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Cover image courtesy of Kingston Carers, Young Carers Project, from a project supported by a Kingston Charitable Foundation grant, which was awarded to them to purchase warm coats, hats, gloves, scarves and school shoes for child carers in our shared community.

Foreword

It has been an incredible year since launching as independent charity Kingston Charitable Foundation in January 2021, following on from 8 wonderful years as local fundraising project Love Kingston. During those years we awarded 53 grants and Love Kingston remains at the heart of our organisation; as our community movement, as we all love Kingston.

In the 12 short months since launching, we are proud to have awarded 24 grants, which have directly benefitted 12,555 local people in our shared community. Each grant has supported Kingston residents in meaningful and tailored ways. We have carefully begun building our foundation for Kingston, in an agile and responsive way; seeking out traditionally harder to reach communities and listening to the quieter voices, building relationships and networks, in mutually supportive ways, across our whole borough.

Kingston is a lovely place to live and work, but like all London boroughs, it is mixed, with obvious pockets of deprivation and ill-health, juxtaposed with the more affluent. These inequalities have grown due to many factors, the most obvious and notable being the pandemic, and the cost-of-living crisis. These have affected everyone, but none more so than the most vulnerable. As a listening funder, we have a modern approach to charity, seeking out the need, and alleviating hardship. We believe that by being a catalyst for kick-starting the sharing economy, a fairer, healthier, happier borough need not be seen as a utopian impossibility.

Local needs have been identified through outreach, and 'Meet the Funder' events, and grants have been awarded expediently. For example, through Kingston Carers, Young Carers Network we learned that high numbers of local child carers were without warm coats, scarves, gloves and school shoes; how could this even be possible? Our grant was awarded, and in their organisational bank account within 7 days, to remedy this.

Further to our successful, responsive, needs-led grant making, over the last year we have successfully built our ethical Endowment Funds from £115,000 to £226,000. This is thanks to KBC for Young People, for their generous Endowment donation of £76,000, and from interest earned through careful investment of both this and our existing fund. These endowments are essential for us to support our shared community for generations to come; awarding grants from the interest earned annually.

Our Impact Report 2021 demonstrates what we have achieved in one short year, a year where we concurrently established our charity in all other areas from set up, to creating our website, branding, donor structure, and carefully recruiting our staff and trustee team.

I would like to take the opportunity to thank all the incredible local people that have helped get us to where we collectively are today, helping local projects, individuals and families in the ways they need us most.

We hope that our report resonates with you and that having read more about our ethos and the work we have supported to date, it encourages you to support us now and, in the future, one in which we are all stronger together. Be the difference.

Hicky Kingsbury - CEO, Kingston Charitable Foundation

Executive Summary

We are proud to deliver our Impact Report 2021 to you, offering you a window through which you can see what we have collectively achieved for our shared community over the past year, since launching in January 2021.

This has been a year like no other, set in a landscape of a world ravaged by a pandemic unlike anything we have lived through in our lifetimes, which is now segueing into a cost-of living-crisis that is gripping our nation, the likes of which has not been experienced for decades in this country.

In our report we have identified areas of needs, underpinned by carefully considered borough-wide statistics. We have reflected on Covid-19, as we emerge into a post-pandemic world.

We have evaluated our grants in 8 distinct categories:

- Food poverty & support
- Mental health support
- Disability support
- Advocacy & support
- Sports access
- Community facilities & cohesion
- Environment
- Direct support for families

In this, our first official Impact Report, as Kingston Charitable Foundation we are delighted to share with you the difference we have made to the lives of thousands of local people in meaningful ways; as Kingston's Place Based Giving Scheme, our Foundation for Kingston, your listening funder.

We have demonstrated this with high numbers of individual beneficiaries, an astonishing 12,555 Kingston residents have directly benefitted from our grants this year. The team are now focussed on the challenges ahead, awarding more grants through our existing, successful grants programme, through which we have already awarded 24 grants.

2022 will see a continuation of this popular grants programme, but also a foray into Participatory Grant Making; modern charity and grant giving at its ground-breaking best.

We have robust strategies in place, across all areas of our foundation including Fundraising, Corporate Giving through CSR, Philanthropy and building our Endowment Fund to award grants now, and for future generations. But we need your support, we have ambitious plans, regarding how we can best help our community, a truly sharing economy is what is required.

Ready for the challenges ahead, where we will continue to serve our community, through not just grant giving but connecting charitable organisations, promoting joined-up thinking and collective support for those that need us and the 3rd sector community we have been building up over the last year.

Join us in our vision, to build stronger communities where everyone's needs are met.

Kingston Charitable Foundation Vision, Mission and Values

Vision

- **Build** stronger communities where everyone's needs are met

Mission

- **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

Values

- **Inclusive** – we embrace everyone in our community across the borough of Kingston upon Thames
- **Passionate** - we are compelled to always go the extra mile for our community
- **Caring** – we act with empathy and understanding in all our doings **Responsible** – we are accountable for the funds that we raise and the grants that we give out
- **Collaborative** – we work better together, providing mutual support and achieving more
- **Responsible** – we are accountable for the funds that we raise and the grants that we give out

Our Borough

Kingston in Numbers

Kingston has a large Asian population, constituting **20%** of the borough

51% of adults are overweight or obese

21% of over 65s suffer from depression

There are **3,380** children classified as living in poverty, **11.7%** of the child population

Kingston has a young population, with a median age of **36.2 years**

21.5% of adults in the borough are smokers

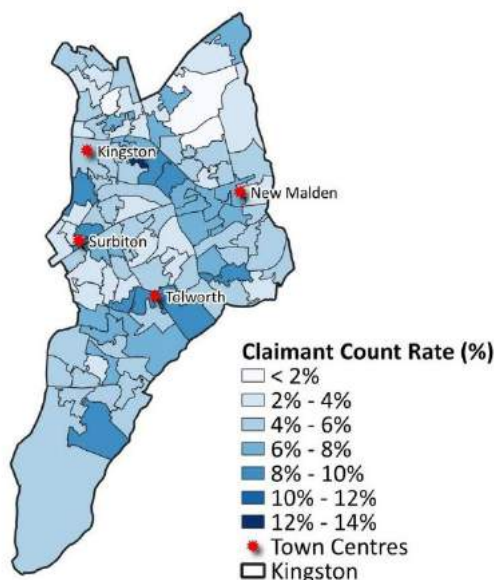
Over 65s account for **13.3%** of the population

0–17-year-olds account for **21.7%** of the population

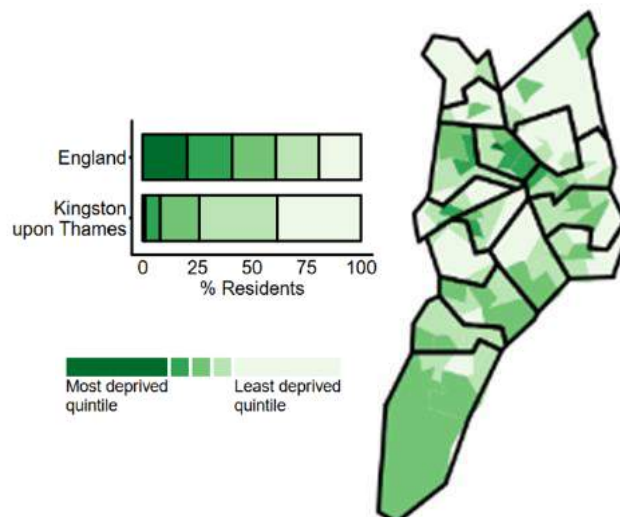
The Geography of Kingston

Kingston is a largely affluent borough. However, there are geographical discrepancies in unemployment and deprivation. Broadly speaking, the lower and mid portions of the borough— around areas such as Chessington, Tolworth and Kingston town centre—are more deprived. Kingston Charitable Foundation is committed to reaching all areas of the borough, including those that may have historically felt left behind.

Unemployment in Kingston



Deprivation levels in Kingston



Reflections on Kingston in 2021

Whilst this year has been challenging from many perspectives, we should not forget that 2021 has also been a brilliant and exciting time for the Borough of Kingston. The multitude of new initiatives, achievements, and benevolent acts on the part of residents highlight how fantastic the borough – and the people who live there are.

Key achievements in Kingston in 2021:

Kingston University's Town House was named the winner of the 2021 Royal Institute of British Architects Stirling Prize— confirming it as the best new building in Britain.

Many special Covid awards were received by members of our Kingston community—including Brian Gaff, a Kingston resident who kept the borough's talking newspaper for the blind going from his home during lockdown.

The town of Surbiton welcomed a new zero-waste store run by a local pharmacist.

Students from Kingston University established 'Not my Beautiful House,' a gallery space and shop converted from a disused store.

Former Kingston University student Oliver Lam-Watson represented team GB in wheelchair fencing—picking up a bronze medal at the Tokyo games.

Covid-19 in Kingston 2021

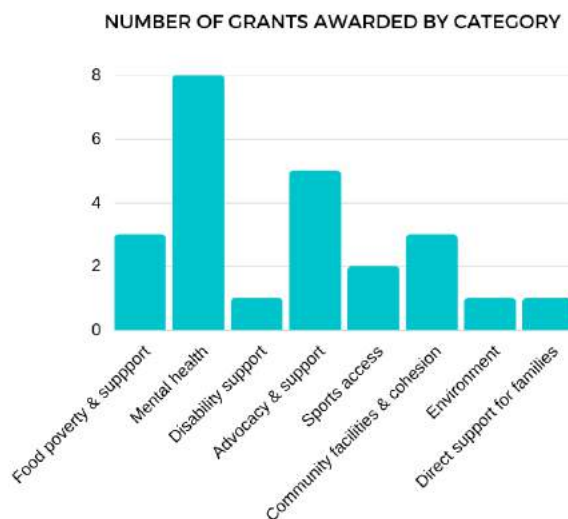
Despite the brilliant year Kingston has had, it has not been without its challenges. The impact of the Covid-19 pandemic has been profound and long-lasting.

Long Covid in particular, has had a demoralising and debilitating impact and has amplified many of the physical and mental health problems that the Kingston Charitable Foundation is so desperate to address. Research on behalf of Healthwatch Kingston has highlighted the circumstances that many local people have found themselves in.

This situation makes it clear that the lingering impact of the pandemic is a very important consideration for any and all charitable organisations – and we will always take this into consideration with our grant making, going forwards.

"It feels like Long Covid has taken all the joy out of my life. I am trying to adapt and find new interests and hobbies, but I am not able to be the person I was before. It has robbed me of my social life, my independence, my purpose, my career, my creativity." Anonymous

Grants by category in 2021



Where we have awarded Grants

Kingston Charitable Foundation grants support charitable work across a range of different areas, addressing social need, ranging from the burgeoning Mental health crisis to ongoing Food poverty issues and other important areas. We have broken down our grants into eight broad categories to illustrate needs and our work providing support in these areas, which are summarised below.

Food poverty & support

Food poverty has become an ever-pressing issue in this country and our local community. Families are particularly at risk from food poverty, with 11.7% of children living in poverty and a higher-than-average cost of living throughout the borough. Meanwhile, data from the Trussell Trust shows a tripling of food bank use over the past five years. In light of these issues, we have awarded three grants aimed at providing food support. These include providing tax and insurance for a food bank delivery vehicle for a year, funds for the training of volunteers working to redistribute fresh food to the most vulnerable in our community, and a cooking project for isolated young people.

Mental Health

The largest number of grants we awarded in 2021 went towards mental health support. This category includes an eclectic mix of charities, which all provide support and assistance to people who are either suffering from mental health problems, or at risk of suffering at some point in the future, often through isolation. Our grants have funded initiatives such as armchair meditation sessions for older people, craft sessions for Korean women at risk of social isolation and artwork for mental health facility for children and teenagers at CAMHS in Tolworth. Supporting the mental health of our residents will continue to be a primary objective of the Kingston Charitable Foundation over the forthcoming year, having seen the impact these grants have first-hand.

Sports access

It is vitally important to us, that everyone should have access to sports and recreational facilities. Recent data indicates that 51% of adults in Kingston are overweight or obese. It is essential that we reach children—especially those who are disadvantaged, often without access to sporting activities, and help foster a love of sport and exercise at this crucial time. In order to do this, we have awarded two grants with young people in mind. We have supported sailing and stand-up paddle boarding sessions, aimed specifically at disadvantaged children and have subsidised Brazilian martial arts classes for children of families experiencing financial hardship.

Images all from 2021 Thames Sailing Club project funded by Kingston Charitable Foundation:



Community facilities & cohesion

Now, more than ever, particularly after long periods of isolation, it is important that everybody in the community is brought together and has access to communal facilities. For this reason, Kingston Charitable Foundation has awarded two grants aimed at providing for community facilities and cohesion. We have aimed to promote cohesion amongst the borough's Kerala Malayalee community by funding a festival, Onam, which brought our shared communities together. Furthermore, our grant has helped the Kingston Kerala Community association to identify 100 Keralites within the community and engage them in activities organised by their organisation. Beyond this, we have supported the Global Rise café, a safe space which brings together volunteers, NHS workers and people at risk of social isolation to share refreshments and spend time together.

Images all from 2021 Onam Festival, supported by Kingston Charitable Foundation:



Disability support

It has been important to us as a foundation, to balance helping large numbers of people through our grant making to provide projects, to focusing on the needs of individuals.

Supporting a local teenager in his physiotherapy rehabilitation journey has been lifechanging for him; to be in a position to support his hard work with the equipment he needed was invaluable, something we will be seeking to action more of over the coming years through our grant making.

Image from our Kingston Charitable Foundation 2021 grant that supported the physiotherapy rehabilitation of a teenager in our community, through Peterson's Fund for Children:



Advocacy & support

Supporting advocacy projects is something that is clearly aligned with our values, no one in our society should feel excluded or face adversity alone.

Over the past year we have supported a variety of people with differing support needs, in ways that are tailored to them.

This has been essential in a year that has been very challenging for many, particularly those that are most vulnerable and have needed support in what has been an ever-changing landscape.

There are many people in our shared communities, who are digitally excluded for a variety of reasons, this will be something we will be addressing further with our future grant making, over the forthcoming year and beyond.

Image from KAG Advocacy project 2021, supported by Kingston Charitable Foundation:



Environment

We all love Kingston, our environment and taking care of it, so it is a healthier, happier place to live.

Safe, clean spaces are incredibly important to us all now, and for future generations. Supporting projects that help us all to do this are essential both for people now, and for future generations. Whilst we only supported one environmental grant this year, it has been for the benefit of 7000 local people, helping them to recycle types of packaging that was not possible before. We will be continually looking to support projects like this over the coming years.

Images from Kingston Environmental Centre project 2021, supported by Kingston Charitable Foundation:



Direct support for families

Supporting local people in tailored and meaningful ways is at the heart of what we do. Our grant making is very well suited to helping individuals and families in the ways they need us, for whatever the reasons; be it the cost-of-living crisis, no fault eviction, or even just a growing family needing to maximise the limited space they have at home, with the addition of bunkbeds. We are here to help, and this form of grant making will grow over the years. Families need not live in poverty, if we can get the help to where it is needed most, through our community telling us. Supporting child carers with warm clothes has been once such grant that has been very important to us, no child should be without a warm coat, gloves, a hat and scarf, or school shoes that are the right size for them.

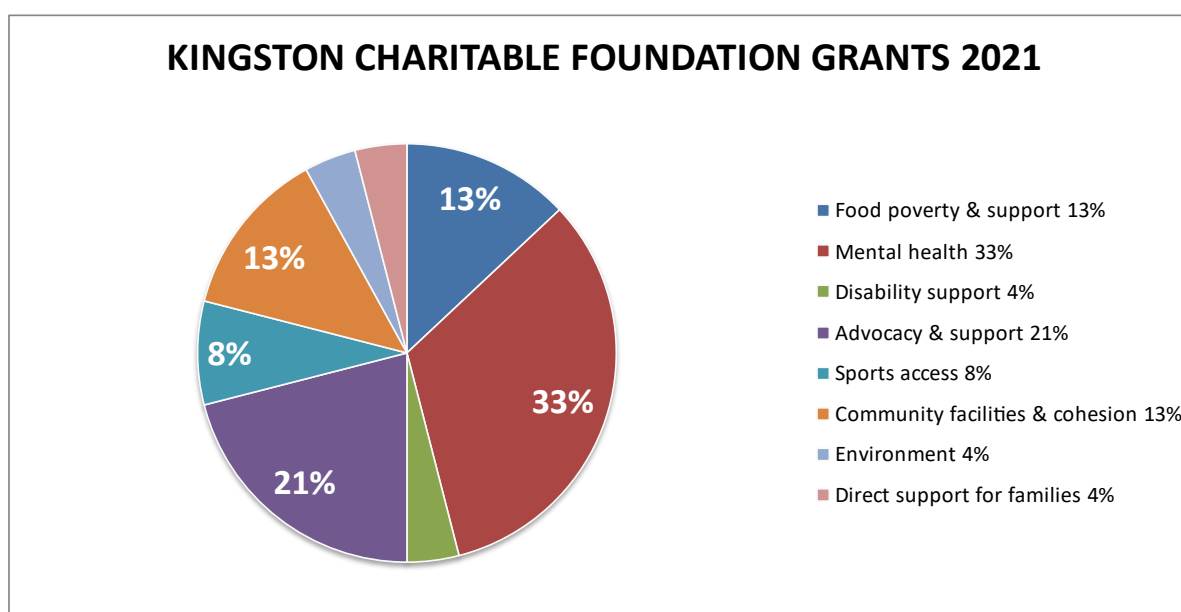
Image of Kingston Young Carers project 2021, supported by Kingston Charitable Foundation:



All Grants awarded in 2021

24 Kingston Charitable Foundation grants were awarded in 2021, totalling £13,866.35; these can be seen in the table below, in chronological order. All grants were awarded in carefully tailored ways, in order to directly benefit as many residents of the Borough of Kingston as possible; there were a total of 12,555 beneficiaries of our grant making, in our shared community in 2021.

Please see pie chart which exemplifies Kingston Charitable Foundation Grant giving in 2021, divided into our 8 categories, by %: Food poverty & support / Mental health / Disability support / Advocacy & support / Sports access / Community facilities & cohesion / Environment / Direct support for families.



Kingston Charitable Foundation Grants 2021

Grant recipient	Amount	Purpose of grant	Category of grant	Beneficiaries
1. Voices of Hope	£1,000.00	Cooking projects for young people	Food poverty and support	30
2. Crossway Pregnancy Crisis Centre	£500.00	Support for young families experiencing loss through miscarriage	Mental health	7
3. Chessington Community Food Project	£617.36	Tax and Insurance for food delivery van	Food poverty and support	100

4. Peterson's Fund for Children	£798.99	Rehabilitation equipment for a teenager undergoing physiotherapy	Disability support	1
5. RBKares	£500.00	Artwork and frames for CAMHS at Tolworth Hospital	Mental health	724
6. Sewing4Kingston	£500.00	Materials for hospital scrubs and PPE and materials for clothes for babies that were stillborn	Mental health	154
7. Save the World Club	£500.00	Volunteer training and PAT Testing	Food poverty and support	105
8. Brighter Living	£500.00	Ki-gong and Meditation sessions for older people	Mental health	100
9. KAG Advocacy	£750.00	Advocacy and support for adults with learning difficulties and other vulnerabilities	Advocacy and support	30
10. Thames Sailing Club	£500.00	Sailing and stand-up paddle boarding taster sessions for disadvantaged children	Sports access	16
11. Nanoom	£500.00	Creative knitting and sewing sessions for isolated women	Mental health	31
12. Global Rise	£500.00	Café refreshments for local community café for guests at risk of isolation	Community facilities & cohesion	58
13. QMC	£500.00	Subsidised martial arts sessions and uniforms for children of families facing financial hardships	Sports access	5

14. Kingston Kerala Community	£500.00	Support for the Onam festival and to identify and include 100 Keralan residents in activities	Community facilities & cohesion	270
15. RBKares	£1,000.00	To purchase mindfulness puzzle books and gifts for carers at Christmas	Mental health	3600
16. Brighter Living	£500.00	Ki-gong and Meditation sessions for older people	Mental health	112
17. Grace Advocacy	£500.00	To support families facing hardship with advocacy and support	Advocacy & support	15
18. KEC	£500.00	To set up a New Malden recycling hub and employ a recycling officer for 10 weeks	Environment	7000
19. Nanoom	£500.00	To support a Korean women's walking group, by providing refreshments	Mental health	28
20. Secra	£500.00	To host an intergenerational event between Christmas and New Year, helping isolated people	Community facilities & cohesion	37
21. Express CIC	£500.00	To run a pilot project for Y6 children with autism; to help them transition from primary to secondary school	Advocacy & support	12

22. KAG Advocacy	£500.00	To support 25 older service users with advocacy	Advocacy & support	25
23. Kingston & Richmond ME Society	£200.00	Professional zoom for isolated and vulnerable adults	Advocacy & support	35
24. Kingston Young Carers Network	£1000.00	Coats, scarves, hats and school shoes for child carers	Supporting families facing hardship	60

Images from Chessington Community Food Project 2021, supported by Kingston Charitable Foundation:



Images from RBKares project 2021, supported by Kingston Charitable Foundation:



Our Impact

While we firmly believe that all our grants go a long way in supporting members of our community, we wanted to take this opportunity for a more in depth look at the human impact of a select number of our grants.

Brighter Living Meditation Sessions

Recent data suggests that 21% of over 65s in Kingston suffer from depression. Given this pervading issue, and the widespread mental health crises we face as a country, it is vitally important that we consider the mental wellbeing of our older citizens. With this in mind, we have awarded grants to Brighter Living, an organisation which specialises in Ki Gong, and armchair meditation sessions aimed at older individuals.

Outline of Grant impact

With our funds, Brighter Living was able to hold 10 sessions with an average of 20 individuals per session. In total, 212 individuals have been helped with these classes.

Many of the participants felt that they experienced major improvements in their mental and physical wellbeing, with some particularly remarkable cases.

For example, one participant, who had been unable to move her shoulder without extreme pain, experienced a complete alleviation of her pain within a few months of Ki Gong sessions, and is now able to raise her arm above her head.

Furthermore, another individual who had suffered a stroke nine years ago, leaving her with no sensation in her leg and foot, was able to move her leg and foot more freely after attending Ki Gong classes. More individuals attest to the remarkable physical and mental transformations they experienced after attending the classes.

Testimonials from Brighter Living guests:

“This should be on the NHS for healing the mind and the body”

“I always look forward to attending the Ki Gong classes on a Wednesday. It helps me to relax and release all the stress.”

“Very good class. It makes me happy.” “We look forward always to these classes.”

Images from Brighter Living Ki-gong sessions 2021, supported by Kingston Charitable Foundation:



Save the World Club: Food Hygiene Training

Food poverty is a significant and growing problem across the country. A recent study showed that 7.3 million adults (accounting for 13.8% of households) experienced food insecurity in April of this year.

There are a number of charities in Kingston which help to alleviate these problems, including Save the World Club, which collects fresh, surplus food from retailers and redistributes to vulnerable communities. With funds provided by the Kingston Charitable Foundation, Save the World Club has been able to invest in food hygiene training, health and safety training for volunteers, and equipment and PAT testing certification.

Outline of Grant impact

Due to the success of the online hygiene classes, the volunteers at Save the World Club gained a new confidence in handling food safely. Furthermore, the PAT testing certification gave two key volunteers certification for two years, allowing them to test the safety of all electrical equipment donated to the charity.

Furthermore, the charity was able to invest in health and safety training for all volunteers, and a Health and Safety Officer was subsequently appointed.

Testimonials from Save the World

"I gained Level 1 Food Hygiene and Safety before but wanted a refresher. By doing Level 2 Food Hygiene Safety for Catering, it gave me a deeper knowledge and I am more confident in handling food safely"

"It was crucial to get the PAT Testing equipment and for me to be properly trained to gain the PAT Testing Certificate. I now feel confident that every piece of electrical equipment we supply will be safe and I have tested over 100 pieces already in 6 months!"

Images from Save the World Club project 2021, supported by Kingston Charitable



Onam Cultural Event

Community cohesion and engagement is vitally important for us at the Kingston Charitable Foundation. We particularly recognise the importance of events which celebrate the cultural heritage of all members of our diverse community.

It is for this reason that we provided a grant for the Nanoom organisation—which in turn used the funds to help finance an Onam event bringing together members of Kingston’s Keralan community.

Image from Kingston Keralan Community project 2021, supported by Kingston Charitable Foundation:



Outline of Grant impact

The Onam event successfully brought together members of our community. Due to covid restrictions, there had been no similar events for almost two years.

As a result, the event was particularly well received, with guests enjoying a traditional feast and contributions from the Mayor of Kingston 2021, Cllr Sushila Abraham.

Onam event in numbers:

£500 KCF grant given to support this event

220 individuals attended

40 volunteers took part in delivering this event

Testimonial from an Onam Festival guest:

“What a fantastic Onam Event. It was a long-awaited program and such a splendid turnout. The dances were excellent, singing well performed and the food was just amazingly delicious.”

Richmond and Kingston ME Group

The issue of mental health support is particularly prescient for those suffering from debilitating physical health conditions.

This is why we awarded a grant to the Richmond and Kingston ME group, which helps to bring together sufferers of myalgic encephalopathy, a neurological disease which can cause challenging symptoms that include induced muscle fatigue, problems with short-term memory, reduced concentration, unrefreshing sleep and ongoing flu-like symptoms.

Outline of Grant impact

We awarded a grant to the Richmond and Kingston ME group, which allowed them to purchase a yearly subscription to Zoom for online meetings.

With this subscription, the charity has been able to hold 10 online meetings per month for a range of different activities, including social coffee/tea, social pub, crafting, silent reading, mindfulness, and book groups. Overall, 65 individuals have benefited from this, with ages ranging from 22 to 84.

Image from Richmond & Kingston ME Society project 2021, supported by Kingston Charitable Foundation:



Testimonials from Richmond & Kingston ME Society:

"It's so good to see people who have remained in isolation for years joining the online meeting" – Volunteer from Richmond & Kingston ME Society

"I'm so happy to see other people as I rarely leave my house" – Service user of Richmond & Kingston ME Society

How you can help

Kingston Charitable Foundation has ambitious plans to award even more grants over the forthcoming year, directly helping local people in the ways they need it most; we will be continuing our existing successful grants programme and rolling out 2 new funding streams which will be even more tailored to the needs of local individuals and families.

We would love you to consider a donation, to help us continue our vital work; monies raised would be used to distribute more grants now, or to build the Endowment Fund to afford grants for future generations, for a more equal, thriving Kingston. The choice is yours.

As this Impact Report shows, we have supported 1000s of local people in meaningful, lifechanging ways, by providing grants to a wide variety of the charitable organisations that directly support them.

As part of our grant giving process, 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.

Join us to help achieve our vision of building a stronger community where everyone's needs are met.

You can help by giving a one-off or regular monthly donation [here](#).

We are also always looking for in-kind, pro-bono support for our team, if this is something your company could help with, please let us know.

If you would like to contribute to our Endowment Fund, become a Friend of Kingston Charitable Foundation, or discuss leaving a Gift in your Will, please call CEO, Hicky Kingsbury on 020 8255 6056 or email hicky@kingstoncf.org.uk

To find out more about us please visit our website: www.kingstoncf.org.uk

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

Impact Report sources

<https://foodfoundation.org.uk/initiatives/food-insecurity-tracking>

<https://kingston.nub.news/news/local-news/five-feel-good-stories-from-kingston-in-2021q>

<https://www.kingston.ac.uk/news/article/2581/14-oct-2021-kingston-universitys-flagship-town-house-building-wins-2021-riba-stirling-prize/>

[Healthwatch Kingston Living with Long Covid FINAL REPORT 28.02.22.pdf](#)

[E09000021 \(phe.org.uk\)](#)

<https://data.kingston.gov.uk/population/report/view/4bb61cd8fe294edca63ed3cba7f92f24/E09000021>

This report was written by Daniel Pears, Kingston Charitable Foundation volunteer, and Kingston Charitable Foundation CEO, Hicky Kingsbury.

Thanks to Daniel, and to all those that have made this report possible, to Patrons, Sir Edward Davey, Julie Pickering, and Paul Cox, and to Shiraz Mirza, a Founding Patron of Love Kingston; and thank you to Chair of Kingston Charitable Foundation Board of Trustees, Tony Mills for his visionary leadership, and our dedicated team of Trustees, and Community Events & Fundraising Manager, Justine Belcher.

And to all those who contributed to the research material that highlighted the needs in the Borough of Kingston; and to our grantees, whose excellent work at the heart of our shared community we have had the pleasure of funding, and for the images and reporting they have provided us with to share an insight into what we have collectively achieved, over the past year.

We would like to thank our funders, The City Bridge Trust, and The Royal Borough of Kingston upon Thames and to thank London Funders, London's Giving network, for their support and resources.

Thank you to the Rowan Bentall Charitable Trust, for generously donating to Kingston Charitable Foundation, for the printing of this Impact Report.

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