

SUSSEX GIVING

DONOR REPORT

Rampion Fund

The Rampion Fund at Sussex Community Foundation supports organisations working for the benefit of the people of Sussex within an area stretching from Littlehampton Harbour in the west to Beachy Head in the east. Funded projects serve the wider community, with particular interest in environment, ecology, climate change, energy and improved community facilities. The Fund has given out over £1 million in grants since it opened in 2017.

15th Brighton Scouts

£6,569

What activities were funded by the grant?

Scouting helps young people to achieve their full physical, intellectual and social potential, as individuals, responsible citizens and members of their local, national and international communities. The 15th Brighton scout group provides a balanced programme of activities for its members. The scout group is fortunate to have a dedicated hut for use by Beavers, Cubs and Scouts, as well as being rented to a few community groups.

Your funding was used for urgent repairs to the hut roof, which has now ensured the continuation of this valuable community space.



The difference grant has made

The hall users, including the Beavers, Cubs, Scouts, Judo, Aikido and a new group, Fledglings - an outdoor playgroup for pre-school children - are now assured of the reliable use of a hut that has been protected for the future. They no longer need to fear that group meetings will be cancelled at short notice due to floods. The rainwater harvesting provides water for the garden, which is used by all groups to maintain the outdoor space, plus the young people's awareness of water use efficiency measures has increased.

Steyning Downland Scheme

£7,350



What activities were funded?

The Steyning Downland Scheme engages the local community, and young people in enhancing the natural beauty of 165 acres of the South Downs National Park for the benefit of the community, the land and its wildlife.

Your funding was used to enhance the land around the new 'gateway' building, including the installation of an 'outdoor classroom' to boost the events programme and a permanent art installation, working with a local artist, students from Steyning Grammar School and wood from the reserve. Funds also went toward the training and qualifications two volunteers to City & Guilds NPTC Level 2 in chainsaw use. These trainees are now able to harvest trees on the reserve for an art installation and for ongoing habitat management. an introductory leaflet was produced to be made available at outlets in Steyning and Upper Beeding to raise awareness and attract new volunteers.

Real lives

"Ever since moving to Steyning and getting involved with the Steyning Downland Scheme with my young family, I have envisaged creating an area for young children to come and explore, play and learn about the unique habitats of the chalk grasslands. It has been very fulfilling to see all my ideas come to fruition and work alongside different

community groups to create this Wild Nature Area around the Gateway building. I've been heartened that already lots of people have been in touch with me about visiting the area, and using it for their toddler groups and school groups. It feels great to leave a legacy for the next generation, especially one where they can learn to appreciate and love the wild world around us." **Eleanor Gloster**, volunteer.

The difference grant has made

About 80 people were directly involved in constructing the features around the new Gateway. These included approximately 20 members of the Conservation Volunteers, primary and secondary school children and members of the local Woodcraft Folk group. People benefited from the experience of working together and building relationships, whilst getting fit and having the satisfaction of creating new public features. Their print run of 1,000 leaflets will be distributed around Steyning, giving the town's residents an opportunity to find out about the group.



3rd Worthing (Broadwater) Scout Group

£2,000

What activities were funded by the grant?

The 3rd Worthing Scout Group serves the young people in East Worthing. Your grant was used to purchase new equipment and training, to enable them to offer free rock climbing to their young people, the cost of which is often prohibitive to some of the more disadvantaged young people.



Real lives

Charlie (not his real name) came to Cubs as an eight-year-old, and is now ten. When he started, he was quiet, shy and often didn't quite 'fit in' easily with the other Cubs. At the first camp, Charlie often played by himself. Scout leaders worked hard, during many activities, to get him to interact with the other Cubs and gradually he did. Although he still sometimes finds friendships with others difficult, it is inspiring to see him now as a 'sixer', having been to camp three times, leading the way for the younger Cubs. On a night hike recently, he spent the whole evening holding the hand of a new cub who was scared of the dark. Charlie takes on all the activities with enthusiasm now and the

group has every confidence that the values he has learnt, he will keep throughout his life. Scout leaders have witnessed a dramatic change in his confidence, now taking on new challenges with determination and encouraging others to give them a go. Group leaders are immensely proud of the difference that they have made to Charlie's life, the difference he has made to the lives of the younger Cubs he tries to help and the friendships he has built.

The difference grant has made

The grant and access to new equipment has had a significant positive impact on the young people who have taken part, providing them with new experiences and opportunities to build confidence.

Many of the young people were scared to abseil, or to climb up a sheer rock face, and the sense of accomplishment when they did was inspiring for the volunteers to see. Lots of skills have been developed through the activities, from overcoming fears, confidence when facing new challenges, trust and practical lessons about the environment and equipment.

The young people were educated in how to check and look after the equipment when using it and when storing it.

They learned about the natural rock environment and how fragile it is, how old it is, and the etiquette of rock climbing in an environmentally conscious way.



Portslade Green Gym

£500

What activities were funded?

Portslade Green Gym inspires participants to improve their health and well-being and the environment.

It offers the opportunity for people to engage in practical conservation activities, with the focus on improving health and fitness, as well as benefitting the natural environment. Activities include planting trees, sowing meadows and establishing wildlife ponds and the sessions are open to everyone. No experience is necessary, as everyone is guided through the activities and only encouraged to do what they are comfortable with.

Your funding supported the Gym's work across the various sites, covering costs, such as tools, clothing and insurances. This has allowed for volunteers and friends of groups to access the service without needing to pay for each Green Gym visit, benefitting many on lower incomes.

The difference grant has made

The funding has enabled the group to carry out work on various local nature reserves and other environmental sites, to assist the council rangers and local wildlife groups, without needing to ask the volunteer groups for payment. Often this is tricky for the small volunteer groups, as the fees can be a significant drain on their resources.



Participants have benefited from the sessions being offered free of charge, making access easier for those on lower incomes or out-of-work. People have been able to improve their fitness and wellbeing – some find that more calories can be burnt this way than through traditional work outs.

Bereaved and isolated volunteers have benefited particularly from the companionship and the social nature of the group. GPs can now prescribe green gym sessions as part of their 'social prescribing' to encourage patients to make positive changes to their lifestyle.



Centre for Ecotherapy £5,500

What activities were funded?



The Centre for Ecotherapy provides support for vulnerable people of all ages in the local community, helping to improve and maintain well-being and personal resilience, through the use of nature-based and horticultural therapies, mindfulness and practical activities. Your funding supported the development of their volunteer programme, the running costs of the projects, offering 20 six-week social and therapeutic horticulture programme places. It also contributed to funding for staff costs to run the workshops, provide admin support, monitoring and evaluation.

Real lives

One client had been referred with a serious mental illness and had spent a number of years homeless and in a hostel. He had also recently been diagnosed with type 2 diabetes.

After attending every week throughout his six-week

programme, he was extremely happy with how he had fared and continued with the project as a drop-in client twice weekly for a further three months. He

became a highly regarded member of the groups and took a large part in the physical activities. One day, at the beginning of January, he approached the session leader and said that he had to thank her as he had been told by his nurse that he no longer had diabetes. The client recognised that it wasn't solely down to his participation at the Centre but he said that the opportunity to come to the sessions enabled him to work physically hard and had given him an incredible reprieve from a serious medical condition. He wanted to thank everyone at the Centre for helping him.



Lancing parkrun

£2,000

What activities were funded?

The Lancing Parkrun is a free weekly run open to everyone, regardless of ability. Its focus is not on winning times but about inclusiveness and wellbeing for the local community.

Your funding has enabled Lancing Park Run to register with the national Parkrun organisation and set up a new weekly event to serve the area. The set-up fee covered all the kit, insurances and administration associated with setting up a new park run

event, making it a free event for participants. The run is a great opportunity for people in

the area to come together and exercise in a fun, social way, without pressure to 'win'.

The difference grant has made

Your grant has ensured Parkrun's continuation for the future and that the event is always free for participants.

Parkrun is a brilliant way for local residents to



become involved in the community through taking part in the run or volunteering with the event itself. There are many benefits, including health and fitness improvements, enhanced community spirit and opportunities to socialise.



Brighton Surf Life Saving Club

£10,000

What activities were funded?

Brighton Surf Life Saving Club (BSLSC) provides people of all ages with the opportunity to enjoy the sea, in a fun and safe environment, with training, equipment and a variety of membership types. They support local water sports events with lifeguard cover and assist the council with voluntary lifeguard patrolling, out of season. Your funding was to purchase an Arancia inshore rescue boat and engine. BSLSC needed a second patrol boat in order to offer training for teenage and adult members.

The difference grant has made

Supporting events such as Paddle Round The Pier and the Brighton Triathlon as lifeguards



means that the volunteers can be responsible for up to 2,000 people in the

water. Membership of 14-18 year olds is at an all-time high as they are all eager to train on the two boats the club now own.

BSLSC was able to train two young women for the first time and witnessed them both growing dramatically in confidence, personally and at sea. The two young women were given the opportunity to run their own boat and have quickly surpassed the boys in boat skill, handling and confidence in rescues. Their involvement has generated more interest in the group among their peers so that it is now an even split between boys and girls wishing to learn at the Club. The

acquisition of a second boat has allowed the group to run voluntary patrols out of normal, council-run lifeguard hours. This has been incredibly important during holidays, such as at Easter when there are no regular lifeguards on the city's beaches. This means that the Club's trained volunteers might be the first port-of-call for someone who is in trouble at sea, during those times.

St James' Trust (Seaford) Ltd

£10,000

What activities were funded by the grant?

St James' Trust (Seaford) is a small, local charity that aims to provide social services and a wide range of activities for residents of Seaford and Newhaven. They maintain a spacious community centre where they offer a broad range of facilities. Their mission is to build stronger communities and enhance people's wellbeing in the area.

Unfortunately, the community centre had no disabled access to the second floor previously, making it a less inclusive space for members of the community with mobility issues. Your grant enabled the installation of a new staircase and lift, making the centre fully accessible for the first time. Funds also went toward refurbishing an old garage to a meeting/art room to expand the uses of the centre.

Real lives

One lady, who had been unable to access the top floor since the decommission of the old lift, had had to miss out on her favourite pastime which was hand bell-ringing with old friends. Since the installation of the new stair lift, she is once again able to access the room where the bell-ringing takes place. This has

considerably raised her spirits and renewed her interest and participation in her hobby. She is one of several in the group that really benefited from the stair lift.

The difference grant has made

The new stairs and stair lift have made the top floor of the community centre more accessible for all but especially older people and those with mobility problems. This has expanded the usefulness of the centre as a community space, enabling far more people to utilise the many and varied activities hosted at the Centre. Groups that currently use the space include Seaford Stroke and Caring Club, Seaford U3A, yoga, counselling services and family mediation.

The extra set of stairs also has the added benefit of providing a second exit from the top floor, in the event of fire or other emergency. The new meeting room is used for a variety of purposes, one of which is as a counselling room. This has been very well received and provides a private sound-proof environment in which vulnerable people can discuss their problems in total privacy with their counsellor.





Arun & Chichester Citizens Advice Bureau

£9,869

What activities were funded by the grant?

Arun and Chichester Citizens Advice (ACCA) provides free, independent and confidential advice on rights and responsibilities and helps people with their everyday problems. Your funding has paid for an experienced advisor who was able to see people referred by the energy efficiency worker and provide an income stabilisation and budgeting service in order to move people out of fuel poverty and make sure that they do not return to it.

Real lives

One woman, aged 52, had been recently bereaved and lived in a large house owned by a private estate. The house had fallen into serious disrepair with broken windows, large cracks in the walls, unsafe flooring, broken roof and guttering, doors that did not fully close and no heating or hot water. The passing of her husband unveiled a significant amount of debt of which she was unaware. With help from the team at ACCA, she was able to have an Environmental Health Officer attend her house and declare several hazards within the property. ACCA were able to work with other local agencies to have the £44,000 rent arrears cleared and the Local Authority agreed to place her on the priority housing list. She was put onto Universal

Credit to help pay her ongoing rent until she was rehoused, as well as a temporary Discretionary Housing Payment. With these changes, and budgeting advice from the team, she has been empowered to manage her expenses.

The difference grant has made

As the focus of the project was fuel poverty, it was expected that the majority of the advice needed for local residents would have involved debt, financial capability and utilities issues. However, welfare benefits was actually the most common issue, with clients either not claiming benefits they were entitled to or receiving incorrect rates. Through ACCA ensuring all benefits they were entitled to were received, the risk of fuel poverty was reduced in the area. Many financial issues were covered in the advice sessions, including Universal Credit by a large majority (35%). People were able to enhance their financial circumstances in a number of ways, from reducing every-day expenditure, negotiating repayment terms on loans, dealing with debt collectors and bailiffs, managing paperwork and budgeting skills. Some were directed to services such as food banks or bereavement services. Those who were isolated, whether geographically or socially were given advice on how to improve their connections to services or general wellbeing.



Steyping Community Orchard

£2,200

What activities were funded by the grant?

Steyping Community Orchard aims to restore Steyping's historic orchards, plant new orchards and encourage the local community to grown and use locally grown fruit. They run a variety of community events throughout the year including Apple Day and Wassail, plus open pruning and orchard management days for the public to get involved in. Four orchards in the area are currently being revived and regrown by the group.

The funding went toward much-needed equipment such as marquees and trestle tables for their outside events, plus orchard maintenance equipment. Previously, these items could be borrowed as and when needed but as they are now are a larger thriving group, they really need the security and reliability of having their own kit. They were able to purchase two 4m x 8m gazebos, eight 1.8m folding trestle tables, a multipurpose pruning, saw and fruit picking pole and a battery powered strimmer.

The difference grant has made

The Community Orchard continues to grow and thrive with local support and financial assistance from grants such as yours.

Despite heavy rain blighting their Apple Day event in the summer, over 200 people attended anyway and over £400 was raised for the group. Community events over the last year have brought new people into contact with the group, where they can enjoy themselves and learn new skills whilst recognising the benefits of growing and using locally grown fruit and engaging in the historic Orchards of Sussex.



Friends of Shoreham Beach

£1,800



What activities were funded by the grant?

Friends of Shoreham Beach Local Nature Reserve is an organisation set up to maintain and protect the special local natural habitat. They support marine ecology and enhance active awareness and understanding of nature conservation on the Reserve. Your funding paid for a professional insect survey on the Reserve which enabled the group to gain a better understanding of insect plant relationships and assist them to protect both.

Real lives

Dave Collins, Marine Ward Councillor commented after the lecture, "A fantastic insight to me, as I know nothing! A good turnout. Really worthwhile. Well done." Jacky Woolcock introducing Graeme Lyons commented how being with him during the survey had changed her behaviour in her garden. She said that she is now leaving bits

of old wood for the insects rather than taking them to the tip.

The difference grant has made

This project was the first complete invertebrate survey of the internationally rare Shingle habitat of Shoreham Beach Local Nature Reserve (LNR). It was carried out by

well known Ecologist Graeme Lyons whose specialty is invertebrates. He found 248 species of invertebrates in the area and of these 26 had some sort of conservation status – a high status for any Reserve. Among them was the tiny flightless wasp *Gonatus distinguendus*, the 5th ever recorded specimen to be found. This survey has proved the importance of this reserve and therefore the need to conserve it. It has increased understanding of what needs to be done to stop the decline of insect species on the reserve and to halt the present slow degradation of the habitat. If these ecosystems vanish we do not know what the consequences will be. Residents of the local area have become more aware of the special nature of the Reserve and the need of conservation as well as the beauty and complexity of the insect world. Publicity about the importance of the findings and the need of conservation management was done firstly by a lecture given by Graeme Lyons attended by over 50 people and secondly an article in the Shoreham Herald.

Lancing Sailing Club

£10,000

What activities were funded by the grant?

The Sailing Club in Lancing is run by enthusiastic seafarers who provide dignhy racing and training to the local community. Sailing courses are run free of charge for participants for all ages and abilities. Your funding covered their project to purchase a small group of durable sailboats which have been designed with training for beginners and young sailors in mind. The boats were used in a series of low cost training days open to the public (£10 for 3 days).

Real lives

Many people have developed and learnt to sail using the new Club Boats. One example is Tom who came to a Lancing Sailing Club 'Have a Go Day' having had a little sailing experience before. Having really enjoyed his experience, he decided to join the Club. The inexpensive training sessions and availability of the club boats for free during the sessions meant that Tom could progress his sailing for incredible value for money. The financial and training barriers taken away meant Tom progressed very quickly and last year began to compete. By the end of the season, Tom had purchased his own Laser dinghy and was racing regularly in challenging conditions. Tom was awarded the most improved sailor at Lancing Sailing Clubs annual Prize Giving on November 2018.

The difference grant has made

The grant has enabled Lancing Sailing Club to introduce people to sailing for no initial cost. They have run two 'Have a Go Days' where local people could visit lancing Sailing Club and be taken out for free on the club boats that the grant funded. They have also been able to run training sessions for anyone wanting to improve their sailing skills. Members of the Club have been able to access the club boats at the inexpensive hire rate of just £10 a day.



South Downs Leisure

£3,858

What activities were funded by the grant?

South Downs Leisure is a charity and Community Leisure Trust, delivering sport and leisure facilities on behalf of Adur and Worthing Borough Councils. Working in partnership with local clubs, charities, schools and wellbeing providers, they are dedicated to enhancing lives of local residents with a commitment to supporting community development. Your grant covered the cost of running The GreenDreams community event, enabling people to experience a diverse range of activities including environmental conservation workshops, interactive wildlife experiences and free wellbeing sessions including Tai Chi and Yoga.

Real lives

One stall holder at the Green Dreams Festival felt that the event was a huge success:

"I just wanted to share a heartfelt and massive thank you to all of you and the team at Field Place for organising - once again - such an inspiring and truly 'passion for local' event. As a stall holder it was an absolute joy chatting with visitors, staff and fellow stall holders, making so many new and very meaningful connections for future project collaborations. Looking at all the events

we've been to, Green Dreams really is a stand out festival that is nothing but genuine and perfectly showcases the wealth of diverse groups and activities we have in our town and the local area. It has become vital to us as an event where we find new customers, partners and volunteers and are provided with resources we would have never thought about even asking for if we hadn't had those conversations at Green Dreams."



The difference grant has made

The grant has made a huge difference to both local residents and community groups. Groups such as Transition Town Worthing were able to reach a much wider audience at the event and their participants doubled at the session following the Green

Dreams festival, engaging even more local people in sustainable living. Other successful local projects such as Worthing Men in Sheds, who reduce loneliness and isolation among older men, were able to publicise their meetings. The funding received greatly benefited the local community, as offering these activities for free enabled wider participation and reduced financial pressures on individuals attending the event.



Brighton and Hove's Wildlife Forum - House Sparrows Project

£1,000

What activities were funded by the grant?

The house sparrows project was led by Brighton and Hove's Wildlife Forum, an enthusiastic group of volunteers committed to conserving and improving the biodiversity of the Brighton & Hove area. Members range from experts in wildlife and diversity to enthusiastic locals with a passion for the protecting and preserving the area and its precious wildlife. Your funding helped the group to launch their House Sparrows project, allowing the purchase of essential items for the volunteers' work – nest boxes, bird food and wildlife seed. The project chose to focus on sparrows as Britain has seen a nationwide collapse in the sparrow

population over the last 25 years, with some areas losing up to 75% of the birds.

The difference grant has made

Awareness of urban sparrows has been raised in the area, and, more broadly, of taking care of wildlife in the city. Importantly, the Wildlife Forum have been able to work with groups who are not typically enthusiastic about the natural world or do not usually have access to projects such as this. A scientific study of the urban house sparrow population was completed as part of the project for future use of the group. Their online following has grown across different platforms, and 300 local residents have requested their monthly newsletter.



ORPS (Ovingdean Residents & Preservation Society)

£4,000

What activities were funded by the grant?

ORPS has been the voice of Ovingdean for the last 30 years. Its aims are to promote and preserve the area and to act generally in the interests of the district. They do this by leading and supporting community projects. Your funding went toward the costs of the group hosting the first ever Ovingdean Green Festival in June 2018, which aimed to increase awareness and care of the local environment whilst giving impetus and support to the establishment of the Ovingdean Green Conservation Area. The festival was a success and they have planned for two more in the following years.

Real lives

The Festival resulted in many examples of people who have changed their personal approach to saving the environment. For instance, some residents are now having milk delivered in returnable glass bottles by a

milkman who had a stall at the festival. One local resident, Fiona Richards, is now fully committed to reducing her use of plastic and is aiming to live a plastic free life – many others have made a similar commitment.

The difference grant has made

The grant enabled ORPS to run the very successful Ovingdean Green Festival for the first time, which connected environmental, conservation and wildlife groups with local residents. This has created a better awareness of the environment and the need to protect it. It has also led to specific ongoing initiatives such as Plastic Free Ovingdean and the Ovingdean Green Conservation Area, involving tree planting, regular beach cleaning and support for the Beacon Hill Nature Reserve. Stallholders at the festival such as Sussex Wildlife Trust and RSPB have benefitted from additional members. Highly positive feedback was received from public attendees at the Festival, verbally and through a questionnaire. Stallholder feedback was also very positive and all would like to come back to another event of this type. ORPS feel that the event fostered a real sense of community spirit.



Sustainable Sussex

£5,000

What activities were funded by the grant?

Sustainable Sussex facilitates hands-on activities such as gardening, growing, DIY and other outdoors work, offering meaningful work experience in sustainability. This experience, education and employment is offered to people who find access to the workplace difficult such as those with learning disabilities and other needs. Their projects aim to reduce isolation and encourage interaction between varied sections of society. The project you funded was to support the planning and community engagement processes to help utilise a space within their farm to become a nature trail, outside learning space and growing area. Funding covered costs such as administration, soil testing, community engagement work and materials.

Real lives

The group engaged with a local gentleman who has suffered with mental health problems for many years and often walks in the Sompting countryside. He had been a stockman - looking after sheep and cattle - but was out of work for a some time. Sustainable Sussex often encounter this gentleman on his walks, and they have had many discussions. 'For us, these meetings of like minds are so important' say Sustainable Sussex, 'Just offering people the space to be who they are and share what they have - is a beautiful thing.' This type of outreach can be

incredibly important for people who may not be touch with systems of health and social care.

The difference grant has made

The group has been able to offer meaningful work experience to people with learning disabilities and people with mental and physical health problems. These are opportunities that they may not find elsewhere.



Bramber Brooks Management Committee

£10,000



What activities were funded by the grant?

Bramber Brooks Management Committee is a part of the Bramber parish council responsible for managing the Bramber Brooks Nature Reserve area. Your funding was central to the launch of their new project last year, to establish a new Nature Reserve at Bramber Brooks. This area, rich in diverse wildlife, was a previously hidden part of land and is just metres from the Bramber high street. Opening up the area has enabled public access for locals to experience the nature closeby. Funds were needed to manage the new access, for items such as fences, gates, walkways and information boards. Working with Steyning Community Orchard group – also funded by Rampion – they have planted a small orchard at the southern part of the site.

The difference grant has made

The grant has enhanced the opportunities for locals to access the beautiful local site full of interesting flora/fauna and historical interest, thereby providing visitors with an understanding of the significance of these aspects in the world today. Additionally it provides visitors with a lovely peaceful area away from the hustle and bustle of modern life and a place where they can feel connected to nature. The site has been visited by school children and is already becoming a valuable educational resource for the area.



Sail Boat Project CIC

£10,000

What activities were funded by the grant?

Sail Boat Project CIC are a community sailing school widening access to the sea through public courses and sail training for community groups, to increase confidence and wellbeing. As part of their environmental work, they organised a sail cargo of 1,000 litres of olive oil from Portugal to Newhaven in 2017. With the funding, they were able to offer a programme of 15 sailing activity days for 90 people from disadvantaged communities living in coastal sections of the community benefit fund area. They were given the chance to experience how a sailing vessel can be powered by wind alone, with them actively involved as crew. They have focused on engaging disadvantaged groups who do not usually have access to these sorts of leisure activities such as LGBTQ groups. Three students from a local secondary school were trained in sailing in Brighton and then sailed the English Channel to attend a sustainability conference.

Real lives

Here is some of the feedback from people attending the sessions:

'It was a great experience for all of us learning how to helm a boat. All the crew were kind and helpful. I am really proud to have got my yacht masters beginner.'

'Great that it's offered to the trans can sport group. I would like to see it continued' [trans can is a sports club for trans youth in Brighton & Hove].



'Very welcoming and warm people with a multitude of life experiences'.

The difference grant has made

For the students who were able to sail the Channel, the experience was life-changing. One said it was the 'most memorable thing I've done in my life. Will be a famous tale for years to come.' In evaluations of the project, feedback was incredibly positive for the sailing club, with many saying they loved the people and the new skills they learnt. It was also clear from the data gathered by the group following the sessions that the majority of those attending had not been able to access this sort of opportunity before – it was a new and unique experience for them.



Grow Project

£5,000

What activities were funded by the grant?

The Grow Project works with adults with mental health issues in the greater Brighton & Hove area. They aim to significantly improve people's mental health and



wellbeing by connecting them with nature in a highly supportive environment, offering a variety of skills based activities and strong progression opportunities through the group's links with other agencies in the area. Funding enabled the group to run two eight-week courses called The Season where groups of 12 participants travel from central Brighton to the National Trust's Saddlecombe Farm or other locations in the South Downs and carry out a wide range of activities to suit mood, energy level, physical ability and interest.

Real lives

Valerie is a 67 year old woman who moved to Brighton from London in the last year after retiring. She has struggled to make friends and find her community in Brighton and applied to join Grow after a period of depression. She was struggling with retired life and various health conditions. She heard about Grow and was excited at the prospect of being in nature and learning strategies to cope with her stress. 'My wellbeing was transformed by the end of each Grow day' she says, 'I honestly loved the whole experience - it provided an anchor 1 day a week and its effects have helped carry me on positively through the week.' Since her involvement with Grow, she has been volunteering with Brighton & Hove Organic Gardening Group and making her own crafts from nature at home .

The difference grant has made

Everyone who returned their feedback forms reported that their mental health had improved either greatly, significantly or somewhat over the course of the sessions. 88% of those that completed the course and returned their feedback forms stated that their physical health had improved either significantly or somewhat. 100% of respondents stated that they had increased their social interaction as a result of their involvement in the project. At times of heightened levels of loneliness and isolation, this type of regular social contact can be extremely valuable for some people in maintaining their mental wellbeing. At least one third of the group participants have been participating in other nature related projects directly as a result of their involvement with Grow.

Synergy Creative Community CIC

£6,360

What activities were funded by the grant?

Synergy Creative Community is a mental health user-led and run community organisation. Synergy takes a creative approach to mental wellbeing by running weekly sessions of art, improvised music, creative writing, cookery and mindfulness meditation. Your funds helped them to run an art exhibition and series of public events to explore two significant themes: the fight against climate change and the need for good mental health. Using the offshore wind farm as a focus, individuals and groups produced art about their experience of the wind farm's impacts to the physical, biological and human environment, both on and offshore. The project has helped to demonstrate how the wind farm contributes to the fight against climate change.

Real lives

One particularly transformational personal experience was for project participant and artist Derek, who had heard about the project through a local service for individuals with personality disorders. He was specifically interested in the art activities and project themes, but not so keen on engaging with others, as he had often struggled with group dynamics in the past. Although it took a little while to build up familiarity and trust, Derek started to find that he did have a natural

affinity and desire to work with and exchange with others. This process was largely aided by project values being encouraged throughout and during activities, including collaboration, letting go of things being a certain way and trusting in the 'collective flow' of activities. As a result, Derek found that by the end of the project, he was keen to work in group contexts on a creative level, and was quite sad to have finished the project.



“This project is an exciting opportunity to explore the many benefits measures to tackle climate change could bring to our society – from locally-owned renewable power that fosters better community relations, to people-friendly streets that take away the noise and stress of traffic.” **Caroline**

Lucas MP, who visited the exhibition

The difference grant has made

People were able to explore and share personal views, fears, hopes and vulnerabilities around core issues in a safe and creative space, gaining a sense of shared experience and belonging. The result of this was not only cathartic but also contributed to the development, social engagement and confidence of the artists and participants involved. The project also invited artists and contributors from the wider community to engage in the activities and art-making, helping to raise awareness around core issues surrounding mental health and its links with our environments. The exhibition increased public engagement with environmental and social issues and helped to further public support and consciousness of the benefits of wind and renewable energy.

Sussex Community Development Association (formerly Newhaven CDA)

£9,864

What activities were funded by the grant?

SCDA aims to build stronger, healthier, and more inclusive communities across East Sussex. All activities are community-led and driven by evaluation.

SCDA supports partnerships between voluntary, statutory and private sectors to address needs across five integrated work streams: health and wellbeing, employability, advice and

inclusion; community development and care and support. With the help of your funding, the group has set up a range of recreational group activities in and around the South Downs National Park (SDNP) that benefitted the health and wellbeing of people and their opportunities to make social connections. The aim is to help break down barriers to accessing SDNP and local green spaces for disadvantaged groups.

The difference grant has made

The valuable landscape of the SDNP is chronically underused by people from deprived communities who live on its periphery. This includes the communities of

East Brighton, Peacehaven, Newhaven and Seaford, where there are high rates of poverty. Poverty is closely linked to poor physical and mental health outcomes and people from these communities experience some of the worst health outcomes in East

Sussex. Access to green space brings with it a host of health benefits and SCDA want to highlight this with their projects.

Alongside the people living in these areas, SCDA created a range of group activities in and around the

South Downs. Project workers built relationships with local people, listening to their needs, and working with them to plan ways to overcome the barriers to health and wellbeing they were facing. They were then able to bring together small supportive peer groups of 6 – 10 participants with common interests and shared experiences e.g. long-term health conditions, mental health issues, disability, older people, carers, people from minority communities or long-term unemployment. They also delivered a number of one-off events and activities in and around local open spaces to benefit health and wellbeing alongside building social connections.



Sussex Sailability

£22,360

What activities were funded by the grant?

Sussex Sailability enables disabled people to take part in the sport of sailing. This gives disabled people the opportunity to experience water-sports, learn to sail independently and take part in competitive sailing alongside able-bodied sailors at a club and national level. Ensuring the safety of all sailors and volunteers is a top priority for Sussex Sailability, therefore the funding was to replace and equip the safety boat and ensure that it is maintained to a high standard in order to provide safety cover to disabled sailors in the River Adur and at sea.

Real lives

Here is a story from one of the participants:

'In 2014, I suffered a severe stroke. Helen, my partner, was told I probably wouldn't survive – but if I did I would not be able to eat or speak and I'd have only very limited movement. I was lucky. I have lost all feeling in my right side – but I can eat and talk (pretty well normally now!) and can take care of my basic needs. I can listen, understand and think as before. But, I am now significantly disabled and have to use a wheelchair (an experience I'm still getting used to). Helen, me and my son had tried sailing a few times before the stroke – and so in 2015 Helen looked around for opportunities for disabled sailors and found Sussex Sailability. They trained us and supported us onto the water – and we have been regular sailors ever since. Sailing is hugely important for me in two ways. Firstly, sailing helps my continued physical improvement. Secondly, sailing demands concentration as well as physical

effort. This, and being in the open air, has been absolutely vital for me emotionally. The more I sail the better I get. The longer I can be out, the more active I am. Being out on the



water makes me feel better, happier and less disabled. And, there's a wonderful social side too. Helen and I have made many new friends through Sussex Sailability and are now part of a group which includes both disabled and able bodied people. I've discovered that life after such a shocking event can still be fun, interesting and meaningful, if you can push yourself – and if you have the right support.' - Stephen Lawrenson

The difference grant has made

In 2018, 60 disabled people took part in over 300 individual sailing experiences. This has given each of these disabled people an

opportunity to discover the simple joy of being outside and on the water, to develop their skills and confidence by learning how to sail or to push the limits of their ability by taking part in competitive sailing alongside other able-bodied and disabled sailors. Sussex Sailability gives to many a rare sporting and

social opportunity. The participation in the sport of sailing provides the benefits of physical activity, helping improve participants' strength and coordination. Just as importantly, it supports the mental well-being of disabled sailors who become engaged in an active social and sporting club.



Association Cybèle (UK)

£4,700

What activities were funded by the grant?

Association Cybèle organises diep~haven, an annual cross-channel arts festival in East Sussex and Normandy focused around Newhaven and Dieppe. Working in collaboration with local cultural and community organisations, they reflect on our expanded territory through artist residencies, exhibitions and events for local people and visitors from further afield. Your grant supported an artist-led education project and exhibition with local school groups in Newhaven, connecting children to their immediate natural environment and generating discussions around environmental change.

The difference grant has made

It has provided an opportunity for children to learn outside of the classroom and to engage with the local landscape. The project enabled two classes of children aged 9-10 from two local primary schools to create pinhole cameras from used drinks cans, which were positioned around the landscape, capturing unique images. The pictures produced served as documentation of ecological change and together helped form a better understanding

of local nature. A second round of workshops took place, where young students were encouraged to discuss environmental change in relation to the photographs. The pictures were then enlarged and put on display for the public at Bishopstone railway station, YHA Southease and Living Coast. The images formed a trail that were part of the



2018 festival guide for the diep~haven event, overall encouraging people to explore their local environments further.

Cycling Without Age (previously Pedal People)

£5,000

What activities were funded by the grant?

Cycling Without Age use volunteer 'cycle pilots' to take care home residents out on cycle rides along the seafront. They bring generations together using special Trishaws (three-wheel cycles with passenger cab upfront). The project tackles loneliness and isolation among the older population in a fun, environmentally friendly way. Your funding supported salary costs needed to complete their first year as an organisation.

Real lives

Here is some feedback from participants who thoroughly enjoyed the experience:

'Today was so unexpected, so wonderful to be out like this. So many passers-by smiled and waved. I loved it!' Shirely, aged 82

'It's the best thing I've done in years' – Eileen, aged 90

'I feel back in the land of the living' – Violet, aged 95.

The difference grant has made

The rides are deeply popular with the care home residents and virtually all want to go again after trying it. The care homes now have to operate a rota system for going out on rides due to the high demand. Carers have reported that passengers with dementia have showed improved mood, reduced agitation and even better sleep after rides. The rides bring older people back into society, allowing them to interact with anyone who might be about.



Age UK East Sussex

£7,372

What activities were funded by the grant?

Age UK East Sussex are the primary county-wide organisation supporting local older people. They are independent,

locally focused and led by the needs and aspirations of those in later life. The main areas of the services they deliver are: day opportunities, information and advice, preventative health projects and post-hospital discharge support. Your funding has helped to support their Day Clubs in Peacehaven and Newhaven. Each club runs one day a week, fifty two weeks a year.

Real lives

One of their clients, Derek, has been attending both day centres for five years. He was referred by adult social care as he was experiencing severe depression when his wife passed away. He had been a very social person but stopped activities due to poor mental health and lack of mobility. He began attending once a week and his carer saw that it was helping his wellbeing. This man had not been out socially for years, but enjoyed spending time at the centre. He now tells everyone that visits the day centre that it has saved his life, stopped his depression and given him a new lease of life.



The difference grant has made

The Havens provide the opportunity for those in later life to get out of their homes for at least one day a week. In doing so, people have

been able to improve their social interaction and experience positive benefits to their health. In the safe environment of the Havens day centres, members can make new friends and form support networks. Members are given the opportunity to celebrate a range of social events at Christmas, Easter, royal events and significant birthdays.

Events and daily activities greatly help alleviate depression, lift moods and improve overall physical and mental health and well-being. Activities such as Tai Chi and Yoga have great results for alleviating stress. Independence among older people is improved through shopping trips, days out to Dementia friendly screenings at a local cinema and picnics at the seaside. Members feel more in control of their lives with talks and practical advice about energy saving tips, housing issues and, for those on a low income, benefits checks to improve their financial situation. Family, friends and carers also feel more in control having at least one day week where they can have some time to themselves, confident that their loved ones are being well looked after.

Armada Trust

£9,890

What activities were funded by the grant?

The Armada Trust is a small charity supporting and promoting access to watersports for children and young people who have not had the chance to participate, whilst educating them around the importance of the environment, sustainability, wind energy and recycling. Your funding supported an innovative and engaging Rampion Schools Tour between April and September 2018, targeting 10 schools in the Rampion project area, with workshops delivered and lead by one of their Trustees, local kitesurfer and international athlete Lewis Crathern.

Real lives

During school visits teachers frequently mention how amazed they are at certain children's progress with the kite. Children that might not engage typical group exercises are often inspired to have a go. Kite flying can help these types of children to realise their potential and this can really boost their confidence and self esteem. At one school, a child with special needs shocked all of his teachers and the group members with their natural ability. This child's peers began cheering for him and the impact on him was clearly visible. He couldn't stop smiling.

The difference grant has made

The group have directly influenced 3,435 young people on the importance of wind energy and looking after the environment



more broadly. They engaged these young people using the exciting modern sport of kitesurfing which proved extremely popular. They were also able to try a new sport in the form of powerkite flying which is a great way to get outdoors and get active. Kiting is also a great way to demonstrate the power of the wind as the children can feel the power behind it themselves when using the kite. The influence of Lewis Crathern was a highly positive one, and the group feel that his role will have ensured the messages stick with the children and may encourage them to pursue the sport.

Worthing Rowing Club

£9,388

What activities were funded by the grant?

Worthing Rowing Club (WRC) is involved in competitive and recreational rowing on the sea throughout the year. Their mission is to promote the participation of the members in the sport of rowing and other sporting activities. Your grant was used to facilitate the restarting of indoor rowing clubs.

Real lives

One young person, who who never enjoyed sports at school, came along to try out the club after a friend persuaded them. Initially, this member of the group was shy and stayed on the fringes, but with the encouragement of the team members they have become much more active and began helping with the junior section. They have been successful in competition, lost weight and become more confident in themselves. Another young person with little prior interest in sports also became involved after attending and enjoying a learn to row course in the autumn. Since

then, they have been a regular attendee. Friendships have been made and they have begun to compete. Lots of the group members have similar stories of their involvement in the rowing club - older adults who have not been involved in sport for many years but want to do something more than just going to the gym for exercise.

The difference grant has made

The grant has enabled the group to provide coaching and introductory rowing classes to adults and provide new equipment for both adults and juniors to use. This has meant a greater use of the rowing club facilities by all age groups. Those who were new to the sport have learnt new skills and had the opportunity to get fit through participation in the low impact endurance sport. The on-water rowing practice has encouraged people who were initially wary of being on water. The funding has allowed upskilling of existing members, enabling them to pursue coaching qualifications and provided them with new equipment to use during coaching sessions.



Tarner Community Project

£5,000

What activities were funded by the grant?

Tarner Community Project is a community charity in the Tarner district of central Brighton, specifically tasked to support those experiencing high levels of deprivation. Your funding supported essential maintenance and improvements to a TCP building, one that is utilised and enjoyed by a broad range of community members and to fund maintenance and development of the community kitchen garden and outdoor space.

Real lives

Many more unemployed families now access the garden and grow flowers and vegetables - an opportunity they would not have had otherwise. Young people living in local council flats do not usually have access to any outdoor space but after moving the young people's clubs to nearby open spaces, many have reported enjoying the outdoors sessions more. One family living on a nearby council estate have four children under the age of 20 and all the children access the Tarner's youth project. This offers the family considerable respite as their home is very small and there is no garden. For a while the children stopped coming, but with the improvements to the project, they now all attend and fully enjoy the park, garden and participating in weekly sport sessions. They have also been attending the cooking sessions where a chef is present, allowing them to grow food and cook together. These are all activities they can't participate in at home.

The difference grant has made

With the funds, the outdoor area has been dramatically improved and cleaned up,



making it a nicer, more welcoming public space. It has become easier to maintain and can be used more regularly. Two table tennis tables have been installed in this area which the whole community enjoys, and their placement would not have been possible without first clearing the parkland. The garden has also been developed and is a great resource for the project and the wider community. The new space has allowed Tarner to provide raised planting beds to the Brighton & Hove Unemployed Families Project, Creative Kids (project for home educated children) and for a group of parents with English as a Second Language (ESL). The rotten planters outside the building were become a health and safety issue and eyesore and now are safe and look attractive. The notice boards had been derelict for many years but now disseminate information to the community. With the improved facilities, there have been more children and young people attending and becoming active in gardening and cooking.

We Are FoodPioneers CIC

£10,000

What activities were funded by the grant?

We Are FoodPioneers are a Worthing based social enterprise delivering food related events and projects with and for predominantly disadvantaged neighbourhoods. Activities include communal cookery, food growing, a community rooftop honey project and an HLF funded two-year local fisheries project, "Last Fisherman Standing", celebrating the town's rich fishing heritage. Funds were used for the launching of an innovative seaweed project 'From the Sea Health' to restore and celebrate the town's connections with a food and fertiliser source that is also vital for the marine environment and wildlife. The group want to deliver a year-long events programme including seaweed cookery, bathing and pop-up shops and conduct a feasibility study in partnership with Dutch company Noordzee Boerderij to scope seaweed harvesting and farming off the coast of Worthing, a project they plan to progress to development stage in the future.

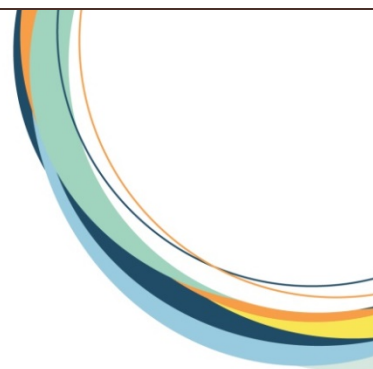
Real lives

One family who got involved in the Algaenarium weekend found it made a really positive difference for them in many ways. Their daughter was able to learn about and explore marine species through the medium of art, the parents both enjoyed learning about the skin-healing properties of seaweed and the potential to make home-made scrubs. The educational videos and talks

made a big difference in their knowledge of seaweed and marine life. The husband and daughter were also involved in the beach clean. "We really came together as a family and with the wider community, stayed the whole weekend and had lots of fun." J Ward says.

The difference grant has made

With the funding, the group were able to host three seaweed cookery sessions and demos at Worthing Food & Drink Festival 2019 as well as at Northbrook College. All of the sessions were fully booked and 150 guests attended their cookery demo on stage at Worthing's Steyne Gardens. The emphasis on seaweed is part of their attempt to encourage it to be used as an alternative for salt and reintroduce it as an ancient 'superfood' source back into modern diets. Responses from their cookery classes and demos showed that participants had learned more about the vital importance of seaweed for the natural environment and for people, that they were more inclined to use seaweed to cook with in future. The Algaenarium weekend proved that - when given the chance - public interest in using seaweed for health and wellbeing is growing, and the will to nurture and protect seaweed as part of our source for oxygen and vital nutrients is there. This project has definitely helped to reconnect locals to their natural marine environment, learn more about the ancient superfood source seaweed and want to use seaweed to improve their own health & wellbeing.



Marine Conservation Society

£9,900

What activities were funded by the grant?

Marine Conservation Society protects the seas, shores and marine life. Their vision is for seas full of life, where nature flourishes and people thrive. Your funding has helped to raise awareness of the Kingmere Marine Conservation Zone between Worthing and Littlehampton and educate the local community through a website, local exhibition and the installation of permanent interactive signs along the seafront. Signs promote the work of the conservationists, local marine ecology and sustainable fisheries. The Kingmere sea area is located just inland of the Rampion Wind Farm.

The difference grant has made

Most local residents could not believe that the exhibition was where they lived – they were surprised and intrigued to learn about the diversity of wildlife offshore. Lots of residents expressed their excitement at the exhibition and were encouraged to visit the website for more information. One exhibit, 'Super Dads of the Sea' was in place for two weeks and received lots of visits over the February half-term from local families.

The grant allowed a website dedicated to Kingmere Marine Conservation Zone to be set up, celebrating the area and providing information. Signs were installed at 'hotspots' along the coastline from Lancing to

Goring and the team made an effort to ensure that the language and information used was accessible and understandable for all audiences. The information points were also interactive, as QR codes could be scanned by the public and their device would take them to a relevant web page with more information.

As a result of the website and exhibits, people are now better able to appreciate their local underwater world and how special it is. When showcasing the website at the exhibition, visitors made comments to the team members such as 'I can't believe that fish is from here, it's so colourful it looks tropical' and 'I'm going to look out to the windfarm and think completely differently about what's happening underneath'.



Green Centre CIC

£8,650

What activities were funded?

The Green Centre provides a program of environmental activities, including carefully researched information and advice, for residents of Brighton & Hove including reuse and recycling, renewable energy, sustainable water, local and sustainable food, sustainable transport, land and nature, community and culture, fair-trade and health matters. Your grant financed the first ever One Planet Living (OPL) curriculum which was delivered through their website, an exhibition and workshops. The aim of the curriculum is to deliver a coherent environmental message to the residents of Brighton & Hove, focusing on 'One Planet Living'. An OLP exhibition was displayed on the lower deck of their double decker bus, also offering workshops, parking it at various sites throughout the city.

Real lives

In December 2018, the group took on Maike, a young German student, as an intern for three months. Maike was involved in the design of the bus conversion, worked alongside Heather Quin and students of Roedean School on the art work in the stairwell, helped research and develop the Green Centre Recycling Guide and the Materials Fact Sheets, helped research and gather information for the Equity & Fairtrade principle of One Planet Living and was involved in the day to day running of the Green Centre and the Real Junk Food Project Brighton. She had significantly improved her knowledge of One Planet principles by the end of her time with them, and returned to Germany determined to change her habits. "I will try to reduce the packaging I buy and I will definitely research projects in Cologne that tackle food waste," she said, "I want to give

a lot more thought into the materials I buy; where they come from, how they are made and what happens to them after they have been used".

The difference grant has made

The group was able to complete the conversion of the lower deck of the bus, although the top deck has been delayed. They have continued delivering their Reduce / Reuse / Recycle program at Brighton Open



Market every Thursday. This diverts materials away from landfill and incineration and contributes to the Zero Carbon and Zero Waste principle. They encounter between 1,000 and 1,200 people every month through this one-day-a-week outreach, totalling 10,000 annually. In the year of the grant, Google Analytics showed the traffic to their website increased by 95% compared to the year before the grant and in the first 3 months of this year traffic to the website increased by 107% compared to the first 3 months of the previous year. The Green Centre Facebook page has grown significantly, with two posts last year reaching 31,400 and 27,300 people respectively. The group have been invited by Brighton & Hove City Council to lead on a collaboration of environmental organisations to create a re-use centre.

Lancing Kitesurfing Club

£7,310

What activities were funded?

The Lancing Kitesurfing Club is a not-for-profit that exists to provide an inclusive community for all 'kiters', covering everything from safety, awareness, coaching training and development, putting on social events and organising local/national competitions. Your grant allowed the Club to provide free training for local children through ten 2-hour powerkite sessions and beach awareness sessions. They were also able to build up their pool of skilled volunteers to support this training and continue Lancing Kitesurfing club for subsequent years. The group feel that it is important to increase the accessibility of kitesurfing and build awareness and understanding of the beach environment. They operate in an area covering Shoreham, Goring and Hove.

The difference grant has made

The first part of the funding was used to refresh the interior of the club house, adding



items such as shelving, PA system, chairs, first aid kits and a BBQ. It also went on crew training. The second part of the funding went toward developing the HiGH FLiERS powerkite taster initiative, providing sessions to young people. The sessions aim to introduce and build understanding of the weather, in particular the wind. Through kiteflying, children can build their knowledge of how the wind is used to propel ships, wind turbines, generate electricity among and other things. Sessions are exciting and popular, with lots of participants and their parents asking if they could have further sessions or sessions for the whole family.



The Real Junk Food Project Brighton

£9,982

What activities were funded by the grant?

Real Junk Food's mission is to serve healthy food to the community made from food destined for landfill. They use approximately 6 tonnes of 'waste' food annually, food which cannot be sold but is fit for human consumption. They serve 500 meals every week in pop-up cafés at venues across the city. They have a storage facility, the Bevendean Waste Food Hub, for which your funding was used to employ a brand new, part time stores manager. Employing

someone to do this has helped to further minimise food waste through better stock management and increase the number of meals served. **Real lives** Ellen, is in her mid fifties and has become a regular volunteer at the food hub. She told us: "Being a regular volunteer for more than two days a week, you start to get a feel of how everything is run and you learn the responsibility of the position. It is nice to know the directors trust me and that that they know I will do a good job and also that I can rely on them for help or advice. I first came here over a year ago to help with painting and decorating and haven't left. I



gives me a real feeling of achievement to know that I'm making a positive impact on my community and also helping to reduce the horrific volume of food waste that happens every single day - I am playing my small part and helping to reduce that. Today, I am trusted to help run the Hub. I feel like I am a valued member of the team and that me and other volunteers have a voice, we contribute to how the shop is run and if we suggest something those suggestions are listened to. I feel as if I am a valid member of the team. It's also very nice to get to know the local community, and to hear their positive feedback. It has given me a real sense of confidence and I feel good about myself as I'm making a positive difference."

The difference grant has made

The primary beneficiaries of the grant have been people living in Bevendean close to the Food Hub who have been able to use the store as a place where they can pick up food that was destined for landfill but was intercepted by The Real Junk Food Project. The food - a mixture of provisions, fresh fruit and vegetables as well as some prepared

foods - can be taken on a pay as you feel basis. Over the course of the year, they have increased the opening hours of the Hub. They have gone from being open a few ad hoc hours a week to opening between 1pm and 4.30pm Monday to Friday. Residents of Bevendean have reported to the group how pleased they are to have not only the opportunity to be involved with the project, but also how great it is to have a dynamic organisation choose to be based in their community.

People enjoy coming to the Hub and chatting to staff and volunteers. Many people also report that being able to have access to food on a pay as you feel basis makes an enormous difference to their life because food is expensive, particularly when money is scarce. Providing an alternative, daily shop service has been an unexpected but enormously beneficial outcome of this project and its funding and the group are extremely grateful. Intercepting more food year on year - 10618.99kgs in January 2019 - means that the group continue to have a positive impact on the environment while providing people with healthy, affordable meals.



World Cetacean Alliance

£10,000

What activities were funded by the grant?

Based in Brighton, the World Cetacean Alliance (WCA) is the world's largest marine conservation partnership. WCA champions the protection of marine habitats through community engagement, by focusing on whales and dolphins (cetaceans). The Brighton Dolphin Project is WCA's local initiative, and includes a soon-to-be launched Visitor Centre on Brighton Beach. The grant has funded an initial Education Officer to run the new Visitor Centre and engage the local community and tourists on Brighton Beach, as well as on board tour boats visiting the Rampion Wind Farm

Real lives

One volunteer graduated from Plymouth University with a 2:1 in Marine Biology several years ago and has since been trying without success to get her career going. She knew from day one that she was passionate about marine mammals, and that she wanted to work with them, but finding opportunities in this area can often be challenging, particularly in southern England. She was almost ready to give up and change her career path completely before seeing an advert for a volunteer evening at the Brighton Dolphin Project. She now volunteers for WCA as a Research & Sightings Volunteer, helping to run the photo-ID catalogue and their public sightings research project as part of a team of like-minded people. This has given her an opportunity to develop her experience in data analysis, as well as being able to gain experience as a marine biologist guide on the

boat trips, which has allowed her to increase her confidence working with the public. She now hopes in the future to be able to travel and use the experience gained from volunteering for the Brighton Dolphin Project to work with responsible whale watching companies helping to collect data and photo ID images, so that conservation measures can be implemented.

The difference grant has made

The discovery centre located by Brighton pier is a hub for the local community to learn more about the marine wildlife in Sussex. Many people that come into the centre initially had no idea that dolphins were ever seen in Sussex and leave inspired to protect the environment. The Centre has also hosted a series of marine expert lectures, which allow conservation organisations in Sussex an avenue to promote their work and increase awareness about action being taken to safeguard the future of marine life. As a part of their programme, they run short boat trips along Brighton seafront. This allows many local people to go out and experience their city from a different angle, whilst offering them an insight into the marine environment. They have a permanent beach clean fixture outside our centre called the 2-minute beach clean which gives people the tools (such as litter pickers and buckets) to pick up litter off the beach. The Brighton Dolphin Project also provides fantastic volunteering opportunities for people in the local community, providing an opportunity to those who want to volunteer with marine wildlife but can't necessarily afford to go overseas.

The Appreciation Society CIC

£9,860

What activities were funded?

Through art, design and permaculture, this CIC produces projects that raise awareness and build skills and knowledge towards sustainable and regenerative practices. Funding was to develop a community design project 'A drop in the ocean', covering costs of project planning, supervision and documentation, fees, workshop costs, materials, communications and publicity (graphic design, copywriting, web and print).

a local activewear brand and became one of their ambassadors, and is now a regular volunteer with Surfers Against Sewage.

The difference grant has made

A 50-metre long installation of plastic bottle tops now sits along the fence of the Volks Railway at Brighton seafront. A total of 29,684 bottle tops were collected from the beach by volunteers and 27 workshops were put on attracting 150 volunteers to take part in the build. The final installation stretched



Real lives

India Lauren turned up by herself to the first workshop and returned every single day afterwards. "This was one of the first things I did for myself this year," she says, "sounds silly but being brave enough to go into a room full strangers and create something with them turned out to be some of the most fun I've had all year! A Drop in the Ocean you are amazing!" not only did participating in the group help lift her spirits – the team later found out that she had gone through a period of depression – it offered her networking opportunities to develop her career. She met

for 449 metres. Representatives from the City Clean team answered questions about the council's role in recycling plastics, and other local organisations, like The Green Centre and Surfers Against Sewage, shared their expertise and knowledge with participants. Participants were often keen to share also practices and habits they had adopted at home and in their work places. Passers-by were in shock when they found out where the tops were coming from and how many of them had come from the beach. The installation is now a little local landmark.

Refugee Radio

£6,950

What activities were funded by the grant?

Refugee Radio is a charity for refugees, asylum seekers and vulnerable migrants. They are dedicated to promoting refugee integration and reducing isolation. Your funding supported a weekly walking group enabling people suffering from PTSD and depression to improve their wellbeing through engagement with the South Downs and the natural environment. The participants were refugees, asylum seekers, people with substance misuse problems, people experiencing homelessness and people leaving the armed forces.

Real lives

One of the biggest changes that the group have seen is in Kumar, one of their new walkers last year. When he first attended he was very quiet and withdrawn and was suffering great distress from previous traumas from the country he fled from. He was distressed and found it difficult at first to even walk into the room. He would always wear a green woolly hat pulled tightly over his head and a thick jacket, whatever the weather. He explained nervously that he felt insecure about taking them off. He did not have any friends in Brighton and had experienced homophobic bullying by some of the other men in the homeless hostel where he was staying. He was from a rural area in his home country but since arriving in the UK had never left the city and had never been anywhere on the South Downs. On the most recent walk, Kumar was hardly recognisable as the same person. His hat was off by the end of the walk and he was just wearing a shirt and a big smile on his face. He had enjoyed feeding the ducks and posing for photos by the lake and was happily sharing a sandwich with a lady he had never met

before. The walking group has not fixed his problems, but it has made a big difference on his mood and state of mind so that he is better able to cope with what life throws at him.



The difference grant has made

The group used the Short Warwick-Edinburgh Mental Wellbeing Scale to collect information every week from the participants and monitor changes across a range of wellbeing indicators. All walkers reported an improvement in their social interactions, health and confidence against the initial baseline data. Walkers also reported that they felt more positive and socially connected, with an 80% improvement across the group. Walk leaders often witnessed a transition in people from the start of the day when they were more withdrawn to the end of the day when they were smiling and laughing.

Brighton & Hove CAB

£10,000

What activities were funded?

Citizens Advice Brighton and Hove provide free, confidential, independent and impartial advice as well as campaigning on the big issues affecting people's lives. Their goal is to help everyone find a way forward, whatever problem they face. Citizens Advice is open to everyone living or working in Brighton and Hove. Your funding went to support the Warmth for Wellbeing project which targeted some of the City's most vulnerable residents who are living in fuel poverty, unable to heat their home and whose health is suffering as a result.

Real lives

One client was a man in his 40s living in private accommodation with a partner who acts as his carer. He had been refused PIP, and had been working independently to appeal the decision, particularly relating to the daily living component. He suffered with frequent seizures – more than 40 a month – leaving him extremely vulnerable in the community, and needing to rely on taxis for door-to-door transport to reduce the risk of seizure and being alone when they occur. His reliance on taxis to travel anywhere was becoming a financial burden and he was

becoming increasingly isolated and struggling to pay the bills. With Citizens Advice's help, he finally received a successful outcome of his appeal for benefits. He was awarded £4,558 per year for living costs and a back payment of £5,697.

The difference grant has made

The clients supported have multiple and complex needs, often arising from health conditions and disabilities – 70% of clients had a declared health condition or disability – and they did not feel able to understand the benefit system or apply for benefits independently. The financial support gained from grants such as yours pays for all aspects of life, and for many is their only source of income. Citizens Advice Brighton were also able to operate in outreach locations in the community with this funding, which they do not normally have the funds to allow, meaning the people that were reached were from communities that often cannot access this service. Outreach at Brighton locations brought the group into contact with the homeless or 'hidden homeless' e.g. sofa surfers to gain stable income and work on their financial health while addressing their physical and mental health needs.



Moulsecomb Forest Garden & Wildlife Project

£10,000

What activities were funded by the grant?

Moulsecomb Forest Garden and Wildlife Project work in one of the city's most deprived neighbourhoods, primarily with young people struggling in the classroom and adults with learning disabilities. They offer an outdoor education in a natural environment, a chance to learn new skills, gain qualifications and, importantly, to feel part of a supported community. This funding was directed towards Supported Internships, using the garden as a stepping stone to further volunteering and ultimately paid work. Adults with learning disabilities were offered the opportunity to take part in cooking sessions, where they help prepare meals for up to 30 people. They learn about food safety, cooking, knife skills, food preparation, cooking on a budget and healthy eating, including how to grow and harvest fruit and vegetables grown at the project.

Real lives

A support worker says: 'The garden has been a magical place for A. It is a space where she is able to go at her own pace, explore, problem solve and engage in real, meaningful and important work. A has profound and complex needs and requires support, both practically and emotionally, throughout her day to day life. To have the time and space to properly engage in a job, be it watering plants, weeding or using the wheelbarrow, allowing her support staff to step back, is invaluable and rare for someone in A's position. Since starting at the project A has gotten to know the different people and jobs and can find her way around, needing very

little support to locate equipment and get on with her task. A has historically struggled with being outside, let alone engaging in hard work and manual labour. It is a testament to the project that A feels safe, happy and fundamentally that she is part of a community and has a purpose.'



The difference grant has made

As disability services are cut, more people are being sent to the project – but with no funding attached. Many students have autism and learning disabilities and cannot cope in mainstream education. Some need 1 to 1 support at all times. The benefit of this project is that these young people can have close support that they do not receive in school or college. The group rely on funding such as Rampion's.

Ouse & Adur Rivers Trust

£10,000

What activities were funded?

Ouse and Adur River Trust are dedicated to the environmental protection and enhancement of the Rivers Ouse and Adur, their tributaries and the surrounding habitat. They achieve this by delivering projects and working with communities to increase awareness and understanding of the water environment and the wildlife which depends on it. The current project which you helped to fund was "Helping Hands for Harvest Mice" working to raise awareness in the local community of Sompting. This project encouraged the community to become involved in surveying and tracking harvest mice on the Sompting Brooks, with the aim of starting to instigate a sense of



ownership for the site which will be opened to the public in 2019. Grant money was used to collect, process and analyse both population and genetic data on this elusive and little understood species.

Real lives

One of their volunteers was a young, single mother living in Sompting who had always had a interest in wildlife. Caring duties for her young child meant she lacked the time to follow her passion, but the group were able to find a couple of activity sessions which fitted her schedule. Over the sessions, team members were able to supply information

about courses at local colleges, one of which she applied to and started in September 2019. She noted it was down to meeting the Harvest Mouse team that she chose to follow her dreams and she was really excited at the prospect of going back to college.

The difference grant has made

The grant has provided opportunities to all within the local community to get outdoors into previously inaccessible greenspace and to interact, in a controlled environment, with the wildlife living on their doorstep. It has

enabled people to see and get hands on with rare and elusive species and to discover more about the value of their local environment. In addition, the project provided benefits to

individuals by offering after-work sessions, which people were grateful for after busy and stressful days at work, finding that being outside in nature boosted their mood. The group have ensured the accessibility of sessions for People with mobility issues and other physical disabilities, giving them the chance to get involved in a project they might usually struggle to access. The project also brought together people who had not previously met and new friendships have been formed. Finally, the project was noticed by other organisations, specifically the Devon Harvest Mouse Project. This project inspired the DHMP to start its own citizen science project.



Community Transport Sussex CIO

£45,500

What activities were funded by the grant?

CT Sussex aims to provide relief from social isolation to members of the community by keeping them connected through the provision of accessible transport. They cover roughly 1/3 of West Sussex. CTS required funding to replace the ageing diesel Henfield community bus with a new more Eco-efficient mini-bus and 2 fully electric wheelchair accessible vehicles. This has facilitated approximately 9,000 additional passenger journeys in the area.

Real lives

One of their many beneficiaries is Colin, a 44 year old man with severe disabilities. He finds it very difficult to get out and about and has difficulty travelling on the larger minibus with lots of other passengers as the slightest knock on his legs is extremely painful. The new, single wheelcahir EV's mean that the team can collect him from his door and take him to the MS Society rehab centre in

Southwick in comfort. This has led to Colin being able to attend twice per week rather than once a month. The additional sessions have had a transformative effect on his wellbeing, as he is able to be so much more active following each session. This has also meant that Colin's wife has been able to return to full time work as she was previously fitting work in around his care.

The difference grant has made

The grant has made a significant difference to the lives of 154 members who were among the most socially isolated in the community. During this first year the new vehicles have facilitated an additional 2,482 trips, on top of the 110,000 passenger trips already provided. The vehicles now being used have significantly reduced emissions – up to half of what the old ones were using. They are also charged using a solar farm at the depot, so running costs are minimal. The group has diverted those saved transport funds toward its services.



Transition Town Worthing

£10,000

What activities were funded by the grant?

Transition Town Worthing enable the community in Worthing and district to live more sustainably by raising awareness about the effects of climate change and ways to mitigate them. Their programme includes their annual Beach Clean, Eco Open Houses and Community Energy Local projects. Your funds enabled them to provide a local community energy service which alleviates fuel poverty in Worthing, assists people and community groups to assess and improve their use of energy and if desired switch suppliers (including to renewable sources) and to better insulate their homes and buildings thereby continuing to reduce CO2 emissions.

Real lives

One older couple attended the drop-in energy advice clinic after hearing about its usefulness. They were living on pensions but had chosen green energy supplier over a supplier that offers the Warm Home Discount (WHD), as this was important to them. Their tariff had run out, so Transition Town were able to recommend them to switch to Green Network Energy where they will receive energy from renewable sources for 18

months. The switch has reduced their energy costs and ensured that they will keep a warm house.

The difference grant has made

Beneficiaries of the energy project have saved an estimated £15,000 through switching energy tariffs, reducing their consumption, and through applying for the Warm Home Discount. In addition, an estimated 35 tonnes of CO2 emissions have been prevented which benefits the global community. Locally, the community benefits from the existence of a fuel poverty support network – many of the beneficiaries have been vulnerable people in fuel poverty. The service has assisted people dealing with health and financial problems to be able to afford to stay warm over winter. Their Repair Café has run 12 monthly sessions, providing the opportunity for approximately 450 people of all ages to come together and repair household items, to learn new skills, seek advice, save money and make new friends whilst making a small but significant step in the overall reduction both waste going to landfill. The Repair Café project has worked to create a greater sense of community and inclusivity, and people come away very happy that they have fixed a treasured possession and avoided adding to landfill.



Carers Centre for Brighton & Hove

£9,942

What activities were funded by the grant?

The Young Carers Project at The Carers Centre supports those who have caring roles for relatives with physical disabilities, long-term illnesses, mental health conditions, learning disabilities and substance misuse issues. They offer 1:1 support, group activities and advocacy services to children and young people aged 6-17. Your funding supported the The Young Carers' Our World Project. All too often, Young Carers are restricted to their own home environment where they face the daily challenges of supporting their relative through deteriorating health conditions. This project supported them through a mixture of creative workshops linking their caring roles to our wider impact upon the world and through fun, respite activities which allowed Young Carers to enjoy childhood opportunities which other families take for granted.

Real lives

L is a young carer for his Mum who has fibromyalgia and mental health difficulties. L has been helping to raise their younger brother. The household has been challenging, with domestic violence and the father leaving the family. Due to early childhood trauma, L has struggled in mainstream school and currently attends a pupil referral unit. They have struggled with some young carers activities as they find it difficult to mix with their peers and negotiate social situations, however, they are incredibly interested in video-making and using youtube as a creative outlet. L was more than happy to engage in the film making and projection mapping workshop put on by the carers project.

The difference grant has made



Image from the Young Carers in Focus Photography project with Southern Rail 2019.

When it came to group work, L, who normally struggles to make friends, was bursting with ideas of how to make films with their phone and very eagerly joined up with another young carer where they took turns to use the park environment to create short films. They are now increasingly able to work with other young people and it's allowed them to develop their aspirations as a film maker. Their work will feature as part of the project's final celebration of the Rampion grant. These types of workshops are so important and powerful for this reason – new avenues and opportunities are opened for these young people to explore career aspirations, create support networks and have some time for themselves.

The range of experiences that the grant enabled the Carer's Centre to offer has given isolated young people the chance to access their surrounding environment in new and creative ways. These young people often struggle to access areas such as the beach, parks, wild spaces due to having a large caring role or caring for parents who experience mobility issues or mental health issues that limit them to home. For example, taking a cycle ride on to the downs allowed young people to experience the beauty around the city and see that a healthy and cheap form of transport can allow them to get to environments that good for both their physical and mental health. Artistic and sporting activities can create a space for young people that allows them to wind down from their caring role.



Benfield Wildlife and Conservation Group

£900

What activities were funded by the grant?

Benfield Wildlife and Conservation Group strive to save the rare chalk hillside at Benfield Hill Hove for future generations by weekly winter scrub clearing, identification walks for Butterfly, wild flower, moths and glow worms. They also undertake mammal surveys, produce a newsletter and hold educational talks for the wider community. The grant was used for ongoing core costs of needing a valid First Aid at Work Certificate and the need for a Mammal Licence to continue their work with Dormouse habitat.

Real lives

One on occasion the group were able to save someone from a life threatening situation as a result of having their St John's First Aider volunteer present. Whilst at on one of their weekly work days on the hill in the winter, the first aider became aware of a middle-aged woman with a dog, staggering along the footpath looking quite drunk. Attempting to talk to the woman and not smelling any alcohol on her breath the volunteer suspected diabetes. The lady was incoherent and difficult to understand, but was sat down fed small bits of chocolate until she came around. The group were able to contact her

husband and he was able to take her home. As the pathway the woman was on is not often walked, it was incredibly fortunate that the group and their qualified first aider was present – made possible by the funding.

The difference grant has made

Sally, who volunteers with the project, has grown in confidence since she earned her Dormouse licence and is now able to share the knowledge learnt on all the courses she has attended. Following receipt of her licence Sally is monitoring the dormouse boxes on the reserve on a monthly basis and starting to send electronic return to Peoples Trust for Endangered Species, giving regular verbal updates to the committee Chair. She has also been helping on other sites around Sussex. Participants in the walks have noticed the benefits of being outside in nature, getting exercise, concentrating on a job and leaving stresses behind. All have learned more about the local wildlife, from bird song to flower types. The participant trained in first aid has earned a valuable qualification, and their knowledge has already been put to use, as described above. There are now plans for a dormouse management plan on Benfield Hill Local Nature Reserve to help protect this vulnerable species.



Brighton & Hove Food Partnership

£20,000

What activities were funded by the grant?

Brighton and Hove Food Partnership are a hub for information, inspiration and connection around food. BHFP help people learn to cook, grow food, eat a healthy diet



and waste less. Your funding supported the costs of launching the city's first central Community Kitchen early in 2018 – a space where people can come together to cook, learn new skills and enjoy food together.

Real lives

One person heard about the Partnership's courses through a mental health group that they were attending as part of their recovery from an eating disorder. They were encouraged to attend by a Key Worker, who suggested that it could be a good way to improve this person's negative relationship with food. They chose to attend, as a way to fill the time between leaving hospital and returning to work. They thoroughly enjoyed the course. "My fondest memory is from "burger week" they said, "It was so different to the way I cook... The music was on, people

were chatting, it was fun and I felt comfortable being there and watching others and preparing it myself." They enjoyed the relaxed, welcoming nature of the group and found it a positive place to heal some of their issues around food and cooking. "There was a lot of support from the staff which made me feel safe being me. I knew that coming to the class, even when I had almost no sleep the night before and I wasn't well, would make me feel better. It was an anchor in my week I was looking forward to."

The difference grant has made

The Community Kitchen has provided the city with a teaching kitchen that is well prepared for classes and communal cooking courses. It is fully accessible, purpose-built and has enabled them to expand their offering, ensuring many more people in Brighton & Hove learn about food, share food and, above all, enjoy food. One of the pieces of equipment that the grant allowed them to buy was an adjustable height hob so that people in wheelchairs are able to take part in the sessions. Since opening in May 2018, more than 1,200 people have used the space and the activities have been supported by a team of 50 volunteers. People report learning new skills, finding confidence to try new foods or cooking techniques and appreciate the social aspect of their approach. Community courses focus on low cost recipes that are high in fruit and veg and low in salt and sugar so people are encouraged to adopt good practices when cooking at home.



Care for Veterans

£50,000

What activities were funded?

Care for Veterans provides long-term nursing care, rehabilitation, respite and award-winning end of life care to disabled ex-Service personnel from the RAF, Army, Royal Navy and auxiliary services. Services include physiotherapy, occupational therapy, speech therapy and neuropsychology, as well as social and recreational activities and a chaplaincy service. The project you funded was to install a Solar Panel System on the roofs of buildings in order to reduce energy costs, generate an income and future-proof against rising energy tariffs.

Real lives

Warrant Officer Steve has been using the service since December 2018. He had joined the Royal Engineers at 17 years old and served as a Royal Engineer in Kosovo, Afghanistan and Sierra Leone. In his spare time he was a Joint Service Mountain Expedition Leader and loved canoeing, mountain biking and snowboarding. Aged 39, life changed for Steve – an accident left him suddenly unable to walk and using a wheelchair. He came to Care for Veterans after three years in different hospitals and rehabilitation centres. He says, 'I love it here as we all share a common background. The

physiotherapy is the best I have ever had – they give me goals to achieve and work me hard and my sons say they can already see a difference. Most importantly, the staff here have given me a new determination'. Steve's dad says 'Coming to Care for Veterans was the best thing to happen to Steve. For the first time we've seen a real change in his mental

attitude and now have hope for his future. As parents who share this difficult journey with our son, we have also been greatly helped by the staff here - we've never had help like

this before.' 'Last week they helped me take my 10-year-old son, Albert, shopping' says Steve, 'It was fantastic because for the first time in three years, as I was able to be a dad again and do what dads do'.

The difference grant has made

The savings which are being made to the Care for Veterans' energy bills, (currently on average £2,000 a month saved since the installation) is being re-directed into the care and rehabilitation services. In terms of the wider community, the solar panels are reducing carbon emissions in line with West Sussex County Council's 2016-2020 Energy Strategy, contributing to their aim of reducing emissions by 50% by 2025.



