

## Norwich Business Women's Network Community Fund 2017 Grant Awards

The NBWN Community Fund is administrated on behalf of Norfolk Community Foundation.

Norfolk Community Foundation is part of a worldwide charitable network which builds stronger communities by making it easier for donors and businesses to give. Our links and research identify where support is most needed and ensures that donors are linked with the causes they care about and that funds raised address the real needs that exist in Norfolk.



If you are a lawyer, accountant, financial planner, investment advisor, we would love the opportunity to talk to you about how we can help you to support your clients fulfil their philanthropic ambitions.

*"Making Norfolk a better place for everyone."*



**ADHD Norfolk** aims to raise awareness and reduce the stigma surrounding ADHD, whilst providing support, advice and training to individuals, families, schools and other organisations. Key areas the organisation provides support in are emotional wellbeing, educational attainment, behaviour and life prospects.

A grant from the NBWN will support the development of the monthly support group operating in Postwick, including providing sessional staff to lead sessions and covering venue hire. The support group will offer support and advice on anything related to ADHD and forms a support network for those individuals with a new diagnosis and their families.

**Community Action Norwich** deliver a range of social outreach projects working with children and youth through to the elderly in Lakenham & Tuckswood. Main activities include a weekly children's club, a Foodbank distribution, community café and luncheon club.



A grant from the NBWN will support the costs of running the Day Centre twice a week, aimed at addressing isolation experienced by many older people (including those with dementia). The Day Centre is a welcoming community providing hot homes-style cooked food, morning socialising and afternoon entertainment including community singing, cookery, exercise sessions and reminiscence.

**Connects & Co** supports children and young people from 5-25 years with a caring role for a family member who has a learning or physical disability, terminal or long-term illness, mental health issue or an addiction problem. Members are supported through traumatic home-life situations enabling them to be able to live as normal a childhood as possible.



A grant from the NBWN will contribute towards the core running costs of the Connect & Co Groups which replicate youth clubs, but are also responsive to young carers' specific needs. They offer a wide range of activities and experiences that focus on building self-esteem, encourage friendships and develop self-expression, relaxation and interpersonal skills.



**Norfolk Carers Support** provide practical support to unpaid carers of all ages across Norfolk ensuring that no unpaid carer has to reach crisis point before they get the support they need. Carers can access information, advocacy, practical help, financial advice and emotional support.

A grant from the NBWN is required to develop the counselling service, specifically the costs of the volunteer counsellors. The therapeutic services offered to carers who suffer psychological distress during counselling helps to identify key coping strategies for individuals and families to move forward.

**Spowston Day Centre** run a lunch club and day centre three times a week, to support older people in the community, many of whom are frail, vulnerable and facing loneliness. The organisation provides a cooked meal, transport and entertainment with the aim of reducing isolation for over 90 members.



A grant from the NBWN will support vital overhead costs such as rent of the venue, meaning they can keep their charges affordable for those who need the service. The service offered ensures members can stay independent for longer and provide a break to their family members in a caring role.



**The Norwich Centre** offers a personal and confidential counselling service to 16-18 year olds in the local community. Members are supported in all aspects of emotional, mental and spiritual health and offered opportunities for personal and professional development.

A grant from the NBWN will contribute towards a paid counsellor working for one day (7 hours) per week, for one year. One day will equate to five individual sessions for members. It will also cover supervision expenses for a volunteer counsellor.