



Newsletter

View from the Chair



Our job is to provide the linkage of the generosity of our donors with the community projects that have come to us for support. We spend time looking through the

telescope from both ends. Staff, panel members and Trustees of the Cornwall Community Foundation become involved in the monitoring of the projects that we have supported within a year of the grant having been made.

This is a rewarding experience for many of us enabling one to realise how diverse and often deep the needs of the County are.

For instance, I met Mari Eggin in Camborne. CCF through the Local Network Fund had given Carefree Fostering Independence Cornwall £7000 last year. Mari, who set this up, had recognised a need to mentor and to guide very vulnerable teenagers as they were approaching the leaving of care. She introduced me to two of her young mentors, Kerryann and Amy, both in their late teens, who themselves had grown up within care. With great pride they explained how they provided guidance to young people so that they could develop self-esteem and confidence to face the rigours of modern life.

Mari has a plan to extend the reach of her organisation throughout the county, following on from her success in West Cornwall. There are currently 473 children in the care of local authorities in Cornwall, with almost half that number



Carefree participants working as a team at The Bishop's Forum

“Developing self-esteem and confidence to face the rigours of modern life”

in her teenage target group.

Mari has recently gone back to Linda, our grants Programme Manager, seeking further funding. Her costs include food, transport and the costs of the volunteers. It is difficult to find other sources of funding to keep her project on the go.

‘Making a difference’ is a glib strap line that we use and it is really encouraging to see it happening in practice.

James Williams - Chairman CCF



Carefree peer mentors visit to London to receive a Spotlight Award in May 2006.

CCF's Local Network Fund grant also enabled them to make the trip to London, where they were justifiably proud to receive this award for making a difference in their local community.

Committed to supporting local projects in Cornwall and the Isles of Scilly that engage local people in making their communities better places to live.
www.cornwallfoundation.com

Sport - making a difference



Funded by the CCF, Celtic Storm - Cornwall's Powerchair Football Team - are pictured in Nottingham for a recent series of matches. Three of the team were subsequently offered a trial for the England Powerchair Football Team.



One team member's thoughts

"The whole of the experience was brilliant! The coach trip and staying all together in the same place was one of the best parts but the feeling of playing a competitive sport in a National league was more amazing than I thought it could be. It felt like I was more normal than I had done in a while and it was incredible to think I was doing something that an able bodied person probably wouldn't get a chance to do. The sound of all our team cheering me on and giving me encouragement was just so cool and the feeling of when the first goal went in is difficult to describe as I don't think I've ever witnessed anything like it before.

The minute I got home I couldn't stop talking about it constantly and I was left wanting to play the game all the time".

"It's not just about kicking a football"



Recent Local Network Fund and Sport Relief grants have helped keep Falmouth Town Women's Football Team running by paying for continued training, facilities and kit .

The team are keen to stress however that their success is not just around improved health and being active. Being part of a team and seeing new places have played a big part, particularly improving self confidence and self esteem.

Club captain Tanya Powell commented:

'We are extremely grateful for the support we have received. Because our club is run in a proper and fun way we are attracting new players weekly but it is hard to get backing for ladies football. Our players come from a wide range of backgrounds but are all good friends and enjoy the benefits of playing football from staying healthy to keeping happy and knowing they have the support and encouragement to face and deal with the problems life often throws up.

Our club is more than just about playing football. It gives women in the West of Cornwall and outlet to meet new friends and enjoy an active social side. It also boosts peoples' confidence enormously and its great to see. From the younger players to the older, keeping this club going really does help improve the quality of people lives.'

As the team point out - It's not just about kicking a football.



In many cases a grant from the CCF is the first investment in a community group. A grant from CCF provided the start point for Lanreath's Community Post Office which was officially opened on 8th February 2007 by Tim Smit.



Until recently on St Mary's, a trip to the play park meant a trip to the mainland. Kirsty Martyn visited the Isles of Scilly recently and took the opportunity to visit the play park partially funded by CCF.

"It's really great to see the end result of a grant and the practical difference it can make to a community. It's especially interesting to see a CCF grant in action on the Isles of Scilly" commented Kirsty.

CCF News and Events

Can you help?

The Cornwall Community Foundation is currently seeking to increase our band of volunteers whose contribution of time and energy is invaluable to the success of our growing events schedule.

The programme for this year includes The Boconnoc Spring Fair on the 9th and 10th of May, The Royal Cornwall Show from the 6th to 9th of June, and our annual Awards Ceremony in the autumn.

We are in need of volunteers to be Cornwall Community Foundation ambassadors at all of the events which we host or attend, who would be willing to assist in ways such as selling raffle tickets or helping us spread the word about the Cornwall Community Foundation's work.

The events are fun, rewarding and a good way to meet people in Cornwall. If you are interested, please contact the office. We very much hope to hear from you.

2007 Friends Project

Each year our Friends support a project. Last year they provided two sand-chairs to help disabled people to enjoy the pleasures of Cornish beaches.

This year FareShare Cornwall has

been selected for support. FareShare Cornwall will be the first food redistribution project operating outside a major urban environment in the UK.

The initiative will enable a range of disadvantaged people access to a healthier diet by distributing surplus, high quality fresh food from food retailers and wholesalers to community cafes, day centres and hostels.

Boconnoc Spring Fair Wednesday 9th and Thursday 10th May 2007

The Boconnoc Spring Fair is being held for a second year, sponsored by Duchy of Cornwall Nursery and Knight Frank. It will incorporate a wide collection of companies selling an interesting selection of British and international clothes, original gifts and beautiful, useful items for the house and garden.

The Fair will take place at Boconnoc House, between Lostwithiel and Liskeard (signed from Middle Taphouse off A390) on Wednesday 9th May 10.00am-5.00pm and Thursday 10th May 9.30am-3.00pm. Entrance in aid of **Cornwall Community Foundation** and Braddock Church.



Carers Colour Group

The Carers Colour Group was initiated to provide support, recreation and education to carers for the mentally ill. Available to all carers from Kerrier and Penwith, The Carers Colour Group meets weekly to enjoy a variety of artistic activities at Camborne Community Centre.

Under the gentle supervision of artist, Julia Rowlands, the carers are encouraged to use colour to express their feelings and emotions.

A carer is someone who, without payment, provides help and support to a relative or friend who could not manage on their own due to mental illness.

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Work produced by The Carers Colour Group (see back page) was exhibited at Shire Hall in Bodmin to celebrate World Mental Health Day on October 10th.

Carers Colour Group



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Sadly, a carer's own health and well-being can be compromised by looking after someone else. Often housebound and hidden away from the community at large, taking on a caring role can mean a life of poverty, isolation, frustration and depression.

Regular breaks in caring are vital in order to help carers manage the strain that caring for someone has on their lives.

The Carers Colour Group gives carers a chance to get out and enjoy the company of others in a stimulating and relaxing environment: a chance to get together and share problems with others who are in similar situations to their own.



Ensuring grants go where they are most needed - CCF's Grant Team



The team at CCF's Launceston Office

Making sure every grant given through the Foundation makes a real difference is a full time task for Linda Whittaker and the grants team at CCF's Launceston Office as Linda explains;

"We try to make the application process simple and effective without the need for over-complicated forms, whilst ensuring the groups who apply are suitably structured to deliver the project for which they are requesting funding.

For the majority of our applications we ask the groups to supply evidence of their Set of Rules or Constitution alongside their formal documents such as Equality & Diversity and Health & Safety. Equally we will ensure for those working with Young People a suitable Child Protection Policy is in place. We ask the group to demonstrate these are regularly reviewed and updated. This illustrates they are structured, organised, thorough and fair. Part of this assessment process

includes a review of finances. Copy audited accounts or equivalents are considered to ensure the group is capable of handling funds and have a sustainable future.

Each group also needs to clearly illustrate the need for their project and their ability to deliver it. Once all these elements have been thoroughly considered each application is presented to an Advisory Panel. Members range in age, gender & background including representatives from voluntary and statutory organisations who have an unparalleled knowledge of the County, often with first hand experience.

This complete speedy service ensures not only donor criteria is met but groups or individuals who need small grants the most, receive them".

Contact us

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I would like to become a friend or make a donation

Please complete this form and send it to: Cornwall Community Foundation, The Orchard, Market Street, Launceston PL15 8AU Tel: 01566 779333
E-mail: office@cornwallfoundation.com Web Site: www.cornwallfoundation.com

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Organisation if applicable _____
Address _____
Postcode _____
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 Become a friend £25/£50/£250/£1000 and/or
 Make a donation £ _____

Set up a standing order

Instructions to my Bank or Building Society Please pay to Nat West Bank, 2-4 St Nicholas Street, Truro, Cornwall TR1 2RN For the credit of the Cornwall Community Foundation Account No. 57015252 Sort Code 60-21-37

Bank/Building Society _____
Address _____
Postcode _____
Account Name _____
Account Number _____
Branch Sort Code _____
The Sum of _____
Commencing now and on the 1st March annually thereafter until further notice £ _____

Make your money go further..

Register for Gift Aid and for every pound you give, we get an extra 28 pence from the Inland Revenue, helping your donation to go further. Imagine what a difference this would make and it doesn't cost you a thing.

Gift Aid Declaration
I would like all donations that I have made to the Cornwall Community Foundation since 6th April 2000, and all donations I make in the future to be treated as Gift Aid unless I notify you otherwise. I am a UK taxpayer.

Signature _____ Date _____