, who were often most affected by Covid, are still coming to terms with the consequences of lockdowns, isolation and anxiety. Many agencies report that a rise in mental health issues, abuse and addiction challenges are placing additional demands upon the voluntary sector.

Young people, whose schooling and socialisation was affected, are struggling to adapt to the restart of activities and the needs of employers. We see increasing levels of young people not in education, employment or training (NEET) despite employers having difficulty in filling vacancies. Common pathways to employment like hospitality, logistics and social care, are still rebuilding their businesses and adapting to rising costs.

Conflict across the world has seen a rise in refugees and asylum seekers who need help in settling and integrating in their new communities and in keeping active while they wait for their right to reside and work in the UK.

Our focus therefore has been on helping charities and community groups to address these needs. We have funded projects which help vulnerable people take part in their communities. We have supported mental health, addiction and abuse projects. Education projects have helped young people who have fallen behind, with employability projects for those who are NEET. We have supported people who traditionally find it hard to gain employment, promoting change in the workplace which we hope will go some way to removing barriers and traditional ways of thinking about the workforce.

An interesting outcome of the feedback we receive is how often the organisations we fund connect with and are able to provide additional services for each other. The benefits of leveraging additional support and awareness should not be overlooked.

## Contents

<b>Foreword</b>	<b>03</b>
<b>Executive Summary</b>	<b>04</b>
<b>Inclusion Grants Awarded During Year – Rounds 6 &amp; 7 Inclusion Grant Programme</b>	<b>08</b>
<b>Annual Review of Prior Year Grants</b>	<b>10</b>
<b>Last Word</b>	<b>20</b>
<b>Appendices</b>	<b>22</b>



## Executive Summary

The Bernicia Foundation was created as a grant giving charity in 2019, when it was given a £1m funding pledge by The Bernicia Group, to be delivered over a period up to 2023. The Bernicia Group has reinforced its commitment to the Foundation and the people it supports, recently committing to a further £800,000 over 4 years from 2023 onwards.

This is a review of the activities of the Bernicia Foundation during the year ending 31 March 2022.

### Governance

The Foundation is overseen by four trustees who meet twice per year to consider grant applications and once per year to review progress and future direction. Two trustees are nominated by Bernicia and two are independent trustees.

The Foundation does not employ staff directly but is supported by officers from Bernicia. Grant applications are assessed by Community Foundation Tyne & Wear and Northumberland (CFTWN), a charitable organisation which specialises in managing grant programmes. CFTWN provides advice to trustees to help them make their decision on which grants to award.

### Grants

Bernicia's Community Investment Strategy aims to address economic and social isolation. We recognise that these two factors affect health and life chances for people of the North East and their families.

They are particularly prevalent amongst the communities where our tenants live.

During the year, the Foundation offered two grant programmes;

- Inclusion Programme for organisations supporting economic and social inclusion
- Inspiration Programme supporting young people to pursue their talent and reach their potential

Grants are usually awarded twice per year, in February and October, with project delivery taking place over 12 months. Recipients provide a monitoring review of their project after delivery has been completed. Brief details of monitoring responses for grant rounds 3, 4 and 5 are included in this report.

In the year to March 2023, grants of £219,999 were awarded in Rounds 6 and 7. The Foundation has successfully allocated £877,342 of grants to organisations and individuals since its creation.

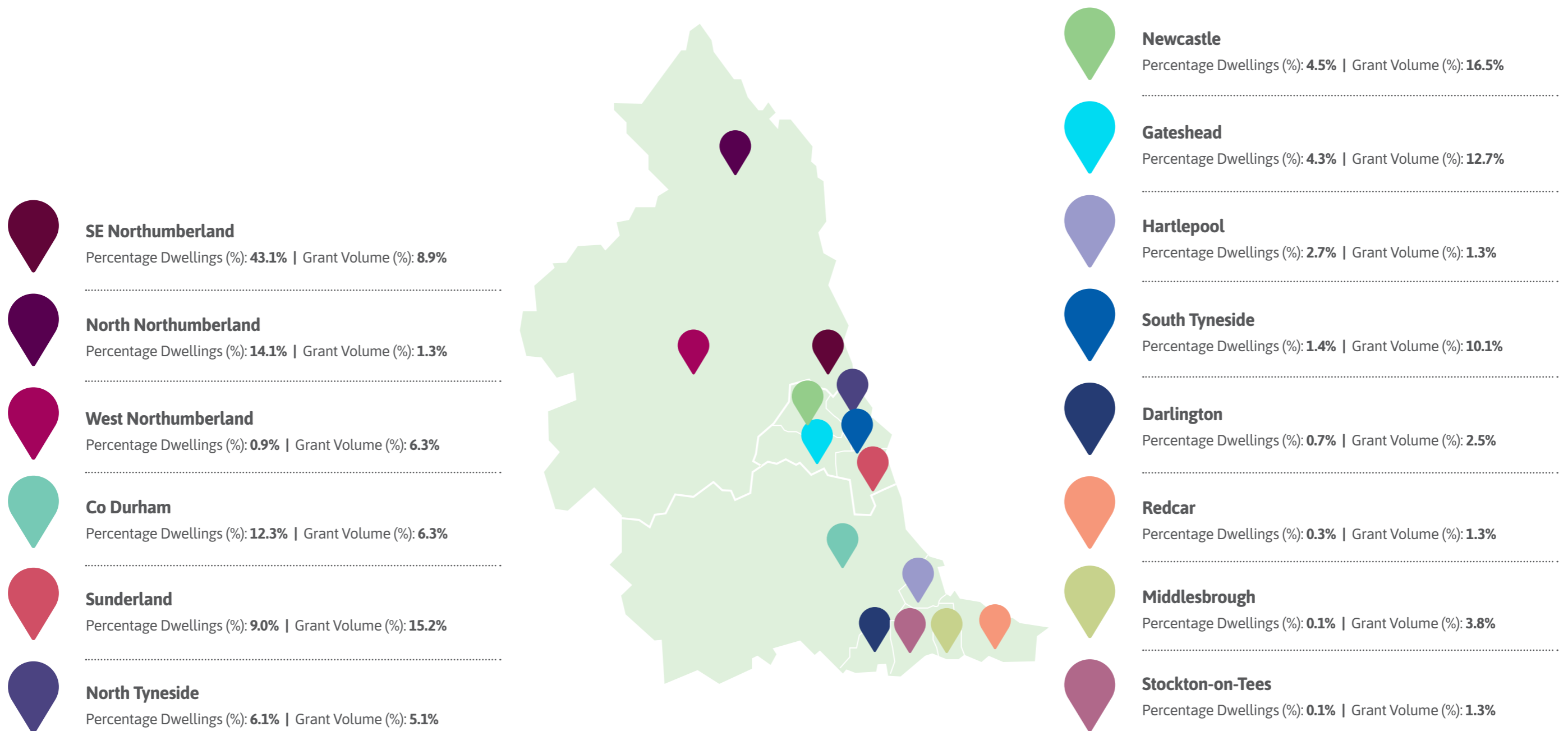
During the year management costs of £21,840 were incurred to CFTWN and audit fees of £9,000 to KPMG.

## Grants Awarded to Date

Round	Inclusion	Inspiration	Total
<b>Round 1 February 2020</b>	£130,061	£3,250	£133,311
<b>Covid Relief Fund April 2020</b>	N/A	N/A	£201,000
<b>Round 2 October 2020</b>	£77,618	N/A	£77,618
<b>Round 3 February 2021</b>	£64,000	N/A	£64,000
<b>Round 4 October 2021</b>	£107,213	£1,660	£108,873
<b>Round 5 February 2022</b>	£80,461	£2,080	£82,541
<b>Round 6 October 2022</b>	£94,983	£2,940	£97,923
<b>Round 7 March 2023</b>	£117,076	£5,000	£122,076
<b>Total</b>	<b>£671,412</b>	<b>£14,930</b>	<b>£686,342</b>

As a North East based organisation, we are keen to see the entire region flourish. We try to balance the volume and value of grants with our presence in the communities we serve. We encourage applications from underrepresented areas but all within the ethos of funding the projects that best meet our priorities and which make a difference to people's lives.

### Inclusion grants awarded in comparison to Bernicia homes locations



## Inclusion Grants Awarded During the Year

The Bernicia Foundation Inclusion Grant supports our strategic aims to address economic and social isolation. It seeks to help people overcome the barriers which prevent them from accessing opportunities or participating fully in society.

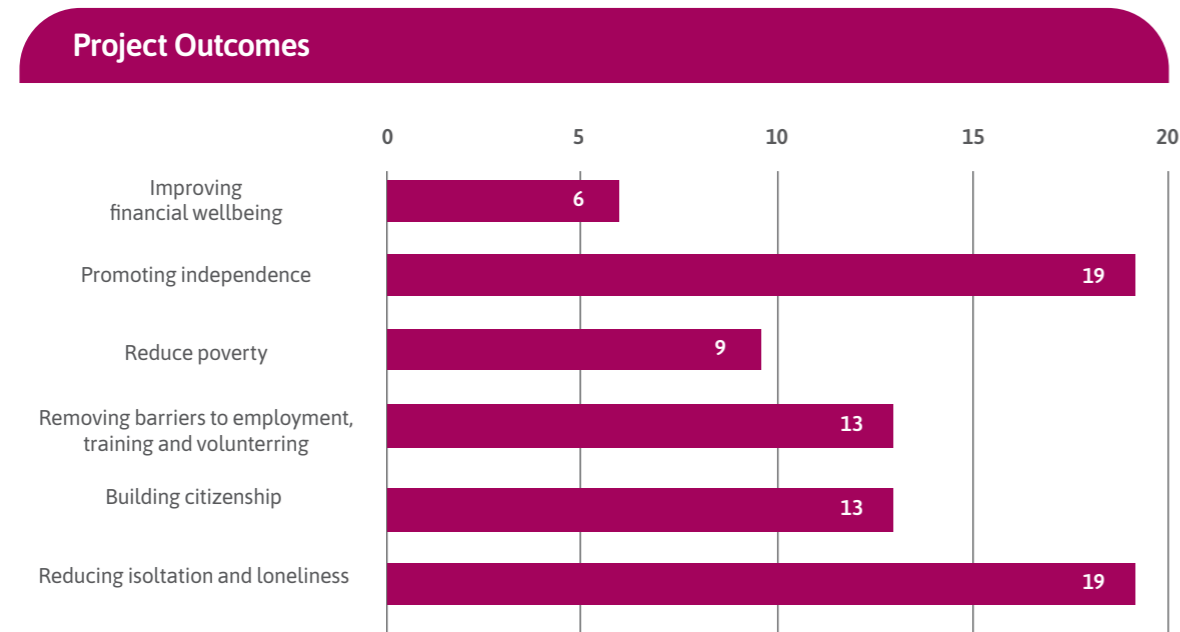
During the past year we awarded inclusion grants totalling £219,999 to 24 organisations. A summary of these grants is outlined later in this report.

We ask applicants to specify what outcomes they hope to achieve. Most successful applicants told us that they hoped to achieve outcomes which

- Reduce isolation and loneliness
- Promote independence

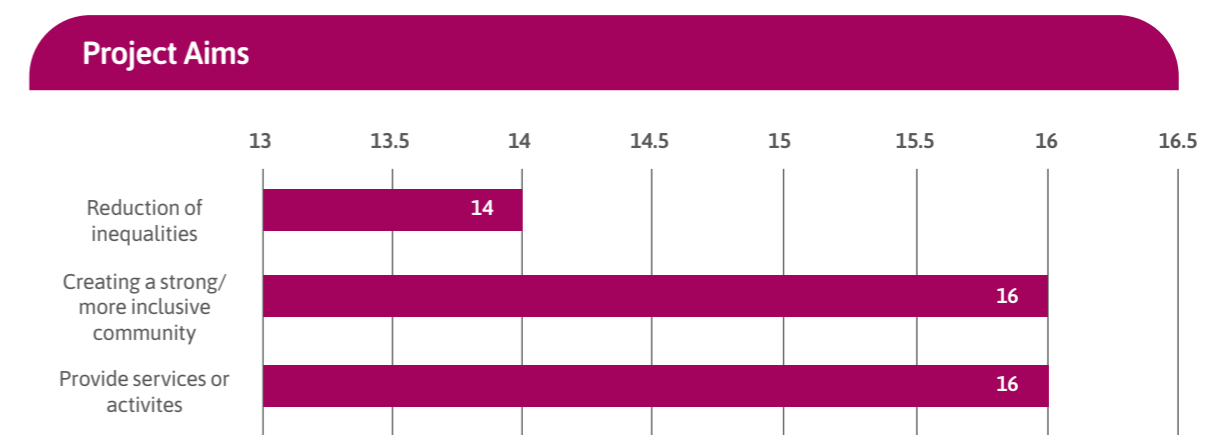
There continues to be a spread of outcomes across our range of priorities. This is broadly consistent with what we have seen across all of our funding rounds.

Many of the projects meet several of our specified outcomes. We have funded a number of projects which provide opportunities to socialise, which then encourages service users to seek advice about finances and have the confidence to participate in job training. Our twin objectives of addressing economic and social isolation are often linked at the point of delivery.



The projects that we funded engaged almost 600 volunteers, employing 61 full time and 148 part time staff, reflecting the very local, community based nature of the organisations.

Our funding can support a specific project or be used as a contribution towards core operational costs across a range of projects. As a result, the funding helped the organisations to deliver services to almost 2,400 beneficiaries. This ranges from bespoke projects delivered intensively to 20 beneficiaries, to open access youth work which draws a wide range of participants across multiple services throughout the week.





## Annual Review of Prior Year Grants

### **Inclusion Grants Rounds 3 - February 2021, 4 - October 2021 and 5 - February, 2022**

Inclusion grant projects are typically delivered over a 12 month period, after which recipients provide us with a monitoring report to advise on progress. A summary of their monitoring responses is listed below. In this section, we outline some case studies and feedback comments to give a flavour of the impact of the funding we provided in Rounds 3, 4 and 5.

The projects we have funded in Rounds 6 and 7 this year will complete their activities next year and we will report on their progress then.

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### **Feedback - Hartlepool Young Carers - respite breaks for young carers**

“It was class pleeeeeease can we do this again.” “I loved going to the beach and getting ice-cream.”

“It was a bit scary the rock climbing but glad I tried it.” “I have never stayed away from home before and was a bit worried but once I got there it was amazing.”

Staff supporting said: “Seeing the young people smile from getting there to coming home was priceless. I work with a number of them individually and know the tough lives they live - to give them this opportunity is priceless. I would just like to extend my thanks to the funders of this programme the impact has been huge.”

### **Case Study - The Recruitment Junction**

J. was referred October 2022, 6 months after his prison release having served a life sentence. A qualified joiner, he had left behind all his tools in Derby following his relationship breakdown, so we covered a tank of petrol to collect them all. His construction card had lapsed, so we booked him in for a resit and then the card renewal. He had lost his right-to-work documents, so we obtained his birth certificate. We re-wrote his CV and letter of disclosure and helped apply for jobs.

By November, he was back in work with a construction company, on a Grade II listed quayside building, with a new drill that we'd obtained a grant for, brand new work boots, joiner's trousers and waterproof jacket, with a donation from a local church.

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### **Feedback - Fareshare North East**

“We would like to take this opportunity to thank you for the extra support you gave in promoting our need for food, we saw an increase in activity on our website and received more food donations after the article was published.” (In addition to a grant, Bernicia Foundation ran a publicity feature focused on the project and its needs).

## Fenham Community Centre (FAR)

Supports up to 200 young people each week with homework, social activities, friendship groups and accessing technology which they may not have at home. Youth workers offer support and guidance to young people aged 11-19 with their exams, coursework and studies, helping all of them progress their education with several going onto A-Levels, college and further training courses.

Erin Thomas (13) said: "I come to FAR most nights when it's open. It's a good place to come, especially to see my friends and try out new things. The youth workers have helped me a lot with my homework and exams, and they've also encouraged me to learn new stuff too. Since coming here, I've also become more involved in other activities too and I now volunteer helping other people in the community."

The centre is in an area of social and economic disadvantage and rising costs are having an impact. FAR has seen its own energy bills soar from £79 to a staggering £800 per month in the space of just a year.

Centre Manager, Mark Gowland, explained: "This is having a major knock-on effect as many people now rely on community centres like Fenham as a place to go given they cannot afford rising bills. We're a low income area, but we're also disadvantaged with less resources. We've seen many social spaces shut or public services being reduced and it has had a massive impact on residents."

"Many children come here from disadvantaged homes or have parents working unsociable hours through necessity, but we've also seen the number of young people at our sessions on free school meals more than double this year. That is only going to get higher and it's a very stark and alarming reality check of what is yet to come"

"We have very serious challenges ahead as a community but our prime objective, first and foremost, is to not allow the young people coming to our centre to 'drop off' or feel excluded through no fault of their own or their family, and lose the ambitions they now have for their future. We have seen many who were once disillusioned at some point with school now back fully engaged in their education, passing their GCSEs and entering into further education with their goals being realised, so we cannot allow that to be lost within the worsening cost of living crisis."



### Feedback - Young Womens Outreach Project

“The grant made a difference as we have such a high referral rate so we were able to offer more support to young women. It has impacted on young women’s friendships and relationships have improved at school and home life. They now have a community support system and also they know that we are still here to support them when needed. Schools have noticed an improvement in attendance, attitude and grades. Families have reported that home life has improved along with the confidence of their child, many say they are a lot happier, feel listened to and understood. It has helped them to discover their own identity, feel less isolated and they have developed new friendships within the groups.

“Feedback from the participants on the benefits includes: ‘It takes my mind off school and it is better than sitting by myself.’ ‘I get listened to from coming here.’ ‘I get peace away from home and college as sometimes it can become overwhelming’, ‘I feel happier and safe here.’”

### Gateway Into the Community – Support for people with learning disabilities

Gateway told us: “What we have witnessed with this group is that it is the little things in life that are often overlooked - however often make the biggest impact.

“Covid restrictions really did have an adverse effect on our vulnerable members. One young man experienced low mood and challenging behaviours, which we felt were a result of his extremely low self-esteem. His brothers live away from home, travelling and having opportunities. This young man was still living at home and could not see a future for himself. We worked to build his confidence and help him build friendships.

“This weekly social group provided stability and a place where he really felt he belonged. The activities gave him the opportunity to develop skills around money and cooking. He has made real friends which led to him taking part in activities outside of the group. He plays football in our disability football team affiliated to Hexham Football Club in the Newcastle Participation League. Without the weekly sessions, this opportunity would have been extremely unlikely.

“We are now supporting this young man in his first volunteering role in a local shop. He is absolutely thrilled as he will have his own uniform and can start to see a future for himself. This is success. This is impact that this funding has contributed towards and will have a lasting legacy not only in this young man’s life but also that of the other young men who attended these weekly sessions.”



### Tees Valley Women's Centre (TVWC)

TVWC is a lifeline to many women facing personal challenges including mental health issues, isolation, bullying and abuse. Large numbers also make use of the much-valued childcare facilities to improve their life and job prospects, gain new work and social skills, or eliminate barriers to employment.

Service user Katie (28) explained: "I found out I was pregnant when completing my A 'Levels and little did I know how stressful it would be to continue, or how impossible it would be to return so soon after my daughter was born. Childcare costs were extortionate and juggling motherhood and full-time studies just wasn't manageable. While it was a very new chapter in my life, it also seemed that a lot of other doors had started to close, and that was demotivating.

Tees Valley Women's Centre staff were supportive and totally empathetic. They helped me enrol onto a bookkeeping course which started to give me the lift and confidence I'd been lacking. It was then, with their help, new doors began to open. I signed up to a teaching assistant course, while my daughter used the creche. I was then offered two days a week placement at a local school, but again the childcare costs were becoming a real barrier. Centre staff straight away offered me a creche place at a very small cost as well as access to the IT facilities to help me work and complete my assignments, and this allowed me to take a huge step forward without having the stress or worry of how I was going to cope. I was then given an offer of employment by the school, but still relying on the centre for childcare.

I'm now a Safeguarding Lead at Unity City Academy in Middlesbrough. Every one of my qualifications I've achieved thanks to Kathy, her staff and the Tees Valley Women's Centre, and I couldn't have done it without them. It wasn't the life plan that I'd imagined but they got me back on track, and for that I'm eternally thankful. I'm a full time working mum who doesn't fit the often misjudged, dismissive 'young mum' stereotype, but I'm also proof that any woman in my situation can do it if they find the help of right people at the right time. Centres like this are a lifeline and I can't praise them enough."



## More Than Grandparents

'More than Grandparents' helps over 300 families. This could include bereavement, lack of parental role models, neglect and physical and substance abuse. It ensures the children remain within the safety and security of their immediate family unit - known as kinship families - rather than go into the care system.

CEO and founder Melanie Nichols, said of Bernicia's grant: "We're seeing more and more people coming to us, a lot through word of mouth, so we're looking to put the money towards a new 26-week wellbeing support project. This will help those suffering from isolation, requiring trauma attachment therapy, living in poverty and needing our close intervention or general counselling services.

"It will also help us to maintain our much-valued peer chat groups, 1-2-1 advice sessions, after-school recreation and craft clubs, creche facilities, therapy and counselling, and an in-demand food bank to many more kinship families across Wearside and Durham.

"Many of the children come here with emotional trauma, as well as attachment or behavioural issues brought on by their experiences. It requires a much higher level of support and parenting for all involved.

Grandparent Maureen Harrison is primary carer to her ten-year-old granddaughter. She has relied on the charity's services for almost eight years and has formed a close bond with staff and fellow carers.

"Within a few weeks at the start, our lives had turned upside down and had changed forever. From one day to the next, it felt like we were being bombarded, and when you're trying to do what's right for the child and your family, you have no time to take in what's happening, slow things down or think straight, and that's hard.

"The reality is that families are just not given the right support, financially or otherwise from the beginning when it's needed. We need to go searching for it and charities like MTG become a daily lifeline to so many.

"It's only when I look back do I wonder how we coped. You're not thinking about the financial aspect but it's there. There's another mouth to feed, clothe, look after, and for families less fortunate or ill-equipped, it can be so, so difficult. But you do what's right regardless as first and foremost, the children need a stable, secure and loving home.

"Circumstances made the decision for me, but I wouldn't change it for the world neither. Knowing that my granddaughter is loved and here with her family is all that matters, but the support available definitely needs to change as kinship carers just aren't being recognised."



## Last Word

We'll leave the last word to one of our grant beneficiaries.

**"I got help and I am happy now."**



## Appendices

- A. Inclusion Grants Award during year
- B. Inspirational Grants Award during the year
- C. Feedback from prior year grants
- D. Round 3 February 2021 - Inclusion Grant monitoring responses
- E. Round 4 – October 2021 - Inclusion Grant monitoring responses
- F. Round 5 – February 2022 - Inclusion Grant monitoring responses

# A. Inclusion Grants Awarded During Year - details

## Round 6

<p><b>Beyond Limits</b> Co Durham</p> <p>Emergency aid &amp; food hampers. Art &amp; exercise classes</p> <p><b>£8,000</b></p>	<p><b>Chopwell Regeneration</b> Gateshead</p> <p>Community hub supporting employability and community activities</p> <p><b>£10,000</b></p>	<p><b>Pallion Action Group</b> Sunderland</p> <p>Community hub providing advice, wellbeing &amp; recreation activities</p> <p><b>£5,000</b></p>	<p><b>Pennywell Neighbourhood Centre</b> Sunderland</p> <p>Older People - activities re social inclusion, health, wellbeing, life skills, warm space</p> <p><b>£7,494</b></p>
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<p><b>Gateshead Older People's Assembly</b> Gateshead</p> <p>Older People - Fuel poverty warm space and inclusion activities</p> <p><b>£10,000</b></p>	<p><b>Three13 Training and Enterprise Ltd</b> Stockton-on-Tees</p> <p>Employability support for care experienced young people</p> <p><b>£9,489</b></p>	<p><b>Wheels2Work County Durham</b> Co Durham</p> <p>Employability support addressing rural transport barriers</p> <p><b>£10,000</b></p>	<p><b>Parker Trust</b> Sunderland</p> <p>Young people employability &amp; education support</p> <p><b>£10,000</b></p>
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<p><b>Compact for Race Equality STyneside</b> South Tyneside</p> <p>Young women and girls mentoring &amp; empowerment activities</p> <p><b>£10,000</b></p>	<p><b>West End Refugee Service</b> Newcastle</p> <p>Refugee advice and support, community integration &amp; volunteering</p> <p><b>£10,000</b></p>	<p><b>Triangular</b> Tyne &amp; Wear</p> <p>Refugee &amp; asylum seeker advice, language employment &amp; integration support</p> <p><b>£5,000</b></p>
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## Round 7

<p><b>Happy to Help Gateshead</b> Gateshead</p> <p>Young carers - employability and education support</p> <p><b>£5,914</b></p>	<p><b>Choysez</b> South East Northumberland</p> <p>Young vulnerable women - engagement, wellbeing and employability support</p> <p><b>£10,000</b></p>	<p><b>Mortal Fools</b> South East Northumberland</p> <p>Young, disadvantaged people - creative learning and wellbeing activities</p> <p><b>£10,000</b></p>	<p><b>Berwick Youth Project</b> North Northumberland</p> <p>Young people - social, cultural and education opportunities &amp; activities</p> <p><b>£10,000</b></p>
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<p><b>Jewish Community Council Gateshead</b> Gateshead</p> <p>Young mothers support and advice group</p> <p><b>£9,675</b></p>	<p><b>Keyfund Federation Ltd</b> Newcastle</p> <p>Young people confidence &amp; aspiration activities</p> <p><b>£7,937</b></p>	<p><b>WAVES</b> South Tyneside</p> <p>Young people with additional needs, therapeutic socialising groups</p> <p><b>£10,000</b></p>	<p><b>Trinity Youth Association</b> South East Northumberland</p> <p>Youth clubs - advice, activities, warm space, meals, and employability support</p> <p><b>£9,100</b></p>
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<p><b>FFG Foundation</b> Co Durham</p> <p>Community hub providing inclusion and youth programmes based around exercise</p> <p><b>£10,000</b></p>	<p><b>St Chad's Community Project</b> Gateshead</p> <p>Community opportunities for men - health, wellbeing, learning &amp; volunteering activities</p> <p><b>£5,550</b></p>	<p><b>Let's Get Growing</b> West Northumberland</p> <p>Mental health difficulties - therapeutic horticulture, cookery and craft sessions</p> <p><b>£8,900</b></p>	<p><b>Escape Family Support Ltd</b> Northumberland</p> <p>Addiction support for affected families</p> <p><b>£10,000</b></p>
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**Patchwork Projects**  
Newcastle

Young, marginalised people employability support and aspiration activities

**£10,000**

## B. Inspiration Grants Awarded During the Year

Inspiration grants to help talented young people are prioritised for those who face barriers in the development of their talent. We consider how a grant will eliminate or reduce that barrier and help them achieve their ambitions and potential.

In Rounds 6 & 7 we have offered the following grants;

### A. £940 towards kart racing equipment

A is a talented kart racer, showing a lot of promise in this sport at such a young age, winning titles where he has competed against adults. Despite junior status he recently won the senior championship.



### B. £1,000 for roller hockey equipment costs

B competes in the sport of roller hockey at regional level and at national level for England Under 17s, for which he recently competed in a European Championship in Spain. The grant will contribute towards the cost of attending competitions and acquiring the specific equipment required to compete.



### C. £1,000 towards athletics training and competition costs

C regularly competes nationally in track and field athletics competitions in combined events, such as heptathlon and decathlon. He has been competing in the sport for over ten years and is consistently ranked in the top ten in the UK, with experience of competing abroad. The grant will contribute towards the cost of attending competitions and acquiring the associated specific equipment.



### D. £1,000 for the cost of participation in Motocross

D has competed extensively in Motocross, consistently winning in a range of different competitions. He has recently moved up into a new age category, requiring a transition to a new type of bike which involves gears. He has recently been picked for a national team. With the recent significant increase in fuel costs both the racing and training itself and the travel to compete has become significantly more expensive. The grant will contribute towards the cost of attending competitions.



### E. £1,000 towards cost of participation in Judo

E competes in the martial art of Judo. He is ranked third in Great Britain for his age group, having participated at the British Championships and winning bronze at the Welsh Open Championships. He has been selected for the England Judo Talent Development Programme, a prestigious pathway to competing for Great Britain. Selection for the Programme requires monthly travel to Walsall to train, in addition to regular travel to national and international competitions which is necessary to maintain his ranking. The grant will contribute towards the cost of attending training and competitions



### F £1,000 towards cost of participation in Judo

F also competes in the martial art of Judo. She is ranked number one for her age group, and in 2022, won gold at the Welsh Open, English Open and the Scottish Open. She has been selected for the England Talent Development Programme and will travel to Walsall to train, in addition to attendance at national and international competitions. The grant will contribute towards the cost of attending training and competitions



### G. £1,000 towards cost of participation in Squash

G has been Northumberland County champion at Under 13, Under 15 and is currently girls U17 champion. She is on the England squash "Aspire" squad and regularly travels to Pontefract for coaching sessions with the England squash squad. As part of the programme she is required to compete in at least five major tournaments in the UK each year, which tend to be nationally based in major cities. Her aim is to compete at an international level. The grant will contribute towards the cost of attending training and competitions.



### H. £1,000 towards athletics equipment and travel costs

H has been participating in athletics since age 11 in 2017, starting with hurdles and sprints, and then in 2019 she found a natural flair in hammer throw. As North East county champion at under 15s and under 17s she is ranked in the top 10 nationally for girls hammer throw and is invited to competitions around the UK. The grant will contribute towards the cost of equipment and attending competitions.



## C. Feedback from Prior Year Grants

We ask grantees to provide us with feedback at the end of their project and tell us how they progressed against their objectives. We set out below very brief extracts of the feedback from each recipient. Round 3 projects started their activities when Covid restrictions were still having a significant impact.

### Inspiration Grants Rounds 4 & 5 (no Inspiration Grants awarded in round 3).

Our Inspiration Grant Programme is awarded to inspirational young people aged 24 or under. These young people should demonstrate real potential, with a talent for anything from sporting skills, academia, performing arts to creative flair.

Grants of up to £1,000 to applicants demonstrating how they will help reduce barriers and allow individuals to achieve their potential. Applicants must normally reside in Bernicia's operating area.

#### J - £1000 to participate in competitive Badminton

The grant helped to obtain additional training at a local centre and attend training courses in Loughborough and Nottingham. It has also helped her to travel to compete in 14 English tournaments in the past year. She is currently ranked no 3 in England at u16 girls singles, no 3 at u16 girls doubles and no 2 at u16 mixed doubles. She has also been selected for the Badminton England Junior Pathway and was selected to play for England in u15 European 8 Nations in Dec21.

#### K. £660 for gymnastic training fees

The grant enabled young carer K to continue her gymnastics training for a year, which during the current climate was particularly beneficial to the family. K benefited physically, mentally and socially from this training. It makes her a more confident and happy child and she has some lovely friend for life. She attended two competitions and placed bronze on beam at both. She also came 8th overall at Level 6 U11 North Voluntaries.

#### L. £1,000 for fees to attend dance college

L moved to Leeds to attend college and has loved every minute. We were all a little nervous at her moving away from home, especially with not knowing whether she has grown out of her illness, but she has been great and has been making sure she gets enough rest after the long days of dance training. She is taking classes in ballet, jazz, tap, commercial, musical theatre, as well as singing and drama. She also has weekly gym sessions for strength and conditioning and has She has achieved distinctions in all her BTEC work level 3 Diploma in Performance. She is thriving at college and learning so much that will allow her to follow her dreams of a career in performing

#### M. £600 towards basic skills courses to allow participation in arts course

With support, M attended courses at Newcastle Arts Centre that increased her confidence, skills and horizons.

#### N. Grant of £1000 towards cost of golf training and equipment.

Only £480 of £1000 has been paid, contributing directly to golf training fees although rest of the grant has not been taken up. She still took part in tournaments during the year, She formed groups of young people at her club to network and instigated a trial where she has invited groups of young carers, to take part in an entry level course on the benefits to mental health with playing golf while actually learning golf. She plans to fund the sessions from donations at her junior captains day

## D. Round 3 February 2021 - Inclusion Grant Monitoring Responses

### Search CIO, Newcastle - Costs of a Community Development Worker £10,000

Inner West Activity Worker 23 hours pw, instrumental in rebuilding face to face offers we provide in the community. Due to pandemic some older people afraid to venture out. Engaged 295 people in face to face community activities such as dancing and swimming. Adapted services to engage 54 people in Zoom activities, 131 people on their doorstep with activity pack deliveries. 21 people benefited from volunteer phone buddy. Recruited 8 new volunteers and 2 Trustees

### Meadow Well Connected, North Tyneside – Kids Connected £10,000

After school club including walking bus. 752 collections with 62 children collected from 4 primary schools. Also offered holiday programmes. Early numbers Covid restricted but overall, 124 children attended club 2372 times. Parents report increased child confidence. Children report like making friends, being out of the house, trying new things. Also encourages parents to join in other activities and events. Grant leveraged access to other projects

### Pennywell Neighbourhood Centre, Sunderland - Social Inclusion Project £5,000

106 vulnerable and isolated people took part, 95% reporting they felt less socially isolated. 87% of project users surveyed reported improved emotional well-being, 89% felt more socially engaged with their community and 100% said that their mood had improved. 480 education/recreation groups were delivered across 10 groups per week.

### Northumberland Domestic Abuse Service – Service Manager Costs - £10,000

Contributed to Manager post to support 400 women. Helped 390, delivering service while other agencies were closed during Covid. One-to-one support usually lasts about 3 months, followed by group recovery programmes and signposting to counselling if required. In-house counselling for the children of service users, as well as providing schools across the county with sessions on healthy/unhealthy relationships.

### Gateshead and South Tyneside Sight Service - Transition Pathway £ 9,000

116 clients engaged (target 100) Covid restrictions affected how many went on to secure either an interview, employment (2) and/or a volunteering opportunity (1). Also signposted to partner organisations who are hosting groups which lead to engagement, friendship and individuals being less socially isolated which all lead to raised self-esteem, motivation and better mental health. Delivered Visual Impairment Awareness training to 5 organisations

### Gateshead Older People's Assembly - Core Costs - £10,000

150 regularly attend groups including outdoor activities, exercise and crafts. When asked about how our centre has helped them cope with the pandemic, 44% felt more confident mixing with others, 40% felt fitter and less vulnerable, 72% described coming as being 'a bit of normality'. 71% wouldn't have exercised without free classes and 44% said they hadn't engaged with Gateshead OPA prior to the pandemic

### Cleveland Housing Advice Centre, Middlesbrough – Core Costs £5,000

1:1 Welfare advice and representation service, case working to 2,443 people, responding to 10,000 general enquiries. Benefits and debt advice, support with appeals tribunals, job training for hard-to-reach adults, to remove barriers to training and employment. 98% are satisfied about advice quality, 90% happy about the follow up and 92% satisfied about the outcomes of their issues.

### Tees Valley Women's Centre, Teesside – Core Costs £5,000

Centre overcame lockdown restrictions to continue providing signposting, advice, training, social activities, wellbeing support for women across Teesside. Participants took advantage of creche facilities to achieve qualifications, a monthly law clinic, employment support and financial/housing welfare advice.

## E. Round 4 – October 2021

### Inclusion Grant Monitoring Responses

#### Hartlepool Carers - Respite breaks and activities for young carers **£9,440**

84 children had respite breaks away from their caring role. The grant has not only supported the young carers but wider family members. All participants now regularly attend young carer youth groups and health and wellbeing sessions. Young people have said their confidence has increased and they know where to come to get support. It enabled us to link closer with schools and set groups up within their settings to raise the profile of Young Carers. This helped identify young carers quickly to ensure they get the support at the earliest opportunity. The programme enabled us to reduce loneliness and isolation, increased resilience and knowledge.

#### Barnabas Safe & Sound, Northumb - Young people housing, crisis & work support **£7,457**

Supported 48 young people, main issues rough sleeping and sofa surfing, welfare rights and benefits, housing and failing tenancy. Found that people would only access if referred from another service, so changed from drop-in to referral based. This helped support more people and build better relationships with other organisations, increasing awareness of our services

#### Hextol, Northumberland - Employability for learning disabled & mental health issues **£5,000**

Delivered 9089 hours support to 71 beneficiaries, 7 into part time employment. Grant contributed to Beneficiary Engagement Manager. Provided more hours of supported work placements than anticipated, reached out to more beneficiaries and expand our links with referrers. Introduced ASDAN accreditations, and qualifications including food safety and manual handling.

#### Disability North, North East – Removing employment barriers for those with disabilities **£8,800**

10 disabled people took part in focus groups (target 20) perhaps because another focus group project running. Ran 10 courses with 89 registrations after delayed start (target 10 ten courses to 150 unemployed people). Further courses planned which will hit the target. 40 moved into part time employment. Grant enabled people to look at social care sector jobs and expand recruitment pool of supported disabled people. Upskilled new PAs including interview skills.

#### YMCA Newcastle - Employability programme for young people, targeting NEET **£5,000**

47 young people supported. 12 into employment, 15 to further training, and 8 to further education. 9 completed work experience/volunteering placements. The other 4 still engage with other activities. This grant has enabled us as an organisation to access further partnerships and funding opportunities to provide more youth led employment projects

#### Action Station South Tyneside Ltd - Digital Employability Support project **£9,512**

53 clients attending (average 10 pw) with 27 into employment, 8 volunteering and several completing additional courses, which they said would not have been possible without the club.

“This is the first time someone has been able to show me I have all these useful skills I never realised I had before” “I think this club is better than the other courses I’ve done at the job centre”



**Blyth Resource & Initiative Centre, South East Northumberland - Employability Training £9,004**

20 people full time employment, 10 part time, 1 apprenticeship and 5 regularly volunteer. 17 people successfully achieved a qualification.

**The Recruitment Junction, North East wide - Employability support for ex-offenders £10,000**

Funded consultant worked with 103 candidates, 45 into paid employment. Very low re-offending rate of just 3% - national figures suggest up to 60% re-offend without work. Difference made to lives of candidates, their families and our communities cannot be overstated. We have been able to place committed and work-ready individuals into many hard-to-fill roles in the construction, hospitality and transportation sectors.

**Rape and Sexual Abuse Counselling Centre, Darlington - sexual violence support £5,000**

411 survivors supported with specialist counselling and 34 through a peer support group. 100% of survey clients reported feeling better about themselves, understanding more about how the sexual violence has affected them, having better coping skills and strategies, taking better care of themselves, feeling more in control of their emotion

**Clean Slate Solutions Redcar & Cleveland - Ex-offender rehabilitation & employability £10,000**

44 referrals. Helped 38 access training, employment, access to housing and benefits and we anticipate still working with some where outcomes will be beyond the end of this project. 32 moved into employment and participants maintained a recidivism rate of 4%.

**Gateway into Community, Northumberland - Skills for those with learning disabilities £5,000**

6 members attended 48 weekly sessions, planning snacks, developing skills around cooking and working together as a team. An evening every week where they have been able to be together and have much needed social interaction. All participate in regular exercise, 1 has stopped smoking and all experienced an increase in confidence and/or reduction in anxiety.

**Fareshare, North East wide - Addressing food poverty and usage of Food Banks £9,000**

Delivered food to 259 groups, saving the voluntary sector over £2 million. During the shortage of HGV drivers, the groups we delivered to demonstrated their ability to adapt to what was available, and we continued to maintain a varied range of food in our deliveries.



**The Comfrey Project, Gateshead - Refugee and asylum seeker support £9,000**

Grant supported development of a three year strategic plan for 2022-25 based on surveys and consultations with beneficiaries and partners, as well as a learning exercise to consolidate lessons from the pandemic. Participating beneficiaries increased from 230 per annum to 257 which is slightly shorter than 15% target. However, we continued putting capacity on emergency provision - of food parcels and distribution of Household Support grants (in partnership with Gateshead council) increasing adult beneficiaries to 410 as well as their families.

**NE Youth, North East wide Supporting young people with isolation and mental health £5,000**

Core funding. In 2021/22, worked with 1737 young people across 12 local authority areas. 114 gained an accreditation, supporting them into further education, employment or training. Trained 236 youth workers. 100% of respondents felt supported by their youth workers, 100% felt they had a voice in the activities we deliver and 98% of young people have tried new things since trying our provision.

## F. Round 5– February 2022 - Inclusion Grant Monitoring Responses

### NERAF, Sunderland - Addiction support £9,844

Grant directly facilitated recruitment of 7 volunteers (target 3) and work with 72 additional people with substance and alcohol issues (target 60). 26 completed programme in recovery, 37 still receiving support. 11 moved into employment. An unexpected achievement is the number of self-referrals we now receive due to great feedback we have had from this additional role.

### Sunderland North Family Zone - Employability and financial wellbeing support £10,000

ICT Support for 265 learners to complete ECS Exams and financial management. 55 unemployed gained work with builders, plumbers, electrical firms either as employee or self employed 25 undertook regular volunteering. Did not expect to have learners come from Durham and Newcastle for our services.

### Young Women's Outreach Project, Gateshead - Vulnerable young women support £9,578

28 women, 5 had intensive one-to-one support until confident enough to join a group. Supported 3 others in community by engagement through doorstep visits. Sessions included resilience, confidence, self-esteem, self-defence crafts and cultural visits. Leveraged funding for summer activities. We found that with this group most of the issues were based on family and personal friendships, social media and school.

### Wm. Morrison Darlington Enterprise Trust, Darlington - Employability Project £5,000

One-to-one, tailored support to address issues and barriers, improve confidence, wellbeing and self-belief. 69 beneficiaries supported with job search and application, access to vocational training and licences, attend interviews and in-work assistance. 37 moved into employment.

### Bright Futures NE, South Tyneside - Young Mums inclusion and training activities £9,989

Weekly sessions to 76 young mums and their children. Childrens activities combine with opportunities to address multiple issues including poverty, domestic abuse and exploitation. 14 young mums into employment, 2 volunteering, 3 into further education and 10 undertook online training. Education and employability support included addressing barriers on financial status, benefits and childcare access. Activities increased confidence, reduced loneliness and isolation

### Skills For People, Newcastle - Independence project for learning disabled people £6,050

106 learners took part in 117 two hour sessions. 79% of respondents feel more independent. Grant enabled evening groups, wider range of activities including healthy and new activities like crafts and doing more in the open air. Save the Planet group are learning outdoor and gardening skills. Extended social opportunities, gaining confidence in travel and spending time with people

### Southwick Neighbourhood Youth Project, Sunderland - Employability for young people £10,000

100 individuals achieved 36 job starts including one on a trainee pharmacist programme. Holistic support on issues such as passport and drivers licence applications for ID purposes, opening bank accounts, understanding tax codes and payslips, obtaining copies of GCSE results, missing National Insurance numbers. Supported with printing maternity forms, Educational Health Care plans, housing issues, Individual Voluntary Arrangement, Universal Credit claims and housing benefit.

### Fenham Assoc'n Residents, Newcastle - Education support young people fallen behind £10,000

Programme to provide 95 young people motivation to stay in education. Weekly sessions within FAR Community Centre alongside access to technology and wi-fi. Improved knowledge about training, skills and learning opportunities when they leave school

### The Young Womens Film Academy Newcastle - Skills for disadvantaged young women £5,000

Funding towards venue hire enabled convenient, easily accessible city centre workshops for 145 young women. The project supported technical and vocational skills in film making including achieving level 1 in film and media production.

### More Than Grandparents, Sunderland - Kinship family support £5,000

312 people benefitted from the service. 100% of participants felt experience had been positive and made a difference to their quality of life. Engaged through face to face training, 1-1 specialist support, group activities, counselling, day trips, childrens groups and social media platforms



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