



Northern Rock Foundation

Annual Review 2009





North Shields Live at Home Scheme works with isolated older people over 60, many of whom would not leave their homes without the Scheme's help. The Scheme supports around 160 older people offering activities, clubs, shopping trips, outings and events, and this men's club. The Foundation's grant of £60,000 over three years will help to fund running costs (see page 11).

About Northern Rock Foundation

Northern Rock Foundation is an independent charity which aims to tackle disadvantage and improve quality of life in the North East and Cumbria. The Foundation gives grants to organisations which help people who are vulnerable, disadvantaged, homeless, living in poverty or are victims of crime or discrimination. We also carry out research, commission training programmes and gather and share learning from the activities we fund. Where appropriate, we seek to inform and influence wider regional and national policies and practice. The Foundation is run by an independent Board of Trustees, representing a wide range of interests within the local community, who are supported by a staff of 14.

The Foundation was established when Northern Rock Building Society demutualised in 1997. Up to 2007, Northern Rock covenanted 5% of its pre-tax profits to the Foundation. In February 2008, the then Chancellor announced that Northern Rock Foundation would receive a minimum of £15 million a year in 2008, 2009 and 2010 from Northern Rock, as part of the arrangement under which the bank was taken into temporary public ownership. The Chancellor also called on the bank to work towards identifying a viable long-term future for the Foundation.

Annual Review 2009 Contents

Chairman's Introduction	3
Chief Executive's Review	4
Changing Lives	7
Safety and Justice for Victims of Abuse	8
Enabling Independence and Choice	11
Culture and Heritage	13
Having a Home	14
Managing Money	14
Supporting the Voluntary Sector	17
Northern Rock	18
Trustees and Staff	20
2009 Grants and Commissions	23

Nightstop Teesside, based in Redcar, provides up to three nights' emergency accommodation and breakfast and an evening meal, for young homeless people in 14 homes of trained Nightstop volunteers. Volunteers also provide a telephone helpline, drivers and befrienders. Nightstop offers supported lodgings for young people for up to two years as well. Each year Nightstop Teesside supports around 350 young people and the Foundation's grant of £90,000 over three years will help this work to continue (see page 14).



Chairman's Introduction

The pages of this report illustrate how Northern Rock Foundation continues to fulfil its mission to help and resource those organisations in the North East and Cumbria dedicated to helping the most vulnerable and disadvantaged. With the Foundation's support, many of these organisations are able to look forward more positively and the future of thousands of people they support is much brighter.

The background to this is that Northern Rock, which has been in public ownership since February 2008, has most generously gifted £15 million each year since then to the Foundation for its activities. We have, therefore, been able to continue as before, but necessarily with a greater focus on those most in need. In particular, the Foundation has concentrated its help, not just on those who have been left behind or left out as the region has changed, combating the far-reaching effects of deprivation and poverty, but, latterly, on those experiencing the social and financial effects of the current recession. Specifically, we have sought to concentrate funding on new programmes dealing with homelessness and financial exclusion.

We believe our activities in the region can also strongly support the community values and objectives of Northern Rock. Consequently, we are currently holding discussions with their management team to explore how we can work together in the future. Northern Rock's continuing support, in tandem with our own resources, would ensure that the Foundation can make a significant contribution to the region's welfare for many years to come.

The voluntary sector has an important role to play in the future of our region, in the north of England, and the Foundation can contribute to that through its leadership, its investment in the sector and its championing of key issues. We are part of a wider community of businesses, charities, political parties, local government, higher and further education bodies, media and many others all working towards the greater benefit of all the people who live within it. Staff and Trustees at Northern Rock Foundation would therefore like to take this opportunity to thank most warmly the members of all these bodies for the strong support they have given to the Foundation in recent years to sustain it in the important work it carries out. In this way, we can continue to bring hope to a wide range of people who need help and thereby make the region a better place for everyone.

Alastair Balls

June 2010

Chief Executive's Review

I joined Northern Rock Foundation in June 2009 to take forward its essential work tackling need in the region and supporting the work of the voluntary sector. This Annual Review demonstrates the range and quality, and the value and impact of our work, and its contribution to communities across the North East and Cumbria.

2009 was a busy and a successful year for the Foundation. Compared with 2008, we increased both the number of grants made and the amount of funding distributed, making 185 grants totalling over £11 million. As a regional funder, we are closely attuned to the needs of the region, and can also act quickly to address crises. In November, Cumbria was hit by devastating floods. The Foundation was amongst the first major contributors to the Cumbria Flood Fund with a donation of £100,000. This funding was targeted to help organisations working with vulnerable people to cope with the impact of the floods on their lives.

During the year, in response to the impact of the recession in the region, we carried out a review of our grant priorities. As a result, the Trustees decided to strengthen our investment in homelessness projects and develop our work tackling financial exclusion through two new grant programmes. Having a Home will build on our experience of funding and developing provision for homeless people, especially young people. Our second new programme, Managing Money, announced its first grant of £1.47 million in December. This major partnership project with Citizens Advice will increase and improve the provision of debt advice in the region and aims to deal with over 8,000 new cases.

In 2008 we began a significant research project, the *Third Sector Trends Study*, and this year published its initial findings. This ground-breaking work is producing the first authoritative evidence for the scale, significance and potential of the voluntary sector in the region. The research will be invaluable in order to inform the future development of the voluntary sector and maximise its contribution to civil society in the region in the next decade.

The Foundation is a small organisation that has made a big impact since it was set up by Northern Rock, and has become part of the culture and identity of the region. We are committed to continuing our work and developing our role.

Penny Wilkinson



The Comfrey Project runs an allotment project for refugees and asylum seekers in Newcastle and Gateshead. Members of the project include people from Iran, Congo, Iraq, Sri Lanka, Ethiopia and Eastern Europe. The project offers a place where people feel welcomed, supported and listened to, and is a route to developing confidence and skills. Its work has been recognised through local and national awards, including a Guardian Charity Award in 2009. The Foundation first supported its work in 2005, and this year awarded a further grant of £90,000 over three years (see page 7).

Fairbridge Teesside supports young people at high risk of social exclusion and helps them to develop their skills and confidence through a programme of practical and physical activities. Many of the young people who complete the programme are able to then make positive changes in their lives such as to return to school, or move into training schemes. In 2009 the Foundation gave a grant of £100,692 over three years to support Fairbridge's work.



Changing Lives

This grant programme helps people who face prejudice, people who misuse alcohol or drugs, and young disadvantaged people. We aim to increase crisis services for these groups, and support and empower them to plan and prepare for the future.

All the projects funded through this programme work with people on a one-to-one basis. This type of work can seem costly, but offers better and longer-term outcomes than more generic programmes, especially for people with complex problems. The Foundation's support enables voluntary organisations to provide this more intensive and individual approach.

The number of young people in the region who are not in employment, education or training remains at a high level, making our work with disadvantaged young people especially important. Grants to projects for young people form the major part of this programme. During the year, 18 grants, totalling £1,385,206, were made for youth work, mentoring and personal development programmes. Youth work organisations that work with young people, to plan and monitor the progress they want to make in their lives, show better results, but this is a challenge for some organisations. This year the Foundation commissioned research on ways of monitoring the impact of work with young people. The research is being published in 2010 and will provide practical advice and guidance which will help to improve services for young people in the future.

Supporting and developing new and improved ways of working is a key role of the Foundation. In 2009 we funded The Cyrenians to set up a day centre in Gateshead promoting an innovative model of abstinence-based treatment for people addicted to drugs or alcohol (see page 33). The North East has the greatest number of problematic drinkers in England, but the least provision and access to alcohol services. The project will help to build understanding of how to provide effective support for people with addictions. Seven other projects working with people with drug and alcohol problems or with their families also received funding this year.

Through this programme, the Foundation also supports people suffering from prejudice or discrimination in the black and minority ethnic community – including refugees and asylum seekers – and the lesbian, gay, bisexual and transgender community. Ten projects were funded to provide practical help and emotional support for people, including the Comfrey Project which works with refugees and asylum seekers in Newcastle and Gateshead (see page 5).


Safety and Justice for Victims of Abuse

This grant programme supports people who experience domestic abuse, sexual violence and exploitation, child abuse and hate crimes. We aim to reduce both the incidence and impact of these crimes by investing in better support for victims.

The projects funded through this programme can be controversial and can struggle to gain funding elsewhere. The Foundation plays an important role enabling these projects to develop and continue. A key objective of the programme is to identify gaps in provision and expand the number of services in the region that support people who have suffered domestic abuse and sexual violence. In 2008 the Foundation brought together voluntary and statutory agencies to discuss lack of services in Northumberland. This resulted in a successful application in 2009 from Tyneside Rape Crisis Centre to provide a pilot service in Northumberland. The Foundation's grant will establish the service and is helping to lever in other funding to create a sustainable income stream. We also provided a grant to employ a community engagement manager at Harbour Support Services, which supports victims of domestic abuse in Hartlepool, Teesside and East Durham. Core costs are difficult for many funders to support. Our grant will enable Harbour to develop new partnerships and extend their work.

The Foundation has been steadily developing awareness of sexual exploitation. This year we published our research, *Hidden Markets – Sex Work in Northumberland and Tyne and Wear*, and commissioned further research for the Darlington and Durham areas. We renewed our grant for the GAP project which works with women involved in sex work, and funded Barnado's to develop a model for work with sexually exploited children and young people. We also supported work with children, sex offenders, and women in the African Community. In January 2010, we brought together practitioners, from both voluntary organisations and statutory agencies such as the police and local authorities, at a major conference presenting and sharing knowledge and good practice from projects supported by the Foundation, and from elsewhere in the UK. As an independent body, the Foundation is able to provide a forum for discussion of these uncomfortable issues. Our support for, and research into, sexual exploitation is recognised as enabling change, both regionally and nationally, to help the very vulnerable people affected by these issues.

Another problem in the region which the Foundation is addressing is hate crime. This is an ugly issue that we may not want to face but which can blight people's lives and needs to be prevented. In 2009 we invested in five projects tackling homophobia, Islamophobia and racism, including Sunderland Bangladeshi Community Centre for their hate crime work.



Harbour Support Services supports victims of domestic abuse and is a successful example of a community-based organisation that has grown to employ over 70 staff. It provides refuges, outreach support, counselling and advocacy services, delivers training for professionals working with victims of abuse, and also runs a perpetrator programme. In 2009 Harbour provided accommodation in its refuges for over 170 women and children and also supported hundreds of adults and children through its outreach services. Director Lesley Gibson (right) is pictured here with Yvonne, a service user (not her real name). In 2009 Harbour was awarded £105,000 over three years to develop its work.

Durham and Chester-le-Street Carers supports over 1,500 carers through the work of around 50 volunteers, supported by a paid volunteer co-ordinator. In 2009 the Foundation awarded a grant of £124,226 over three years to enable the organisation to continue to employ its co-ordinator from 2010 and contribute to running costs and volunteer expenses.



Enabling Independence and Choice

This grant programme helps older people, people with mental health problems, people with learning disabilities and carers. We aim to give them a choice of excellent services that will help them to become or remain independent and participate more fully in society.

The Foundation's funding makes an important contribution to these people's quality of life and there is a continuous need for these services. The population in the North East is ageing faster than the national average and the needs of older people are a particular priority for the Foundation. This year the Institute for Public Policy Research (ippr) published *Getting On: Well-being in later life*, part-funded by the Foundation, which highlights quality of life and well-being as critical issues for older people. The Foundation has regularly funded projects to tackle older people's isolation and improve quality of life, and during 2009 funded eight projects including the North Shields Live at Home Scheme (see inside front cover). Poverty, though, remains the key issue in later life for significant numbers of older people. This year the Foundation funded five Age Concern projects and one Citizens Advice Bureau project to provide welfare benefits advice to older people. We also funded the Years Ahead Regional Forum on Ageing to develop collaborative work to increase the take-up of pension credit in the North East.

Support for people with mental health problems has been highlighted as a growing need in national research published by the Young Foundation *Sinking and Swimming. Understanding Britain's Unmet Needs*, also part-funded by the Foundation. For several years the Foundation has been working with mental health charity Mind to develop its work in the region. Through a series of grants, made since 2003, the Foundation has helped CarlisleEden Mind in Cumbria to develop and expand its services. This demonstrates the Foundation's ability to support organisations' strategic development alongside service delivery (see page 16).

The role of the arts in engaging vulnerable people and developing their skills and capabilities is well known and successful. The arts can also change society's perceptions of vulnerable people; they are seen for the talents they possess, not the labels that are attached to them. This year we funded five arts projects working with people with learning disabilities that involved dance, drama, film, music and art, including Haltwhistle Film Project (see page 22). We also funded three arts projects for people with mental health problems, an arts project with older people and a writing project for carers. Carers deal with the practical day-to-day tasks of caring as well as juggling work and family commitments. The Foundation has worked with the Princess Royal Trust for Carers to extend support services for carers in the region. Durham and Chester-le-Street Carers received the largest grant for a carers organisation this year.

Tees Valley Arts promotes participation in high-quality cultural activities as a way to improve people's quality of life and learning opportunities. Tees Valley Arts takes a particular role working with groups such as refugees, young people and other disadvantaged groups in the community. The Foundation's grant of £75,000 will contribute to staff and running costs for three years.



Culture and Heritage

The aim of this grant programme has been to support high-quality artistic performances and events, whilst at the same time promoting wider access to culture for everyone. The programme also provided development opportunities for professionals working in the cultural sector.

The projects funded this year reflected these aspirations with support for a wide range of cultural and artistic activity, from an innovative project with young people in Newcastle at the Theatre Royal – *Seconds Out* – bringing together boxing and dance, to a digital and creative industries project at the site of the Florence Mine in Egremont, in Cumbria. The Ashton Group Theatre in Barrow-in-Furness has also provided exciting personal development opportunities for aspiring young writers and directors, and The Empty Space supported theatre professionals in the North East to explore new ideas and collaborations.

Developing cultural provision in the region has been a key outcome of this programme. This year we provided three-year funding support for Tees Valley Arts. This sub-regional arts development agency plays an important role in a part of the region that does not have as great a range of cultural provision as elsewhere. Our funding, for core costs rather than a particular programme or performance, will help to provide stability for the organisation and allow it to strengthen local and regional partnerships.

The Culture and Heritage programme closed at the end of 2009 after seven years of investment in culture, both through this programme and the Aspiration programme. Highlights of the two programmes over the years include high-profile events such as Northern Stage's 'Life begins at Forty' celebrations, the exhibitions at Belsay Hall, the Culture 10 programme and the development of talented young performers trained by Generator and Tees Music Alliance. We also look forward to the new purchases made through the Northern Rock Foundation Craft Acquisition Fund, which will be shown at mima in Middlesbrough and the Shipley Art Gallery in Gateshead during 2011.

The Foundation's investment in cultural and heritage projects has contributed significantly to the North East's reputation today as a contemporary, creative and cultural region. We also leave a legacy of an invigorated and expanded cultural sector in Cumbria, and a reputation throughout the region for high-quality artistic and cultural programmes. There are now many more opportunities for people, wherever they live in the North East and Cumbria, to see and take part in cultural and heritage events.

Having a Home

Homelessness is both a cause and the result of many of the other social problems that the Foundation tries to tackle. The Foundation has always supported homelessness projects, and has recently been championing a particular approach to working with vulnerable people. The approach recognises that to help someone make a meaningful change in their lives they need to be supported to address some of the most basic problems they face. These could be problems with self-esteem, with the misuse of alcohol and drugs, or mental health problems. During 2009, the Foundation funded seven projects, including Eden Foyer, to work with homeless people in this way, helping them develop the skills that will enable them to move on to an independent life and be able to re-establish or keep a home.

Immediate accommodation when people first become homeless remains a key need. Nightstop Teesside was funded by the Foundation this year to provide emergency accommodation for young people who have run away from home (see page 2). Intervention at this initial crisis point will also help to prevent young homeless people from becoming drawn into crime or substance misuse, and support them to rebuild their lives. The Foundation is also working with the Regional Youth Homelessness Network to develop a regional strategy for youth homelessness through funding for a development worker.

From 2010 **Having a Home** becomes a separate grant programme with a budget of £2 million for homeless projects in that year. The priorities for the programme will be prevention of homelessness, crisis support, day centre provision, training and employment for homeless people and provision of available and sustainable permanent accommodation.

Managing Money

Managing Money will focus on helping people with little money or savings, to manage their money better and increase access to financial services that suit their needs.

This new grant programme, beginning in 2010, will build on earlier work by the Foundation to support people who are in debt or have other financial problems and needs. This includes a major £1.47 million project to extend debt advice provision working with Citizens Advice by funding a new regional telephone helpline and video conferencing facilities, as well as 13 additional face-to-face debt advice workers. Other work will focus on the lack of affordable credit in the region, working with credit unions and community development financial institutions, and with partners on the North East Financial Inclusion Regional Stakeholders Group. We will also explore how we might pilot financial education work with vulnerable groups such as victims of domestic abuse.

Eden Foyer in Penrith helps homeless young people under the age of 25, providing supported accommodation and linking them to training and employment. It houses 15 young people in individual flats and offers them a range of opportunities including events and activities like this music project. Eden Foyer, run by Impact Housing, has successfully helped young people into employment, or to gain entry to university and college, and in 2008 was formally assessed as one of the best Foyer projects in the country. The Foundation's grant of £75,000 will support their work over the next three years.



From bases in Carlisle and Penrith, **CarlisleEden Mind** offers a wide range of services for people with mental health problems. These include befriending, drop-in sessions, alternative therapies, art sessions, volunteering opportunities, case advocacy and outdoor activities like this walking group. CarlisleEden Mind has developed partnership working with other Cumbrian Mind branches and also now provides resources and premises for other voluntary sector groups. Chief Executive Chris Wood (centre) was a participant on the Foundation's 2008/09 management training programme. In 2009 the Foundation awarded a third grant, of £118,000 over three years, towards staffing and core costs (see page 11).



Supporting the Voluntary Sector

The core activity of the Foundation is to tackle disadvantage through grants to voluntary organisations which work with vulnerable people. To help those organisations to be successful and sustainable we also provide training and development support, and carry out research and policy work.

Our major research project, the *Third Sector Trends Study*, was commissioned to create a robust qualitative and quantitative evidence base about the voluntary sector in the North East and Cumbria. The first report published in June 2009 – *Mosaic, Jigsaw or Abstract* – began to describe and define the sector, and is being followed in 2010 with the full series of findings and reports. The voluntary sector is acknowledged as having a central role in delivering public services, tackling social problems and strengthening civil society, but its development is constrained through a lack of information about the sector. This research will be important in filling this gap for the region and providing valid data and evidence to inform future policy and planning, both regionally and nationally.

Management capability and capacity will be crucial in helping the voluntary sector to respond to the challenges of the next few years. The Foundation's Training and Development programme concentrated on income maximisation, management tools and practice, leadership and strategy, and board and senior management development. This provided a tiered approach to meet different levels of experience and need. Eighty-three staff from a wide range of organisations took part in our four training programmes. We continued to offer Learning and Support grants of up to £2,500 to provide bespoke support to organisations on issues such as strategic planning, marketing and governance. We also provided IT advice through funding for the Circuit Riders at the Community IT Academy.

The Foundation develops and contributes to the knowledge base of the voluntary sector and other partners by publishing reports on projects we have funded, and hosting seminars to disseminate information. This year we published two Insight reports *Borrowing your way out of debt: lessons from a North East debt consolidation programme* and *Local knowledge, local action: funding development trusts in North East England*. The expertise of our staff is also recognised and in demand. Staff are involved in a range of roles including support for training events for the national Association of Charitable Foundations, membership of initiatives such as a Technology Strategy Board project in the North East, and positions such as the Independent Facilitator of Northumbria Crown Prosecution Service Violence Against Women Scrutiny Panel.

Northern Rock

We continued and strengthened our working relationship with Northern Rock this year. We supported the development of their corporate social responsibility programmes and work in the community, alongside our regular role operating the staff match-giving scheme.

Each year Northern Rock staff nominate a charity to support and fund-raise for. In 2009 Marie Curie Cancer Care was Northern Rock’s nominated corporate charity. Many staff raised money individually for the charity but the majority was raised through organised corporate activities. In 2009 Northern Rock held dressdown days, an autumn fair and raised money for the Field of Hope campaign. The Foundation matched £91,772 raised by staff, providing a total donation of £183,544 for Marie Curie. In 2010 Northern Rock employees have voted for Samaritans as their annual corporate charity of choice.

The Foundation also matches contributions by staff to any UK or Republic of Ireland-based charity, up to a maximum of £1,000 per person, either through individual fundraising or regular giving through the *Give as You Earn* scheme (GAYE). In 2009 the Foundation matched £25,823 that was donated through GAYE and £117,308 that was given directly to charities by staff.

In total, the staff match scheme generated £469,810 for charities, an increase of 41% on 2008.

Top Ten Staff Supported Charities 2009

<i>Organisation</i>	<i>Amount £</i>
■ Marie Curie Cancer Care – Newcastle & Northumberland	72,752
■ Marie Curie Cancer Care	19,020
■ BBC Children in Need	14,152
■ Macmillan Cancer Relief	13,413
■ Breast Cancer Campaign	9,184
■ Comic Relief	5,786
■ Cancer Research UK	3,740
■ St Oswald's Hospice	3,642
■ The Sir Bobby Robson Foundation	3,330
■ Macmillan Cancer Support	3,200

Northern Rock employees at the start of the climb to the summit of Ben Nevis, raising funds for Marie Curie Cancer Care.



Trustees and Staff

The Trustees would like to thank all the staff for their continuing hard work and commitment to the Foundation.

The Trustees would especially like to acknowledge the work of two previous staff who made a major contribution to the Foundation: Rob Williamson, Director of Policy and Communications, who left the Foundation in June 2009 to lead the Community Foundation serving Tyne & Wear and Northumberland; and Alison Graham, Director of Finance and Resources, who very sadly died in November 2009.

Trustees

Alastair Balls
(Chairman)

David Chapman

David Faulkner

Jackie Fisher

Tony Henfrey

Christopher Jobe

Lorna Moran

Frank Nicholson

Barbara (Mo) O'Toole

Julie Shipley.



(Trustees from left)
David Chapman, Jackie Fisher,
Julie Shipley, Tony Henfrey,
Alastair Balls, Mo O'Toole,
Frank Nicholson, Christopher Jobe

Staff at March 2010

Senior Management

Penny Wilkinson
Chief Executive

Ian Rutter
*Director of Finance
and Resources/
Company Secretary*

Carol Candler
*Director of Strategic
Operations*

Grant Programmes

Louise Telford
Programme Manager

Penny Vowles
Programme Manager

Richard Walton
Programme Manager

Cullagh Warnock
Programme Manager

Pete Barrett
Programme Officer

Gemma Appleby
Programme Assistant

Finance and Administration

Rachel Kyle
*Senior Office
Administrator*

David Allan
*IT Co-ordinator
and Premises
Administrator*

Caroline Percy
Finance Assistant

Shirley Carling
*Senior Administration
Assistant*

Susan Young
Finance Assistant

Consultants and Freelance Staff

Hilary Florek
PR Consultant

Carol Meredith
Grants Assessor

Phyllida Shaw
*Rock Reports and
Insight Journalist*

Kerry Gent
*Administration
Assistant* left the
Foundation in
September 2009



(Staff from left)
David Allan, Gemma Appleby,
Richard Walton, Carol Candler,
Rachel Kyle, Ian Rutter,
Shirley Carling, Caroline Percy,
Penny Wilkinson, Penny Vowles,
Louise Telford, Cullagh Warnock,
Pete Barrett

Haltwhistle Film Project is a film production company that has worked with people with learning disabilities since 2001, providing them with opportunities to develop creative skills. In 2009 the Foundation gave a grant of £60,550 for a three-year project – Film Able – which will provide film-making opportunities and in-depth training for people with learning disabilities. Haltwhistle Film Project hopes next to develop a film production company for people with learning disabilities (see page 11).

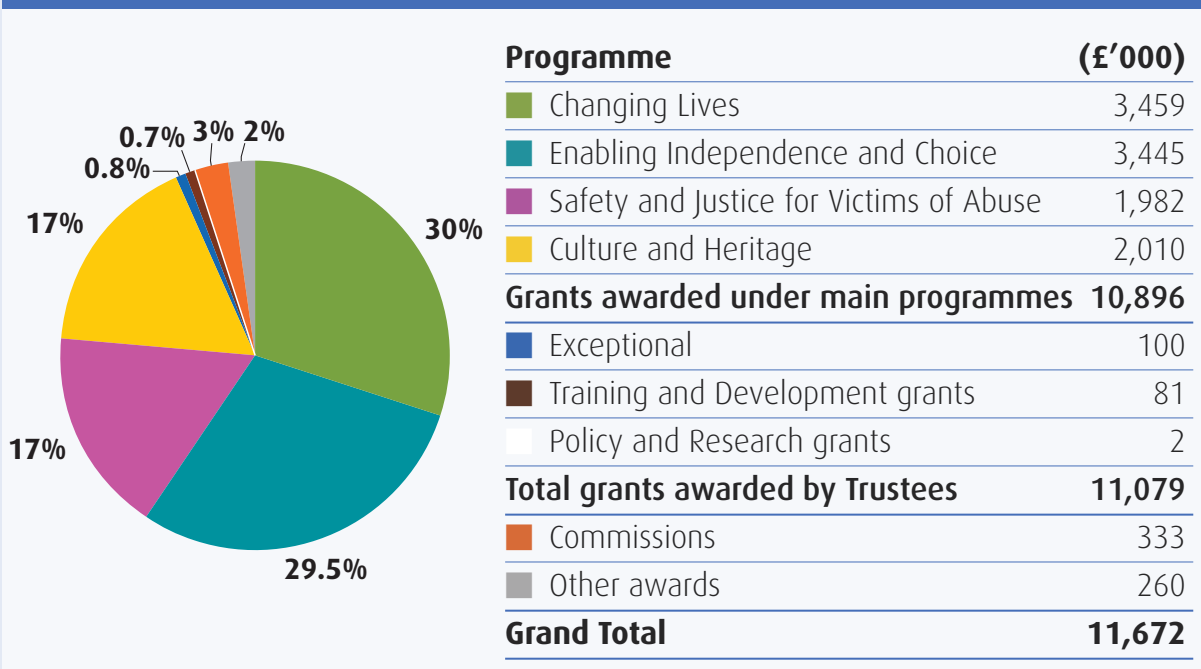


2009 Grants and Commissions

Overview

- 185 grant applications were successful and over £11 million was awarded.
- 103 grants were made for a term of three years, 26 for two years and 56 for one year or under.
- 52% of the grant sum awarded was for core costs and 43% for project costs.
- 75% of the number of grants made were to organisations which had previously held a Foundation grant.
- The Foundation dealt with 457 completed grant applications during the year.
- 62% of eligible applications were successful.
- The Foundation rejected 115 eligible applications and 157 applications were ineligible for funding or were withdrawn by the applicant.
- By the end of December 2009 the Foundation was managing new or ongoing grants totalling £36 million.

Amount awarded 2009



2009 main grants approved by region and per capita

Geographical area	Number of grants	Success rate of eligible applications (%)	Amount approved (£'000)	% of amount approved	Population ('000)**	Amount approved per capita (£)
Cumbria	19	54	1,247	12	497	2.51
Durham	18	53	1,343	12	508	2.64
Northumberland	12	60	741	7	311	2.38
Tees Valley	27	66	1,795	16	663	2.71
Tyne and Wear	62	63	4,507	41	1,093	4.12
North East & Cumbria*	27	51	1,263	12	3,072	0.41
Total	165	59	10,896	100	3,072	3.54

* North East and Cumbria area wide refers to grants that benefit people in more than one county in our area.

** 2008 mid-year estimate

Complete details of the Foundation's expenditure in 2009 are presented in the Annual Report and Accounts available on our website, or from our office.

Changing Lives*

Grants

Prejudice and discrimination

First Step – North East £125,002

To employ a co-ordinator to recruit, train and support volunteers working with women from the BME community in the West End of Newcastle.

The Angelou Centre £121,706

To support young BME women to maximise their potential on Tyneside.

Rights Project £111,031

To continue to provide advice and guidance to refugees and asylum seekers in Newcastle.

Methodist Asylum Project Middlesbrough £97,000

To continue providing support to refugees and asylum seekers.

The Comfrey Project £90,000

Towards a project providing gardening groups for refugees and asylum seekers in Newcastle and Gateshead.

Phoenix Mentoring Project £90,000

Towards a mentoring project supporting unaccompanied refugee children and young people in Newcastle.

Hart Gables £41,400

To support LGBT people aged 16–25 to eliminate barriers and realise their potential as active citizens in Hartlepool.

Iranian Centre North East £20,000

Towards a centre working with the Farsi-speaking community.

Fightback £20,000

Towards a project providing support to disabled refugees, asylum seekers and members of the BME communities in Sunderland.

Congolese Solidarity in Gateshead £16,000

Towards a refugee and asylum seeker group.

Substance misuse

The Cyrenians £239,000

Towards the set-up and revenue costs of a day centre for people facing addiction in Gateshead.

Addaction £120,000

To provide information, treatment and support to families affected by parental alcohol misuse in Cumbria.

Free the Way £109,326

Towards the assistant manager at a drop-in centre for people with substance misuse problems in Seaham, County Durham.

Cumbria Alcohol and Drug Advisory Service £88,041

To continue the service user co-ordinator's post at a project providing support and counselling to people with drug and alcohol problems.

A Way Out £75,000

To run a prevention project for young people at risk of substance misuse in Stockton.

Bluewatch Youth Centre £49,639

To continue to employ the outreach substance misuse worker at a project in Sunderland.

Ford Park Community Group £20,000

Towards a one-to-one programme providing individual support to disadvantaged young people in Ulverston, Cumbria.

Re-Solv £18,000

Towards a volatile substance abuse worker for the North East.

The Maryport Educational Settlement £5,494

To run a half-year gardening project for people with addictions in West Cumbria.

Young people

Depaul Trust £123,930

Towards a mentoring service for at risk young people in Newcastle and North Tyneside.

Fairbridge Teesside £100,692

Towards personal development programmes for disadvantaged young people aged between 16 and 25.

Nacro £98,893

Towards a mentoring project working with young offenders on Teesside.

* **Changing Lives:** this programme was known as Building Positive Lives from 2007–09.

Barnard Castle YMCA £96,015

Towards a caseworker to work with individual disadvantaged young people in Teesdale.

The Phoenix Youth Project £90,000

Support for one-to-one work at a youth project in West Cumbria.

Helix Arts £90,000

To deliver a high-quality, participatory arts-based, personal development programme for serious and prolific young offenders across the North East of England.

The Chat Trust £85,023

Towards a youth music co-ordinator at a project in Newcastle.

The A690 Youth Initiative £83,975

To employ a youth worker to give individualised support to disadvantaged young people in Sunderland.

People and Drugs £81,915

Towards the 1st Step Programme which provides one-to-one support to 16–25 year olds in Northumberland.

Writers in Prison Network £81,800

To support a creative writing and mentoring programme working with prisoners at HMP Frankland, County Durham.

Gateshead Young Women's Outreach Project £81,322

To continue personal development programmes for disadvantaged young women and young mothers in Gateshead.

North Benwell Youth Project £75,000

Towards a detached youth work project in Newcastle.

Pallion Action Group £75,000

To deliver a mentoring programme for vulnerable young people in Sunderland.

West View Project £60,000

Towards staffing costs for personalised support for young people in north Hartlepool.

Saltburn Christian Projects £52,000

Towards a project co-ordinator at a youth project in Saltburn-by-the-Sea.

Sans Street Youth and Community Centre £49,700

To provide one-to-one support for disadvantaged young people in Sunderland.

Tow Law Community Association £40,000

To support one-to-one work with vulnerable young people at a community centre in County Durham.

Hexham Youth Initiative £19,941

To employ a part-time co-ordinator and mentors for the mentoring service.

Homelessness**Aquila Way** £154,250

Towards a 'one-stop-shop' providing facilities and advice for vulnerable and homeless people in Gateshead.

The Outpost Housing Project £120,000

Towards a project providing crisis accommodation for LGBT young people in Newcastle.

Centrepoin County Durham £90,000

Towards a regional youth homelessness network development worker for the North East.

Nightstop Teesside £90,000

To provide emergency accommodation to vulnerable young people.

Impact Housing (Eden Rural Foyer) £75,000

Towards a project providing supported accommodation and access to training for young homeless people in Cumbria.

City of Sunderland YMCA £47,975

Towards a supported accommodation project for homeless young people in Chester-le-Street, County Durham.

Citizens Advice Bureau £25,395

To continue a regional prison-based advice project in the North East.

Other**Social Enterprise Loan Fund** £15,000

To fund overheads for loan funding in the North East.

45 Grants £3,459,465**Commissions****Harrington Young Consultants** £19,895

To seek to identify methods and models for measuring young people's progress as they participate in youth work projects in the North East and Cumbria.

1 Commission £19,895**Total 46 grants and commissions**

Changing Lives Total £3,479,360

Safety and Justice for Victims of Abuse

Grants

Child abuse

Barnardo's £111,176

Towards a community monitoring programme for high-risk child sex offenders in Tyne and Wear and Northumberland.

Barnardo's SECOS Project £100,000

To develop a model of working with sexually exploited children and young people in a North East local authority area.

Kidsafe UK £85,932

To deliver a child protection programme to children in 36 primary schools across Cumbria.

Teesside African Health Community £82,606

Towards an organisation addressing the issue of Female Genital Mutilation.

Barnardo's SECOS Project £12,254

To complete research on exploitation and identify victims of internal and external trafficking in the North East and Cumbria.

Domestic abuse

Victim Support £154,088

To develop a strategic response to meet the needs of LGBT people affected by domestic abuse across the North East.

Carr-Gomm £133,108

Towards a child support worker to work with children who have witnessed domestic abuse.

Victim Support £107,736

Towards an additional Independent Domestic Violence Advisor to be based in Newcastle.

Derwentside Domestic Abuse Service £107,121

To employ a senior support worker to provide support to women in Low Newton Prison.

Harbour Support Services £105,000

Towards a community engagement manager to develop services in Hartlepool and County Durham.

Sangini £33,020

For a programme of creative work for survivors of domestic abuse in Sunderland.

Eva Women's Aid £15,000

Towards funding the second stage of a social enterprise project in Redcar and Cleveland.

CAADA £11,100

To subsidise the cost of voluntary sector staff attending advocacy training across the North East.

Sunderland Dance CIC £7,745

To provide a programme of fitness, dance and personal development for women who have experienced domestic abuse in Sunderland.

Hate crime

UK Association of Gypsy Women £136,647

To address the issue of hate crime as it impacts on gypsy and traveller communities in County Durham.

Sunderland Bangladeshi Community Centre £111,272

To raise awareness and support victims of hate crime in Sunderland.

Scotswood Area Strategy £95,056

Towards a youth project worker to continue the Just B Me youth project in Newcastle.

Middlesbrough Voluntary Development Agency £65,215

To address the impact of homophobic hate crime.

Show Racism The Red Card £19,400

To provide resources to address homophobia and Islamophobia for professionals working with young people across the North East.

Sexual exploitation

The Cyrenians £120,000

Towards the GAP project which works with women involved in sex work on Tyneside.

Sexual violence

Tyneside Rape Crisis Centre £198,222

To pilot a rape crisis service in Northumberland.

Women's Support Network £85,929

Towards a sexual violence co-ordinator to support the work of Teesside Sexual Violence Strategy Group.

Open Clasp Theatre Company £80,000

Towards a project using drama to explore issues relating to sexual violence across the North East.

Durham University £4,830

Towards the cost of the annual North East Conference on Sexual Violence.

24 Grants £1,982,457

Commissions

Barefoot Research and Evaluation £43,988

For a study on sexual exploitation and sex markets in County Durham and Darlington.

1 Commission £43,988

Total 25 grants and commissions

Safety and Justice for Victims of Abuse Total £2,026,445

Enabling Independence and Choice

Grants

Carers

Durham and Chester-le-Street Carers Support £124,226

Towards a volunteer co-ordinator.

Carers Together in Redcar and Cleveland £100,675

To develop an information and support project for carers in East Cleveland.

Alzheimer's Society – Carlisle Branch £97,338

Towards a dementia support worker to support carers and people with dementia.

Newcastle P.R.O.P.S. £87,546

Towards a full-time family intervention worker, who will liaise with families and drug treatment agencies in Newcastle.

Alzheimer's Society £30,000

Towards the cost of providing support to people with dementia and their carers in Northumberland.

Alzheimer's Society – Gateshead Branch £27,176

Towards a carers' support worker and the core costs of the organisation, which supports carers of people with dementia.

Pen and Tonic £10,000

Towards a writing for health project with carers in Tyne and Wear.

Learning disability

Gateshead Voluntary Organisations Council £123,817

Towards a community development worker to work with people with learning disabilities from the BME and minority faith communities and their carers.

Skimstone Performance Company £105,000

Towards an organisation working with young people with autism in the North East.

Middlesbrough 1st £95,328

Towards this organisation working with people with learning disabilities.

DISC £86,326

Towards a new self-advocacy project for individuals with learning disabilities in County Durham.

Them Wifies £80,903

To continue the Josephine health programme for women with learning disabilities in Tyne and Wear.

Tin Arts £75,000

Towards Tin Arts, and the Flex Dance Company, a company of dancers with learning disabilities from Durham.

The National Autistic Society £70,000

Towards a befriending project for young people with autism, and their families, in the North East.

Haltwhistle Film Project £60,550

Towards the Film Able project, which provides film-making opportunities for people with learning disabilities in the North East and Cumbria.

Talk 2 Us £55,226

Towards a self-advocacy group for people with learning disabilities in South Tyneside.

ARC, Stockton Arts Centre £49,180

Towards a two-year drama project for people with learning disabilities in Stockton.

The Glenmore Trust £37,879

To enable Glenmore Opportunities café to deliver enhanced training for people with learning disabilities in Carlisle.

Bearpark Community Association £19,909

Towards high-quality visual art workshops for adults with learning disabilities in Durham.

The Edward Lloyd Trust £14,735

To fund two drop-in music sessions a week for people with learning disabilities in Tyne and Wear.

Allied Resource Community £10,000

Towards a workshop staffed by people with learning disabilities in Teesside.

Cornerstone Benwell Christian Shop £8,000

To employ a worker to support adults with learning disabilities in the West End of Newcastle.

Mental health

Community Service Volunteers (Training and Enterprise NE) £131,927

To provide support and mentoring to people with mental health problems to help them volunteer in Newcastle.

CarlisleEden Mind £118,000

Towards the cost of continuing to employ a chief executive and towards core costs.

Hartlepool Art Studio £108,200

To sustain the operation of the art studio which works with people with mental health problems.

Mental Health North East £93,675

To develop the organisation's website and to improve the way it communicates with member organisations, which support people with mental health problems in the North East.

Tyneside Women's Health £92,727

Towards group work and short courses, for women with mental health problems on Tyneside.

North Tyneside Art Studio £89,017

Towards a project manager and the core costs of the organisation, which runs an art studio for people with mental health problems.

Ulverston Mind £81,434

Towards the manager's salary and associated costs.

Mind in Gateshead £62,903

Towards a chief officer for the organisation.

N.I.W.E Eating Distress Service £53,260

Towards a service to support people with eating disorders associated with mental health problems in the North East.

Middlesbrough Mind £52,500

Towards the new deputy chief executive's salary.

Bill Quay Farm Association £38,500

Towards establishing an art studio for people with mental health problems in Bill Quay, Gateshead.

Phoenix Art Group (Stockton-on-Tees) £36,000

To develop an art programme which will benefit people with mental health problems.

New Horizons (Teesside) £14,732

Towards a part-time development worker/volunteer co-ordinator to develop a befriending service for people suffering from mental health problems in Teesside.

New Music North £11,430

Towards arts workshops for people with mental health problems in Cumbria.

Pride In Mind £2,000

Towards this group, which supports LGBT people with mental health problems in Newcastle and Gateshead.

Older people

Zayis Raanon £60,000

Towards an organisation working with older people in the Gateshead Jewish Community.

Hand in Hand £60,000

Towards an organisation working with isolated older people in Wallsend.

North Shields Live at Home Scheme £60,000

Towards the live at home scheme, which provides support to isolated older people in North Tyneside.

Rowlands Gill and District Live at Home Scheme £60,000

Towards an organisation which provides services to older people.

The Grange Day Centre £59,700

Towards an arts project which promotes and celebrates the creativity of older people in Newcastle.

Helping Hands for You £36,525

Towards core and equipment costs for the organisation, which supports older people in Redcar.

Newcastle U3A £12,000

Towards rent for an office/meeting room for the organisation, which provides learning opportunities for older people in Newcastle.

Woodhouse Close Church Community Centre £7,600

To continue to provide services to elderly and housebound people in Bishop Auckland.

Welfare benefits**Age Concern Carlisle and Eden** £152,315

Towards a welfare benefits advice service for older people in Carlisle and Eden.

Age Concern Sunderland £150,994

Towards a service maximising income for people over 60 in Sunderland.

Age Concern North Tyneside £148,028

Towards a welfare benefits advice service for older people in North Tyneside.

Age Concern Gateshead £106,500

Towards a project to continue to provide benefits advice to older people through drop-in sessions and home visits.

Age Concern South Tyneside £105,220

Towards a benefits uptake officer to provide benefits advice to older people in South Tyneside.

Berwick Citizens Advice Bureau £70,923

To employ a part-time welfare benefits worker to provide advice to older people.

51 Grants £3,444,924**Commissions****Years Ahead** £5,000

Towards a mapping and scoping exercise to produce recommendations to promote sustainable activity for the uptake of pension credit.

1 Commission £5,000**Total 52 grants and commissions**

Enabling Independence and Choice Total £3,449,924

Culture and Heritage**Grants****Arts****Seven Stories, The Centre for Children's Books** £130,087

To employ a creative development manager and towards an events programme in Newcastle.

English Heritage £105,000

Towards a major art exhibition at Belsay, Northumberland, and the curatorial and exhibition costs at Berwick Gymnasium Gallery, Northumberland.

Tees Music Alliance £90,062

Towards a music development organisation, based in Stockton-on-Tees.

Northern Stage £90,000

Towards a programme of high-profile events and collaborations in Newcastle, celebrating the theatre's fortieth anniversary.

The Bowes Museum £90,000

Towards a programme of exhibitions at Bowes Museum, County Durham.

Lakeland Arts Trust £90,000

Towards the exhibition programme at Abbot Hall, Kendal in Cumbria.

Newcastle Theatre Royal £87,000

Towards a new dance commission, devised with young people participating in the "Seconds Out" project in Tyne and Wear.

Egremont and Area £83,900**Regeneration Partnership**

To employ an assistant manager at Florence Mine Production Centre, working with artists and young people in Cumbria.

Tees Valley Arts £75,000

Towards this Middlesbrough-based arts development organisation.

Tyneside Cinema £75,000

Towards a three-year exhibition programme at Tyneside Cinema, Newcastle.

Allenheads Contemporary Arts £72,000

Towards a development director to implement the business plan, core curator fees and a renewable energy feasibility study at this arts centre in Northumberland.

Arts Centre Washington	£62,400	Appetite Dance Productions	£16,480
To support a high-quality arts programme to raise the profile of the Arts Centre.		To support the development of a dance piece at Dance City, Newcastle.	
balletLORENT	£60,000	Whitley Bay International Jazz Festival	£16,000
To employ a creative producer for the company, based in Newcastle.		Towards the weekend jazz festival in North Tyneside.	
Brinkburn Music	£50,000	Rednile Projects	£15,000
Towards the development of the festival in Northumberland.		Towards a series of workshops open to artists and the general public in unconventional venues throughout the region.	
Appetite Dance Productions	£48,635	Octopus	£15,000
Towards a part-time general manager for this dance company in Tyne and Wear.		Towards the cost of a contemporary music festival in Barrow-in-Furness, Cumbria.	
Mad Alice Theatre Company	£40,875	Prudhoe Community Partnership	£15,000
Towards the research and development of new projects and to employ a part-time manager, based in County Durham.		To commission artists to work in woodland in Prudhoe, Northumberland.	
LocusFocus	£35,800	Eden Arts	£12,550
Towards professional artists' fees linked to three site-specific dance pieces throughout the North East.		Towards the cost of a pilot project to develop and support writers in Cumbria.	
Blaize	£32,110	Carlisle Festival	£12,000
Towards devising, writing and touring a play about endangered habitats, throughout the North of England.		Towards the fees of an administrator.	
Sunderland City Council	£20,000	National Theatre	£10,076
Towards an exhibition of light installations in Sunderland City Centre.		Towards the launch of NT Live across the North East and Cumbria.	
Threshold Theatre Collective	£20,000	Middlesbrough Mela	£10,000
Towards a production of "Rutherford and Son" in Tyne and Wear.		Towards a programme of performances featuring nationally renowned South Asian musicians.	
Community Safety (Durham County Council)	£19,990	Badapple Theatre Company	£5,010
To support the International Brass Festival.		Towards a themed folk music tour.	
Highlights Rural Touring Scheme	£19,500	Morpeth Music Society	£3,000
Towards a programme of high-quality craft exhibitions, touring rural areas in the North East and Cumbria.		Towards the costs of bringing professional musicians to Northumberland.	
International Guitar Foundation & Festivals	£19,500		
Towards the International Guitar Festival North East in Tyne and Wear.			
The Royal Shakespeare Company	£19,500		
Towards the 2009 season including performances and education projects in Newcastle.			
Vamos Festival	£16,640		
Towards the development costs of Vamos Festival throughout the North East.			
		Heritage	
		Great North Museum	£90,000
		To develop a programme of high-profile exhibitions at the Great North Museum in Newcastle.	
		North Pennines Heritage Trust	£75,000
		To develop and extend the work of the North Pennines Heritage Trust in Tynedale and Cumbria.	
		Woodhorn Museum Archives & Country Park	£19,950
		To support the costs of a major exhibition about World War I.	

Cleveland Ironstone Mining Museum £15,660

To employ a part-time volunteer manager for one year.

Professional development

Generator North East £60,375

To continue to develop and support musicians in the North East and Cumbria.

The Ashton Group Theatre £50,400

To produce a series of three plays, working with young actors, writers and directors in Cumbria.

Designed & Made £41,700

Towards a professional development programme for designers in the North East.

Gateshead Borough Council £39,000

Towards the costs of a part-time development manager at "Starter for Ten".

The Empty Space £35,000

Towards a development programme for cultural practitioners in the North East.

Total 45 grants

Culture and Heritage Total £2,010,200

Policy and Research

Grants

Joseph Rowntree Charitable Trust £2,500

Towards research into the governance of trusts and foundations.

1 Grant £2,500

Commissions

Third Sector Prospect £19,753

Towards the management and delivery of the Third Sector Trends Study.

Joseph Rowntree Foundation £5,000

Towards pilot work to identify indicators for the well-being of older people.

2 Commissions £24,753

Total 3 grants and commissions

Policy and Research Total £27,253

Training and Development

Grants

Learning and Support

Community IT Academy £43,998

To continue to support Circuit Riders, providing IT support for voluntary sector organisations in the North East and Cumbria.

Learning and support grants £35,447

Seventeen grants to help organisations address management or governance issues, or to engage in learning.

18 Grants £79,445

Commissions

p3 Associates £83,732

To deliver leadership training as part of the Foundation's VCS training programme.

Mark Butcher Associates £73,905

To deliver management training as part of the Foundation's VCS training programme.

Project North East £57,073

To deliver management training as part of the Foundation's VCS training programme.

ACEVO North £24,786

To deliver leadership training as part of the Foundation's VCS training programme.

4 Commissions £239,496

Total 22 grants and commissions

Training and Development Total £318,941

Exceptional

Cumbria Community Foundation £100,000

To voluntary organisations supporting people affected by the floods in Cumbria.

1 Grant £100,000

Total 9 Commissions £333,132

Total 185 Grants £11,078,991

Grand Total £11,412,123



In 2009 the Foundation gave a grant of £120,000 over three years to support **The Cyrenians** to set up the Oaktrees Centre, providing treatment for people addicted to drugs and alcohol. The Centre can support up to 20 people at any one time and expects to work with around 100 people per year, (see page 7).

Northern Rock Foundation
The Old Chapel, Woodbine Road
Gosforth, Newcastle upon Tyne NE3 1DD

Tel: 0191 284 8412

Fax: 0191 284 8413

Minicom: 0191 284 5411

Email: generaloffice@nr-foundation.org.uk

Website: www.nr-foundation.org.uk

Registered office:

The Old Chapel, Woodbine Road, Gosforth
Newcastle upon Tyne NE3 1DD

Registered charity: Number 1063906

Company limited by guarantee: Number 3416658

Photography: © Simon Veit-Wilson.