



SUFFOLK
Community
Foundation



Acorn Fund Impact Report

Grants Awarded: 2022– September 2025



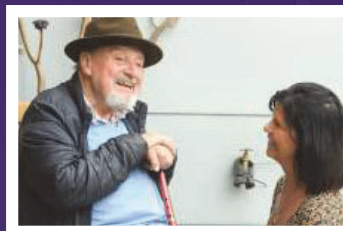
Making a Difference, One Story at a Time

Established in 2005, Suffolk Community Foundation has become, with the generous philanthropy of so many, the largest independent grantmaker in the county.

We encourage and work with those who can give back to Suffolk, whether they are businesses, the public sector, families or individuals. With the funds under our care and together with other donors, we encourage charitable organisations and community groups to apply for grants.

As a large rural county, Suffolk has pockets of inequality and significant deprivation. Our aim is to improve the quality of life in Suffolk, to support those in difficulty and to tackle a wide range of issues. These could include homelessness, mental wellbeing, domestic abuse, digital exclusion or loneliness and isolation.

suffolkecf.org.uk



TOGETHER WE SUPPORT

Abbeycroft Leisure,
The Hygiene Bank
& The Pear Tree Fund

In 2023/24 our partnerships with private donors, local businesses, public sector and independent trusts and foundations have delivered

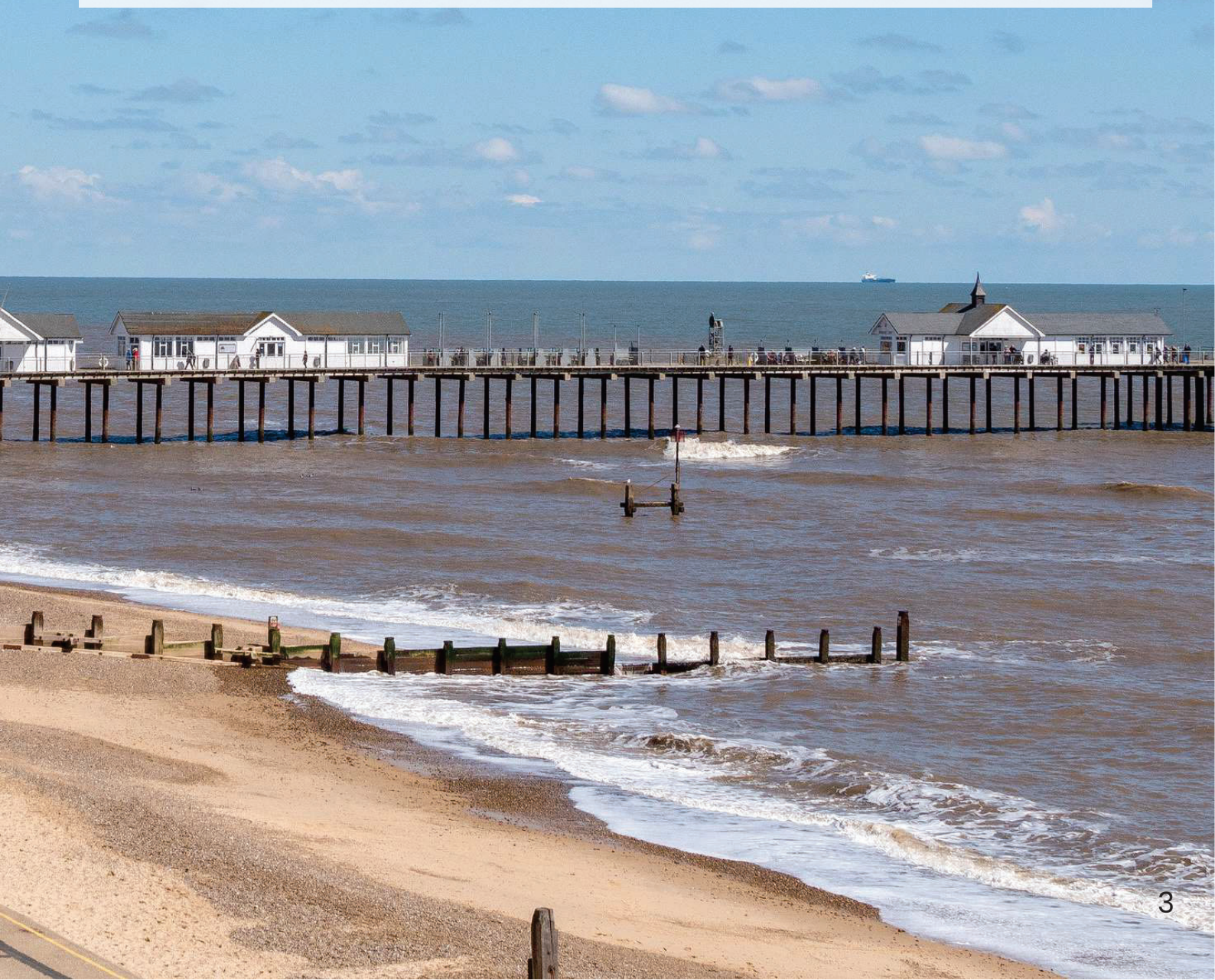
£3.4m

in grant funding to address need in Suffolk. THANK YOU!

Fund Overview

Since 2022, the Acorn Fund has awarded 7 grants to 7 different organisations. In this period the grants totalled £12,725. The impact of some of the work of the varied organisations you have funded in Suffolk over this period, is illustrated below.

On behalf of all these organisations and those they support, thank you for your generosity.



Funded Projects

Suffolk Organisation	Amount	Primary Beneficiary	Project Area	Project Summary
2022				
Ipswich Sports Club For The Disabled	£2,000	People with physical difficulties	Ipswich, Felixstowe, Kesgrave, Melton area.	Core running costs for the sports club.
St Helen's Playgroup	£1,875	Children and Young People	Ipswich	Garden Rejuvenation Project.
2023				
Headway Suffolk	£2,000	People with multiple disabilities	Ipswich	Headway art sessions.
Hope Church Ipswich	£1,000	People living in poverty	Central Ipswich	Hope Community Lounge.
Ipswich Community Playbus	£1,850	Families/ Parents/Lone parents	Ipswich	Towards conversion and equipping of the new Playbus.

Funded Projects

Suffolk Organisation	Amount	Primary Beneficiary	Project Area	Project Summary
2024				
The Hygiene Bank	£1,000	People living in poverty	Ipswich	The Hygiene Bank Ipswich.
2025				
Ipswich Outreach Bus	£3,000	Homeless people	Ipswich town centre	Core costs for the Ipswich Outreach Bus.
TOTAL	£12,725			

Impact of the Acorn Fund in Suffolk

The Acorn Fund has made a significant and measurable impact, by enabling organisations in and close to Ipswich to support the health and wellbeing of people enabling them to be more active and to lead healthy, balanced lives. This included support to people of all ages, abilities and disabilities and those with mental health issues or who have suffered traumatic events.

Key outcomes include:

- ✓ **Improved wellbeing and reduced isolation:** people have experienced reduced anxiety and increased social connection, thanks to initiatives that offer practical and emotional support and foster belonging.
- ✓ **Empowerment:** people have been supported in gaining or regaining independence and life skills, and regarding their futures with greater confidence and clarity.
- ✓ **Enhanced resilience and confidence:** People facing poverty, trauma or major life transitions have received advice and support, helping them build confidence and navigate change and challenges.
- ✓ **Stronger families and childhood development:** Adults report feeling more capable and supported, while children have benefited from nurturing environments that promote healthy development and learning.
- ✓ **Engagement and skill-building:** The fund has enabled people to discover new interests, develop practical skills and form new friendships, leading to increased participation in life in their community.

Case Studies

Here are a few stories highlighting the impact of the activities your funding supported.

Bows & Arrows

Ipswich Community Playbus

James* is 4 years old and has ADHD and Autism, attending the Playbus weekly since he was just 18 months old, along with his Dad who is also Autistic and a single parent. Initially both were very quiet and did not join in with activities or conversations. Gradually over the first year of attendance, James started to interact with staff, although speech and words were difficult to understand. Dad started to talk to other families and staff on board.

They both come regularly every week and during year 2 of their attendance, both started to make friendships, interact more with other children and their families. We saw boosted self-esteem and confidence in both father and son. James now assists staff and helps to hold open the safety gates for other children. James does not want Dad to be involved in his play and shows great independence in choosing activities, joining in games with his peers – this invariably involves dressing up as superheroes and playing 'help each other' up the slide on top deck! James massively loves 'Maggie' and 'Dennis' (our playbuses), so when he started school in September, the promise was that on PD school days and at special events, James would come to see the Playbuses again.

Hope Church Ipswich

The Community Lounge not only provides subsidised meals to those in food poverty but also provides social and emotional support as well as signposting to internal services such as our advice service, and external services such as social services and housing. As a consequence of this 'wrap-around' approach, we have seen a number of individuals grow in confidence and independence.

Case Studies continued

Ipswich Sports Club For The Disabled

Nicky* has learning difficulties, also using callipers and a frame to walk with. The staff at her care home have noticed how much happier she has been since joining us and can't wait to come to the club each week.

Mags* has been with our Club for a number of years and has struggled over the last few months following the death of 2 close family members. Due to her health condition, she is unable to get out regularly. As we are located close to where Mags lives, she is able to use her mobility scooter to make her own way to the Club, giving her something different to focus on for a couple of hours each week. She has been supported well by other members and has told us that being able to participate has enabled her to deal with her grief. She is a valued member of the team and we are glad that we have been able to support her through this difficult time.

Not only have all our club members benefitted but we have also really helped Tom*, a young lad who helps one of our wheelchair users. He has lots more confidence, and his teachers and parents are also telling us they have noticed the change in him.

"We are so grateful that with your help our club is still running. Many thanks from us all."

St Helen's Playgroup

One of the volunteers is continuing to help keep the garden in good order as they appreciate the positive impact that being outside and doing something to the benefit the community has had on their well-being.

"We would not have been able to carry out all of the remedial works without this funding and so are incredibly grateful for the contribution."

Case Studies continued

Headway Suffolk

The work you funded has helped patients with their hand eye coordination, using their hands and brought an uplift to their self-esteem and confidence.

Samuel* had a traumatic brain injury and can no longer live alone. He attends Headway twice a week. Through the courses he has developed his art work to a high standard. Some of his paintings were displayed in the exhibition, something that has really helped his self-esteem and self-worth.

**On behalf of all these organisations and those they support,
thank you for your generosity.**

*all names have been changed to protect identities



SUFFOLK
Community
Foundation



Thank you for all your support

To learn more, get involved, or support our work, visit our website at suffolkcf.org.uk, email us at info@suffolkcf.org.uk, or call **01473 602602**

