



# Your impact

Freebridge Community Housing Fund  
2024 Report

**The Freebridge Community Housing Fund** supports a wide range of charitable and community causes in Norfolk including those that promote local solutions, develop sustainable and supportive communities, tackle disadvantage and promote health and wellbeing.

**In 2024**  
**£40k**  
awarded in total  
**10**  
projects funded

Here are some highlights of what your funding has helped to achieve...

## Hanseatic Union

**£5,000 was awarded to increase the hours of a support worker in order to provide information advice and guidance to Freebridge Housing tenants.**

Through this grant award, **75** Freebridge clients were supported through **164** appointments. A range of issues were addressed including repairs, problems with neighbours, taking on new tenancies, client deaths, issues with council tax and utility bills issues. The specialist support that Hanseatic Union were able to provide made this advice accessible to households where English is an additional language.

Hanseatic Union supported an Afghan family who had recently gained refugee status. They had little understanding of UK processes or UK culture. However, the Charity have an Afghan volunteer who has been assisting the support worker to work with the family.



## PANDORA PROJECT

**£5,000 was awarded to increase the working hours of an adult support worker.**

This support worker provided support and advocacy to women affected by domestic abuse. This funding therefore allowed the Charity to support more women in the community. This has supported them to feel empowered, more confident and able to achieve their goals. The clients supported have reported improved well-being, mental health and confidence.

**“I feel a lot more confident and happy in my future, I know I have my own mind and can make my own decisions about my life. I now understand that none of what happened to me was my fault and I will never put myself in that position again, and never put my son or myself in danger again.”**

**Quote from a client  
of Pandora Project**

## THE GATEWAY CHURCH

**£5,000 was awarded to continue running the churches community cafe iCAF.**

iCaf, the church's international cafe, runs on Tuesday mornings, gathering Ukrainian refugees and others new to the UK. The weekly sessions are a chance for attendees to practice conversational English.

The Church are now connected with 75 refugees and others with English as an additional language. The majority of attendees are from Ukraine, and others are from Latvia, Lithuania, Sri Lanka, Turkey, Romania and Moldova. An average of 20 attend the iCaf each session.

Some of the attendees are now Freebridge tenants. The iCaf sessions have enabled them to have the confidence to get to know their native English speaking neighbours.



**Tona was able to get a job at a restaurant - initially just clearing tables. The staff all clapped the first time she took an order. She is now able to hold very good conversations with people.**



## ASPERGER EAST ANGLIA

**£3,000 was awarded towards the salary costs to run the Charities 'Drop-In-4-Support' service in King's Lynn and provide wider support to the local autism community.**

This provision was implemented to provide regular support to the local autism community. Sessions take place every Wednesday and offer 1:1 person-centred, open ended support to address individual needs.

This funding was also used to run adult social group meetings, and women only sessions to provide a dedicated space for autistic women to talk about the issues concerning them and provide mutual peer support.



**Rosie's communication skills since attending the group and her willingness to converse with the wider community has been a wonderful sight to see.**

**Rosie's carer**

## THE WILD HUB CIC

**£5,000 was awarded to continue the running of the group's Discovery Wellbeing Programme.**

The regular, creative and wellness workshops for adults and families offered a diverse range of activities. Sessions included art and crafts such as Easter Egg decoration, creative Willow weaving, Watercolours from plants, movement and meditation sessions, and Dance meditation, nature connection sessions, and life skills development.



**Client of the Wild Hub CIC**

**I have been going to the Wild Hub for about a year now & I have had some great experiences with Viki, Jade & the team. I have done a few workshops which are always fun especially when I can take along my young granddaughter, it's lovely to see her getting involved & having a great time too... I have struggled in the past with anxiety & panic attacks, so going anywhere was a huge task for me but at the Wild Hub there is no judgment & no pressure, just kindness & understanding.**

## GREAT MASSINGHAM AREA COMMUNITY CAR SCHEME

**£5,000 was awarded to top-up the group's Medical Support Fund (MSF).**

The MSF pays toward the cost of attending appointments and accessing medical care for people on Universal or Pension Credit. The MSF either pays the cost of a taxi, or expenses for a volunteer to drive a passenger to an appointment. The group introduced the scheme to offset the increasing cost of journeys to medical appointments both locally and further afield.

“ Many passengers have said that we are ‘a lifeline’ for them. ”

**GMCCS Volunteer**

### Case Study

**This funding has supported the Car Scheme to assist a young woman with type 1 diabetes and a number of other health issues. She is in receipt of Universal Credit and lives in a rural village with limited public transport.**

**Over the last five months she has undergone a five day insulin pump training course in Norwich, two appointments at Norfolk and Norwich Hospital, and many visits to her GP surgery 7 miles away. She has no personal transport and therefore called upon Great Massingham Area Community Car Scheme for help. Without the assistance from the MSF, she would not have been able to afford the taxi fares to Norwich.**

Thank you

for partnering with us to celebrate and champion our local charities and organisations, helping to build stronger communities from the ground up.



Together, Norfolk shines brighter

### Find out more or get in touch

 [www.norfolkfoundation.com](http://www.norfolkfoundation.com)

 01603 623958

 [Shinebrighter@norfolkfoundation.com](mailto:Shinebrighter@norfolkfoundation.com)

 1st Floor, Carmelite House, 2 St James Court, Norwich, NR3 1SL

Registered Charity Number 1110817 | Company Registration Number 05234236