



Norfolk  
Community  
Foundation

**Norfolk Millennium Trust for Carers**

**25th Anniversary**

**October 2023**

## INTRODUCTION

The Norfolk Millennium Trust for Carers is a community response to support people whose voices and experiences often go unheard: unpaid carers.


Over 100,000 unpaid carers live in Norfolk. The Norfolk Millennium Trust for Carers (NMTC) aims to give these unpaid carers a better quality of life by giving grants of up to £250 towards short breaks, recreational items, hobbies, or leisure activities.

Since the Fund was launched in 1998 through the EDP We Care Appeal there has been:

**4348 grants awarded**

**4000+ unpaid carers supported**

**£1m+ distributed to unpaid carers**



**We offer as many unpaid carers as possible simple things that put cheer into their lives**

- Dr Rosalyn Proops,  
Chair of NMTC

In recent years, thanks to local advocacy groups, there has been a greater awareness about the crucial role of unpaid carers in Norfolk. This has led to an increase in applications to NMTC, with more carers being supported financially, meaning they can have a much needed rest from their caring role.

This report reflects on the highlights of the Fund and the support it has given unpaid carers since its inception 25 years ago, and looks to the future for the support it will continue to provide for unpaid carers across Norfolk.

# Some highlights from the past 25 years

**1998**

The We Care Appeal launched in the EDP

**2000**

The first grant was awarded... for a microwave!

**2001**

Fundraiser at Sandringham House with the now King Charles III. Over £50,000 was raised, including a donation from the late Queen Elizabeth II

**2003**

The Trust won a legal victory in overturning National Lottery funding laws which had prevented permanent endowment funds like NMTC from receiving lottery money

**2009**

The Trust announces it has hit its ambitious £1,000,000 fundraising target

**2017**

NMTC moves to Norfolk Community Foundation (NCF) to increase giving capacity and grow their investment

**2021**

Over £1,000,000 distributed to unpaid carers in total!

**2022**

Dr Rosalyn Proops took over as Chair of NMTC

**2022**

Millennium Trust for Young Carers Fund opens

## BACK TO THE BEGINNING

A decision was made in 1997 that the Millennium in Norfolk should be marked by setting up a lasting charity to support people for years to come. Unpaid carers had long been overlooked across the country, and support was not readily available for those desperately in need.

It was decided, therefore, that the new Millennium charity should fill this void, spearheading the movement of appreciation and support for unpaid carers across the county.

Collaboration between Norfolk Health Authority, the EDP, and the then Lord Lieutenant Sir Timothy Colman resulted in the creation of the EDP We Care Appeal, which would later become the Norfolk Millennium Trust for Carers.

**Theo was just eight years old when he received a grant in 2021 to purchase a climbing frame. Theo doesn't have the life of a typical eight-year-old, as he helps to care for his younger brother who has ADHD and a range of other social and communication difficulties.**

Paddy Seligman was invited to chair the appeal to raise an ambitious £1,000,000 to fund an enduring trust. The capital would not be touched, but rather the income it raised would be given in grants to unpaid carers in Norfolk.

## CHANGING LANDSCAPES

In more recent years, the need for specific support for young carers has become apparent. We want to ensure that part of the Fund is reserved for young people, whilst giving people the option to donate specifically to supporting young carers. This has led to the creation of the Millennium Trust for Young Carers, for those aged 7-16.

Caring can be an isolating experience at any age, but especially for young carers who often get left behind their peers. Having access to support is crucial for offering young carers a break from their responsibilities, and also giving them an opportunity to feel normal.

**When I'm cross or angry or fed up with my brother, I can go outside and climb, and he can't get up there so it's time on my own. I love my monkey bars, thank you for helping me.**

- Theo



## FUNDING AND LEGACY GIVING

We could not talk about the history of NMTC without paying tribute to the individuals, groups and businesses who have given or raised money for the Fund, as well as the National Lottery and other contributors. Reaching an endowment fund of £1,000,000 was achieved through shared passion and support for unpaid carers.

Whilst the endowment target was met, NMTC continues to take donations to ensure a greater number of unpaid carers can be reached each year. Several individuals have chosen to leave a lasting legacy for unpaid carers in Norfolk in their wills. As a community investor, NCF ensures that legacy gifts are upheld in line with an individual's wishes, championing and supporting the causes they are most enthusiastic about.

The 'Jones' household chose to leave a legacy for NMTC, to make a mark on the caring landscape in Norfolk. Ms and Ms Jones had both been carers for family members, so understood firsthand the complexities of unpaid caring, and the toll that caring responsibilities can take on one's own mental and physical wellbeing. By leaving a legacy gift to NMTC, the Jones household have ensured that thousands more unpaid carers in Norfolk can have an opportunity for respite from their caring responsibilities.

**The day was a total break from reality!**

**Sarah cares for her mum who has anxiety and depression. Sarah applied to NMTC to go on a trip with her little sister to Harry Potter Studio Tours. This trip was an opportunity for Sarah and her sister to take a break from their caring roles, as well as spend quality time together. Sarah really enjoyed the break, learning more about her favourite series, and getting to see the look in her sister's eyes as she entered a magical world that she had always dreamed of visiting.**

## LINKING UP TO CREATE STRATEGIC SUPPORT

By providing grants to offer unpaid carers respite from their caring responsibilities, NMTC plays an important role in the wider strategic goal of making the lives of unpaid carers in Norfolk easier.

During the 25 years of NMTC, our connection with local charitable caring organisations has developed into a strategic partnership, working together to ensure that carers have access to a network of support for their caring role. Applications to NMTC are submitted by caring organisations on behalf of the carer, ensuring that they are connected to organisations that can support them more widely.

Working in partnership with caring organisations can also help in identifying challenges that carers are facing, and any changes to the support they need. This allows NMTC to remain responsive to the needs of unpaid carers in Norfolk. We know it's vital to work in partnership to make sure that this funding is supporting those who need it most.

**Carers lead busy and often very stressful lives and so we need to make access to our funding simple and visible. To do this we work closely with many trusted partners across our communities to ensure this offer of help is well signposted and available. To make the funding as efficient as possible we are in a constant dialogue with other funders to ensure we avoid any duplication so this vital lifeline for carers continues to reach the gaps that are not being filled elsewhere.**

- Claire Cullens, CEO of NCF





Amanda cares for her husband who has dementia. A £250 grant was awarded to contribute to a short break for a family wedding. Amanda had not seen her family in four years! The wedding was an opportunity to see her family and take a break from her caring role.

## WHAT DOES THE FUTURE LOOK LIKE?

From the beginning, NMTC has been about people in Norfolk coming together to solve a challenge in their community. Through donations, fundraisers and leaving legacies, local people have helped build a better tomorrow and create lasting support for one of the most underappreciated and overlooked groups: unpaid carers.

From local organisations supporting unpaid carers to generous individuals and businesses, NMTC is proof that when we share our gifts (no matter how big or small) we can achieve something great. We are confident that with the continued support of Norfolk communities, tens of thousands more will benefit from this vital fund.

NMTC has provided a valuable source of respite and happiness for thousands of unpaid carers across Norfolk over the last 25 years. NCF are committed to ensuring this legacy continues, by adding process and support to this Fund to allow its growth and achievement. We have been adaptable, as the caring landscape of Norfolk moves and shifts, and will remain central to support offered to unpaid carers.

**NCF, with its excellent record of both attracting and managing charitable organisations, was the perfect resting place for NMTC for the future. Our charity is well cared for by NCF and I am confident that they in turn are diligent in the way Norfolk's unpaid carers are helped with sympathy and understanding.**

- Paddy Seligman, former Chair of NMTC

**I thought I was on my own but now I know if I am struggling there is somewhere to go. Thank you from the bottom of my heart.**



# Norfolk Community Foundation

**Interested by what you've read?  
Find out more or get in touch**

-  [www.norfolkfoundation.com](http://www.norfolkfoundation.com)
-  01603 623958
-  [Shinebrighter@norfolkfoundation.com](mailto:Shinebrighter@norfolkfoundation.com)
-  5th Floor St James Mill, Whitefriars, Norwich, NR3 1TN



**SCAN  
ME**

**Follow us on social media**

-  @NorfolkCF
-  @NorfolkCF
-  @NorfolkCF
-  @NorfolkCommunityFoundation



Registered Charity Number 1110817 | Company Registration Number 05234236