



THE GIVING NETWORK

Apna Ghar (South Tyneside) - *“We promote a stronger voice and stronger identities for women and girls whose first language is often not English.”*

We are a BAME (Black, Asian and Minority Ethnic) women's charity with over 30 years of experience of delivering high quality services to women across South Tyneside. We are dedicated to supporting women to reach their full potential. We work with the most isolated women and girls around issues such as, forced marriage and 'honor-based' violence. Apna Ghar works with its members to offer a unique package of support.

We promote a stronger voice and stronger identities for women and girls whose first language is often not English, and who otherwise would struggle to access activities and are often isolated and lonely. Through an inclusive, tailored approach to individuals we support their personal development and integration into the wider community. Working through partnerships with local statutory and third sector organisations we take referrals for vulnerable women and girls. By offering a safe space and facilitating inclusive person-centred activities in response to identified needs we support and enrich the lives of women arriving in South Tyneside through the Asylum system.

Cedarwood Trust (North Tyneside) – *“The people of the Meadow Well Estate are our greatest asset.”*

The people of the Meadow Well Estate are our greatest asset. Our goal is to encourage more local people to become more involved in shaping their neighbourhood, challenging the inequalities that have blighted the Estate for over 80 years and using their own skills, knowledge, passion and energy to create positive change for the future of the Estate and for the benefit of those living here.

Since its founding by local people in 1980, the Cedarwood Trust has spearheaded a community led approach to its work, believing that the change process needs to be driven from the grassroots, putting residents at the centre of the change that needs to take place and ensuring that working relationships are built to drive that change. We have worked to ensure that our activity is directed by local people, with support and guidance from an experienced staff team, a team that has lived experience of the Meadow Well Estate.

Our recent Community Organising work has been a catalyst to the development of our new Social Action Hub and the focus on working with those residents statistically most disadvantaged. Our target is to redress the inequalities which lead to an eleven year difference in life expectancy, focusing upon specific intervention at key life stages- particularly early years and elderly, alongside our generic community development offer.

Gateshead Older People's Assembly (Gateshead) - *"Our mission is to ensure that older people in Gateshead live no more than 10 minutes away from an opportunity to socialise, exercise, or learn something new."*

Gateshead Older People's Assembly works to improve the health and wellbeing of every Gateshead resident aged 50+. Our focus is on reducing the levels of loneliness and social isolation, malnutrition, and falls suffered by older people in our borough.

There are 80,000 older people in Gateshead and our mission is to ensure that each one of them lives no more than 10 minutes away from an opportunity to socialise, exercise, or learn something new.

In 2017, we were voted Gateshead's Voluntary Organisation of the Year and we were also recognised by the Foundation for Social Improvement's national Small Charity, Big Impact Awards. We take evaluation seriously and go above and beyond to demonstrate to our investors the real difference they make to the lives of the older people.

Over the past three years, the number of attendances at our classes and groups has increased by a staggering 344%. Our beneficiaries report feeling more useful and more connected to family and friends as a result of attending our groups. On average, participants in our classes show a 15% improvement in their mental wellbeing (as measured by the Warwick Edinburgh Mental Wellbeing Scale). Every day, we watch new friendships form and see our beneficiaries grow in confidence.

Washington Mind (Sunderland) - *"Loneliness is a significant challenge for health and social care."*

Washington Mind is one of 135 local Minds, all affiliated to national Mind but independent charities in their own right. This means we are responsible for raising our own funding so it is exciting for us to be offered this opportunity from the new Giving initiative.

Our mission is to work in partnership with our community to promote recovery and improve mental health and wellbeing. We ensure our support is as accessible as possible and last year we offered direct support to 3,417 individuals; accessing therapy, participating in new activities, making new friends and improving their health, well-being, confidence and skills. Being able to access services at the onset or in the early stages of mental health problems gives people the best possible chance of making a full recovery.

Loneliness is a significant challenge for health and social care and our own data tells us that 78% of people, initially accessing our services felt alone and isolated. Loneliness affects all ages not just the elderly and to address this issue we want to offer a range of support for the whole community including; counselling, alternative-therapies, therapeutic group work, psycho-educational sessions, wellbeing activities, chatty café, telephone/on-line support, training and access to information resources (including websites and digital resources).