

The Loop



People Help People

Charity No: 1002482

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CHIEF EXECUTIVE'S MESSAGE

"I'm writing this just as the 'holiday season' draws to a close. I hope you've had a good summer, whether that's included some time away or if you've been working through. One of my highlights each summer is chairing the weekly 'Dragons' Den' events for our National Citizen Service project.



This year I met nearly 600 inspirational young people. Alongside partners from many of our business supporters, we helped them to sense-check their social action projects just before they went off and made a great impact in their local communities on a wide range of issues – from mental health, to racism and period poverty.

My thanks to all those businesses and individuals who joined me to be a part of that this summer (and to the BBC, Bupa and TalkTalk for hosting the events).

Check out the JD Foundation x NCS 'Dragon's Den' short film

Our Service Areas

Targeted
Adult
Services
The Shed

Women's
&
Survivors
Services

Targeted
Youth
Services

Child & Youth
Development

CHIEF EXECUTIVE'S MESSAGE CONT...

The start of September always feels more like the 'new year' to me than the start of January or even April and the beginning of the new business year. There's a 'back to school' feeling which is about returning to regular routines (and hopefully some healthy habits); and taking stock of priorities and where we need to focus our time and energy.

We will certainly be doing that here at Salford Foundation. Amongst other things, this will include planning how we will help people who are already struggling to grapple with the deepening cost of living crisis; and continuing to help children and young people who are still 'catching up' following the impacts of the pandemic on their learning and development.

I've spoken to a few business leaders this summer who are also planning something of a reset within their business in terms of their practical commitment and approach to social mobility and social responsibility. If that resonates with you and you'd like to discuss how your business can support our work, please do **get in touch**.

Whether it's through a contribution of time, resources of funding, we have a whole wide range of ways in which you can help us to help more people build better futures for themselves and their families."

IMPACT REPORT

2021/22

We worked with

7,143

people across our **28** projects

"Before, I was getting in trouble with the police and living recklessly. Now, I'm getting back in society as a good person. I'm dealing with my issues. It's helping me to be positive and happy again."



"I feel like I can start to look after myself again. I can afford to buy decent food and keep my gas and electricity going. I couldn't have done any of this without your help. I wouldn't have known where to start."



3,821

people supported to achieve education, employment and training outcomes



754

supported with financial literacy and debt



of our staff report they are proud or very proud of the difference their work makes

2022 staff survey



630

young people completed **115** social action projects

501

people supported to reduce their offending



233

young people completed a mentoring project



4,597

people improved their interpersonal skills and abilities



265

people increased their digital skills



3,712

people supported to improve their health and wellbeing



422

women supported in our women's centre projects

Volunteers provided

15,622

hours of support to our people and projects





Domestic Abuse Programme

By Joanne & Janet

In this issue we want to highlight our programme, Indigo.

The Indigo Project is a domestic abuse programme delivered by Salford Foundation, and funded by the National Lottery Community Fund, Reaching Communities.

The project provides support for women aged 18+ living in Salford who have experienced domestic abuse including victims and survivors, who are no longer in the relationship, and consider themselves safe.

The service is inclusive and open to diverse communities and members of the LGBTQ+ community.

Service users are supported throughout an 8-week awareness raising training programme delivered in a group. The Indigo team uses a trauma-informed approach to ensure a safe and nurturing environment. Additional 1-2-1 support is available, with referrals into other specialist services where required.

"I felt that you held me until I could walk."

Women accessing the programme are supported to develop insight and understanding into their own experiences of domestic abuse, with emphasis on the complex mechanics involved in emotional and psychological abuse, manipulation, coercion and controlling behaviour.

Through group discussion, participants go through a process of validation by sharing their own personal experiences in a supportive and non-judgemental setting.

Objectives of the sessions are to challenge the false beliefs held by perpetrators; for participants including:

- to identify what a healthy relationship looks like
- to understand and identify early markers in abusive relationships
- to develop resilience, confidence and self-worth
- and to identify and understand all the components necessary for the development of trauma bonding.

The programme is facilitated by an IDVA qualified and experienced Domestic Abuse practitioner and supported by BACP qualified Counsellors.

The peer support element of the project has been progressing steadily since October 2021, with the Domestic Abuse co-ordinator taking the lead on developing the peer support alongside the paid peer workers.

We have now built up a small but strong group of volunteer peer mentors, who have lived experience and have completed the programme themselves. They all show commitment and have developed their skills with training, observing group work and sharing experiences between themselves.



They have had external training on the effects of trauma and mental health, peer support and safeguarding, along with internal guidance on boundaries and health and safety. Training is ongoing to progress their personal development.

The co-ordinator arranges a weekly meeting to discuss any concerns, roles going forward, ideas and activities.

The majority of the support given to the women by the peer supporters has so far been in the office environment, this is where much of the group work and one to one takes place, but it is also a safe place while the volunteers are gaining experience. Going forward, the volunteers will be able to meet women in the community supported by a paid peer mentor.

Roles for the volunteers include meet and greet, one to one support around the group work and providing peer support for women who have come through the service, and want to stay linked in.

Some of the volunteers are researching ideas to use on the domestic abuse podcast and looking at other ways for information to reach women in the wider community.

Over the summer, the volunteers helped with the assessment process for new Women starting the Indigo course in September. They helped women to feel at ease and were able to tell them the benefits of the course from their personal experience.

There are many benefits for the peer group. The women still meet barriers with their own journeys, and when this happens, they are able to gain support and reassurance from the peer support group. After doing the Indigo programme, many women feel safe staying linked in with the project and have also said that the validation of their experiences by other women is one of the most important aspects of helping them to move forward. One of the peer mentors summed this up, when she said about the group, 'I felt that you held me until I could walk.'

Useful contact Numbers:

Safe in Salford

Safe in Salford is your one front door domestic abuse support in Salford. There are five elements to the partnership:

- Crisis Service (Independent Domestic Violence Advocates, or IDVAs) for Victims
- Advice and Support Service for Victims
- Specialist Support for GPs (known as IRIS)
- Children and Young People's Support – Harbour
- Behavior Change Programmes for Perpetrators

GET HELP NOW

If you need help urgently or are in any danger, please call 999.

Safe in Salford staff are available Monday to Friday 9am to 5pm. To speak to member of our dedicated Domestic Abuse Team you can call us on 0161 793 3232. Or you can email info@safeinsalford.org.uk.

For other useful contact details please visit **Safe in Salford**

Bupa Holiday Fund Support



Foundation

By Cheryl, Pathways Co-ordinator

This Summer we received a donation from the local Bupa Foundation to support our beneficiaries across the Foundation through a holiday fund. This support makes a huge impact it enables families to undertake activities where they would otherwise not be able to afford and most especially make memories.

A Mum (Anita) was referred to the Pathways to Employment Project from Restart to help her find a job. *"Once I met Anita she described her experience of an arranged marriage at a young age and years of abuse that she recently escaped from. During this meeting Anita also disclosed that she was struggling to feed her children, pay her bills and set up her new home."*



We provided breakfast, food vouchers and a referral to a food club. She had discussed how the summer holidays were going to be a challenge for her to find things to do for her 3 children, on top of managing the expectations set by the JCP (Job Centre Plus) and Restart. The support we could provide through the holiday fund would reduce a little stress for her over the summer and it help them get out into the community in which they had been isolated from for a long time. Anita and her children were very grateful for this opportunity and really enjoyed the experience of going to Lego Land.

The majority of families who received the support through the holiday fund were in similar situations, struggling to make 'ends meet' and wary of the summer holidays where their children would be sat at home doing nothing, as their families can't afford to pay for days out, this fund has made the summer just that much easier for these families.

[Find out more about our Pathways projects](#)

The Shed News



'The Shed' offers information, advice, guidance and mentoring support to men living in Salford, Manchester & Trafford.



You're always welcome to drop in for a brew.

Thank you Christina from Sisk. We love our new hard hat addition to the safety wall of fame!

Thank you to Bradley, John and team Acdoco for donating much needed items for our food welfare packs to The Shed.



The Shed is always open to donations, just DM us or get in touch theshed@salfordfoundation.org.uk

The Future Is Bright For Anas

Having travelled through several different countries alone and with a language barrier, Anas supported himself with different forms of employment, and now finally achieves his goal with the help of Salford Foundation.

Anas was born in Sudan and he had aspirations of becoming a football coach; but in 2017 war broke out and he had to flee, leaving behind his family.

He travelled through different countries in search of a better life, working where he could, to support himself.

As an asylum seeker, he spent time in a detention centre for several months where he encountered isolation and loneliness which ultimately affected his mental health. Upon release he decided to travel through Europe with the hopes of reaching the UK. The barriers he faced were numerous - no qualifications, no experience, and worst of all he did not speak English. The one thing he knew was that he was interested in construction and this became his motivation, along with taking lessons in ESOL. He found some work and managed to maintain a steady income which paid for his shared accommodation. One day he saw the Build Salford project. Despite setbacks, he was persistent with his attempts to get on the course. Salford Foundation worked collaboratively with partners delivering the training and qualifications to get Anas his certifications.



"The staff are helpful, kind and caring, helping me make new friends, improving my confidence and communication skills and giving me something positive to focus on"

Outcomes

- Achieved online relevant certificates
- L1 Health and Safety in Construction.
- Enrolled in College to improve his English
- With determination passed the CITB exam.
- Obtained CSCS card
- Received advice on welfare

Support our beneficiaries through warm home packs. We welcome adult and children's sizes, non perishable foods and toiletry donations.

WINTER WISH LIST

Pick out items to donate from our Wish List

	Blankets 		Shampoo, toothpaste, shower gel & deodorant
Children's Hoodie 	Welfare packs 	Food 	 Slippers
Gloves 	Half day debt & welfare support £120	 Warm socks	Pajama's 
 Long life foods	Scarves 	 Hot drinks sachets	Hot water bottle 

Contact fundraise@salfordfoundation.org.uk to find out more and pledge your support.

Thank you

You can also support our beneficiaries
through our winter text campaign.

WARM HOME TEXT CAMPAIGN

Text 5WARM to 70450 to donate £5

Text 10WARM to 70460 to donate £10

Text 15WARM to 70470 to donate £15

Text 20WARM to 70480 to donate £20

Texts will cost the donation amount plus one
standard network rate message and you'll be opting
into hearing more from us.

If you would like to donate but don't wish to hear
more from us, please text

5WARMNOINFO

10WARMNOINFO

15WARMNOINFO

20WARMNOINFO

instead

Thank
you

For further information and to view our fundraising policies [please visit](#)

Support Raising Aspirations

Mock Interviews



WORLD OF WORK

Salford Foundation has been working with local businesses for over 30 years.

If you would like to support children and young people to Raise their Aspirations in your local community or have an idea for a bespoke project you would like to collaborate on, [get in touch](#).

Through partnership Salford Foundation, can organise and facilitate activities in local schools and colleges for you, whilst encouraging your staff and our network of volunteers to participate.

Meet the business

Survival Island

MENTORING

We can support you to achieve your corporate social responsibility goals, nurture future talent and increase opportunities. Join our business network: [get in touch](#).

We'll also make a huge noise on social media to show the impact you are having by supporting the Raising Aspirations programme.



MONEY MATTERS



Raising Aspirations

Corporate Volunteering

Many companies now offer volunteering days to their employees.

As a Business Education Partnership, our Raising Aspirations Team take the hassle out of planning your volunteering days and offer a comprehensive programme of activities that support and compliment businesses CSR (Corporate Social Responsibility) programmes.



Sign up to our volunteering offer and support children & young people across Greater Manchester through sessions including;

- Mentoring
- Money Matters Junior
- Meet the Business
- Interview Ready

To find out more, please contact our Raising Aspirations team:

Jason - jason.king@salfordfoundation.org.uk
Mobile: 07816 671263

Fiona – fiona.cruice@salfordfoundation.org.uk
Mobile: 07711 786149

Harry – harry.stacks@salfordfoundation.org.uk
Mobile: 07714 749562

If you would like to volunteer, please book via email, confirming the date and location of the opportunity to raisingaspirations@salfordfoundation.org.uk alternatively you can book via our online **Booking Form**

Listed in the table below are all the upcoming confirmed BEP activities.

Business Education Partnership
Volunteering Opportunities
August 2022 – December 2022



Date	*Time	Activity	School Name	Location
Wed, 31 st August	9:00am- 2:30pm	Year 6 Transition Day (Survival Island)	St Patrick's RC High School	Salford
Tues, 27 th September	8:30am- 3:00pm	MFL Enterprise Day	All Hallows RC High School	Salford
Fri, 11 th November	8:30am - 12:30pm	Year 10/11 Careers Convention	All Hallows RC High School	Salford
Wed, 23 rd November	8:30am- 3:00pm	Year 9 Enterprise Day	All Hallows RC High School	Salford
Wed, 6 th December	9:30am- 3:00pm	Year 6 Transition Day (Christmas Crafts)	All Hallows RC High School	Salford
Thurs, 8 th December	8:30am- 3:00pm	Mock Interviews	Co-op Academy Swinton	Salford

*All other event listed in the table are confirmed and volunteers are being booked in, but further information will follow once school has re-opened. If you feel like you want to volunteer at any event, please contact us. ***Times are subject to change.***

**Find out more
about our projects**

www.salfordfoundation.org.uk



Follow our social media platforms



@SalfordFDN



<https://www.facebook.com/salfordfoundation>



https://www.instagram.com/salford_foundation/



<https://www.linkedin.com/company/salford-foundation>

FUN-RAISE



Simple Easy wins to support



We are registered with Donr a leading text giving platform. If your business would like to donate via a texting campaign get in touch with [Helen Fenton](#)

Generate a 0.5% donation to Salford Foundation when you do your online shopping at Amazonsmile
<https://smile.amazon.co.uk/ch/1002482-0>



We have a unique QR code set to take you to our JustGiving page. Scan and donate or set yourself the challenge of a QR code treasure hunt!

If you would like to hear more about Salford Foundation and join our mailing list please Click Here

To unsubscribe from The Loop please email
helen.fenton@salfordfoundation.org.uk

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