



ANNUAL
IMPACT
REPORT
2022-2023

INTRODUCTION

In March 2023 we marked 10 years for Abbey People! It's been a pleasure celebrating with our community at a series of events throughout the year.

Once again, we've had a busy and successful year, despite the many challenges the world continues to throw at our community. Our projects across our workstreams have been very busy: we've directly helped over 500 people and have had over 120 people volunteer across the organisation. In January, we started a three year project partnership with Kings Hedges Family Support Project which is funded by the National Lottery Communities Fund. With that project came a new job-role and we were pleased to welcome Angie to the team as Family Co-ordinator.

Support from new corporate partners has meant both our youth work and food hub operations have been able to expand, while ongoing support from key partners and grant funders means that we are able to help more people than ever in our community.

Across the year we've been delivering our services according to our charity strategy, with work focusing on four key areas: Helping Each Other, Vibrant Community, Supporting the Next Generation, Sustainable Environment.

DEVELOPING COMMUNITY

Developing a vibrant community in Abbey has always been at the heart of our work, and this has continued this year.



100% of respondents to our annual survey said that our community events were important to them.



90% of respondents to our annual survey said that Community Facilities in Abbey have been improved as a result of Abbey People's Activities in 2022-2023.

CORPORATE PARTNERS

10 FOR 10 - BUSINESSES INVESTING IN OUR WORK

We launched 10 for 10, a campaign to give corporate partners the opportunity to support our work. Early support came from Marshall, AVEVA, Railpen and Ninja Theory.

"We are delighted to continue to support the work that Abbey People is doing to help improve the lives of Abbey residents. This year we have enjoyed the opportunity to get more involved with some of the fantastic initiatives that can make such a big difference to those individuals and families who need it the most. Being part of the Christmas Hamper delivery team in particular, gave us a great insight into the challenges that many Abbey residents face and we felt very honoured to be able to play a small part in making life easier for them at a time when people are under so much financial pressure." Sarah Oakes, Global Head of Marketing & Communication, Marshall

Corporate partnerships also give employers the opportunity to help their teams engage in volunteering activities with Abbey People. We've been happy to host work-days with AVEVA, Railpen, Marshall and Pure this year.

"We would like to thank Abbey People for allowing the Cambridge team of Pure to volunteer for a day at their site in Barnwell. Everyone in the team commented on how much they enjoyed the day for a couple of reasons – having the opportunity to support a local charity who are doing such great work for their local community and for having some time out of their day jobs to spend time working with people they don't often have the chance to speak to on a daily basis. Thank you, we would love to help you again in the future. Keep up the great work." Caroline Batchelor, Director - HR Recruitment, Pure





CRUCIAL CONNECTIONS AND TACKLING LONELINESS

Our seasonal community events were successful, with our Spring Plant Swap starting off the year, giving people a chance to start growing a few things at home, as well as developing more of a community of gardening enthusiasts in our community. The Big Lunch returned in June and we were blessed with great weather and it was wonderful to see so many of our partners and residents come along to take part in our biggest event. We were pleased to co-produce our Autumn event with Co-Farm Cambridge, with a family event and World Food Day celebration. Our Winter Festival was also a success. Despite very cold temperatures, 100 people turned out to take part in Christmas crafts, make wreaths and join in with Abbey Voices Choir for some carol singing around the Christmas tree. All in, the seasonal events were a great way to help the community connect with each other and create some fun things to do in our area.

The Abbey Voices choir continues to be a wonderful opportunity for local people to gather and sing, making friends locally and gaining all the wellbeing benefits of singing in a group.

Our community coffee morning is a key place for new people to engage with our activities, and to help people develop friendships locally. We had 365 visits to the coffee morning across the year, with 176 volunteer hours for the project.

"Feeling part of a community, and as if you're contributing to something is uplifting and improves my confidence and wellbeing" - A local resident

COMMUNITY SPACES

Across the year we've had community bookings at both The Hub and Community Centre. Bookings at the community centre are starting to recover after the Covid period, and we were pleased to see one of our regular groups return to weekly bookings. We've also seen an increase in birthday party and family party bookings at East Barnwell Centre.

LITTLE FREE LIBRARIES

Local people may have spotted the beautiful new Little Free Library at the top of Wadloes Road. Our latest community book box looks suspiciously like a mini Cambridge college... and that's because it was designed, built, and donated by the brilliant maintenance team at Jesus College, Cambridge. This new partnership is one of the many exciting ways we've been getting people sharing books and loving reading across Abbey this year.



We teamed up with Galfrid School on the 'Spring into Reading' campaign which challenged us all to read 'a million minutes' together in just 6 weeks! We also supported Galfrid's new library space with a big donation of fun fact books, and sponsored a visit to school by local author Isabel Thomas.

Our Little Free book corner offers hundreds of top quality books for all ages at every Cambridge United Foundation HAF holiday club; new books are included in every Christmas Hamper; and you'll spot our beanbags and bookshelves at every community event including the Big Lunch!

And, of course, you can always find something new to read at our regular Little Free Library shelves at the Food Hub and The Hub at any time. Our plans for next year include at least one more Little Free Library on a street near you. Stay tuned for the next chapter!



"I loved being part of Spring into Reading because it helped me learn more words and gave me ideas for when I write my own stories"
 Chloe (Aged 10)

HELPING EACH OTHER

HELPING PEOPLE TO MEET THEIR BASIC NEEDS

We have provided twice-weekly drop-ins to support people in need throughout the year, with a worker who supports adults and families with more complex needs to be signposted to appropriate partner organisations.

149

PEOPLE

attended drop-in sessions

140

SESSIONS

of support drop-ins and coffee mornings

89

REFERRALS

to partner organisations

PARTNER FEEDBACK

"The significant efforts that Abbey People make to engage the local community has meant our service has been able to cater our curriculum offer to the needs of the local community. The support, guidance and investment in relationships that the staff bring to residents has brought local learners and interest into the service creating a pathway towards realising their goals. They are an essential partner organisation of our service who do fantastic work to improve the lives of Cambridge residents and their families. – Tom, Cambridgeshire Skills



FOOD HUB

TACKLING HUNGER AND FOOD WASTE

We delivered three Food Hub Sessions per week where people can access fresh food, store cupboard essentials and household goods. In addition, we provide regular food deliveries to households that can't access Food Hub sessions, as well as some emergency parcels for households when affected by Covid or other illnesses. Individuals are able to access the items they need according to their needs and preferences and based on our traffic light system to show overall supply. This gives people independence and an ability to plan their own menus and household budgets. In addition, throughout the year we had visits from organisations like Form the Future and Cambridge Sustainable Food. The wider community is very supportive of the Food Hub and often refer friends and family to the sessions, or bring people along with them. Beneficiaries regularly tell us how important the Food Hub is to them.

2,219

VOLUNTEER HOURS
at Food Hub sessions

11,600

TOTAL VISITS
to the Food Hub over 144 sessions
throughout the year

18,000

KILOGRAMS
of food saved from landfill

"When I can make it, helps with our food bills and thus reduces financial worries a bit. Those days we can get to the food hub are better than average days "

"It's allowed to supplement our shopping. Helped us make huge savings in our grocery budget. It's also helped us to be creative with how we use ingredients. Making meals fun!"

69%

of respondents to our annual survey told us that they eat a more healthy, balanced diet thanks to the food they pick up at the Food Hub.

Supporting the Next Generation - Youth work

Vision: To help young people gain confidence and work experience through a number of youth work activities, as well as create more joined-up working in the ward

875

Visits to our youth activities in the year

AIMS

To create a flexible youth provision, including leisure time, creative and social enterprise activities for young people ages 13 – 19 based in the Abbey Ward of Cambridge. Included will be three youth clubs as well as 1-1 support where needed.

To improve joined-up thinking and partnership working between partner organisations within the Abbey Ward of Cambridge.

To enable young people aged between 16 and 19 who are not currently in education or training to gain work experience and develop new skills. They will develop professional barista skills, as well as other skills such as food safety training and experience in customer service. At the end of the training, they will receive a certificate and reference which could help kickstart their career.

75%

of young people surveyed agreed with 'I feel more confident at school since attending group'

75%

of young people surveyed agreed with 'My mental health is better because of attending group'

71%

of young people surveyed agreed with 'My physical health is better because of attending group.'



COFFEE TRUCK PROJECT

Vision for project: To help young people gain confidence and work experience through volunteering on a mobile coffee cart.



OVERVIEW

The project is being run by Claire Nichols, Abbey People's Community and Youth Worker. The young people involved in the project get the opportunity to learn new skills, gain a Food Hygiene qualification and get experience of work

Training and volunteer opportunities take place outside The Hub, Abbey People's community space at community coffee mornings, which has allowed the participants to develop time management skills and experience serving customers.

In addition, this year the Coffee Truck had a regular pitch in front of Cambridge United's Abbey Stadium, giving the young people 'real world' experience and a chance to see what event work is like. The project also took outside bookings for events and the young people have been involved in designing the new artwork for the van - due later in 2023.

FEEDBACK

It has been very fun and enjoyable, everyone is always inviting and understanding. Everyone has made it easy to learn, even if it gets confusing or complicated. I have gained more confidence and am learning new skills. I am getting more confident with dealing with the public." - Molly, 18





ABBEY TOGETHER

Vision for project:

For a strong, resilient community on the eastern edge of Cambridge that supports families to raise confident and healthy children who are able to take all the opportunities available to them within Cambridge and the wider world.



OVERVIEW

The project is being run by Angie McCabe who joined the Abbey People team in January. Working in partnership with the Kings Hedges Family Support Project we aim to:

- Continue to help local residents access support and advice.
- Improve networking links and partnerships.
- Increase support for families with children of all ages.
- Create stronger partnership links with other organisations
- Offer family activities during school holidays.
- Provide transition support for children and young people.
- Provide pregnancy and birthing classes.
- Promote and assist education, volunteering, and work-related activities.
- Help reduce isolation.



Our partnership with the Acorn project continues to strengthen. The Frazzled Friday drop-in sessions offer a safe space to pop into and off load at the end of the week.

We are also able to help direct people to advice and services that may be of benefit to their individual needs.

This project is delivered in partnership with Kings Hedges Family Support Project and funded by the National Lottery Community Fund.



FEEDBACK

70%

of parents said that they felt they had increased understanding of how their child/children learn. Making them more confident in supporting their child/children's education.

48%

of parents said talking to others in the group had helped share experiences.

90%

of parents had learnt new activities to do with their children.

100%

of pregnant people reported feeling better prepared for the birth of their baby as a result of attending the pregnancy and birth classes.

"Made me feel like someone is there to help and give me advice, to help with meeting and things I did not know about. Its been nice coming here on a Friday socialising meeting other people so I am not on my own. Its been nice coming to do events with my children."



GREEN SPACES

BUILDING CONNECTIONS WHILE LOOKING AFTER OUR ENVIRONMENT

Our work in this strategy area continued to grow this year. The Fox Den Allotment group is going strong, with a core of very committed volunteers who really value their time collaborating and gardening. The Barnwell Verge project completed Phase 1, with community co-design workshops, school workshops and consultation activities. We expect Phase 2, with the installation of the garden and artwork to take place from Autumn 2023 – Summer 2025. Our Pebble Fund project for Coldham's Brook completed in spring this year, with four successful work days and new public engagement boards along the brook. We've successfully achieved continuation funding from the Flourishing Environment Fund, so this work is continuing into 2024.

We co-hosted our first Repair Café in early 2023, working together with the Cambridge Museum of Technology and Cambridge Carbon Footprint. The café included a range of experienced volunteers, with local people shadowing them to learn how the café works. We had 67 items through the door and 42 were repaired on the day.



" I assumed the brook was a bit of a lifeless lost cause, but seeing it spring to life through the work we've done has been eye-opening. The visual appeal of the brook has improved very much, and I hope the wildlife is benefitting too"

"Getting outdoors and doing active, worthwhile work has been very gratifying. I love the social element of the working parties."

CHRISTMAS HAMPERS



Vision for project: To support those in the community who are in financial need or experiencing isolation.

Who we helped: Families, single adults, seniors and all the seniors who live in supported care in the two care-homes in the ward.

Funding: We had additional funding from Cambridgeshire Community Foundation, Birketts Community Grassroots Endowed Fund and Ridgeons Family Endowed Fund and from Pennington Manches Foundation.

Statistics: We delivered a total of 160 hampers to households which comprised 418 people. There were 86 families with children, 220 children in total.

48 individuals or companies donated a total of 83 hampers, with other donations through Cambridge City Council, Cambridge Fruit Company, Cambridge Charity Fund Raisers and Cambridge United Lottery and Amazon

FEEDBACK

"Yes I got a hamper in a beautiful wicker box and veg in a bag, thank you so much with the food vouchers as well, I'm happy to say for the first time in a very long time we have food and some treats thank you, you really are an angel without wings
merry Christmas you really do deserve a break after all you do not just for us but for many families"



VOLUNTEERS

Volunteering is a key part of all the work we do. Volunteers are involved in all sorts of activities, such as gardening, providing support at Youth Clubs, helping at Food Hub sessions, leading Food Hub Sessions, delivering food parcels and Christmas Hampers, and helping at our Coffee Morning. The Trustees and staff team cannot thank them enough; they are integral to everything we do.

"Volunteering with Abbey People has been a life-changer for me. I'd been very unwell and with little hope for the future when I signed up in autumn 2022. Since then, I've been given the opportunity to apply and develop my skills, met lots of interesting beneficiaries and volunteers, and most importantly, I've felt a valued and respected part of the community. It's also given me a purpose, which is beyond invaluable. I cannot recommend it enough" -

Lindsey O

Over 120 people have volunteered across the organisation, with more than 2,600 volunteer hours. We've seen new volunteers join us throughout the year and look forward to welcoming anyone interested in getting involved in our community.



We were honoured to be gifted a tree that had formed part of the 'Tree of Trees' installation at Buckingham Palace for Queen Elizabeth II's Platinum Jubilee. The tree was presented to us by Deputy Lieutenant Sue Freestone in recognition of the volunteering carried out by Abbey People Volunteers in our Community.

The tree was planted on Dudley Road Rec by the Lord Lieutenant Julie Spence, OBE, QPM and local young people.

OUR FRIENDS

We are dependent on the support we receive from generous individuals and companies, which means we are can better plan our work. Without this support we wouldn't be able to help as many people as we do.

CAN YOU COMMIT TO A MONTHLY DONATION?



£5 a month helps keep our community hub open, supporting those most in need in our community

£10 a month helps provide basic food and store cupboard supplies for a family in need



£20 a month helps provide youth clubs and out-of-school activities for young people in Abbey

£50 a month contributes to running drop-in mental health sessions



Or if you prefer, you can give a one-off donation

SIGN UP AT: WWW.ABBEYPEOPLE.ORG.UK/DONATE-TO-US

THANK YOU TO OUR FUNDERS AND PARTNERS





ABBEY PEOPLE

WORKING TOGETHER FOR A BETTER COMMUNITY

Registered in England – Charity Number: 118056

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