



Norfolk  
Community  
Foundation

# Thanks a million

100 days of Norfolk's  
Covid-19 community  
response – with your help  
we have backed our vital  
frontline charities with  
£1 million of urgent aid

Together, Norfolk shines brighter

*Our funding helped **Big C** to provide a dedicated free telephone support line  
operated by cancer specialists, plus support packs of food and  
essentials delivered to homes*



*During the Covid-19 crisis the Norfolk Community Foundation has truly demonstrated its value and impact by being able to support those in greatest need. Grants have been distributed in unprecedented volume and speed.*

*Though this is just the beginning, the Foundation continues to get to the heart of communities and is well positioned for future work. I am very proud to be a trustee of the organisation and to witness first hand the difference it makes*

**Simon Bailey, Chief Constable of Norfolk  
and Norfolk Community Foundation Trustee**

# In 100 days...

**£1 million**  
invested in  
Norfolk's  
community  
action

**300,000**  
people  
received crisis  
food supplies

**170**  
communities  
across Norfolk  
received rapid  
response  
funding

**52,000**  
people  
struggling in  
isolation  
received care

**70**  
frontline  
charities  
received vital  
funding

**Thank  
You**

## Our communities have never been stronger

Our Covid-19 Community Response appeal launched 100 days ago to support the work of vital local charities and community projects working hard to care for vulnerable people in crisis.

The Covid-19 pandemic has shattered our everyday lives. We have struggled to buy food and essentials, and suffered daily anxiety about the risk of infection both for ourselves and our loved ones. From isolation, health fears and financial uncertainty, to the heartbreak of loss and separation, for many, these weeks under lockdown have been the toughest of our lives.

### Staying apart, pulling together

The most vulnerable people in our communities rely on local support for day to day help, support and companionship. Covid-19 threatened to cut these lifelines when they are needed most, and our charities and volunteers stepped up to adapt and grow their vital services with incredible speed and commitment.

We've been overwhelmed by the outpouring of support for our appeal from people across Norfolk – every single donation, large or small, has provided immediate help to the charities on the frontline.

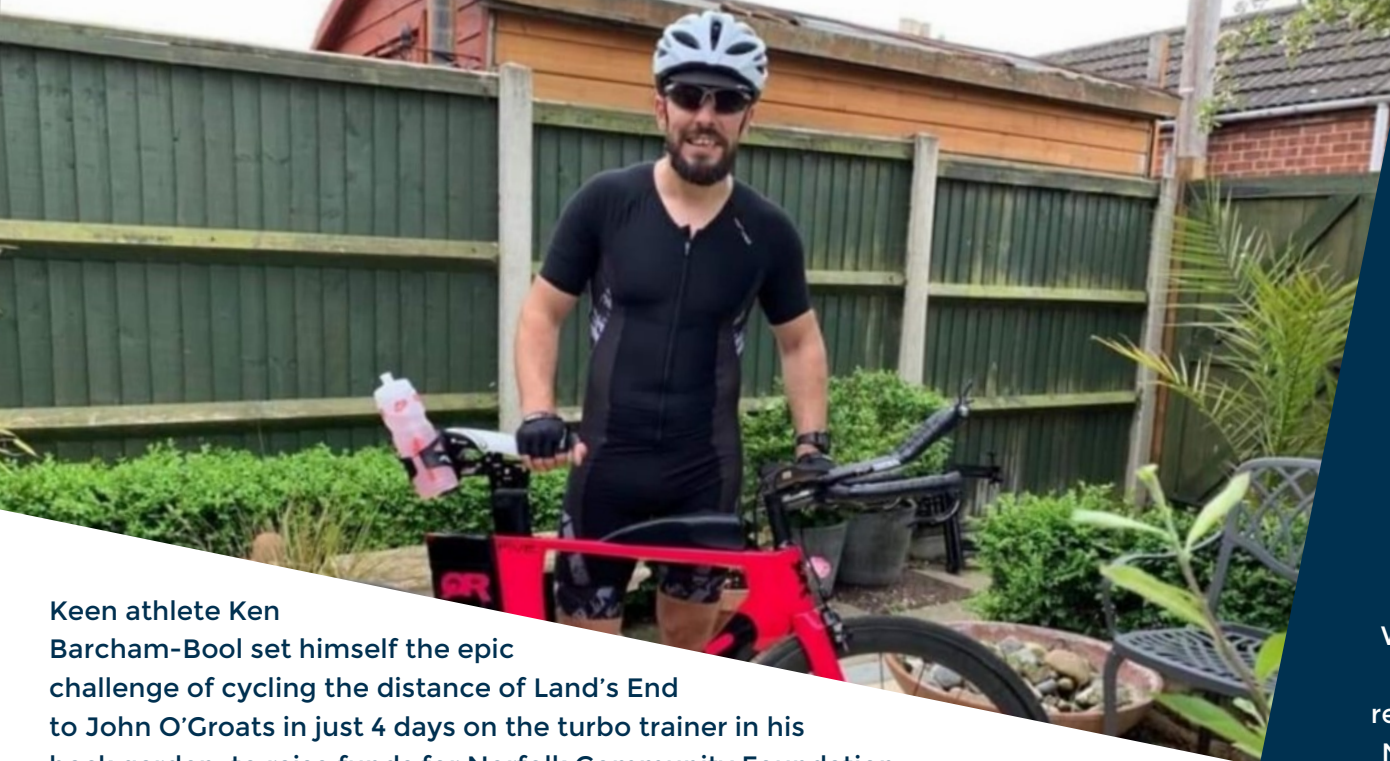
**Over 2,000 Norfolk people have joined us to raise £1 million in 100 days, entrusting Norfolk Community Foundation to take rapid action to get funding out to our charities providing urgent aid.**

This report highlights just a few of the inspiring stories from 100 days of our Covid-19 community response. We are proud to back Norfolk's innovation, determination and compassion with essential funding – and we can only do it with your help. Thank you.

Claire Cullens  
Chief Executive

Henry Cator OBE, DL  
Chair of Trustees





Keen athlete Ken Barcham-Bool set himself the epic challenge of cycling the distance of Land's End to John O'Groats in just 4 days on the turbo trainer in his back garden, to raise funds for Norfolk Community Foundation.

*"I myself am in the high risk category, meaning I'm very limited on what I can do right now. I'm also really struggling because I've seen so many friends volunteering as first responders or helping in their community, but can't do any of this"*



East of England Co-op joined our appeal with a donation from their own Community Cares Fund.

Niall O'Keeffe, Joint Chief Executive for the East of England Co-op, said: "As a local community retailer, we want to do as much as we can to help those who need it most. The coronavirus outbreak is the most significant challenge our community has faced for generations.

We had to get our support funds to those most in need during this crisis and the Norfolk Community Foundation has both the established networks and support teams that we needed. We are proud to partner with them to support our community."

## Making every penny count

Our Covid-19 Community Response appeal brought together donations from over 2,000 local people. Giving a little, giving a lot, or taking on your own fundraising challenges, together we have raised **£1 million** to back Norfolk's vital charities.

NCF is part of a national network of Community Foundations, and together we were chosen by the National Emergencies Trust as a local partner to ensure their funding gets to where it is most needed.

We are proud that NCF is recognised as an essential and trusted partner to lead local and national giving, recognising our deep understanding of challenges facing Norfolk people and the local charities that can make the greatest difference with your funding.

*"When the National Emergencies Trust was set up in 2019, we had already identified that distributing funds raised in response to a disaster or an emergency would always be quickest and most effective by partnering with the UK Community Foundation network.*

*In the situation that we have all faced since lockdown in March, that decision has been fully justified. It is very exciting to see just how quickly that money has been able to help people who are isolated, hungry, worried or lonely through local community groups and charities. NCF's local knowledge has meant that help has got to where it is really needed at street or village level very rapidly*

Lord Dannatt GCB, CBE, MC, DL  
Chairman, The National Emergencies Trust







## Volunteers take action

Our Covid-19 Community Response appeal launched in March, and thanks to overwhelming local support we were able to start getting funds out to charities and community projects immediately.

With established charities under pressure, a surge of volunteer led effort ensured that vulnerable people across the county were able to access help with supplies of food, medicine and other essentials to help them stay safe and well during lockdown.

Small grants of up to £1,000 to over 260 community projects ensured that this urgent grassroots action could get underway without delay, providing vital breathing space while systems were put in place to identify and support the most vulnerable.



**The Bridge for Heroes** provides support for service personnel and veterans and their families in West Norfolk.

With the drop-in centre closed, it has been turned into a hub for food supplies and a telephone helpline. Our funding helped a small team of staff and volunteers carry out shopping, food deliveries and welfare visits to over 60 isolated and vulnerable veterans – many in the high risk category.



*We have worked round the clock to adapt our support services. Our beneficiaries depend on our support, and we felt a duty to continue*



170

parishes, villages and towns across Norfolk received rapid-response funding to support local community action



137

volunteer-led community projects provided essential help to vulnerable people in isolation



124

grants awarded to help local charities and support groups take immediate action to continue their care– many moving activities online



Opening Doors is a charity run by and for people with learning disabilities.

Many members were already shielding when lockdown began, resulting in a very long period of isolation. Staff and volunteers provide weekly phone support, and have been concerned to hear about low mood and loss of confidence, as well as anxiety about understanding rules and restrictions in order to be able to go out safely.

Our funding helped to print a fortnightly accessible newsletter to help keep members in touch, and ensure they have the right information to stay safe.





## Charities on the frontline

As a member of Norfolk's Local Resilience Forum, the group appointed to lead the county's emergency response, we are able to understand critical gaps and emerging needs in key areas such as homelessness, food poverty, domestic violence and debt.

In response, we launched the Covid-19 Local Resilience Fund, enabling targeted action from established local charities able to make real impact focussed on areas of overwhelming need.

Offering larger grants for strategic action and partnership working, the Local Resilience Fund has so far supported the work of over 70 frontline charities and continues to respond to evolving community needs.



*Our funding helped Soul Foundation to bring together a substantial food partnership to enable delivery of 629,000 hot meals to people in need in North Norwich over 6 months*

During the pandemic, the safety of homeless people and rough sleepers is more at risk than ever, and they need access to safe accommodation to enable social distancing, maintain hygiene and self-isolate if necessary.

Homelessness charity St Martins has seen more people on the streets during lockdown, often because sofa surfing arrangements have broken down. With need for their hostels and support high, our funding has helped them maintain staffing levels to ensure their accommodation can be kept open, and kept safe.

*Matthew wins a prize as a handwashing role model for other residents.*



*If we do not have enough staff, we have to close the accommodation. This would have catastrophic consequences for the people we support and put them at immediate risk of infection, or spreading the virus by rough sleeping*



### 52,000

people received care and support whilst struggling in isolation due to age, disability, serious health condition or special needs

### 300,000

people were able to access food aid in their community during lockdown



### 5,200

people affected by abuse, exploitation and domestic violence received support



### 69,000

people in crisis were able to access free advice on money, debt, family and employment matters



*Partnership working has been absolutely vital in dealing with the Covid-19 pandemic here in Norfolk and ensuring we give the very best response to residents across the county. The Norfolk Community Foundation were a key member of the Community Resilience Delivery Group from the very beginning and this has made a huge difference to both the charities who were facing operational and funding challenges and the vulnerable people that they are there to support. They are the experts when it comes to understanding the role that charities play and in knowing what support was needed in order to get down to a grassroots level*

**Ceri Sumner - Director, Community, Information and Learning  
Norfolk County Council  
Member of Norfolk Resilience Forum**



**Young people in the East face greater mental health**

**challenges** due to Covid-19, reporting the greatest increase nationally in sadness, support needs for autism and anxiety about education

During lockdown, the number of women killed by their partners in the UK has **risen from 2 a week to 5 a week**



**62% of Norfolk charities report they are currently financially worse off than they were prior to Covid-19.** If current circumstances continue to 12 months, 31% report they would be at the point of failure



Norfolk children are amongst those **most affected by the 'digital divide'** during school closures—the county is in the bottom 5% for internet access across England



**1 in 5 workers in Norfolk** have been furloughed. Unemployment in Norfolk and Suffolk could hit 200,000 by the end of the year



## Norfolk's changing needs

The Covid-19 pandemic has thrown into sharp relief the inequalities that exist in our communities. The extent of the personal, social and economic impacts we are yet to face is only just beginning to unfold.

Those who lived on narrow margins prior to the outbreak are being pushed further into poverty and exclusion by unemployment and debt.

More families are finding themselves vulnerable due to unexpected loss of income, and applying for benefits and visiting a foodbank for the first time.

Local charities who rely on our funding will provide the essential help, care and advice to support vulnerable people to move positively into what may be a more uncertain future.



*Our funding helped West Norfolk Carers post out activity packs for the young carers they help, and deliver food parcels for those struggling in isolation*





## Building a brighter future

The strength of our charities comes from the people who run them. Committed, compassionate people who put others first and keep going come what may. Norfolk Community Foundation is proud to provide vital funding to help our charities and volunteers take action in these exceptional times, and as ever we champion their creativity and determination.

But our charities are under huge pressure – not only must they continue to find new ways of providing support and care for the people they help, they are also facing a stark drop in funding. Charity shops have been closed, fundraisers cancelled, and for many income has fallen to critical levels. This crisis in charity funding will not end when the pandemic emergency abates, it is likely to impact for months to come while we continue to desperately need their work.

As restrictions begin to ease, many charities need help to make plans to re-introduce face to face services and re-open their buildings, with a commitment to keeping clients, staff and volunteers safe and protected. Our charities will remain on the frontline as they cope with their own recovery challenges, and in some cases work towards lasting change in their service delivery.

We will continue to work with local partners in our charities, local authorities, health, policing and education to ensure we are able to shape our funding to meet key needs in the county, including food poverty, mental health, unemployment and learning inequalities.

Join us to provide the vital funding that will help Norfolk come back brighter, stronger and more resilient, as new challenges unfold in our communities. [Donate now at www.norfolkfoundation.com](https://www.norfolkfoundation.com)

Our funding helped the **Nurture Project** continue to provide support to people with mental ill health through horticultural therapies



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Norfolk Community Foundation responded almost instantly to set up a highly successful fund to help those in most need. It's been fantastic to see Norfolk as a county come together and look out for each other. Not only did it help in limiting the immediate devastation of Covid-19 it will also help massively in the recovery

David Powles, Editor  
Eastern Daily Press & Norwich Evening News





We strengthen our communities from the ground up.

Our vision is of a strong and vibrant county where everyone can live well, and have the opportunities they need to get the best out of life.

### What can we do together?

Norfolk Community Foundation, St James Mill, Norwich NR3 1TN  
T: 01603 623958 / E: [shinebrighter@norfolkfoundation.com](mailto:shinebrighter@norfolkfoundation.com)  
[www.norfolkfoundation.com](http://www.norfolkfoundation.com)

Registered Charity Number 1110817  
Company Registration Number 05234236

*Our funding helped Home-Start Norfolk support vulnerable families in crisis with delivery of food and essentials*



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*During the Covid-19 pandemic the work of the Foundation has been deeply impressive, not least in the way it is trusted to receive donations and then to quickly get funding out to the frontline charities where it is most needed*

**The Rt Revd Graham Usher,  
Bishop of Norwich**