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## CHIEF EXECUTIVE'S MESSAGE



As the days begin to lengthen and the daffodils appear, we are on the 'tipping point' between winter and spring.

Doubtless, we're all looking forward to some warmer days and hopefully some extended sunshine.

Whilst most of us will be looking forwards, many of the people we help each week will still be looking back and dealing with one of the hardest winters from a cost-of-living perspective that many of us can probably remember.

There have been hard choices to make between heating and eating – choices that have often affected children and elderly or disabled relatives – not just the person making such impossible decisions.

Many of those we support will take increased levels of debt and worry forward into the spring, summer and beyond. Elsewhere in 'The Loop' you can read more about our work to help people cope with the ongoing cost-of-living crisis and what you can do to help.

## Our Service Areas

Targeted  
Adult  
Services

Women's  
&  
Survivors  
Services

Targeted  
Youth  
Services

Aspirations  
&  
Opportunities

## CHIEF EXECUTIVE'S MESSAGE CONT...

March also marks the end of our 'year' at Salford Foundation. So, it's a chance to look back and take stock; and to think forward, with new plans. In the past 12 months we've brought in more money to invest in our projects and services than ever before in our 30+ years history (around £3m).

This figure has a direct correlation to the number of people we've been able to help, which will also reach an all-time high this year (c. 10,000 and still increasing). A charity's work is done when it goes out of business (i.e. the needs it exists to address have been met). Unfortunately, our work is nowhere near done as levels of need across the range of our services continues to increase.

So, we'll be doubling down and looking to go even further and deeper in the year ahead to help people build better futures for themselves, their families and their communities.

Your ongoing support is crucial. So, thank you for everything you have done over the last 12 months and thank you in anticipation for the many and varied ways you will help us to achieve our mission in the year ahead.

Phil East  
Chief Executive  
Salford Foundation

**See pages 7 & 8 for further information  
about how you can support our Winter  
Wishes Campaign**

# Targeted Adult Services

## Cost of Living Crisis



### How are Salford Foundation tackling this critical issue?

By Julie Williams, Fuel Poverty Adviser

#### What is Julie's role?

I would describe it as a combination of providing advocacy, advice and guidance to (mainly vulnerable) adults to address the following areas:

- My main role is to provide energy efficiency advice, support switching to better energy deals and referrals for energy efficiency measures such as boilers
- Income maximisation, benefit entitlement (including form filling),
- Entitlement to local authority support and/or funding (such as Discretionary Housing Payments and Council Tax Support)
- Charitable and grant applications for essential items
- Basic money advice (financial statements, budgeting, available debt options including priority creditor negotiation, signposting and referring for specialist advice, opening basic bank accounts & Credit Unions).

It is a personalised and holistic service, so if I pick up on issues outside of my own skill set, I will signpost and refer to an appropriate specialist service.

Since April 2022 I have directly supported 168 people with 284 indirect beneficiaries within the household. I have been busy spreading the word through our **Energy Group Events**. Alongside seeing individual beneficiaries, I have been delivering group work around the cost-of-living crisis and explaining what government and local authority support is available and providing essential energy saving tips.

**'Thank you so much, I can afford to buy school shoes for my Son now  
you have given me an energy top up'**

These Energy Group Events have included beneficiaries from our Men's Support Service The SHED and Women's & Survivors Services, The benefit of delivering to groups is that it allows us to ensure as many of our beneficiaries as possible have access to this critical information.

# Cost of Living Crisis Cont.....

## The Session

I start each Energy Group Session by talking through eligibility for government and local authority support (Cost of Living Payments, Warm Home Discounts and the Energy Grant), providing the dates any additional payments are due, how much to expect and what to do if payment is not received.

Budgeting, prioritizing bills and essential payments is the next segment along with maximising income. This includes how to complete an online benefit check and looking at income and expenditure. We then focus on increasing energy costs, keeping warm and what support is available to those who are struggling to keep up with energy payments. I give a 'Warm Pack' for each attendee; these packs are provided by Salford Council and include thermal socks, hat and gloves, a fleece blanket and a flask. Beneficiaries have been extremely appreciative of the Warm Packs.

Beneficiaries then have an opportunity for a chat in private if needed which often leads to taking on new clients. Groupwork is a great icebreaker for some beneficiaries who maybe haven't felt able to ask for help.

**'I was so worried about how I was going to manage but the advice you have given me about making savings and where to get help if I need it has been reassuring'**

## Giveaways and Handouts

Aside from the Warm Packs, some of the group organisers have been able to provide additional items. For example, our Together Women Project staff provided pamper packs (self-care essentials) and energy top-ups to their clients and arranged for the Hep C Nurse to attend (all clients who agree to a Hep C test receive a Love2Shop voucher). The "Shedders" who attend from our Men's Service receive a recipe pack including all ingredients to make a nutritious meal. The men also have access to wellbeing packs which include items such as shampoo, shower gel and toothpaste. Verbal feedback from the groups has been very positive.

**'I've never told anyone about my debts before because I was so frightened. Now you have explained how it all works and what creditors can and can't do I feel like I might be able to deal with them'**



# Cost of Living Crisis, Salford Foundation's Impact



Salford Foundation's Energy and Debt service has a huge impact on people's lives reducing problem debt, developing money management and budgeting skills and improving overall financial wellbeing. Our key impacts (Oct 2019-May 2021) include:

- **£389,704** of debt has been managed into controllable payments for beneficiaries in debt
- **£93,218** of welfare benefits accessed in total which were not being claimed
- **87** benefit checks were completed in the last financial year
- **54** interventions to prevent eviction or possession action
- **48** interventions in respect of Magistrates Court Fines
- **43** interventions in respect of Council Tax arrears/Bailiff Action

## How can you help?

This service is not fully funded and we are short £10k this year. Our corporate partners and supporters can raise funds or donate to Salford Foundation to continue this vital work and by supporting our 'Warm Wishes' campaign.

Salford Foundation are always open to a conversation on how we can support our corporate partners CSR delivery in the community. For example are you bidding for a contract in Salford and want to make a community investment with a charity as part of your social value? Please [Get in touch](#)

## Further information:

Cost of living support - GOV.UK ([www.gov.uk](http://www.gov.uk))

To get in touch or find out more about this service please email: [adultservices@salfordfoundation.org.uk](mailto:adultservices@salfordfoundation.org.uk)

## 7 tips to help alleviate worries about the cost of living

### ENERGY SAVING

Only heat the room you are in & keep yourself warm.  
Consider halogen heater, and taking the whole family upstairs after dinner.  
Slow cookers and air fryers use less energy than an oven!  
*(electric oven-87p per day-slow cooker 16p. Gas oven 33p per day-air fryer 14p per day).*

### SAVE ON COST OF FOOD

Make use of food pantries: annual subscription is approx. £5 which covers 3 shops a week at £2.50 per shop.  
Check out local authority support in your own area: they can provide financial help with the cost of energy and food.

### INSULATE YOUR HOME

ECO4 Scheme is available for homeowners on lower incomes homeowners.  
Private tenants referrals to Thermatics can be made for a survey and possible works to be carried out (replacement boilers, heat pumps, loft and cavity wall insulation, solar panels etc.)

### SHOP AROUND FOR CHEAPER UTILITIES

BT, Virgin and others offer social tariffs.  
Check Uswitch, to ensure you get the best deal.  
I.e: Sky currently has an offer for £15 pcm (existing customers only)

### MAXIMISE YOUR INCOME

Think of ways to earn extra cash.  
Check your benefit entitlement on Entitled2 or Turn2Us.  
Make sure 25% single adult discount is claimed for Council Tax

### GOVERNMENT SUPPORT

£150 disability payments in Sept/October direct to bank account,  
UC claimants: £326 to be paid in October (date tbc)  
£400 energy rebate for all households will be paid from October in 5 monthly payments.

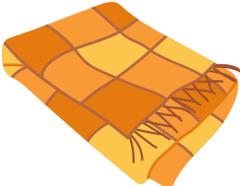
### ACCESS TO ADVICE

Citizens Advice Bureau, National Debt Helpline, or Step Change are great resources if you only have non-priority debts (credit cards, loans catalogue etc).

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

WARM WISH LIST

Pick out items to donate from the Wish List

 <p>Woolly hat</p>	<p>Blankets</p> 	 <p>Adult Hoodie</p>	<p>Shampoo, toothpaste, shower gel &amp; deodorant</p>
<p>Children's Hoodie</p> 	<p>Welfare packs</p> 	<p>Food</p> 	 <p>Slippers</p>
<p>Gloves</p> 	<p>Half day debt &amp; welfare support £120</p>	 <p>Warm socks</p>	<p>Pyjama's</p> 
 <p>Long life foods</p>	<p>Scarves</p> 	 <p>Hot drinks sachets</p>	<p>Hot water bottle</p> 

Contact [fundraise@salfordfoundation.org.uk](mailto: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 WISHES 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](#)

## Targeted Adult Service

### Acton Square Launch Event

On 17th November we celebrated the launch of 'Acton Square' the new building for our Targeted Adult Service. Guests enjoyed a variety of activities to reflect the projects in their new home including a tour of the premises, introduction to services, afternoon tea, mocktail making, wood & craft activities.

Our Targeted Adult Service provides intensive support to adults with complex needs facing substantial barriers to their full participation in society due to issues such as social isolation, worklessness, poverty, debt, mental health and offending.



**'Thank you to all the corporate partners and supporters who made Acton Square possible making it come to life'**

Acton Square is the new home for our projects; The Shed offers advice, guidance and mentoring to men who need assistance accessing training or employment, experiencing loneliness or isolation, or who have been through the prison system. The project helps them with wellbeing, finance, education and training, and independent living skills.

Please see the Wish List we still need more items to furnish and equipment for this project.

Achieve is a project to support the rehabilitation of prisoners in prison and the community across the North West. The project gives 6 sessions of 1:1 advice to create attitudinal change and encourage people to access work, training or volunteering as part of their rehabilitation process.



Our Employability and Enterprise Skills workshops give jobseekers the skills they need to succeed in finding work. It includes key skills such as CV writing and interview techniques as well as accredited training to Level 3 in First Aid, Level 2 in Manual Handling, Level 2 in Food Hygiene and Level 1 in Construction Health & Safety.

#### **Acton Square Wish List**

- Skills labour/trades to complete jobs
- Kitchen equipment, cupboards & hob
- DIY Equipment & materials eg resin kits & moulds, branding iron, metal, wood & paint
- Board games, books, art supplies, vinyl cutter
- Photo backdrop stand kit and light
- Bikes to refurbish/donate
- Garden plants & furniture

We are also grateful for any cash donations toward the project to support our ongoing staffing and running costs!

£ would pay for 1 hour

For further information about our adult Service or if you can help our wish list Get in touch

# Meet the Targeted Adult Services Team

Having previously worked at Salford Foundation as a mentor for ex-offenders and for young people, I have returned in April 2022 to support and manage the Targeted Adult Support team.

My role includes overseeing and growing our business and support services for vulnerable adult males in Salford and people in custody in the North West, as well as developing training, employment and enterprise services for unemployed adults, and young people not in employment, education or training (NEET) in the area.



**Sandrine Beaunol, Targeted Adult Support Services Manager**

Mobile: 07816 671 275 sandrine.beaunol@salfordfoundation.org.uk



My name is Adrian Fields, I currently work as part of The Adult Services Team, Managing The Men's Shed Project. After previously working in prisons across the North West for 14 years, I thought I could make a difference in assisting offenders through the gate, as this I saw as a major issue in tackling recidivism.

**'Working at Salford Foundation over the last seven years has enabled me to achieve my goal' .**

**Adrian Fields, The Shed Manager**

Mobile: 07711 556 972 adrian.fields@salfordfoundation.org.uk

Trained in Hospitality and Catering, Diane is a qualified teacher, employed in HE, FE and local Adult Education. at Salford Foundation I have worked as a vocational tutor with young NEET's and vulnerable adults, delivering employability and mentoring skills.

I now work within the Welfare Service, co ordinating support and interventions to vulnerable males and ex-offenders with the hope of helping them create a better life balance practically and mentally, a position I find both rewarding and motivating.



**Diane Driscoll, Senior Co-ordinator**

Mobile: 07764681420 diane.driscoll@salfordfoundation.org.uk

I have been working within the adult services team at Salford Foundation for the last 10 months and have recently been appointed a new post as an Employment Co-ordinator on the Achieve team. The main purpose of my role is to mentor ex-offenders in the Community across Salford and Greater Manchester, helping them develop life and social skills whilst removing barriers to Employment. I have already been successful in assisting clients into Employment and believe that a bit of extra support and motivation really can change people's lives and give them hope that there is a light at the end of the tunnel.

**Antonia**  
**Employability Co-ordinator**

I am currently one of the project mentoring coordinators delivering the Welfare Service to ex-offenders across Salford. I have worked for the organisation for over a year, after being a volunteer for 3 years.

Coming from the construction industry, I have also completed a level 3 qualification in Health and Social Care. I'm particularly keen on giving second chances to those who are the most marginalised in our community and see them thrive, no matter their background.

**Terry George, Co-ordinator**

Mobile: 07957 259 811 [terry.george@salfordfoundation.org.uk](mailto:terry.george@salfordfoundation.org.uk)



I've been at Salford Foundation for 4 years and it really does feel like being part of a family. I've had the privilege of being part of different projects within adult services and have loved seeing them grow and the change that is made in peoples' lives.

I currently deliver mentoring sessions focusing around motivation, coping skills and goal setting within prisons and have been managing the team for just under a year.

**Francesca Moss, Achieve Projects Team Leader**

Mobile: 07725 227362 [francesca.moss@salfordfoundation.org.uk](mailto:francesca.moss@salfordfoundation.org.uk)





Having been with the Salford Foundation for many years, I'm passionate about what I do and thoroughly love helping individuals reach their potential.

I deliver mentoring sessions across custody at HMP Risley and HMP Buckley Hall, working closely with colleagues to get the best outcomes for people.

I have also recently been supporting in group session delivery having created content around learnt behaviours, motivation and mindfulness which have been fantastically received.

**Linda Gillan, Prison Mentoring Co-ordinator**

[linda.gillan@salfordfoundation.org.uk](mailto:linda.gillan@salfordfoundation.org.uk)

I support individuals within the open prison setting at HMP Kirkham and the community in Cumbria.

This involves mentoring and supporting people who may be closer to accessing work, issues with family and other barriers around adjusting back into the community.

I have been at Salford Foundation for a number of years, thoroughly enjoying what I do and seeing the wider impact of the service.

**Natalie Trusdale, Prison Mentoring Co-ordinator**

[natalie.trusdale@salfordfoundation.org.uk](mailto:natalie.trusdale@salfordfoundation.org.uk)



Hi I'm Julie Williams and I have worked in Salford for 6 years; 4 of those with Salford Foundation delivering benefits, energy and budgeting advice to some of our most vulnerable residents.

I really enjoy the sometimes life changing work we undertake with our beneficiaries.

I work out of the Womens Centre and The SHED delivering advice and guidance with a focus on maximising income.

**Julie Williams, Money management advisor**

[julie.williams@salfordfoundation.org.uk](mailto:julie.williams@salfordfoundation.org.uk)

# Aspirations & Opportunities

Raising Aspirations, Volunteering Opportunities

**March - May 2023**

Our Raising Aspirations projects currently work in schools and colleges across Greater Manchester to enable young people from primary school up to college (age 9-19) to think more about their aims and goals for the future and to learn new skills. In these sessions we bring business and education together through volunteering.

The majority of our projects are led or facilitated by volunteers from the world of work, education sectors or training providers.

The projects that we are currently recruiting volunteers for are:

- World of Work
- Mock Interviews
- Enterprise Day
- Personal Finance
- Christmas Crafts - Transition Day
- Raising Aspirations Mentoring
- Junior Money Matters
- Meet the Business
- Interview Ready

To book on to any of the activities [please contact the team](https://forms.office.com/r/GgmiJ4byLc) or register your interest <https://forms.office.com/r/GgmiJ4byLc>

## Contact the team

To speak to a team member please contact:

Ruby Mimmack, Raising Aspirations Co-ordinator  
ruby.mimmack@salfordfoundation.org.uk  
Mobile: 07415 473975

Jason King, Senior Team Leader  
jason.king@salfordfoundation.org.uk  
Mobile: 07816 671263

Harry Stacks, Raising Aspirations Co-ordinator  
harry.stacks@salfordfoundation.org.uk  
Mobile: 07714 749562

Fiona Cruice, Raising Aspirations Co-ordinator  
fiona.cruice@salfordfoundation.org.uk  
Mobile: 07711 786149

SUNDAY, 21ST MAY 2023

Support us to create a fair society in which everyone has the opportunities and resources to reach their full potential and build better futures.

## Step 1.

**Sign up to run for  
Salford Foundation**  
**Click here**

## Step 2.

Let us know you're  
running for  
Salford Foundation  
**email**

## Step 3.

Create a  
fundraising page  
or donate on  
JustGiving **visit**

The money raised will be used to support vulnerable and disadvantaged young people and adults across Greater Manchester.

For more information about Salford Foundation please visit  
**[www.salfordfoundation.org.uk](http://www.salfordfoundation.org.uk)**



# 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](#)



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 team activity for 2023!

**[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](mailto:helen.fenton@salfordfoundation.org.uk)

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