

looking ahead

We are delighted to begin this year with some good news. The Foundation's Trustees have agreed to increase the amount of funds available for grants in 2010 by £1 million to £12 million and have created two new programmes **Managing Money** and **Having a Home** for financial inclusion and homelessness projects.

Trustees have been monitoring the impact of the recession and are concerned at the problems starting to appear. As a local grant maker the Foundation is well placed to respond to the particular needs of the region. Working with regional and national experts from the voluntary sector the new programmes have been developed to extend our work on homelessness, to address the urgent need for debt advice and to focus on the aspects of financial exclusion where we can make a distinct contribution.

Managing Money, helps people who are in debt or have other financial problems and needs.

Many people often find it difficult to organise their finances. This is made even more difficult for people with little money or savings, through a lack of suitable services.

We aim to help people to manage their money better and increase access to financial services that suit their needs. Our grants will help to improve the capability of voluntary sector organisations who offer financial services. We will also work with selected organisations to provide additional debt advice and to pilot financial education provision for vulnerable groups.

Having a Home, helps vulnerable people who are homeless or at risk of becoming homeless.

Homelessness is both a cause and the result of many of the other social problems that the Foundation tries to tackle. People can become homeless for many reasons but they are especially vulnerable at change points in their lives - for example, when young people leave home or leave care, when people leave prison, when families flee violence or move out because of other types of family breakdown.

We aim to assist people facing homelessness to keep or re-establish a home. Our grants will support early intervention for people who are at risk of leaving their home, or who need support when leaving institutional or supported accommodation. They will also provide emergency help when people have no home, and longer term support to help homeless



Photograph © Simon Veit-Wilson

The Foundation Team

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(from March 2010) |

people meet the requirements and manage the responsibilities of having a home.

These two new programmes are led by Richard Walton. Our other three programmes continue in 2010, but have new titles.

Enabling Independence and Choice, helps older people, people with mental health problems, people with learning disabilities, and carers, to live more independently and participate more fully in society, and is led by Louise Telford.

Safety and Justice for Victims of Abuse,

supports people who suffer from domestic abuse, sexual violence and exploitation, child abuse and hate crimes and is led by Cullagh Warnock.

Changing Lives, helps people who face prejudice, people who misuse alcohol or drugs, and young disadvantaged people. This programme continues our work begun under the Building Positive Lives programme, and is now led by Penny Vowles.

Northern Rock Foundation

Our aims are to tackle disadvantage and improve quality of life in North East England and Cumbria.

We give grants to organisations which help people living in the region who are vulnerable, disadvantaged, homeless, living in poverty or are victims of crime or discrimination.

We target our funds through five grant programmes each of which has criteria to help applicants decide if their project is suitable for a grant. The criteria for each programme are presented here.

In summary: If you want to apply for a **grant**, you should:

- check our **exclusions**: organisations and activities we will not fund.
- make sure that your work is in **our area**.
- read the descriptions of the **programmes** to see whether you fit within our current priorities, and to check for any additional guidance that describes in more detail the kinds of proposals we wish to support.
- read the **general information** about our grants.

MANAGING MONEY

helps people who are in debt or have other financial problems and needs.

What is meant by financial exclusion and why is it important?

Financial exclusion means that some people do not have access to, or the skills to use, the mainstream financial products that the majority benefit from. They pay a fee to cash a cheque, are subject to very high interest charges when borrowing money or purchasing goods on credit and pay extra to warm their homes.

Without savings they cannot build any financial reserve to see them through the ups and downs of daily life, without insurance they cannot mitigate risk and without a pension they rely on the state to provide for them in old age.

The Foundation is interested in receiving applications from organisations working to increase the supply of appropriate financial products.

- It is important that everyone has access to basic financial products including a bank account, low cost credit, insurance and savings. The Foundation is interested in supporting the capacity of third sector lenders to provide affordable credit and other financial products by funding improved governance, product development and marketing.
- The Foundation is also interested in encouraging innovative partnerships between third sector organisations to help them to work together to improve the availability of appropriate financial products.

HAVING A HOME

helps vulnerable people who are homeless or at risk of becoming homeless.

Not having somewhere safe and secure to live is often a symptom of other issues, including family breakdown, drug or alcohol misuse, mental health problems, unemployment and poverty. It is often triggered by a particular incident such as a family row, a sudden bereavement or domestic violence. Some people also become homeless on leaving an institution such as prison, the armed forces or local authority care.

Being homeless is not just about people sleeping rough on the streets, it's about the many more people who live in hostels and other overcrowded or temporary accommodation.

In this programme we invest in organisations that provide one-to-one support to vulnerable people to help them maintain a home or to help them find somewhere safe and secure to live. In all cases, you will need to show us how you will measure the progress people make as a result of your work and how this moves them forward with their lives.

We would particularly encourage applications from organisations working to:

- Prevent homelessness;
- Help people in crisis;
- Develop day centre provision for homeless people;
- Provide training and employment opportunities;
- Make permanent accommodation available and sustainable.

We won't fund the bricks and mortar costs of supported accommodation and we won't fund provision for people who are statutorily homeless.

ENABLING INDEPENDENCE AND CHOICE

helps older people, people with mental health problems, people with learning disabilities, and carers.

Everyone has a right to lead a rich and fulfilling life and to have choices about how they live. With the right support, advice and information, vulnerable people can live more independently and participate more fully in society. This programme is designed to improve the amount and range of services for people that, we think, receive least support from other sources.

They are:

- older people;
- people with learning disabilities;
- people with mental health problems;
- carers.

We will fund a wide range of organisations providing different types of services and support – it is up to you to tell us how your work will address the needs of groups we want to help. For older people, however, as well as other support, we also have a special objective to invest in welfare benefits advice and targeted benefit take-up campaigns

In the programme as a whole, we want to help organisations that deliver support over and above what statutory authorities provide. This means that we will not fund services that should be the responsibility of statutory organisations or those which were previously funded by local authorities or the NHS. However, we recognise that the state does not meet the comprehensive range of vulnerable people's needs and that the quality and choice of services is patchy. In this programme we want to address these gaps in provision.

You will need to have some track record of work in the relevant field and be able to show us that you will run high-quality services that meet the widest range of people's needs. We will prioritise work in places where there is little or no provision. We will also seek to link organisations together to share good practice. Innovation is not a requirement, but we are happy to consider proposals that the statutory sector would find too difficult or risky to fund, or which take a new approach to providing services where it is sensible to do so. In this programme we are also especially concerned to see that the people who use your services are involved in their development and delivery.



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grant programme 2010



SAFETY AND JUSTICE FOR VICTIMS OF ABUSE

supports people who experience domestic abuse, sexual violence and exploitation, child abuse and hate crimes.

People affected by these crimes experience long-term social, emotional, psychological and economic impacts. The crimes share low reporting levels, high rates of cases 'dropping out' of the criminal justice system, and high levels of repeat victimisation. Many victims do not report a case for fear of further abuse, or because they think they will not be believed or taken seriously. They may also be prevented from getting the help they need because of the myths and misunderstanding that surround the issues. Some victims will experience abuse in several ways – for example women forced into prostitution by abusive partners.

We want to invest in organisations that can help:

- reduce the incidence of these crimes;
- reduce their impact on victims and their families;
- reduce repeat victimisation;
- increase the number of cases going through the criminal justice system.

These are ambitious goals, and our investments will always be part of a much bigger picture. Our contribution will be to increase the availability of services to victims, to improve the quality and impact of organisations' work, to improve communication and sharing of good practice in the field and to lever in other statutory and charitable resources.

Examples of the kinds of work in which we might invest include:

- advocacy and support;
- crisis services;
- schemes that encourage reporting of crimes;
- prevention and education programmes with children and young people;
- projects that encourage survivors to get involved in policy and practice development;
- research that has a clear application to policy and practice.

We will provide funding to expand the work of existing organisations where it is effective, to develop new services and to help organisations come together to learn from each other and work together on a problem. We are interested in organisations whose work responds to the needs of victims where the crimes overlap, as well as those concentrating on one area.

If your proposal is for joint work by a consortium that includes statutory organisations we can consider it, but we will not support individual applications from public sector bodies for their own work.

CHANGING LIVES

helps people who face prejudice, people who misuse alcohol or drugs, and young disadvantaged people.

Many people find themselves in crisis or experiencing discrimination, or living in deprived areas with low aspirations and expectations. In such circumstances people are unlikely to benefit from wider opportunities to become involved in their communities to take part in education or to get a job.

In this programme we aim to help people who lack self-confidence or motivation, or who face discrimination, to have the individual support they need to take control of their lives.

The groups we want to target are:

- People who misuse substances such as drugs, alcohol and solvents;
- People who face prejudice and discrimination because of their identity, including refugees and asylum seekers, black and minority ethnic groups and lesbian and gay communities;
- Disadvantaged young people aged 11-25.

This programme aims to increase crisis services for these groups and support and empower them to plan and prepare for the future. We will invest in organisations providing one-to-one support that helps people to take control of their lives and plan for a more fulfilling future.

The kinds of services we will fund include:

- Mentoring and befriending;
- Crisis support;
- Personal development programmes, including life skills and those that use arts as a tool to engage people;
- Conflict mediation;
- Advice projects.

These activities may take place in a range of settings, and we will support detached and outreach work. In all cases you will need to show us how you will measure the progress people make as a result of your work.

We won't fund the teaching of literacy and numeracy or the teaching of English to speakers of other languages.

Full details about all our grant programmes, and how to apply are available on our website.

www.nr-foundation.org.uk

Northern Rock Foundation is a registered charity.
Registered number: 1063906

How to apply

If you are **eligible**, you can apply **online** or by completing a form and posting it to us. Forms are available as **downloadable documents** (in Word and PDF formats), or from our office.

You are **not eligible** for a grant if your organisation falls into one of the categories listed below.

- Activities which are not recognised as charitable in law.
- Applications for under £1,000.
- Charities which appear to us to have excessive or free reserves (up to 12 months' expenditure is usually acceptable) or are in serious deficit.
- National charities which do not have a regional office or other representation in North East England or Cumbria.
- Grant-making bodies seeking to distribute grants on our behalf.
- Open-ended funding agreements.
- General appeals, sponsorship and marketing appeals.
- Corporate applications for founder membership of a charity.
- Retrospective grants.
- Replacement of statutory funding.
- Activities which are primarily the responsibility of central or local government or health authorities.
- Individuals and organisations that distribute funds to individuals.
- Animal welfare.
- Mainstream educational activity, schools and educational establishments.
- Medical research, hospitals, hospices and medical centres.
- Medical treatments and therapies including art therapy.
- Fabric appeals for places of worship.
- Promotion of religion.
- Expeditions or overseas travel.
- Minibuses, other vehicles and transport schemes, except where they are a small and integral part of a larger project.
- Holidays and outings.
- Playgrounds and play equipment.
- Private clubs and those with such restricted membership as to make them non charitable.
- Capital bids aimed purely at meeting duties under the Disability Discrimination Act.
- Amateur arts organisations.
- Musical instruments.
- Sports kit and equipment.

Leading the field, celebrating success

These are just a few examples of the many organisations whose work has been funded by the Foundation. We are pleased to congratulate them on their success. We would also like to applaud the work of the many other voluntary organisations at work in the North East and Cumbria who deserve more recognition than they often get!

Tyneside refugee charity wins Guardian Charity Award for 'ground-breaking' work

The Comfrey Project, based on Tyneside, is a ground-breaking scheme that brings asylum seekers and refugees to enjoy a shared love of gardening.

By encouraging local people and refugees to work alongside each other on local allotments, the charity is breaking down barriers and helping people to understand each other while also improving the health and wellbeing of the refugees.

The judges said, "This is a very powerful project that lifts the soul and is growing in an amazing way. The way it builds relationships and maintains these relationships is a really heart-warming thing."

The Comfrey Project was one of five winners nationally in the Guardian Charity Awards 2009 and was selected from almost 500 entrants.

There is a short film about the project on the Guardian website: www.guardian.co.uk Guardian Charity Award 09: The Comfrey Project.



The Comfrey Project

Photograph © The Comfrey Project



The Cyrenians

Photographs © The Cyrenians

Queen's Award for two North East charities

Prestigious award for Cyrenians

In September 2009 the Lord-Lieutenant of Tyne and Wear, Nigel Sherlock OBE, attended a special ceremony to present the Cyrenians, the north east based charity which supports vulnerable and homeless people, with the 2009 Queen's Award for Voluntary Service.

The Lord-Lieutenant said, "I am delighted to be making this presentation today. Tyneside Cyrenians has become an important organisation within our region. Now a significant employer and investor, the charity continues to excel in providing support and services to vulnerable and

disadvantaged people – living up to its watch phrase; 'Changing Lives, Building Futures'. The significant numbers of accolades received in recent years are testament to the effective and pioneering work of Tyneside Cyrenians in the sector. They are thoroughly deserving of this recognition."

Winners of this year's Award were selected from 406 groups nominated by members of the public who have been helped personally or witnessed the benefits of a group's work in their community. This award follows the Cyrenians being voted Charity of the Year in the 2008 Charity Times Awards.



The Cyrenians

Information about the type of work that the Foundation supports can be found on our website www.nr-foundation.org.uk

WHiST drive to success

Women's Health in South Tyneside (WHiST) was established 24 years ago.

It is based in a purpose-built centre adjacent to South Shields Metro station. Over the last quarter of a century WHiST has worked with thousands of women to give them control over their own mental and physical health.

In 2009 WHiST was also awarded a Queen's Award for Voluntary Service acknowledging the work the volunteers do for members of their community. The award is the equivalent of an MBE and sets the national benchmark for excellence in volunteering.



WHiST

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Photograph © WHiST

Streetwise demonstrates real impact



In May last year Newcastle based young people's information, advice and counselling service Streetwise was announced as Overall Winner at the GlaxoSmithKline IMPACT Awards 2009 at a ceremony at the National Science Museum in London.

The IMPACT Awards have been running since 1997 and are designed to recognise and reward charities that are doing excellent work to improve people's health. The judges praised Streetwise for working with serious issues in a fun and accessible way for young people.

Photograph © Streetwise