
East Brighton Trust Fund **Impact Report** 2021

The East Brighton Trust Fund was set up in 2016, making grants of up to £500 available to not-for-profit organisations, including charities, community and voluntary groups, undertaking projects or events that benefit the residents of East Brighton.

In the years 2020 and 21, the fund awarded 108 grants amounting to £121,073. The following information is a selection of these and has been taken directly from feedback from these projects. Thank you, on behalf of all those you were able to support.



Circus Starr - Starr in the Community
CIC - £500

What activities were funded by the grant?

Circus Starr is a Community Interest Company that is passionate about sharing the magical art of circus with disabled, vulnerable, and disadvantaged people. Your funding went towards ticket prices for 30+ children and family members from the Moulsecoomb area to attend Circus Starr performances.



The difference your grant has made

Your grant empowered an inclusive CIC to perform for a wide range of disadvantaged attendees, noting accessibility as a key focal point.

Circus Starr are proud to be the only UK touring circus to provide a mobile 'changing places' toilet. This groundbreaking vehicle is fitted with a changing bench, hoist, and running water so that circus visitors with profound and multiple disabilities can be changed safely, with dignity, and in comfort.

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After 35 years of sharing their world class show, Circus Starr hopes that this year will be a time to bring communities back together, to support the most isolated and vulnerable, and open the magical world of live performance to those who have been most affected and at risk during the pandemic.

Moulsecoomb Community Market - £500

What activities were funded by the grant?

Moulsecoomb Community Market (MCM) are a social supermarket, providing local people with affordable food sourced from surplus, donations and local food co-operatives. They provide high quality, sustainable and varied food, as well as assistance with heating costs. They aim to alleviate primarily food, but also fuel, poverty. Your funding supported Christmas hampers.

The difference your grant has made



Many members reported that these hampers (and children's presents provided by Pelican Parcels - a local charity) alleviated a lot of pressure from their Christmas break.

MCM recognises the huge benefits their weekly market provides, but were surprised to see how grateful the community were for meat. A good sized, fresh chicken and some decent quality sausages made the world of difference for families that normally would not be able to afford such products.

Salaam Football Club - £1,000

What activities were funded by the grant?

Salaam FC is a multicultural football club that runs weekly, year-round football sessions for disadvantaged boys and girls aged 12 to 16, living in Brighton and Hove. They also train a team to compete in Junior Premier League and organise a couple of day trips during school holidays.

Your grant was used to cover a proportion of the overall costs of running regular training sessions: coach fees, pitch hire, football kit/equipment, transport and refreshments, and entering Sussex Sunday League matches.

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The difference your grant has made

Keeping Salaam Football Club running has been very important to children and their families during this very difficult time. It has been a therapeutic activity for them to look forward to, even in the months when they were unable to play, and it has given them a place to let off steam, break their periods of isolation, and discuss their daily challenges among close friends and peers.

All of the clubs players are from communities which have been badly affected by the pandemic; their families are from BME backgrounds and are living on very low incomes. Being part of Salaam FC has helped them to survive the pandemic as members of a supportive community. Football training is Salaam FC's core activity, and through this they have built up strong community bonds.

In their most recent survey, 95% of players said that they feel happy at Salaam FC (compared with 58% who feel happy at school) and over 90% said that Salaam FC has helped them to eat healthily and keep up with their school work during the pandemic.



Whitehawk Community Food Project - £1000

What activities were funded by the grant?

The WCFP produces organic fruit and vegetables for their local community food banks and for their volunteer gardeners. They try to involve children and adults in planting, growing and eating healthy food, as a way of connecting to nature and the environment.

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This grant was intended to cover running costs into next year - for tools, equipment and other vital supplies.

The Whitehawk Community Food Project decided during lockdown to concentrate the efforts of its members that could still participate, whilst following social distancing guidelines, into the production of as much fruit and vegetables as possible for their local food banks and kitchens. However, their main purpose is to provide an outdoor space for local residents to grow organic produce.

The Whitehawk Community Food Project supports The Vale Food Kitchen, The Edge - Craven Vale Food Bank (which is part of FareShare) and the recently closed Bristol Estate Food Kitchen (BELTA) which was run by the tenants association.

Also in collaboration with the Sussex Gleaning Network, WCFP has been collecting and distributing their produce and that of neighbouring allotments to the East Brighton Food Co-op, Sussex Homeless Support, The Real Junk Food Project and The Bevy Food Co-op.

The difference your grant has made

Your grant has furthered the efforts of a welcoming, supportive, beautiful green space to the community members of Whitehawk, which has helped to improve mental and physical wellbeing.

Some members have shared that they have reduced their alcohol consumption, others have described feeling uplifted and energised at the end of their session, and many expressed that they have had respite from their mental health difficulties.

WCFP members have expressed enjoyment at learning new skills and knowledge in organic gardening, cooking and woodworking. Many members experience food poverty and have benefitted from WCPF cooking and dining activities as well as being able to take home a share of the organic produce from the garden. The project helps to reduce the burden of overstretched mental health services within Whitehawk by giving people positive opportunities to develop skills, knowledge and nature while connecting with others. The project also encourages members to make healthy lifestyle choices by promoting healthy eating and physical exercise in the fresh air. The WCFP have been able to support their local food kitchens by growing and supplying produce for them to use.

The Whitehawk Community Food Project has been an amazing community asset to the local area and several groups from further away who have come to use the space. It's shown to be a valuable green space to learn how to grow organic food, press juice, learn woodworking skills, seeds saving, land cultivation and caring for the community and environment. The members range in age from 6 months old to volunteers in their 80s. They come from all socio-economic backgrounds and have a range of abilities including those with additional needs.



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This project has positively benefited all members and visitors by allowing them to learn new skills, socialise with people and take part in events which help improve their overall health and wellbeing, as well as eating and cooking the fresh healthy produce and sharing this with friends and family.

World Food Project - £1000

What activities were funded by the grant?

The World Food Project uses cooking and eating together to bring people together and to practise new skills. The WFP work with people who find it difficult to access other groups and need various kinds of additional support, e.g. asylum seekers and people with learning disabilities.

Your grant went towards 10 cook-and-eat sessions during Autumn 2020, each supported by a cookery teacher and volunteers from Bevendean Community Garden.

Sessions are 1.5 hours long, each with 5 participants and are held at Bevendean Community Garden. They use fresh ingredients which are leftover from Very Local Food Hub (VLFH) stalls. People who get VLFH boxes and buy ingredients at the stall will be invited to attend the sessions, people getting the subsidised boxes will have priority.



The difference your grant has made

These cookery sessions were conceived out of an acknowledged local need for more food education and cooking opportunities for all ages. The Very Local Food Hubs Project were delivering veg boxes and getting feedback that people lacked confidence cooking from fresh, that they valued being able to share ideas about how to use things up and wanted to know how to cook more things with seasonal veg on a budget.

There was often surplus veg left at the end of each packing session for VLFH veg boxes, so being able to use it during cooking activities and redistribute food waste directly to people made sense.

Bevendean Community Garden was able to provide a safe, outdoors space to do these sessions at a time when COVID safety was a high priority and a source of worry and stress. By offering opportunities to cook, share food and take new recipes home, The World Food Project upskilled local residents in Bevendean and Moulsecoomb, inspired them to try new things and helped to see what was possible and affordable with simple, fresh ingredients.

These workshops supported people who had been socially isolated, to relax and enjoy a sense of community.

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Older residents and those with health issues that had just come out of shielding commented on how nice it was to feel safe and to be together and how relaxing it was to cook and eat together in a natural setting.

The workshops supported families to enjoy cooking together, both through after school cooking on a budget workshops and the family fun day during the holidays. The workshops attracted children of all ages, and parents said their children had tried and enjoyed food they had never tried before.

Volunteers at the community garden also took on some of the recipes demonstrated, such as the vegetable pakoras and used them again at the volunteer sessions as warm lunches that were able to be cooked on the fire. The home educated teenagers enjoyed the opportunity to cook together also, particularly as some of them have mental health challenges and social anxiety. Being able to show off their skills in cooking was good for their confidence; others had very little experience and liked being shown how to cook simple, tasty food for themselves.

These cooking sessions were very well received by the local community in Bevendean and Moulsecoomb. Participants liked that they got to eat what they had cooked, together as part of the session - this created a great atmosphere. They also told us that by taking food home, they could share it with their households.

Work with Very Local Food Hubs Project, Moulsecoomb Chomp, Fernee Forest Club and Bevendean Community Garden meant that WFP reached residents that have limited opportunities due to financial hardship, health challenges, and caring responsibilities; those experiencing food poverty; and those who have had few opportunities to learn cooking skills.

Badgers Tennis Club - £250

What activities were funded by the grant?

The grant was used to fund an LTA registered Level 1 coaching course, an essential first step for anyone looking to become a tennis coach. It also enables participants to continue their professional development through other levels.

Badger Tennis Club is Kemptown's only tennis club and has existed since 1895. It welcomes tennis players of all abilities and hosts regular social events.



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The difference your grant has made

'K', a beneficiary, is a student from a BME background who lives with a single parent in East Brighton. Receiving the grant has allowed him to become a level 1 tennis coach, which means that he can act as assistant coach at Saturday morning junior drop-ins and also run the free taster sessions for East Brighton children held at The Manor Gym.

This has benefited 'K' as it has developed his confidence and maturity but it has also benefited the wider community as it has allowed them to see inclusivity and diversity in tennis. The children develop their physical skills and enjoy participating in a sport. The free sessions at Manor Gym are part of a general LTA strategy to bring tennis to a wider, more diverse, audience.

Young Peoples Support Network - £500

What activities were funded by the grant?

Your grant offered subsidised counselling and lifecoaching sessions to young people who are residents in the East Brighton area. Given the long waiting times at organisations such as Brighton Wellbeing Service, Young People's Support Network (YPSN) intends to provide for people that previously would not have access to mental health services.

The difference your grant has made

YPSN worked with 38 young people from the BN2 postcode area of which 19 were located within the 'central' grant area.

These young people would not have been in a position to access counselling as swiftly without the subsidy support. The wait time for free counselling from the Brighton Wellbeing service during this time was (at peak times) 18 months. This meant that young people who could not afford the fully charged counselling available in the city were able to access counselling with little to no wait times thanks to the subsidies.

28 individuals were offered on average 6 sessions of counselling each over the period. YPSN supported young people of a broad range of issues including anxiety, depression, abuse and exploitation, friendship and relationship issues, bereavement, addiction and substance misuse, COVID-19 anxiety, low mood, anxiety around school and study, suicidal ideation, self harm and eating disorders.



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Brighton and Hove Speak Out - £500

What activities were funded by the grant?

Brighton & Hove Speak Out supports adults with learning disabilities to speak up and be heard about the things that matter to them. Your funding went towards postage, art supplies and wellbeing workshops.



The difference your grant has made

Since March 2020 Speak Out staff members have worked hard to respond to the needs of local people with learning disabilities during the COVID-19 pandemic. Speak Out quickly reconfigured our services to continue providing vital support over the phone and online.

People with Learning Disabilities are particularly vulnerable to loneliness, isolation and mental health issues. Many individuals are excluded, marginalised and face discrimination in every

aspect of their lives and their isolation has increased during the COVID-19 pandemic.

For those who have been able to get online, they have greatly benefited from this grant as it has enabled us to provide a safe and relaxed space for Speak Out East members to connect with existing friends and to make new ones.

During the online meetings they have been able to discuss what activities they'd like to undertake, allowing the members to be in control and have their opinions listened to. It has also been a time when people have been able to talk freely about their fears and worries due to the pandemic and allows staff members and volunteers to provide support, information and has enabled them to quickly identify potential issues arising and help people through these tough times.

Many people with Learning Disabilities have been shielding since the beginning of the pandemic and the online workshops have allowed them to express their thoughts and feeling in a creative way. Speak Out have received lots of feedback about the importance of the drop-in sessions enabling vital peer support, social contact and a place to talk about the impact of this experience on mental health and wellbeing. As the drop-in sessions are online, people who may not have attend Speak Out East, due to its location, have joined in with some of the online activities, allowing members to make new friends.

Members who have taken part in the workshops have been able to continue to be creative and have an outlet for the rest of the week as Speak Out has provided them with activities that they can do at home, when they would normally take place just on a Thursday at the drop-in.

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Fledglings Outdoor Play - £1200

What activities were funded by the grant?

Fledglings Outdoor Play run weekly outdoor-play sessions for families with young children (and sometimes older children) in Race Hill Community Orchard in Whitehawk. Funding went towards using the Orchard and to ensure that local families paid a subsidised amount.

The difference your grant has made

The following message was written by a member of Fledglings Outdoor Play:

"The orchard is such an amazing place, and all of us who spend time there reap the rewards: fresh air, a beautifully calm and tranquil space with truly wonderful views. Two mornings a week it is now also filled with the mouth watering smell of soup cooked on the fire and the sound of laughter (from all ages). The families who come along to our sessions each week see the orchard changing with the seasons, build supportive relationships with each other and deepen their connections with the natural world.



The local families (the number of which is steadily growing) tell me they now use the orchard more during the rest of the week, it's become such a familiar space for them".

Here are a few of the comments received from our families during the last year:

"For us, it's been both educational for [child] and supportive for me. In terms of the educational bit - the majority of [the child's] play is based on what we do - she makes endless camp fires and soup, we talk about life cycles of bugs and plants and remember doing the tadpole session back pre first lockdown ... Yesterday she was talking about 'pumpkins are for eating and cutting and putting little lights in' - I hadn't realised she'd taken all that in last session."

"Such an important part of [little one's] life"

"If asked I would describe the sessions as wonderfully educational for [child], she always comes away proud of the things she has made and telling everyone what she has learnt about the natural world. I've also learnt a lot of games songs and fun things that we do throughout the week. Personally I find meeting outdoors around a campfire with other parents incredibly supportive. I always leave feeling less stressed, happier, and more enthusiastic about everything. It's a wonderful group and I feel very lucky to be part of it, especially through these challenging times."

*"The sessions are educational and hugely therapeutic...
So valuable for both our sanities!"*

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"It has been such a wonderful thing to be part of for both of us. Definitely was a cornerstone of my mental health through the grimmer parts of lockdown, and an endless opportunity to learn."



Crew Club - £1000

What activities were funded by the grant?

The Crew Club is a grassroots organisation that has been working with children, young people and families since 1999. They run regular consultation events with the children, young people and families to gather their views about what they offer and how this can be improved and/or developed.

This funding was used to support their 10 Steps to 5K and Next Steps to 10K adult running programmes, specifically used to ensure that people who are on very low incomes are not prevented from participating in the running programmes delivered in 2020.



The difference your grant has made

The diversity of Crew Club's provision has meant that they have had to use a range of ways to measure the difference their activities have made to those taking part.

Crew Club shared a survey with individuals and families who had taken part in their lockdown activities. 14 of the 30 respondents indicated they had taken part in their running activities. Of that, 100% strongly agreed or agreed that doing the running had a positive impact on their mood, increased their physical activity and made them feel more connected to others in the community.

In addition, this group reported that running made it easier for them to manage family relationships and reduced levels of stress. One family reported,

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"The run bingo got my younger children motivated to get out of the house and run... often, at times twice a day!"

For the 12 individuals taking part in the running programmes Crew Club delivered between September and December, they used pre and post surveys to measure the difference their involvement made to their activity levels, feelings of social connectedness, mood.

In the post-survey, they also asked questions about other health-related factors such as sleep, food and stress levels. For levels of activity, the data showed that participants had done no physical activity in the seven days prior to the start of the programme but at the end, 90% had completed two to three sessions, and 10% one to two sessions in the previous week.

Crew Club asked participants to rate their mood (on a scale of 1-10 when 1 = very down, depressed, and 10 = Very happy, high).

The subjective level of mood had increased amongst all participants. The average increase in score was four points on the scale. They found similar results with feelings of social connectedness, and again all of participants reported increased feelings of social connectedness between the start and end of the programme.

The data also showed improvements in sleep, stress levels and ability to cope with negative feelings. Micklos started the 10 Steps to 5K programme in September. In his late 50s, Micklos had previously been very fit and active but since becoming a full-time carer to his partner five years ago he had stopped doing any exercise. Micklos had also found the experience of becoming a carer very isolating but had seen the poster the running programme at the GP surgery and decided to give it a try.

Real Life Case Study



Micklos was very nervous when he first joined the group but found the experience of being outside and running extremely beneficial to his mental health. After just a couple of weeks he reported that he had noticed significant decreases in his levels of stress and improvements to his mood. Micklos carried on running and made friends in the group, he had fun and was soon laughing and joking with our other members.

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Micklos was particularly good at supporting those who struggled with the physical demands of running and provided really important support, encouragement and motivation to others. Micklos completed his 5K run in December and has continued to run in pairs with other members of the group. He has also taken part in the 1000 Miles in March initiative.

Crew Club are just coming to the end of the second week of the March challenge and have already met the 1000 mile target. They have had a lot of very positive feedback from those taking part. Attendees have said that it has provided the motivation they need to get out of the house and get active.

All grants 2020 and 2021

Date	Organisation	Grant Amount
14/01/2020	Gladrags Community Costume Resource	£800
11/02/2020	Resource Centre	£3,000
26/02/2020	A Band of Brothers	£500
26/02/2020	Brighton and Hove Speak Out	£500
26/02/2020	Trust for Developing Communities	£500
26/02/2020	Callous Affection Dance	£500
26/02/2020	Crew Club	£1,000
26/02/2020	Fledglings Outdoor Play	£1,200
26/02/2020	Friends of Whitehawk Hill	£480
26/02/2020	The Manor Gym CIC	£690
27/02/2020	Friends of Bevfest	£500
10/03/2020	One Church Brighton	£2,000
10/03/2020	Bevendean Community Garden	£500
10/03/2020	Young Peoples Support Network	£500
10/03/2020	Manor Road Gym Sports Club	£500
16/03/2020	Moulsecoomb Toddler Group	£500
24/03/2020	Nurture Through Nature	£500
02/04/2020	Bevendean Community Pub	£1,000
08/04/2020	Crew Club	£3,000
08/04/2020	St Mark's CE Primary	£3,000
08/04/2020	Sussex Homeless Support	£1,000
29/04/2020	On You Way (Job Club and Digital Inclusion)	£495
29/04/2020	Moulsecoomb Bangladeshi Women's Group	£500
21/05/2020	Craven Vale Community Association	£2,000
21/05/2020	Brighton Women's Centre	£2,000
21/05/2020	Bevendean Foodbank, Coffee Morning & Advice Centre	£1,000
10/06/2020	Ferne forest club	£1,000
29/06/2020	Very Local Food Hubs Project	£1,000

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29/06/2020	Brighton Food Factory	£500
29/06/2020	BELTA	£680
29/06/2020	St Cuthman's Whitehawk	£300
29/06/2020	St Mark's CE Primary	£2,505
10/07/2020	Moulsecroomb Primary School	£1,000
07/09/2020	St Andrew's Church, Moulsecroomb	£380
14/09/2020	Afghanistan and Central Asian Association	£900
22/09/2020	Nautical Training Corps	£500
23/09/2020	St Mark's CE Primary	£10,000
06/11/2020	Moulsecroomb Primary School	£10,000
16/11/2020	abc Fund	£1,000
16/11/2020	Badgers Tennis Club	£250
16/11/2020	BELTA	£500
16/11/2020	Bevendean Community Garden	£1,000
16/11/2020	East Brighton Food Co-operative	£1,000
16/11/2020	Flamenco & Spanish Group	£500
16/11/2020	Metamorphosis	£500
16/11/2020	Good News Brighton	£1,000
16/11/2020	Moulsecroomb Community Market	£1,000
16/11/2020	RAW Youth Club (group) / New Life Church	£1,000
16/11/2020	Salaam Football Club	£1,000
16/11/2020	Whitehawk Community Food Project	£1,000
16/11/2020	St Georges Hall	£1,000
16/11/2020	World Food Project	£1,000
10/12/2020	On Your Way (Job Club and Digital Inclusion)	£1,000
21/06/2021	Brighton & Hove Food Partnership	£500
28/06/2021	East Brighton Food Co-operative	£1,000
01/07/2021	Manor Bocchia Group	£500
01/07/2021	The Manor Gym CIC	£500
01/07/2021	mASCot	£500
01/07/2021	Moulsecroomb Skatepark Group	£500
01/07/2021	Our Slow Salon	£500
01/07/2021	Pelican Parcels	£500
01/07/2021	Resource Centre	£2,000
01/07/2021	SEDS Sussex Ehlers-Danlos syndromes and hypermobility support group	£500
01/07/2021	Spark	£500
01/07/2021	Sunflower Group	£500
01/07/2021	Whitehawk Football Club	£500
01/07/2021	1st Brighton Guides	£500
01/07/2021	1st Brighton Brownies	£500
01/07/2021	Flock Theatre Makers	£500

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01/07/2021	Friday Friends Community Group	£500
01/07/2021	Friends of Maggie's Corner	£500
01/07/2021	Kidz Klub Brighton & Hove (registered charity since 2008)	£500
06/07/2021	Brighton Peace and Environment Centre	£500
06/07/2021	City Gate Community Projects (Fareshare Project)	£500
06/07/2021	Making Our Mark!	£500
07/07/2021	Kemp Town Gardening and Community Group	£500
09/07/2021	Fresh Start Community Association	£500
30/07/2021	Manor Boccia Group	£500
10/08/2021	The View FC	£500
06/09/2021	Brighton and Hove Speak Out	£500
29/09/2021	Moulsecoomb Primary School	£10,000
29/09/2021	Moulsecoomb Primary School	£2,000
30/09/2021	St Mark's CE Primary	£10,000
30/09/2021	St Mark's CE Primary	£2,000
02/11/2021	Whitehawk United FC	£500
08/11/2021	Bevendean Foodbank, Coffee Morning & Advice Centre	£500
08/11/2021	St Georges Hall	£367
08/11/2021	Ferne forest club	£500
08/11/2021	Multicultural Coffee Morning	£500
08/11/2021	Moulsecoomb Community Market	£500
08/11/2021	New Life Church	£500
08/11/2021	East Side Print CIC	£500
08/11/2021	Headway Sussex	£621
08/11/2021	Craven Vale and Whitehawk Hill Allotment Society (CVWHAS)	£405
08/11/2021	Manor Road Gym - Bend it Like a Buddha	£500
08/11/2021	Flamenco & Spanish Group	£500
08/11/2021	The Manor Gym CIC	£500
08/11/2021	Crew Club	£500
08/11/2021	Very Local Food Hubs Project	£500
08/11/2021	Moulsecoomb Bangladeshi Women's Group	£500
08/11/2021	Metamorphosis	£500
08/11/2021	St Cuthman's Whitehawk	£500
08/11/2021	Good News Brighton	£500
08/11/2021	Brighton Malayalee Association	£500
08/11/2021	Windmill Young Actors	£500
08/11/2021	Circus Starr - Starr in the Community CIC	£500
08/11/2021	Make a Smile Brighton	£500
08/12/2021	A Band of Brothers	£500

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Thank you

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