



THE
BERN^{ICIA}
FOUNDATION

Annual Report

2023-2024

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A Message from our Chair



Claire-Jane
Newcastle
Chair

In just four short years we have reached our aim of providing over £1million worth of grants to support local people. This huge commitment from Bernicia is made possible by our profit for purpose activities and a determination across our organisation to help the people in our communities. We're really proud of this and of the achievements of everyone involved in The Bernicia Foundation who have made it happen.

Feedback from grant recipients shows that The Bernicia Foundation is both needed and effective in supporting people's life chances. We've helped people throughout the North East by tackling barriers, providing opportunities, and offering a safety net at the most critical of times.

We'd love to be able to fund all the applications we receive and as trustees we have the difficult task of assessing how best to maximise the funds we have available. But it is also a wonderful opportunity to see the difference that our fantastic voluntary sector makes across all aspects of our communities and to hear how people are supported in overcoming the obstacles they face. We take the time to visit projects and see for ourselves the difference that the foundation makes. It helps us understand the challenges that exist and informs our future grant awards.

Alongside the direct assistance that we've provided to the local voluntary sector, and the people who rely so heavily on their services, our strategic approach has meant we have been able to respond to needs as they have arisen in what has been the most challenging four years most of us can remember.

This is no more apparent than in our immediate response in delivering regionwide support during the early stages of Covid, followed up with support for agencies after lockdown to help them and their clients come to terms with the new normal.

This flexibility has helped us maintain our focus on economic and social inclusion, whilst adapting to changing circumstances. Recently we have responded to need by supporting projects addressing cost of living challenges and on enabling young people to access and take advantage of opportunities. It is very rewarding and humbling to see how we've been able to help inspirational young people who demonstrate perseverance to represent our community and showcase the excellence that exists across the North East in so many different disciplines.

We keep in mind that level of excellence as we look forward to continuing our support in the future. These are exciting times for the North East with new projects such as rail improvements in Northumberland, new investment in green energy and a focus on future manufacturing. Devolution will bring changes in how regeneration, education and local services are managed. We want the people of our communities to be able share in the opportunities they bring. We will continue to respond in ways that help everyone in our communities to participate. Our commitment to our twin aims of economic and social inclusion has been strengthened by our experiences of the past four years and our understanding of its importance in the years to come.

Berwick Youth Project

Berwick Youth Project established its community crew project in 2021 in response to young people from the town needing an outlet to reconnect and safely come together.

Demand has grown rapidly and it now attracts more than 50 young people, mainly 12-17 year olds, each week across two nights, coming together for fun and challenging activities in a safe environment.

Project Manager, John Bell, from Berwick Youth Project, explained: "We're a bit like a young persons' advice bureau and youth club rolled into one; a multi-faceted support network offering recreational activities, counselling, social events, training and learning opportunities, community projects and school holiday activities. At the moment, we have a parks and gardens project which includes building and painting street planters to make the local area look nice."

John added: "It's essential that we keep our young people engaged, giving them a sense of purpose whilst also bringing out their individual talents. Berwick-upon-Tweed has a declining youth population with many being attracted to other towns and cities for work or university.

"Therefore, for the young people growing up here, there is a very serious issue in terms of what their future will look like, where the career and work opportunities will come from, and how we maintain and retain their skills and knowledge to help the local economy.

"Those that come into our centre each week are often keen, eager to learn new skills, sociable, and full of promise. They're great young people so the funding by The Bernicia Foundation is very much appreciated."



Youngsters at the Berwick Youth Project enjoying afternoon tea.

It's essential that we keep our young people engaged, giving them a sense of purpose whilst also bringing out their individual talents.

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Summary of Progress

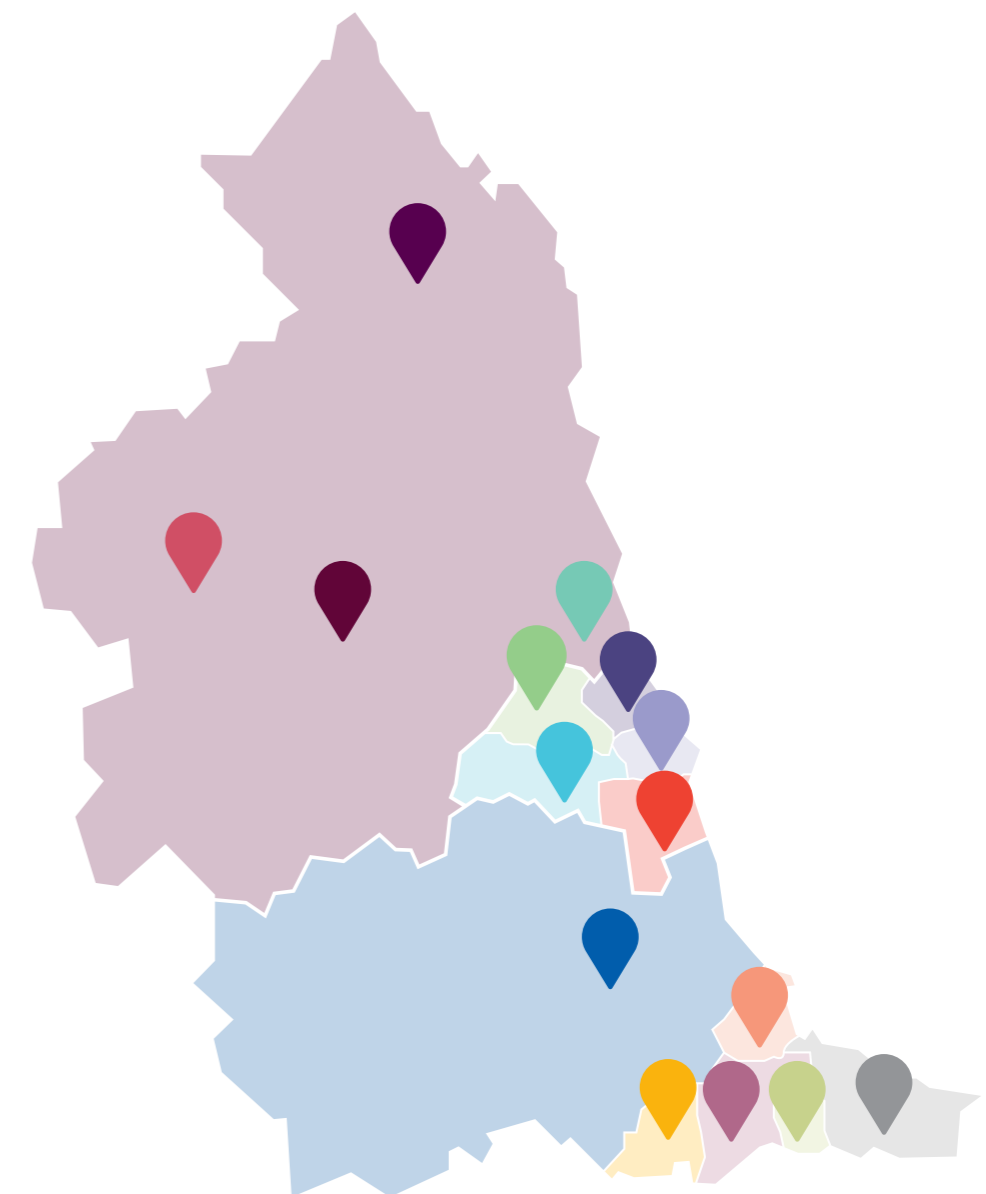
During 2023/4 we have funded 17 Inclusion projects and 16 Inspirational young people, awarding over £178,000 of grants. This took our total amount of grant support for local people and communities since we launched the fund in 2020, beyond our target of £1million.

Inclusion Grant













To maximise our resources, we try to support as wide a range of projects as possible. We also recognise the benefits that continuing funding can have on projects and the outcomes they can achieve. To achieve a balance, we have placed a higher priority on awarding grants to projects that have not received funding from us in the past three years whilst still considering those recently funded projects.

As part of a housing association group, we have also tried to strike a balance between providing funding where it is needed and supporting the communities where we are most represented. With most of our customers living in Northumberland we've tried to ensure this is reflected in the level of funding we provide to that area. Those areas which, to date, have received proportionately high levels of funding have been considered a lower priority for funding. However, uppermost in our mind when assessing and awarding grants, has been how applications meet our primary objective of supporting economic inclusion and then our secondary aim of addressing social inclusion.

	North East wide delivery	(%) of Grants Awarded:	2.11%
	Tyne and Wear wide delivery	(%) of Grants Awarded:	3.16%
	Northumberland	(%) of Grants Awarded:	5.26%
	North Northumberland	(%) of Grants Awarded:	2.11%
	SE Northumberland	(%) of Grants Awarded:	10.53%
	West Northumberland	(%) of Grants Awarded:	6.32%
	North Tyneside	(%) of Grants Awarded:	5.26%
	Newcastle	(%) of Grants Awarded:	15.79%
	Gateshead	(%) of Grants Awarded:	10.53%
	South Tyneside	(%) of Grants Awarded:	9.47%
	Co Durham	(%) of Grants Awarded:	5.26%
	Sunderland	(%) of Grants Awarded:	16.84%
	Hartlepool	(%) of Grants Awarded:	1.05%
	Darlington	(%) of Grants Awarded:	2.11%
	Stockton-on-Tees	(%) of Grants Awarded:	1.05%
	Middlesbrough	(%) of Grants Awarded:	2.11%
	Redcar	(%) of Grants Awarded:	1.05%
	Grant Total:		100%



Percentage of Homes in Local Authorities

	Northumberland 58.25%		County Durham 12.28%
	Newcastle 4.50%		Darlington 0.68%
	North Tyneside 6.32%		Hartlepool 2.69%
	Gateshead 4.05%		Stockton-on-Tees 0.07%
	South Tyneside 1.47%		Middlesbrough 0.13%
	Sunderland 9.12%		Redcar & Cleveland 0.20%

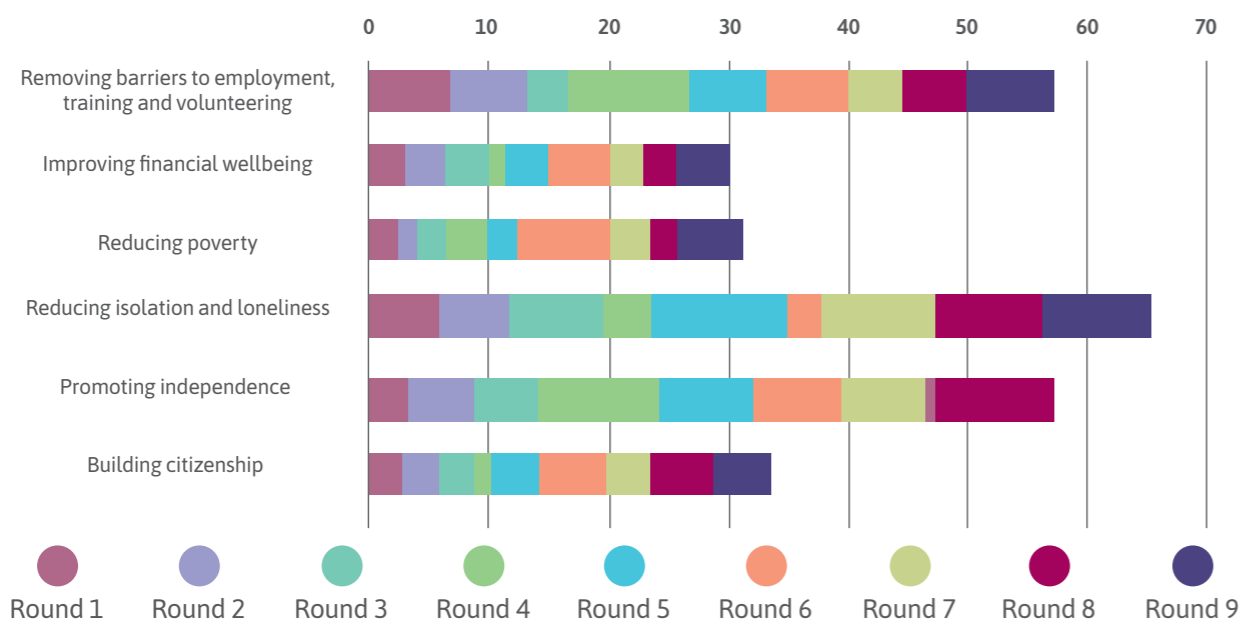
Comparison of Bernicia Property Locations with Percentage of Inclusion Grants Awarded

This year, cost of living challenges have continued to hit hard for both individuals and the VCSE sector. It is having an impact on the job market and the ability to access good work.

The Inclusion Grants we have awarded this year have reinforced our commitment to economic inclusion to tackle poverty and its consequences.

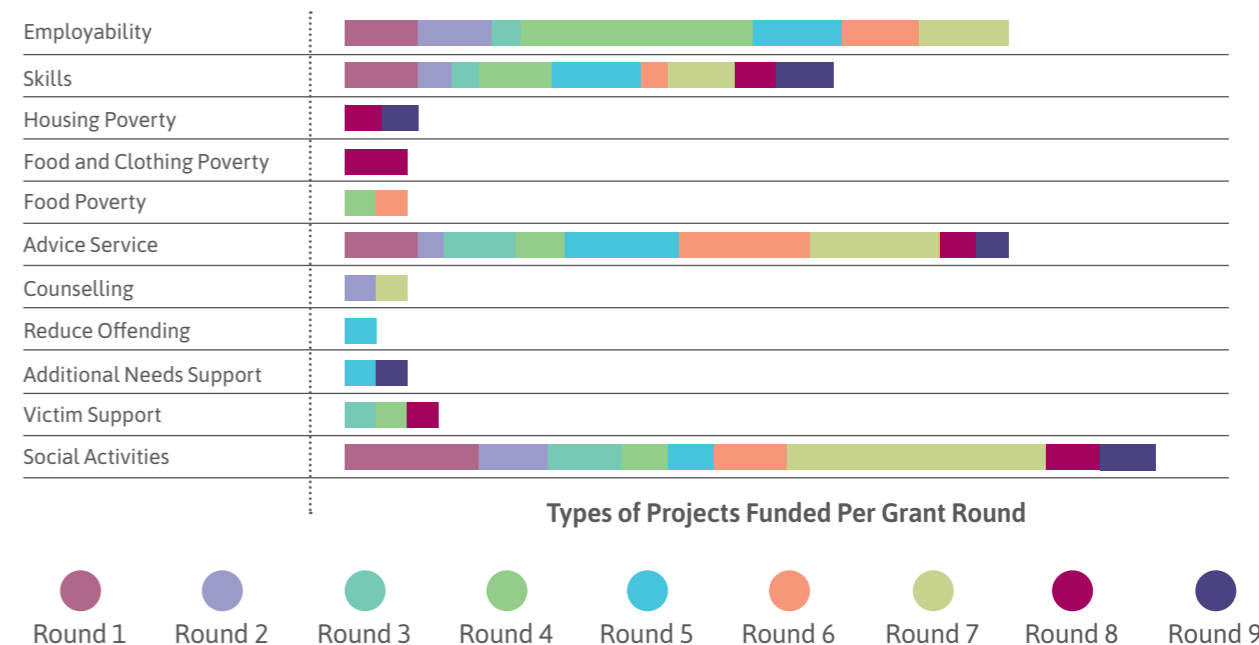
This is not fully borne out by the chart below as there is often considerable synergy between outcomes. A project focused on delivering economic outcomes will often also address isolation and promote independence. However, we would expect to see the economic outcomes continue to grow as we focus on this type of support.

Outcomes Per Round



This is probably best demonstrated by the following chart which provides a simplified assessment of the types of projects supported. Many of the social activities and clubs we have funded have been a gateway for people to access further services such as advice, counselling or employability support.

Types of Projects Funded Per Grant Round



Inspiration Grant

Our Inspiration Grants are targeted at young people who display excellence in their field. We are very pleased to have funded many young people who have displayed determination, perseverance and commitment in participating at high levels of sporting achievement – often competing in national events and representing their country at international competitions. They are to be admired and commended. It is a reminder of the talent that we have in our region and the transferrable life skills that such dedication brings. We would, however, welcome a more diverse range of applicants from other areas of activity to demonstrate that there are many ways in which young people can excel. We are considering ways in which we can communicate this in our communities.

Review of Grants Awarded

Grants are typically awarded for a 12 month period, after which we ask recipients to let us know what difference the grant has made. We report here on the projects and individuals that we supported in 2022/23 (Rounds six and seven) who have now completed their projects.

Brief details of the grants awarded this year (2023/24 - Rounds eight and nine) are also listed below. We will report on their progress next year.

Inclusion Grants Awarded in Round Six



£8,000

Beyond Limits Co Durham - Food poverty

Paid four months membership of buying group for cheaper food distribution and support at retreats. Over 12 months 2,600+ food parcels helped over 5,600 people. Many people come for food and household aid, then discover our other services which relieve stress and anxiety, bringing them together with others within the community. 99 attended arts classes, 543 attended exercise groups.



£10,000

Parker Trust Sunderland - Young people skills

Activities and skills events for young people and parents not engaging in school. Engaged 28 young people at risk of criminality and supported their parents whose tenancy at risk by the child's behaviour. 100 individuals taking first step to ease chaotic lifestyle. School holiday activities 30 young people a day 3 times a week, each receiving hot meals and healthy snacks.



£5,000

Pallion Action Group Sunderland - Community advice services

Enabled access to match funding and 25% increase in project visitors. Monthly social isolation projects including lunch for an average of 40 attendees, job club 3 times per week. Advice project including benefits reviews. Education training, digital scam awareness, collaborative project for young people at risk of criminal exploitation and ASB - 90% of whom had complex/blended families.



£10,000

Wheels2Work Co Durham - Employability

Purchased 2 scooters and put 4 service users through Compulsory Basic and Extended Training with PPE. Promoted the opportunity in the areas of County Durham where Bernicia properties were located. The vehicles will continue to provide access to employment and education for at least another 4 people annually for the next 4 years.



£7,494

Pennywell Neighbourhood Centre Sunderland - Elderly social activities

450 two-hour sessions for 112 older people. 9 sessions per week for 50 weeks. 93% feel more supported by my neighbours, 98% feel less isolated, 95% feel less lonely, 91% suffer low mood or feel depressed less often, 93% feel stressed and anxious less often.



£10,000

CREST LTD South Tyneside - BAME advice services

Grant enabled match funding, directly contributing to Aspire activities for 40x BAME women and girls aged 13-24 to overcome disadvantage, reduce exclusion and isolation, boost self-esteem, sense of belonging social awareness and mental wellbeing. New members attracted. Social and craft activities widened horizons especially those from low income or with barriers. Increased confidence and goal setting.

03



Young women at the CREST Project.

CREST

CREST (Compact for Race Equality in South Tyneside) delivers a Network Aspire Young Black, Asian and minority ethnic Women and Girls Empowerment Group. The group helps young women and girls aged 13-24 from Black and minority ethnic communities to take their first steps into adulthood and navigate the pressures and tensions that impact this critical stage of their lives.

Community Development Worker, Mohsina Begum, a former network member, said: "This grant will help young girls who are culturally confined in their homes to gain the confidence to live the lives they want to. We have expanded the range of activities and workshops that we provide to show how many opportunities are out there."

The programme offers mentoring, workshops, activities and outdoor challenges to build participants' self-confidence, combat loneliness and isolation, and empower young women and girls to make appropriate choices to live the lives they want. Workshops will be delivered on topics around domestic abuse, hate crime and road and fire safety, while a programme of creative and leisure activities will help the young women and girls to develop social skills and improve their wellbeing.

Mohsina said: "Having been through the CREST girls' group myself, I know exactly how far this grant will go in supporting our current Network Aspire girls. I had never planned to go to university, but through attending the group and later volunteering here, I gained the confidence and drive to study community and youth work.

"The Bernicia Foundation funding has ensured that these activities remain accessible, furthering our mission to empower and raise aspirations for young Black, Asian and minority ethnic women and girls, challenge cultural constraints, and foster confidence. Together, we are making a meaningful impact on the lives of these young girls, breaking barriers and creating opportunities for a brighter future."



£10,000

West End Refugee Service Newcastle - Refugee advice services

Information, Advice and Advocacy (outreach & drop-ins); New Welcome Wednesdays social opportunities, safe place to be. 418 clients offered advice and information on housing, right to stay in UK, finance, education, family support, emergency support, schools programmes. Free data allowing people to stay in contact with legal reps, maintain family links. Volunteering, 77 within 33 partnerships, 133 gardening.



£5,000

Triangular Tyne & Wear - Refugee advice services

Significantly enhanced and expanded 1-to-1 support for refugees. Advice on safe housing, language, education, training and assistance with integration into local communities. Scaled up outreach. Enabled dedicated community workers offering personalised support and guidance.



£10,000

Chopwell Regeneration Gateshead - Social activities and clubs

Community hub. Directly contributed to apprenticeships, employing an Apprentice Chef, Front of House Apprentice and Admin Apprentice, supported cafe and community market. Increased demand for pay what you feel meal options. 700% increase in take-up of 'pay-it-forward scheme' where people pay for a meal or hot drink for someone else. School holiday activities and meals and pre-loved school uniform markets. Creative workshops. 140 volunteers 'finding a purpose again'. Work experience placements.



£10,000

Gateshead Older People's Assembly Gateshead - Social activities and clubs

Helped beneficiaries with fixed income during rising costs. 100 monthly activities to socialise, exercise and learn. Increased free sessions from 40% to 70%, paid classes contribute to Christmas meal. All held in warm building, with free drinks available all day, every day. Community pantry - beneficiaries say this had big impact on their weekly bills and ability to use their heating.



£9,489

Three13 Training and Enterprise Ltd. Stockton Young People Employability

Referrals of 15 care-experienced young people received through variety of routes including housing providers, Job Centre coaches and probation for 8 week programme. Worked with 11, 2 failed to attend, 2 referred to alternative provision. Overcame travel barriers supplying train tickets, lift from the station and access to a 'buddying' system. Employability, money management, DIY and life skills workshops. Accredited qualification through work experience in business administration, manufacturing, landscaping or hospitality. 9 CEYP finished programme, 2 still engaging. 5 achieved qualification, 4 in employment, 3 disengaged early citing mental health.

Case Study Three13 Training and Enterprise Ltd

Care-experienced Bernard (not his real name) aged 18 came to us via a referral from the Job Centre. Initially difficult to engage and firm in his opinions that 'working is for fools', over the last six weeks his attitude has completely transformed. He now believes getting a job will be the best thing for him, so he has actively been applying for work in sessions. He's made friends, now chooses to cycle to the centre (understanding the health benefits) and has become much more productive in the workshop. His next steps are to benefit from the new DIY sessions in the cabin, to support his journey to independence.

"I would highly recommend people coming to Three13, they provide you with good skills and a good environment which makes you feel confident about going forward. The training made me realise what it is going to be like in a job, the fact you work with others and get a good routine... it made me realise that I do want a job. Also made me more independent in day-to-day skills, using tools."

Inclusion Grants Awarded in Round Seven



£10,000

Patchwork Projects Newcastle - Young people's advice services

Grant employed experienced worker, who has grown through the project, for 1 year, paying 50% of wages. 99% of time working face to face with children and young people. Group work 5 evenings per week. Full holiday programmes. Drop in work around employability and crisis support with older young people. Also detached work on the streets.



£5,914

Happy to Help Gateshead - Carer advice services

Pilot addressing need for young carers and their families. 12 households received support, 2 at assessment stage, 5 did not engage, and 1 unsuitable. Some did not participate for personal reasons such as worsening health of a family member, complex situations (such as drug and alcohol addiction), and a lack of trust welcoming services into their home. Surveys revealed improved home life, less anxiety, less overwhelmed, more optimistic and clearer thinking, with young carers able to focus on homework, hobbies, and socialising. The health of the family member being cared for may remain unchanged but easing distress and anxiety for the parent and young caregiver, indirectly reduces additional health interventions from health services.



£10,000

Choysez SE Northumberland - Young people additional needs support

Turned unused space into art room, providing additional lessons for girls excluded from school. Had a huge impact on wellbeing. Some expressed feelings through artwork, others able to talk more freely about issues faced. This led to referrals to safeguarding and mental health services. Art had motivational impact on other subjects. Following grant we had our most successful year ever with more pupils sitting and passing exams. First time had passes in GCSE English and maths. On course to beat last year's targets. Knock-on effect of year 10s entering second year using new facility. Settling and calming effect this has had on them cannot be underestimated. Unexpected benefits were closer bonds with wider family as able to host family events to showcase work and also girls currently with us advising new referrals on what a positive place it is to attend.



£10,000

Foundation For Good Co Durham - Young people social activities & clubs

The grant funded 1 employee enabling delivery of education, exercise and hardship provision and supporting significant increase in membership to over 1,000 members. 28 students in learning, 40 regularly volunteering, 140 attending activities and advice, 75 in regular exercise, 200 young people attend club. Over 1,200 with food and household support interventions.



Janet Murphy, CEO Escape Family Support

Escape Family Support

Escape Family Support is the only charity in Northumberland entirely focused on the families and immediate circles of people with substance abuse issues, many of whom are themselves experiencing anxiety, stress, depression and mental health as a direct result of helping someone. Programmes are also designed to help address, reduce and overcome the unspoken stigma, shame and judgement often felt by loved ones when trying to help those nearest.

CEO, Janet Murphy MBE, explained: "Quite rightly, most treatment and support services are focused on those trying to overcome the addiction which is crucially important and very much needed. What is often overlooked are the pressures this puts on the families. There is often an unspoken, negative judgement felt by the families of people with addictions. This can have a serious and profound knock-on effect if no support is sought, available to them or allocated. It cannot be underestimated.

"We work closely with parents and family members whose children may be abusing substances like drugs and alcohol, as well as children whose parents may be addicted, so the age range and requirements are unique to each individual. What is common is that they all have a need to talk, meet others in a safe environment and learn new, proven ways of coping to stop enabling behaviour and concentrate more positively on themselves.

"Three hundred and ninety individuals, including parents, grandparents, friends and young children, used the charity's services during 2022/23. Referrals were up 10%. Most completed bespoke training programmes and showed significant improvement with social inclusion issues, while 264 accessed respite provision. Fifty young people worked on mental health, wellbeing and self-esteem techniques. They all now have the skills in place to better cope with their family circumstances, fully understand addiction and navigate its impact. We have lots of young people who have come through our programmes too and have created fantastic opportunities for themselves. This includes 11 gaining employment, 5 moving into further education, 2 starting university and 6 volunteering. This is amazing and very rewarding to see as their lives, very much consumed with helping their family members, could have taken a very different direction."



£10,000

Berwick Youth Project North Northumberland - Youth social activities & clubs

Safe space for young people to meet and socialise, many ill at ease with their peers or the community they live in. Several are questioning gender identity, several have learning difficulties and many share social anxiety or low self-esteem. 80 sessions, two per week plus additional activity in school holidays. 56 different individuals engaged. 4 volunteers recruited - 2 to assist with Community Crew, and 2 to train as Mountain Bike Coaches.



£10,000

WAVES South Tyneside - Disability/ill health social activities & clubs

Increased children's participation in weekend day trips, socialising, sports activities, therapy sessions, cookery and craft sessions. Costume making project towards Summer Parade. Fun, safe science projects due to extra Science Buddies. Equipment purchase of paddleboards and life vests to enable younger children to take part. The ability to provide these activities helps to develop positive relationships for all members and in turn increases confidence and self-esteem.



£5,550

St Chad's Community Project Gateshead - Men's social activities & clubs

Launched regular men's group. 25 weekly sessions, activities and trips, for those experiencing mental ill health, isolation, disability/learning disability, economic disadvantage, asylum uncertainty and alcoholism. 100% of 8 men surveyed reported a positive difference in their health and wellbeing due to participation. 2 have taken significant steps tackling alcoholism, 2 are volunteering and 2 moved into employment.



£9,100

Trinity Youth Association SE Northumberland - Young people social activities & clubs

Funding to develop a weekly young people's activity and support group for 13-18 year olds in Bedlington. To provide meals, warm safe place to socialise and take part in social education activities. TYA ceased trading in 2024 so information on how much of the project was delivered is unavailable.



£10,000

Escape Family Support Ltd Northumberland - Counselling

Support to families affected by addiction. Core funding used to meet increased demand and increased utility costs. 667 people benefited from courses, advice and outreach work. 45 improved parenting skills, 13 trained Family Champions. Employability support led to 7 achieving accredited qualifications, 5 gained employment, 1 attending university, 18 volunteering.



£7,937

Keyfund Federation Limited Newcastle - Youth skills

49 young people from deprived communities and facing challenging personal circumstances completed KEY+ skills Challenge. 92% reported improved self-confidence and 88% feel the project will make a positive difference to their futures. Reported skills increase of 26% in communication, problem-solving, negotiation, planning time and energy, dealing with people in power and authority and settling disagreements.



£8,900

Let's Get Growing West Northumberland - Disability/ill health Skills

45 horticulture and art based therapeutic sessions over 12 months covering seasonal activities for 75 people. Maintained garden space for visitors and other user groups, including carers, asylum seekers and people with addictions. Participants learned to cook the produce in simple healthy meals and snacks they could replicate at home. Group hosted garden open day and put on play. Provided respite time for carers, especially of those with dementia.

Inspiration Grants Awarded in Round Six



£940

A, Newcastle

Equipment purchased to compete in kart racing at national and international events. During the year, placed 2nd in Le Mans, France 24 hour race, 3rd in British 24 hour race, winner of British endurance championship.



£1,000

B, Stockton-on-Tees

Equipment purchase and cost of participating in international roller hockey tournaments. Taken part in England level training, competed in European Championships and was part of winning team for club National Cup for u20s. Also able to support new players by passing on older kit, which was no longer appropriate for the level now playing at due to the speed and force of the ball, but acceptable for new starters.



£1,000

C, Gateshead

Equipment purchase and cost of competing at national level in combined event track and field (heptathlon and decathlon) athletics. A multi eventer must enter lots of individual discipline events, buying a wide range of equipment specific to those events. "The sponsorship was a huge help not having to worry about payments for competitions throughout the season." It freed up resource to receive specialist treatment during injury.

Inspiration Grants Awarded in Round Seven



£1,000

D, SE Northumberland

Participate in motor cross at national level.



£1,000

E, SE Northumberland

Equipment purchase and cost of competing at national and international judo tournaments, including specific suit required for international events. Retained his place on the England judo team and participated in European Cup. Success has led to local judo club seeing more people getting involved - the younger members look up to them.



£1,000

F, SE Northumberland

The funding was used to purchase judo suit, travel, accommodation and entry fees which has helped Y retain her place on the England Judo Team and continued to support her representing GB in a range of competitions. Y has been greatly supported by this grant and she wouldn't have been able to do this without this funding. She is still number one in Great Britain.

Kaitlyn Waddell – Inspiration Grant

County champion teenager humbly aims to become the best hammer thrower she can be, with her sights firmly set on the number one spot in the UK for women under-20. "I tried it and realised I wasn't bad at it," said Kaitlyn who trains seven times per week. "With lots of practise and hard work, training in all weathers, I became good enough to compete for Northumberland and at a national level."

National competition means hotel stays, entry fees, event tickets and fuel costs touring the country. Competing at an elite level brings extensive new kit requirements, from specialised throwing shoes and even a backup pair to throwing gloves and club fees – the costs quickly mount up. Not only will The Bernicia Foundation grant allow Kaitlyn to continue capitalising on the influx of competitive opportunities coming her way, but said Kaitlyn's Mum, Sarah "without grants like this, it would not be possible to take her to all of these events. It would mean that she misses out on amazing opportunities and experiences."

Hammer thrower Kaitlyn Waddell.



£1,000

D, SE Northumberland

Participate in motor cross at national level.



£1,000

E, SE Northumberland

Equipment purchase and cost of competing at national and international judo tournaments, including specific suit required for international events. Retained his place on the England judo team and participated in European Cup. Success has led to local judo club seeing more people getting involved - the younger members look up to them.



£1,000

F, SE Northumberland

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£1,000

G, SE Northumberland

Equipment purchase and attendance at national events. These tournaments are hosted around the country across a number of days but are required to maintain my current ranking

"The grant has enabled me to compete at the top national level in my sport. I have played England squash silver, gold and platinum level events and although have moved up age groups have managed to achieve a top ten ranking at U19 a year earlier than expected.

"It has also increased my confidence and helped me get reduced grading offers at a number of universities."



£1,000

H, Northumberland

Participate in hammer throwing nationally.

04

Grants We Have Funded This Year

Inclusion Grants Awarded in Round Eight



£10,000

Border Links Ltd, North Northumberland - Disability/ill health Skills

Creating a 'Disability hub' in Berwick. Social and training opportunities, respite provision for carers.



£9,420

Love, Amelia, Sunderland - Food and clothing poverty

Provide essentials such as nappies and clothing, toys and books, to disadvantaged families



£9,548

Pride Action North, Northumberland - Young people social activities and clubs

Access to services and support in rurally isolated communities



£10,000

YMCA Northumberland, SE Northumberland, Youth social activities and clubs

Evening youth sessions in Ashington, activities on social and emotional development



£10,000

Impact Family Services, South Tyneside - Victim support

Information and practical help for those leaving abusive relationships, furniture supply and removal service.



£9,900

Emmaus North East, Northumberland - Housing poverty

Support those at risk of homelessness. Advice, advocacy on debt, benefit entitlement, addiction



£9,700

Tyneside Vineyard, Newcastle - Food & clothing poverty

Food pantry, subsidised café, warm social hub for members to meet



£9,992

North Tyneside Disability Forum, North Tyneside - Advice services

Café, advice, inclusion and employability activities



Sowing the seeds of good mental health at the Lets Get Growing Project.

Inclusion Grants Awarded in Round Nine



£10,000

Headliners UK, Tyne & Wear
- Care leavers employability

Support for those leaving care to live independently and access work opportunities



£10,000

Stakeford & Bomarsund Welfare, SE Northumberland,
Social activities and clubs

Community venue providing activities, events and warm hub.



£10,000

Cowpen Quay Community Association, SE Northumberland, Youth skills

Community youth club and SEND club, with events, training and skills.



£10,000

Minerva Arts & Wellbeing, Sunderland - Ex-offenders skills

Skills and employability training for former offenders and activities to prevent isolation



£ 8,041

ICOS, Sunderland - Employability

Employability skills training and job seeking support for Black, Asian and minority ethnic community



£10,000

Search: Services for Older People, Newcastle - Housing poverty

Advice and guidance for older people, including warm hub and access to activities



£ 5,000

Success4all, Sunderland, Youth social activities and clubs

Young people's learning hubs and club activities



£10,000

Gap Supported Housing, Northumberland - Housing poverty

Holistic support to address barriers for those facing homelessness



£ 9,958

Waffling On, Northumberland - Advice services

Support and skills for neurodivergent people



Hammer thrower Kaitlyn Waddell in action.

Inspiration Grants Awarded in Round Eight



£1,000

I, North Tyneside

support cost of competing in athletics events at national and international level



£1,000

J, Gateshead

support costs in attending training as part of England Karate Team



£1,000

K, Newcastle

support cost of competing nationally and internationally as part of England Development Team in Judo



£1,000

L, North Tyneside

cost of representing England in Boxing competitions



£1,000

M, North Tyneside

towards cost of competing at hammer and discus throwing



£1,000

N, Newcastle

competing in powerchair football, attending national and international tournaments



£1,000

O, Newcastle

cost of competing nationally and internationally at Karate



£1,000

P, Newcastle

towards music tuition costs and attendance at a conservatoire

Inspiration Grants Awarded in Round Nine



£1,000

Q, South Tyneside

Pairs gymnastics. British and European champions, funding towards cost of competing at World Championships. Linked to Award to R.



£1,000

R, South Tyneside

Pairs gymnastics. British and European champions, funding towards cost of competing at World Championships. Linked to Award to Q.



£1,000

S, South Tyneside

Cost of representing UK at international Cheerleading competition



£1,000

T, Gateshead

Take part in British Gymnastics pathway and compete at international event



£1,000

U, Northumberland

Compete at international skiing championships



£1,000

V, North Tyneside

compete nationally and internationally at Judo



£1,000

W, Teesside

compete nationally and internationally Jiu Jitsu



£1,000

X, Teesside

compete nationally and internationally Jiu Jitsu



£1,000

Y, Teesside

Support and skills for neurodivergent people



British Karate champion
Jess Maitland

CASE-STUDY – Parker Trust


05

Alan (not his real name) was referred to Parker Trust by his dad following the murder of his mam. He was struggling with the chaotic family life at home and reminders of his mam, so chose to make himself homeless as a way of coping. He was sleeping in parks, on friends' sofas, anywhere he could try to get his head down.

After building a relationship we accompanied him to see his doctor. He was struggling significantly with his mental health, felt he had nothing to live for and had suicidal thoughts to be with his mam. We supported him daily with his new medication and helped him through a benefits assessment to resolve his finances, which took several months.

Although he was still sofa surfing, with his finances improving he was able to consider housing. However, his mental health was still difficult. One day, carrying a knife with intentions of harming himself, he was arrested for carrying a bladed article. We continued to support him and he received a community order so that he could receive the help he needed.

Alan is now living semi-independently in supported living and thriving. He is working on his budgeting and cooking skills and doing a lot more for himself now. He recently started college in a subject he has always wanted to do.



**Oakwood Way,
Ashwood Business Park
Ashington
Northumberland NE63 0XF**

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