

Newsletter

Welcome

In its first year of full operation and thanks to our committed donors, The Didcot Powerhouse Fund has been able to support 17 local organisations in 2022, distributing £95,000 in grants and we want to do even more next year. The 2023 theme is 'Supporting Mental Health & Wellbeing in these Times of Hardship' and couldn't be more important during the current cost of living crisis.

We would like to share the first 3 months of progress made by three grant recipients and you can see updates from more of the 17 recipients spotlighted [here](#) on our website. We will also be highlighting these fantastic stories through social media channels and our Impact Report in the coming months



If you wish to make a donation to Powerhouse, please use the QR code or if you are a business and would like to become a Powerhouse donor, please download a donation form [here](#) and return it to us.

The Abingdon Bridge

Matt, aged 18 from Didcot, is supported by the Powerhouse project with The Abingdon Bridge

“ I had almost given up hope after leaving school last September. I've only ever left my house twice, I really struggle to go out, and during the lockdown I just got used to being on my own, I guess my bedroom became my safe place. It's been a bad year for me, my father left us very suddenly back in January. My mother thought it would be good for me to speak to somebody, I don't really like speaking to people too much but I do enjoy gaming with some people I've met online.

I spent 6 months on the waiting list for CAMHS and just when I was giving up hope my GP recommended that I speak to the Abingdon Bridge. I was very nervous to begin with as I didn't really want to go. After a few sessions things started to click in place for me and I realised how much anger and sadness I had within me. My counsellor helps me realise that I'm just stuck and I'm trying to protect myself, yet I'm also limiting my opportunities by staying in my bedroom.

With further counselling I slowly built up my confidence and I started to expand my safe zone to various other places, and I tried to do new things. I left school with three A-levels

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The Abingdon Bridge Continued from page 1

but never had the confidence to do anything with them. I went to my first job interview two weeks ago, had a call back the day after and they've offered me an apprenticeship. I think I'm going to take it, my mother thinks it's a good idea. My counselling sessions come to an end soon and I want to thank everybody who helped pay for my sessions. I'm really hoping one day that I can help others who might need some help.

Gary Hibbins CEO, The Abingdon Bridge

“ This brand-new project to support young people aged 13+, is providing preventative wellbeing and mental health initiatives. The project has already delivered 76 counselling sessions, engaged with 46 young people in 5 workshops and has established 6 wellbeing drop-ins in community hotspots.

Positive outcomes for clients include:

- 75% report they have reduced levels of self-harm

- 71% have a greater understanding of what prevents them from reaching their full potential
- 90% have felt able to cope when things go wrong

The grant has really enabled us to support some of the most vulnerable young people living in Didcot and some of the surrounding villages. We have seen a huge surge in referrals from local young people who are crippled with anxiety or concerns about their futures. Your support has enabled us to act fast and provide local young people with a timely professional counselling service and educational workshops. I want to thank all the donors and stakeholders for your support.

You have funded a project that supports people to become the captain of their own ship and equip them with the skills needed to make positive life choices and gives them the hope to reach their full potential.

Thank you.

ARCh

ARCh is using their grant to recruit, train, resource and support 10 new volunteer reading helpers to provide personalised 1:1 reading support to disadvantaged primary school children in the OX11 area. Benefits of the project to children include improvement in reading ability interest, attitude to learning, communication skills self-confidence and self-esteem.

“ So far we have recruited and trained 4 new volunteers. One of the new recruits has already begun their sessions and the others will be starting soon. The schools we have supported so far thanks to the funding are Willowcroft and Aureus, both of whom were very grateful to learn that Didcot Powerhouse would be funding their new volunteer for a year.



ARCh volunteer at Willowcroft Primary School

Didcot Baby Mondays

The Didcot Baby Mondays Project is focused on developing the group to meet the needs of a growing and increasingly diverse community, including increasing capacity for breast-feeding support and baby-weaning peer support. They have also been helping parents and babies relax by delivering two 'calm and unwind' activity sessions, with 32 families sampling baby massage combined with gentle stretching and breathing exercises for their parents.

“ 25 families came to an Introduction to Baby Signing session. One volunteer is about to qualify as a breastfeeding peer supporter, and another is planning to start the course soon (it takes 3-4 months to qualify). An additional volunteer is halfway through the breastfeeding counsellor course and should qualify by the end of the year.

Our summer picnic took place recently. The first one was held in 2020, when outdoor meet-ups were the only option, and it's now become a bit of an annual event where current attendees bring their mixed age children, and past attendees return to see us with their toddlers.

The summer picnic and an 'Introduction to Baby Signing' session have all helped to bring local families together.



Didcot Baby Mondays Summer Picnic

Donor spotlight

Our donors are always thinking of new and innovative ways to help fundraise for Powerhouse, in addition to making their annual donation to the Fund. Please click [here](#) to view the full list of donors.

Milton Park

Philip Campbell, Commercial Director, Milton Park

“ We are very proud to be a donor and founding member of The Didcot Powerhouse Fund. Milton Park has held various events for people working at the Park in 2022, raising over £2k for the Powerhouse.

The theme for this year’s fund is very apt as people struggle with the cost-of-living crisis. We are grateful to those who have already contributed to the Powerhouse, and we are hoping that more of our occupiers will donate to this worthwhile fund in 2023.



Milton Park is a Quantum Donor and they have also held 3 special fundraising events during the summer, garnering donations from generous Milton Park employees.

Two hot dog and ice cream days brought welcome relief during the hot spell, raising £1752 and they also ran a hanging basket workshop. A curry night fundraiser is already booked for October during National Curry Week.



Ipsen

John Chaddock, VP, Head of REED Operations & Site Head, Milton Park Research and Development

“ Ipsen were proud to engage last year with the Didcot Powerhouse Fund as a Dynamo donor and were pleased to see that, through our collective contributions, local organisations have enabled over £95,000 to 17 grant recipients. The theme of 2022 “Supporting children, young people, and families as we emerge from the pandemic” was important to our company and our employees, and the new focus for 2023 will give vital help to those that need it within our local community.

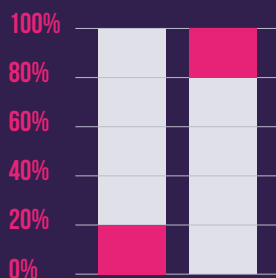
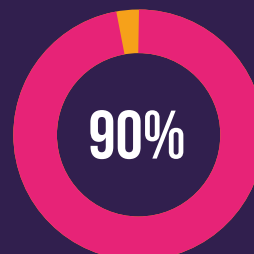
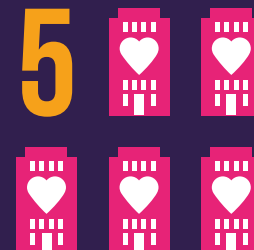
Soha

Kate Wareing, CEO Soha Housing

“ As a mutually owned, community housing association Soha is deeply invested in the success of Didcot as a place for all to thrive. We see every day the critical work done by the local organisations that the Powerhouse funds. We value the opportunity the Powerhouse offers us to increase the value of our contributions through acting partnership with other local businesses invested in Didcot’s success.

Soha is a community based housing association in and around Oxfordshire and is a Quantum donor to The Didcot Powerhouse Fund.

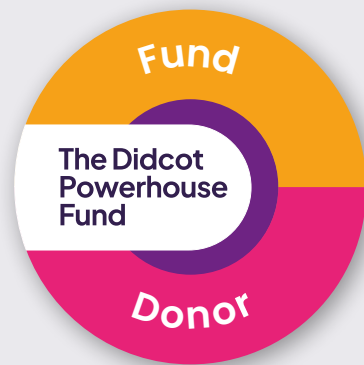
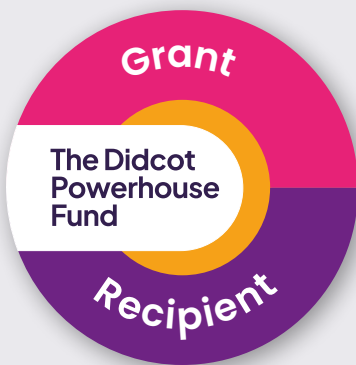
2022 Overview



Powerhouse Progress Update

New Powerhouse Stamps

The Grey Square Studio has developed some bright new stamps for Powerhouse donors, grant recipients and ambassadors to use across their media channels. Successful grant recipients also received a communications pack to help them attract local media coverage for the grant they received and the work they do.



Powerhouse News and Events

The April '22 grant announcements generated local and social media coverage and recently Powerhouse attended a BBC Radio Oxford Cost of Living Clinic in Didcot, helping to raise awareness of the Fund's work.

Spreading the Powerhouse word is important and in Q1, a networking event was hosted by Didcot Chamber of Commerce at the Civic Hall, sponsored by William Jones Estate Agents.

Why not come along and see Powerhouse at the Didcot Festive Market on 4th December 2022 and If you know of any other events where Powerhouse can have a stand or presence, please let us know via the email below.

E-mail didcotpowerhousefund@btinternet.com



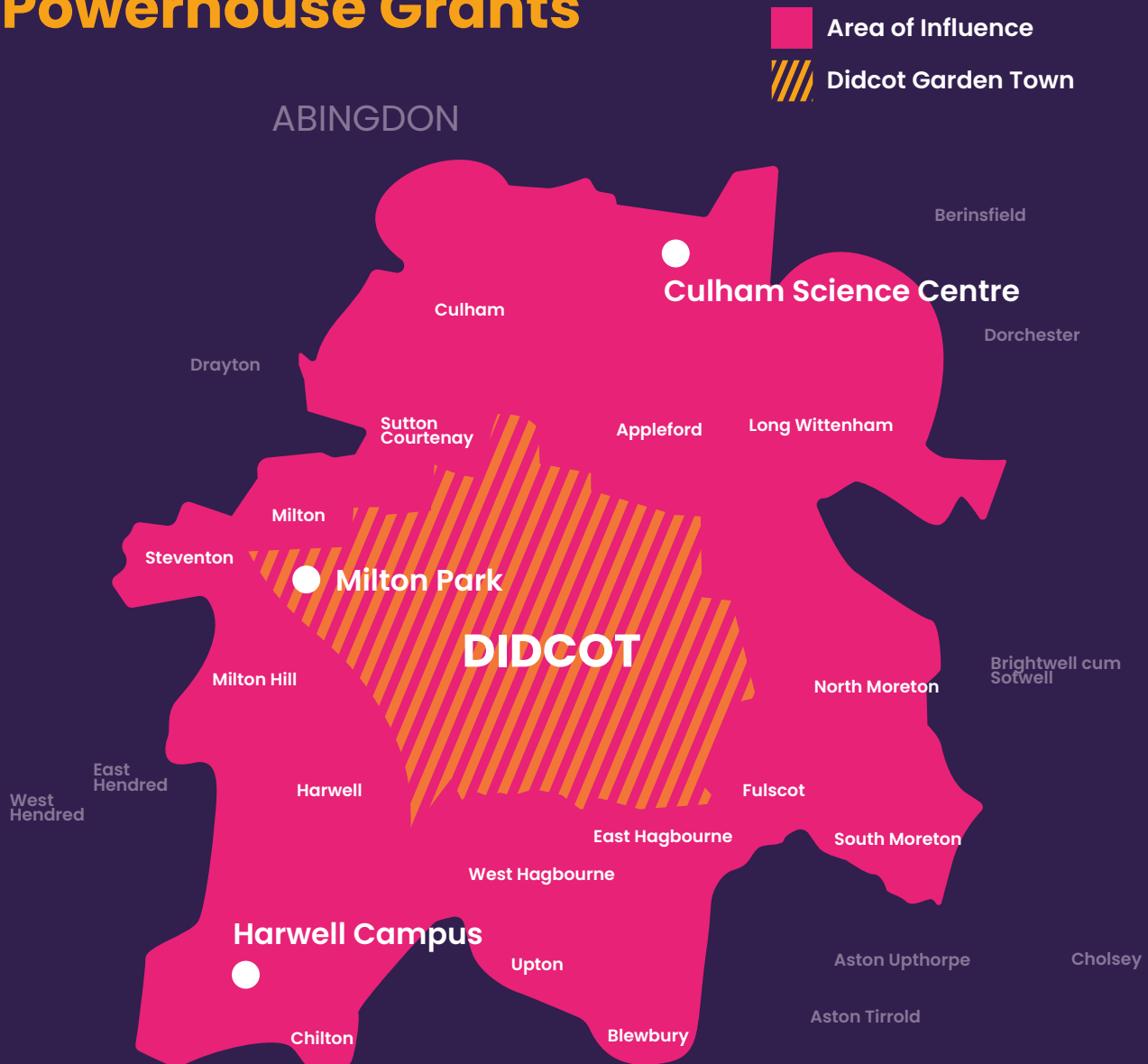
Local business event for Powerhouse, hosted by Didcot Chamber of Commerce

Powerhouse Governance

Both District Councils are now represented within Powerhouse and you can read more about the Advisory Body and Grants Panel members on our website. In 2022, 31 applicants applied for a grant, totalling £232,172 so it was a tough decision for the Grants Panel to decide who best met the annual theme of 'Supporting Children, Young People and Families as we Emerge from the Pandemic'. 17 applicants were successful, receiving grants of between £400 and £13,000.

With your support for 2022/23 we hope to raise even more funds, to help many more people and the theme for this year is 'Supporting Mental Health & Wellbeing in these Times of Hardship.' The grant scheme will re-open in January 2023, with full details included on our website about the criteria and how to apply for a grant.

Area covered by Powerhouse Grants



How can you help Didcot Powerhouse?

- Please consider either renewing your donation annually or becoming a donor for the first time.
- If you are a community fundraiser, consider raising money for us as you can trust Powerhouse to deliver grants where your contribution will have the most impact inside the local community.
- Please use your communication channels to support and amplify Powerhouse.



Against a tough economic backdrop and cost of living worries for many people, Powerhouse is looking to the community to help us fundraise. Soon we will be launching a **'Pound**

for Powerhouse' initiative where individuals can give a

£1 and hope this will boost our other business donations and fundraising efforts.

Ideas could include:

- Dress down at work or school days
- Contribute the value of a single coffee, tea or sandwich to Powerhouse instead
- De-clutter by selling items you no longer need and donate a percentage of the proceeds to Powerhouse
- Undertake a personal challenge and fundraise for Powerhouse at the same time

How to reach us

Grant related enquiries

Oxfordshire Community Foundation

Email: ocf@oxfordshire.org

Tel: 01865 798 666

General or media enquiries

Email: didcotpowerhousefund@btinternet.com

didcotpowerhousefund.co.uk