



IMPACT REPORT

GROUNDWORK NE & CUMBRIA
2021/2022



Foreword

At Groundwork NE & Cumbria we are passionate about creating a future where every neighbourhood is thriving; community is strong and no-one is held back.

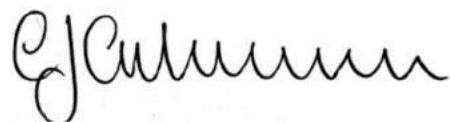
This year the Groundwork Federation celebrates our 40th anniversary. Our purpose feels more relevant now than ever. Restoring pride of place and a sense of community, tackling climate change, working with unemployed people to improve their life chances and addressing inequalities faced across the North.

This impact report highlights Groundwork NE & Cumbria's achievements over the last year; sharing inspirational stories about how we support those most in need whilst facing ongoing impacts of Covid and a cost of living crisis.

In the coming year we'll support Levelling Up and our Lead Authorities in building pride in place. Continuing to invest in human capital and community resilience as we have for nearly 40 years. Building our response to the climate and biodiversity crisis, alongside our journey to be zero carbon 2030.

After 30 years I have decided to move on to new challenges. I'm really proud and privileged to have been the CEO of Groundwork NE & Cumbria; seeing so many positive differences we make to people, places and communities.

The Trustees and myself are endlessly impressed with what our organisation, staff, communities and individuals achieve. We supported over 11,800 people last year. This would not have been possible without the many partners and funders we work with. We'd like to thank them all; enabling us to Change Places and Change Lives.



Kate Culverhouse.
Chief Executive

We have a mission to mobilise practical community action on poverty and the environment. Passionate About:



IMPROVING PEOPLE'S PROSPECTS:

Increasing confidence, health and wellbeing, skills and employability of those most in need, lifting them out of poverty.



CREATING BETTER PLACES:

Helping people work together to make their surroundings greener, safer and healthier; getting involved in local decision making.



PROMOTING GREENER CHOICES:

Helping people, communities and businesses understand and reduce their environmental impact to fight climate change.



The Year in Numbers: 2021-22



255

People helped to reduce their energy. Tackling fuel poverty



310 Ha

Landscape restored = 434 football pitches. Tackling the climate & biodiversity crisis



7.2 km

Footpaths enhanced/created. Improving access to nature



1,481

Adults gained qualifications & supported into work. Boosting productivity



72

Community groups supported. Building pride of place



11,805

People supported throughout the year



2,947

Young people supported to learn, achieve & thrive



3,473

People supported with their mental health & wellbeing



3,800

Children & families supported. Reducing inequality



416

Businesses supported to employ new entrants to the labour market



Increasing Confidence, Health and Wellbeing; Empowering Sustainable Communities

WEST CUMBRIA MENTAL HEALTH PARTNERSHIP

This partnership connects people with a range of vital mental health support services in Allerdale and Copeland. Groundwork leads the adult services partnership, supporting people who may be struggling with anxiety, depression or other issues which are having an impact on their mental health and wellbeing. The partnership is so grateful for its funding through Sellafield Ltd and the 'Transforming West Cumbria' grant, managed by Cumbria Community Foundation.



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Holiday Activities, Tackling Food Inequality

Food insecurity is increasing rapidly;
especially during school holidays and in the North

HOLIDAY ACTIVITIES PROGRAMMES

The provision of free holiday activities and healthy food during the school holidays is one of our ways to help the growing issue of food poverty and inequality felt across the region. We provide over **250 educational and environmental activity sessions**; supporting over **3,800 children and adults** by providing over **3,200 meals**.

- ✓ Groundwork was the lead provider for Stockton coordinating **7,500 activity sessions**
- ✓ **Engaging, inspiring and educating children** that might otherwise go without



Groundwork NE & Cumbria 2021/2022

I loved trying the new fruit that we had each day. I've never tried watermelon before but it was really tasty!



Health & Wellbeing

How we feel is central to the way we live our lives. Just like our physical health, our mental health has ups and downs.

MEN'S SHEDS

When people are experiencing a 'down', Groundwork is here to help. The link between improving mental health and spending time in nature is well recognised which Groundwork fully endorses and acts on.

We sensitively engage those in need, building confidence to participate in regular activities including Community Gardening, Men's Shed, Women's Wellbeing and Thriving Communities projects.



1,370 adults supported
with their mental health



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Building Social Cohesion & Mobility

Delivering action to make a positive difference.

NATIONAL CITIZENS SERVICE (NCS)

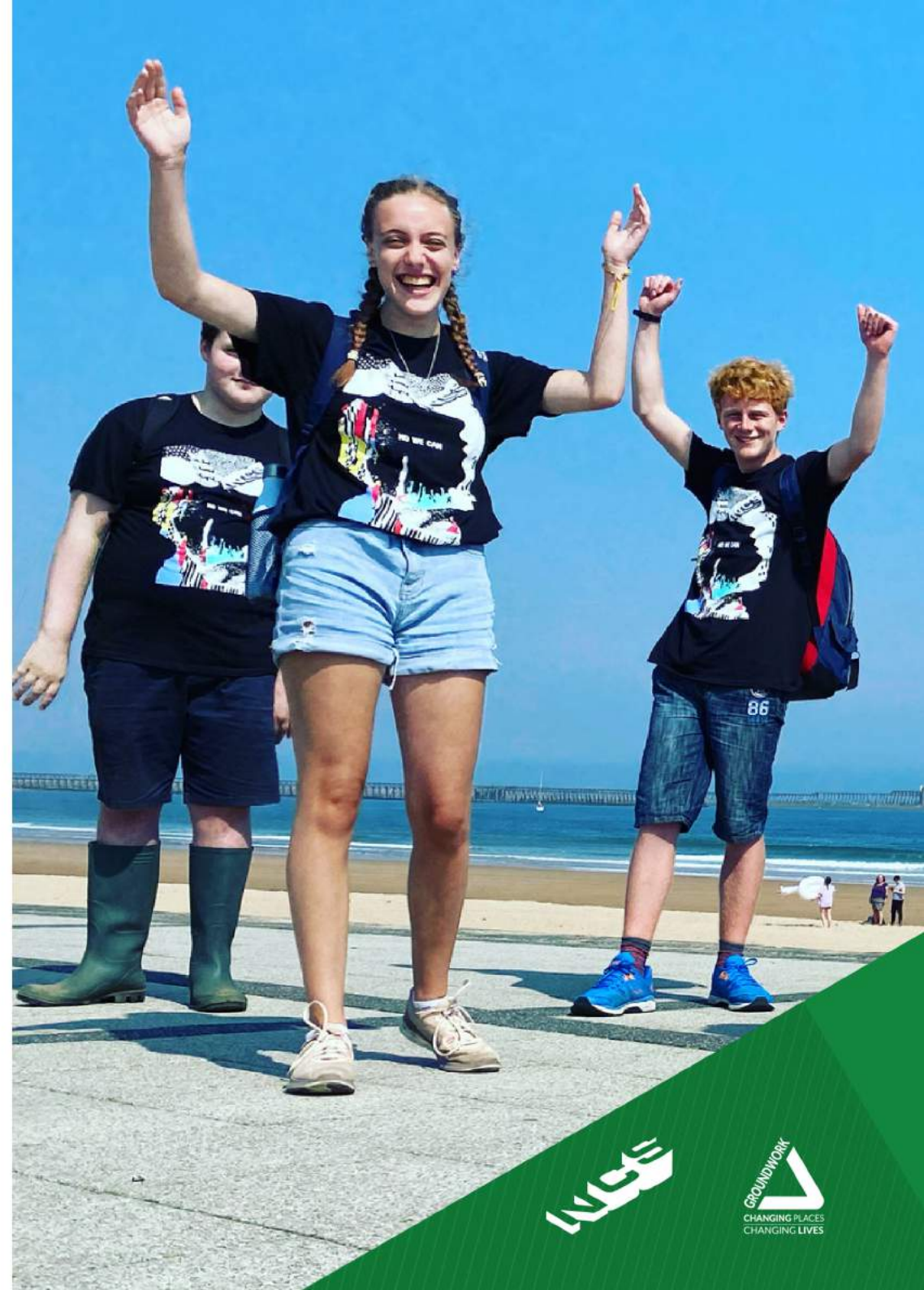
NCS allows young people to become world and work ready.

- > Learning skills, making an impact, improving employability.
- > Realising potential, smashing future goals and lots of fun!



1,045

Young people engaged in activities sessions over the year



Kai's Story

Despite leaving school at 16 with no GCSEs, hanging around with the wrong crowd and finding himself in trouble with the police, Kai has changed his life around.

“That summer my Mam pushed me to do NCS. We had to run our own community project and I helped raise donations for a local children’s hospital ward. It put a new perspective on life and I continued volunteering.”

A couple of years on Kai didn’t look back and became a seasonal staff member for NCS helping other young people to take on new challenges, build skills and give back to the community.

Now aged 21, Kai’s started a role with housing provider *Home Group*, providing mental health support for young people in care.



I tell youths I work with to search ‘Gateshead boy kicked out of school’ on the internet, I’m the first result and I try to use my story to help keep them on the right path.

Kai McGill



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THANK YOU!

Working in partnership with public, private and community stakeholders, we improve, protect and enhance our local communities, partners and environment. A wholehearted **THANK YOU** is extended to all the organisations and people we have worked with in 2021/22.







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Visit: www.groundwork.org.uk/north-east-and-yorkshire

Email: north.east@groundwork.org.uk

Telephone: 01388 662 666

-  @GWKNE
-  @GWKNE
-  @Groundwork In The North
-  @gwkne

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