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This report was written by Muntaka Kamal, Rhianne Phillips-Knott, Lindsey Shoffeitt Post Graduate Interns University of Kingston and Miranda Jagers Director Love Kingston.

Thanks to them and all those involved in the Kingston University Graduate Internships Programme (an initiative that provides students with opportunities to partner with local companies and charities) that made this report possible; to Patrons Paul Cox and Julie Pickering; Tony Mills, Amanda Cullen and Lisa Sayers Trustees of the Kingston Charitable Foundation for their support; to all those who contributed to the research material and graphics that highlighted the needs in the Royal Borough of Kingston; and to the many small local voluntary groups whose end of grant reports, photographs and quotes provided valuable insights to their work.

December 2020

## Foreword

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£100,000 can appear to be a large sum of money, but in the context of what impact it can make, given the scale of the need in Kingston, it is a drop in the Thames to what is truly required. This Kingston Charitable Foundation's Impact Report is its first. It sets out what local impact has been achieved with £116,000, awarded to 53 local organisations so far.

For most of us, Kingston is a lovely place to live and work. Still, the information gathered from various sources including Kingston Public Health Joint Strategic Needs Assessment (JSNA) 2018 and by talking to local organisations and individuals, we know there are pockets of deprivation and ill health. We now also know that these inequalities have grown as a result of Covid-19 and that the voluntary sector needs our support more than ever, as highlighted by applications to our grant programmes and Kingston Voluntary Action's (KVA) 2020 report #NeverMoreNeeded on the effects of the Coronavirus pandemic on the voluntary sector (for links to these reports please see the final page).

Love Kingston, and subsequently the Kingston Charitable Foundation, were established to help reduce these identified local needs. Many people and organisations already support our local community e.g. local and national charities, the local council and the NHS. However, in 2012 Kingston was one of the few London Boroughs without either a Foundation or Trust dedicated to supporting the local community. Not having such an organisation was a "black hole" in the support Kingston's community needed so, in 2012, Love Kingston was created to tackle this gap. Since then Love Kingston has given £116,000 to 53 local charitable organisations and started building an endowment fund of over £115,000 to give grants in perpetuity. In 2020, Love Kingston gained charitable status as the Kingston Charitable Foundation, to support Kingston's community for today and for the long term. This first Impact Report demonstrates what Love Kingston has achieved for the community so far, and for Kingston Charitable Foundation's growth potential.

We hope that this report resonates with you, with the ideas and causes so far supported, and encourages you to support us in the future. Do get in touch if you would like further information or if you have any feedback on this report.

Finally, a special thank you to all who have been involved and supported Love Kingston's journey so far, to the charities for their feedback on the impact our grants have made and to Kingston University for its help in producing this report.

It is only together, with these small steps, that we can achieve what we all want for Kingston in the future.

Tony Mills

Chair of Trustees

## Kingston Charitable Foundation

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The Kingston Charitable Foundation, which incorporates Love Kingston, was formed in 2020 as a Charitable Incorporated Organisation (CIO). A strategy and business plan have been drawn up for 2020-2025 to establish Kingston Charitable Foundation as a robust charity able to serve the needs of the Borough.

The aim is to keep the Love Kingston brand within the new Kingston Charitable Foundation branding and further develop the fundraising strategy to raise both 'flow-through funds' (donations e.g. in response to specific appeals, that go directly to grants, rather than into the Endowment Fund) and money for the Endowment Fund.

The sustainability of Kingston Charitable Foundation requires funding from a variety of sources:

- Regular donations from local people
- Funds from High Net Worth Individuals
- Legacies
- Gift Aid.

The Foundation will host key events involving local people and local companies to demonstrate to donors the impact of its grants. This is part of the larger goal of raising funds for the Endowment Fund, the annual income from which goes towards the annual grant-giving programme.



## Our Vision and Mission

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Kingston Charitable Foundation's vision is to build stronger communities where everyone's needs are met.

Our mission is to:

- Identify where social needs exist in our area through commissioning, publishing and utilising the best research available.
- Provide funds to local support groups that have the expertise to alleviate need, enrich people's lives and improve their life chances.
- Inspire and engage with local donors to help build sustainable long-term funds to support our vision.
- Build sustainable funds to increase the level of immediate and long-term resources available to organisations with charitable purposes across the Borough of Kingston upon Thames.



## Executive Summary

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### Section 1: Areas of Need and Our Impact

Since its inception, Love Kingston has made a difference to the lives of local people by identifying need, raising funds, giving grants and signposting groups to funds and services. Some of the areas of need addressed so far are: Kingston's growing older population, people with learning disabilities and sensory impairments, children and young people, the LGBTQ+ community, victims of domestic violence and those battling substance abuse. So far £116,000 has been awarded in grants to 53 local organisations. Throughout, Love Kingston has given grants to social inclusion projects, with the promotion of positive mental health being a common theme of the activities provided by the charities supported.

### Section 2: Covid-19: Effect and Response

The Coronavirus pandemic has shone a spotlight on inequalities in society both nationally and locally. As a direct result, many local charities have seen demand for their services increase and they have had to adapt, whether it has been moving their services online, radically diversifying, or rapidly expanding their provision. At the same time many have seen their fundraising income fall. In order to support the community, Love Kingston ran the Kingston Covid-19 Crisis Appeal which raised over £20,000 and funded two grant rounds. Nineteen grants were given to support local people during Covid-19. This additional funding has been crucial to these local charities, many of which did not have had the capacity to run their services as effectively, and ultimately provide essential support the local community required during the pandemic.

### Section 3: What's Ahead

The development of local giving schemes to improve outcomes, is a continuous process. From the research conducted for this report, it is evident that there is plenty of scope for the Kingston Charitable Foundation to build on the impact already achieved by Love Kingston. This will be done by developing its fundraising strategy, obtaining funding from a variety of sources, increasing the Endowment Fund and launching new grant programmes targeted at areas of specific need, as these arise. The Kingston Charitable Foundation will continue the work of encouraging local philanthropy and achieving happier, healthier and stronger communities in Kingston upon Thames.

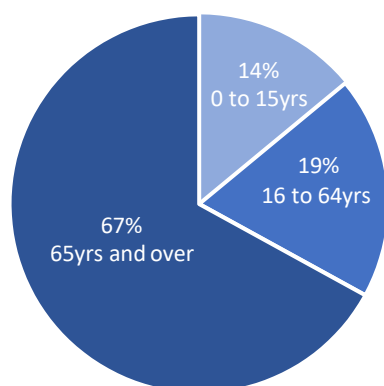
## Areas of Need and Our Impact

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### Older People

The population of older people (65+) in Kingston is currently 23,000 (67% of the general population) and is expected to rise significantly by 2030. Over 8,000 people aged 65 and older, are living alone.

Kingston's Population by Age Group



Social activity and physical health are key components for the wellbeing of older people. Older people are at higher risk of social isolation and loneliness, which are damaging to both mental and physical health. Loneliness leads to depression, stress, anxiety, and lack of confidence. Older people often require the help of carers in day-to-day life, with more than 13,000 residents of Kingston acting as unpaid carers, primarily for their parents or in-laws that are 65+.

The Kingston Charitable Foundation aims to improve the quality of life for the older population of Kingston through the promotion of health and wellness.

A Love Kingston grant helped sustain weekly gatherings of the Vintage Banquet, and provided funds for social visits from younger people around Kingston, choir visits, art sessions, and one-on-one volunteer visits.

“Our members consider Vintage Banquet to be a club - they enjoy it so much. At times when we’ve had to cancel our weekly get-togethers, many of our members have said ‘What am I going to do on Thursday now?’ So, having a weekly fixture on their calendar is important to them.”

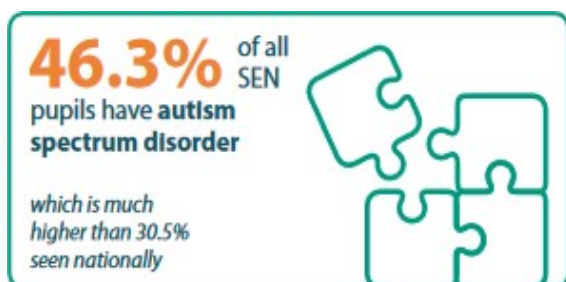
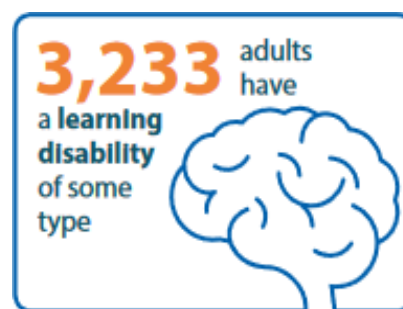
Vintage Banquet





## Learning Disabilities and Sensory Impairments

Many people with learning disabilities have additional health problems, including physical disabilities and sensory impairments. It is estimated that 20-33% of people with learning disabilities also have autism and 36% of children with a learning disability also have a psychiatric disorder. People with learning disabilities require special assistance and care, especially in education and work settings. Local community services are preferred for supporting people with learning disabilities.



There are many organisations in Kingston dedicated to helping people with learning disabilities and their families. Love Kingston has given grants to organisations such as Yorda Adventures and Growbaby, which both work supporting families and children with learning disabilities and/or sensory impairments.

Yorda Adventures provides a stimulating and engaging environment for children with special educational needs (SEN) to play outside and develop essential independence skills. They also provide an opportunity for parents and grandparents to share parenting strategies and offer support to each other.

“At the start of lockdown, parents of SEN children were really concerned as they couldn’t find safe spaces to take their children - either their child was vulnerable due to being in a wheelchair or they had a child that did not understand social distancing at all. The money from Love Kingston has enabled us to continue to support families by opening up our playhouse for family exercise classes, which has proved popular.”

Yorda Adventures

## Children and Young People



There are over 42,000 children and young people aged 0-19 years living in Kingston, with 12.3% of children age 0-15 living in low income households. The charities that Love Kingston has given grants to tackle a wide variety of the health and wellbeing issues facing children and young people in Kingston today.

## Children

Children aged 0-4 make up the largest group of children, forming 11.7% of Kingston's population. Lifelong health inequalities have their roots in pregnancy and early years. What happens at this time has an enduring impact on many aspects of health and wellbeing. Parents and carers play a pivotal role in influencing children's future life chances, economically and socially, as well as their physical and emotional health.

Kingston Vineyard's service 'Growbaby' runs a drop-in centre and provides good quality new and second-hand baby clothes and equipment (up to age 5), free of charge, to anyone who needs additional support. The grant the Vineyard received from Love Kingston fully funded a laptop to help them manage the distribution of food and essentials to families in need during lockdown.



*"As soon as Covid hit, we became a distribution point for food, formula and nappies. We went from doing no distributions, to 70 within the first week.*

*Initially, I would write everything down on a piece of paper, type it up on my computer at home, print it off, take it with me into the Hub, then make all the constant changes on the paper, then somehow re-write it all out to give to the drivers. By week three of doing this, we were just overwhelmed.*

*By owning a laptop, wherever anybody in the team is, they can view the Google Drive document which gets updated in real time. It's made us so much more efficient – it's changed everything."*

Kingston Vineyard

## Young People

Focusing on adolescent health is an important public health issue because many health inequalities first present during this period and can become more profound as adolescents grow older. If left untreated their health can worsen and become acute during later adolescence and adulthood.

Adolescent health is largely influenced by social and economic determinants. Vulnerable adolescents are more likely than other adolescents to engage in risky behaviour. Kingston has one of the highest rates of self-harm among young people in London. Vulnerable adolescents include: young carers, looked after children, young offenders, disabled young people, those not in education employment and training, and some Black and Minority Ethnic young people.



Oxygen helps some of the most disadvantaged and vulnerable young people in Kingston to discover their identity, understand their potential and encourage them to aspire to achieve great things. They deliver a range of programmes, activities and training to young people.

*“The funding enabled us to run a residential weekend on a barge for young people who couldn’t afford to go on trips otherwise. Some of the children live in Kingston but had never been on the River Thames. Once they’ve been on the boat, it’s given them a different perspective on the world. It’s a chance for them to see the world from a different place. Being confined to a boat is very productive as it forces them to tackle their own issues, develop new skills and helps them to see their potential.”*

Oxygen

### Young Carers

Young people with caring responsibilities are often hidden. Many families do not recognise their children as ‘carers’, some children do not recognise or identify with the role. Parents can be unwilling to flip the parent/child, carer/cared for role, and there can be a degree of reluctance or anxiety among families in disclosing caring responsibilities.

Many Kingston **young carers** feel like they are missing a childhood, and the majority sometimes or always feel stressed, anxious, isolated and lonely, tired, upset, down, sad, and angry because of their caring responsibilities



There is an adverse impact of caring on health outcomes, social activity, educational engagement, and employment opportunities for young carers. Young carers may miss school due to caring duties, are at risk of being bullied and are more likely to have a special educational need or a disability. Over a

third have a mental health problem and are likely to report their general health as ‘not good’.

Kingston Carer’s Network, Young Carers’ Project (YCP) provides information, support and advocacy to people who provide unpaid care for someone living in Kingston. Currently 3,200 carers are registered, of which 613 are within the Young Carers’ Project. YCP supports five to 18 year olds with caring responsibilities by providing peer support, family activities, wellbeing workshops, a youth group, drop-ins, school lunch clubs and a mentoring project. Their Love Kingston grant went towards a peer support programme in the summer holidays.

*“It’s really important for young carers to find out that they’re not alone. Our trips provide a lot of opportunities for peer support and give our young carers respite from their caring responsibilities. It allows them to gain new experiences, go to places that they wouldn’t normally have the opportunity to go and gain confidence. Some of our young carers consider these trips to be their summer holiday, so overall, funding for these activities really does make a difference.”*

Kingston Carers’ Network

## Mental Health



Mental health is the largest cause of disability in the UK, with 1 in 4 people affected by a mental health problem at some point in any year. Despite this, mental health services and wider support have been underfunded for many years, with too many people receiving little or no help. For too long, people with mental health problems have been stigmatised and many have experienced services that were not timely, nor joined up, and found

that their mental and physical health were treated separately. Some of the risk factors for mental health problems are isolation, exclusion or marginalisation. Voices of Hope was established to help restore and rebuild hope in individuals, improving physical and mental health through community choirs and projects. At the start of the Coronavirus pandemic, they radically diversified to meet expanding needs within the community, producing and delivering 70 meals a week.

*"It's been invaluable to have the [Love Kingston] grant for electricity and office supplies, as without the money to power our appliances, we would not be here! We have a large number of fridges and freezers (around 25), meaning that our electricity bills are sky-high. We use this many appliance, as we need to keep the raw and cooked food ready to cook or go out the door. We store around 1,500 individually portioned meals on our premises, which then get delivered to local people who are struggling.*

*One of our volunteers, after phoning a client, said: 'I spoke to a lady who cried with relief when she knew meals were coming tonight. I cannot stress how much these meals are needed and you have helped make this work possible.'*

Voices of Hope

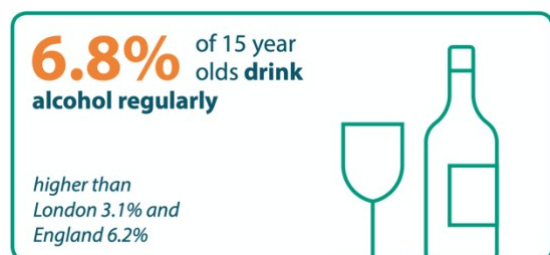


## Abuse of Women and Girls:

Experiencing violence increases the likelihood of developing a mental health condition. Those with a mental health condition are more likely to become a victim of domestic abuse or coercive control. Providing sufficient support to women suffering from mental health conditions, as well as offering appropriate support to victims of domestic and sexual crime, is essential to minimise long-term mental health impacts caused by gender-based abuse.

Hestia's Butterfly Project is a peer-led support group for female survivors of domestic abuse. The grant from Love Kingston supported art therapy, a celebration breakfast for the group and an end of summer picnic. It also helped fund essential welcome packs of toiletries, bedding and clothing for the women. For the children; toys, school uniforms and affordable afterschool activities to help them integrate with their peer groups.

## Alcohol/Substance Abuse:



The links between mental health and substance misuse are well established. Research shows that the majority of people accessing substance misuse services (75% drug users and 85% of alcohol users) were experiencing mental health problems and 44% of mental health service users either reported drug use or were assessed to have used alcohol at risky levels in the past year.

The Moving on Together Community Support Group is a peer-led voluntary group run by ex-clients of the Kingston Wellbeing Service. Members are people who have overcome their addictions and want to help others in the local area who are struggling on their own journey of recovery. Love Kingston gave a Covid-19 Crisis Appeal grant to Moving On Together to fund deliveries of food and essentials, support and equipment.

## LGBT Community

Lesbian, gay, bisexual, and transgender people (LGBT) are usually grouped together for a variety of purposes, but they represent a very diverse population who face different challenges. However, they share common concerns: the prejudice and discrimination faced in everyday life (often referred to as minority stress), homophobia, transphobia, isolation and personal safety.

Homosexual men are at greater risk of unhealthy behaviours and lifestyles. For instance, homosexual men are twice as likely to be dependent on alcohol compared with the rest of the male population and smoking rates are higher. They are also at greater risk of mental health problems. For instance, they are twice as likely to be depressed or anxious compared with heterosexual men. However, HIV rates in Kingston are low compared with the rest of London.



LGBT adolescents are at greater risk for depressive symptoms and experiencing thoughts of suicide compared with other adolescents.

Kingston LGBT Forum is the local LGBT community group. It helps to make Kingston a safe and positive place for lesbian, gay, bisexual and transgender people by working with local and national organisations to help consider the needs of LGBT people when providing its services. It also runs a range of social events to build a strong LGBT community in the Borough of Kingston.

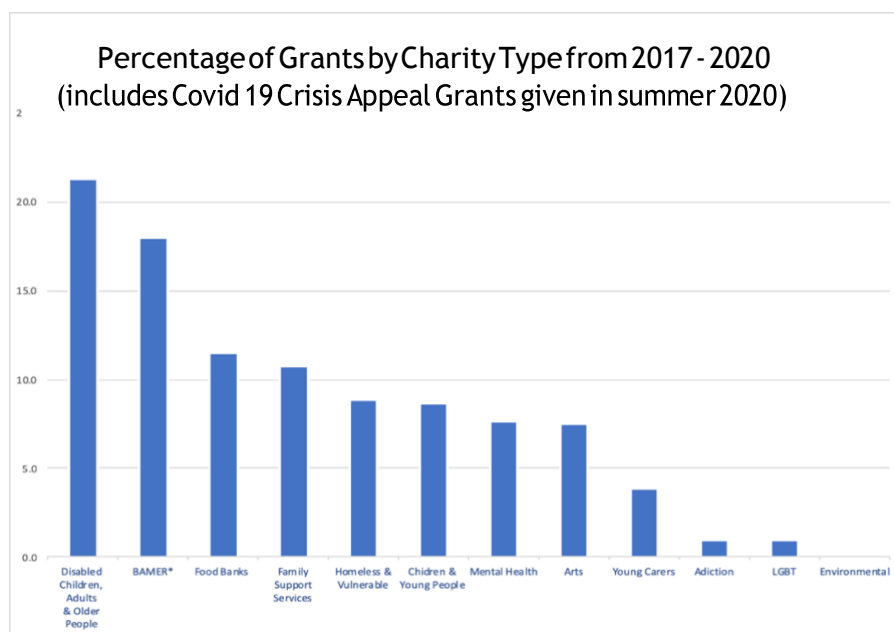
*“A number of beneficiaries said that they’ve really enjoyed the online service that we’ve provided during lockdown. As lockdown can be quite an isolating experience, it’s helped them feel less lonely. One of the things that’s enabled us to provide those services was the money given to us by Love Kingston because it’s given us the technology to do more of those things.”*

Kingston LGBT Forum



## Love Kingston’s Grants

Since Love Kingston started in 2012, it has awarded a total of £116,000 in grants to 53 local organisations running social inclusion projects and it has built the endowment fund to over £116,000 to give grants in perpetuity. As already highlighted, Love Kingston has responded to the need in a wide variety of ways. The graph below shows a breakdown of the 34 grants



given to charitable organisations from 2017-2020. Over 20% of the grants were for projects working with children or adults with a physical or learning disability and their families, and projects working with frail older people, who are often very isolated.

One of the grantee organisations was CIC Express, which provides therapy

groups for young people on the autism spectrum and their siblings. It also offers a range of parent support groups, and run regular events to raise autism awareness and understanding

in the wider community. Its aim is for young people with autism to be part of, be understood and appreciated by the local community.

*“To be chosen as a Love Kingston community project for 2017 is absolutely amazing. The funding will help us to continue our work and reach more families. One of the parents said their son; ‘has grown in confidence and in expressive language, backed up by his school report’.”*

CIC Express

Another grant recipient was the Milaap Centre, New Malden which ran a series of intergenerational art, IT, traditional food, and cultural activities in summer 2019.

*“We would like to continue doing activities, even after the project/funding has ended. We have found various wonderful activities of social engagement between generations which can be fulfilling to all involved. We aim to develop this project further as it has become a normal part of our organisation. An excited 90-year-old member said ‘This is the first time in my whole life that I have had my nails painted’.”*

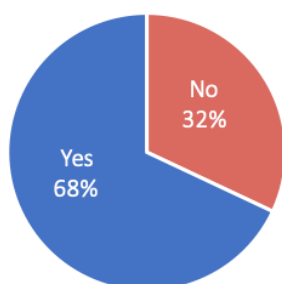
Milaap Centre

## Covid – 19: Effect and Response

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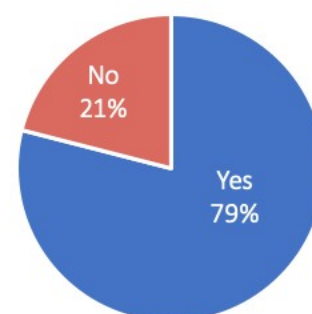
As a direct result of the Covid-19 pandemic one in eight people in the UK are expected to seek help from a charity, according to the National Emergencies Trust.

Organisations using their reserves to fund current work



In Kingston, Voluntary and Community Organisations and Social Enterprises had to change from providing their usual services and adapt to address the Covid-19 crisis, with 79% of organisations now providing Covid related support. Staff and volunteers had to learn additional IT skills in order to provide their services, which had to be moved online. During the first wave of Covid-19, Kingston Voluntary Action sent out a survey to organisations supporting vulnerable people in Kingston, to find the implications of the unprecedented rise in charitable assistance required.

Organisations Providing Covid Support



The survey has revealed that:

- More than a third of the organisations that participated received no funding for the additional spending and they could not borrow against their assets.
- Over two-thirds were using their reserves to cover expenditure, with nearly three-quarters predicting a shortfall in funds due to the Covid-19 crisis.

## Love Kingston’s Covid-19 Crisis Appeal Grants

In response to the ongoing pandemic, Love Kingston created the Kingston Covid-19 Crisis Appeal which raised over £20,000 in its first three months. The funds collected were given to local Kingston charitable organisations responding to local needs caused by the crisis. Love Kingston also signposted £500 worth of PPE to the Princess Alice Hospice.

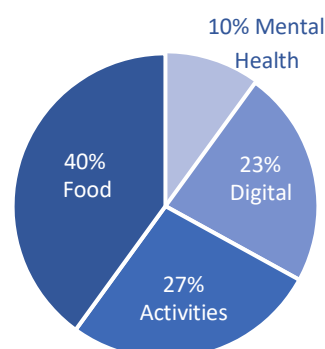
Following the Appeal, Love Kingston ran two grant rounds to help meet the extraordinary demands that local charities and community groups were dealing with because of Covid-19 crisis.

- **Round 1** micro-grants of up to £500
- **Round 2** grants from £500-£2,000

Almost £22,000 was awarded through 19 grants across the two Rounds.

During lockdown refugees and asylum seekers were particularly isolated. Love Kingston gave grants to, among others, Refugee Action Kingston, which supported refugee families by going to their homes to deliver essential Covid related information; and Korean Senior Citizens UK which provided cultural activities and delivered food to those in need.

Percentage of Covid Grants by Project Type



10%	Mental health counselling
23%	Digital poverty & charity IT infrastructure support
27%	Online & family/bubble activities
40%	Food & essentials deliveries

*“We have been able to distribute information packs containing clear lockdown rules to 30 families, in their first language, which they had previously been struggling to understand. Under normal circumstances, refugees are quite isolated but during lockdown, this has only increased. We continuously receive feedback from our refugees telling us that, by coming to their homes and checking in on them, they felt so valued and cared for and not so lonely.”*

Refugee Action Kingston

*“Due to having a lack of relatives around them, many of our members experience loneliness anyway and, while none of our senior citizens tested positive for Covid-19, we did notice that isolation was starting to have such a negative impact on their mental health. Therefore, as well as our WhatsApp group, for members who are willing and able to get out of their homes, we continue to hold a tea service in our centre on weekday afternoons. We also make home visits, delivering food (both cooked meals and groceries) to senior citizens who are physically unable to leave their homes and checking-in with them while we are there.”*

Korean Senior Citizens UK



The Borough is home to the largest Korean population outside Korea. Korean Senior Citizens provides a community space for Koreans that live locally. This is achieved in part by running a range of regular social events that celebrate Korean culture and language.

Another grant went to the Save The World Club, which collects surplus food from supermarkets and redistributes it to local community centres. As a result of Covid-19, they too distributed food to vulnerable people who were shielding or self-isolating.

*“The money from Love Kingston has gone towards fuel for our [hybrid] electric van, which enables us to collect more food and reach at least 500 people each week. One volunteer went to the home of a 75yr-old, with no food in her fridge, whose dinner that evening had been Shredded Wheat with water. She cried when she received a fresh food package and admitted that she’d been too proud to visit a food bank.”*

Save the World Club

## What’s Ahead?

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### Unmet Needs

There is a large demand for community support in the Borough, which has been brought into sharp focus by the Coronavirus pandemic. Love Kingston has achieved a great deal with relatively little, but there is so much more the Kingston Charitable Foundation and Love Kingston can do to support the local community if they had more funds.



One area of need is disease prevention. For example, the prevention and treatment of obesity would help the 29% of 10-11yr olds and 50% of the Borough’s adults who are overweight or obese. More work needs to be done to promote and facilitate healthy lifestyles, such as healthier diets and taking more exercise, which in turn would help reduce rates of disease related to obesity such as diabetes, cardiovascular disease, joint problems, poor general health and depression.

There are also the emerging and varied needs of people suffering from [Long Covid](#). One in 45 people with Covid-19 experience symptoms including continuing fatigue, brain fog, breathlessness and pain, which last longer than 12 weeks. As the number of people catching Covid-19 continues and, as these ongoing symptoms may carry on well after the pandemic has run its course, demand for support will also increase.



HarryArts

## How you can help

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To help tackle this unmet need, the Kingston Charitable Foundation aims to raise further funds through donations and fundraising events. The money raised will be used to distribute more grants now, and to build the Endowment Fund to give grants in perpetuity.

As this Impact Report has shown, Love Kingston has a proven track record of supporting local people with many types of need, by providing grants to a wide variety of charitable organisations. As part of its grant giving process, Love Kingston and the Kingston Charitable Foundation carries out due diligence checks on all shortlisted applications to determine the risks attached to funding, thereby ensuring your donation is used wisely.

If you would like to join us to help achieve our vision of a stronger community where everyone's needs are met, please consider making a donation. You can help by giving a one off donation [here](#), or by becoming a Friend of the Kingston Charitable Foundation by making a regular monthly donation [here](#).

If you would like to contribute to our Endowment Fund please call CEO, Hicky Kingsbury on 020 8255 6056 or email [hicky@kingstoncf.org.uk](mailto:hicky@kingstoncf.org.uk)

To find out more please visit our website:

[www.kingstoncf.org.uk](http://www.kingstoncf.org.uk)

Or follow us on social media: [twitter](#) [facebook](#) [Instagram](#) [LinkedIn](#)

## Links to research documents:

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Kingston Voluntary Action report into the initial effects of the Coronavirus pandemic on the voluntary sector in Kingston: <https://kva.org.uk/about-kva/stories/coronavirus-info/financial-survey-results/>

National Emergencies Trust – one in eight people expected to seek charity help  
<https://nationalemergenciestrust.org.uk/seven-million-expect-to-seek-charity-support-in-the-next-year-due-to-pandemic/>

Joint Strategic Needs Assessment – Kingston Story research into need in Kingston  
<https://data.kingston.gov.uk/wp-content/uploads/2018/11/JSNA-Kingston-Story-2018.pdf>

NHS - Long Covid <https://www.england.nhs.uk/2020/11/nhs-launches-40-long-covid-clinics-to-tackle-persistent-symptoms/>



# KINGSTON

## CHARITABLE FOUNDATION

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Charitable Incorporated Organisation Number 1190241

