



The **Benjamin** Foundation



**Impact Report**  
**2021/22**

## About us

**The Benjamin Foundation was established in 1994 by Richard and Vanessa Draper following the loss of their son Ben in a motorcycle accident, aged just 17.**

Since then for almost 30 years, children, young people and families across Norfolk and Suffolk have been supported by The Benjamin Foundation to overcome challenges in their lives. The generosity of our donors, fundraisers, grant giving trusts and our success with winning commissioned service contracts means in 2021-22:

Each night almost

**200**  
young people

had a safe home each night and support so they could finally feel safe from youth homelessness.

Each week up to

**230**  
young people

benefitted from our emotional wellbeing support to increase their self-esteem, resilience and finally feel understood.

Over

**400**  
young people

enjoyed our youth work in their local communities to expand their horizons, learn new life skills and to finally feel confident.

**279**  
children

accessed our childcare provision to learn, flourish and feel awesome!

**We are proud to have supported over**

**3,100**

children, young people and families across Norfolk and Suffolk in 2021-22.





# Chair's Introduction

**Across all our activities, we aim to make a difference and help more positive outcomes for the young people we support across their journeys from our Early Years childcare services through to young adults progressing to successful independent living.**

As a fellow Trustee said, “It is important to understand both the quantitative AND qualitative impact we are having” and in this year’s report we are illustrating some of the impacts we are achieving. While some might seem small at an individual level; like helping a child happily re-integrate into school, our teams are helping young people, 24 hours a day, 7 days a week all across Norfolk and Suffolk so cumulatively we help thousands of young people and their families every year.

## **Making a Difference**

The challenges of accessing safe and affordable housing for young people are increasing and we continue to grow our accommodation services to meet this need. In 21/22 we provided almost 53,000 safe



nights’ accommodation, with further growth planned for 22/23. Our exciting Future Builders project aims to bring vacant buildings back to use as affordable housing for young people and nine young people benefited from this scheme this year.

The Benjamin Foundation is the regional member of End Youth Homelessness, whose funding has helped innovative service development targeted at supporting the transition to independent living, including

Job Coach, Rent Deposit Scheme and our Tenancy Support programmes.

With schools back in class, we have been able to deliver over 10,000 1:1 sessions, focussed on emotional wellbeing and valuable early help to children struggling with issues like anxiety, bullying, family issues and low confidence.

It’s great to be out and about again – face to face! In particular we have had great responses from all young

people attending our re-opened youth work services. As you will see, our Young Carers have been enjoying outdoor activities and residential stays again. We have managed to support 266 Young Carers this year, but we want to help more. We have a growing waiting list and funding cannot stretch to support them all – if you want to support this please get in touch with our fundraising team.

## New Challenges

The Benjamin Foundation has always aimed to respond quickly to the changing needs and challenges faced by young people. We are currently

working with partners to support both Ukrainian refugees and Unaccompanied Asylum Seeking Children across the region, providing them with a safe home and security to help adjust after often harrowing experiences.

## Support Us

Ben's Social Enterprise continues to grow; our furniture retail operations are fully back and saved over 500 tonnes of unwanted furniture going into landfill. Over 340 households have been helped through the Norfolk Assistance Scheme. Vital funds have been raised help us support key services for young people. Contact us to donate unwanted

furniture and visit our stores for affordable furniture and white goods for your next upcycling project.

**You can help more local young people to finally feel hopeful of a better future. However you wish to get involved, whether it's by making a donation, holding an event, taking part in our annual Sleep Out event or supporting our stores, you can make a difference to young people's lives. Thank you.**

**Julian Wright**

*Chair of Trustees.*





# Hope, Opportunity, Stability and Independence

The Covid-19 pandemic and cost of living crisis have taken a toll on many people. Young people are no exception and current statistics indicate the scale of the problem, which include:

**122,000**

**16-24 year olds**

were homeless or at risk of homelessness in the UK in the last year+

**80%\***

**of young people**

with emotional wellbeing challenges agree that the pandemic has made their mental health worse.

**1 in 6**

**children age 5-15**

were identified as having a probable mental health problem in July 2020.\*

Our research suggests this could be the tip of the iceberg and, in a time when young people face ever-increasing challenges, we are proud to be here for them when they need us by providing a range of services to offer hope, opportunity, stability and independence.

\*Source: Young Minds

+Source: Centrepoint



# A safe home and support

**In the last year, at any one time up to 194 young people in Norfolk and Suffolk had a safe home and support from us.**

They may be homeless or facing homelessness through no fault of their own, often due to a breakdown in family relationships or unsafe circumstances at home.

We are passionate about preventing youth homelessness and enabling young people to live independently. With our support, young people who may not have had the best start in life have:

- ✓ **Built their confidence, self-esteem and resilience**
- ✓ **Learned important life skills, such as cooking and managing their money**
- ✓ **Developed their education and career aspirations**
- ✓ **Learned to manage their own tenancy**

This means they can leave our services with the best possible chance of forging successful independent lives.

We are proud to work in partnership with local authorities, housing and support providers and continue to contribute to the Norfolk Strategic Housing Partnership to eliminate homelessness.



# In 2021/22, our housing and homelessness services provided...

## 52,862

safe nights



and including ancillary services supported **669 young people**.

Our supported accommodation services provided



## 47,898

safe nights

across Norfolk and Suffolk for **243 young people**. Our overall occupancy rate was **84%**.

Heart & Home, our supported lodgings service provided;

## 4,964

 safe nights

accommodation for **29 young people** in the homes of **25 hosts**

## 5

 young people

lived at Butterfly House, our CQC-registered supported accommodation in King's Lynn for young people with a mental health support need.

We received

## 105

 applications

from young people to our Sleep Out fund, made possible due to fundraising by supporters at our annual Sleep Out events.

This helped them to make purchases to support their aspirations, interests and essential move-on items to support their next steps to independence.

## 272

 young people were housed

**7% more than last year**

## 74%

 of our young people

made progress measured by Outcomes Star™

(An evidence-based tool for supporting and measuring change).

**"I finally feel...  
independent"**

**Extending the ladder of  
support, our Tenancy Support  
service empowered**

**45 young  
people**

**to make the transition and  
sustain their upward progress  
towards fully independent living.**

**123  
young people**


**successfully moved on to  
independent living in 2021/22.  
This is an increase from 92 in  
the previous financial year.**

**56  
young people**

**received support from our  
Rent Deposit Scheme enabling  
them to access private rented  
accommodation.**

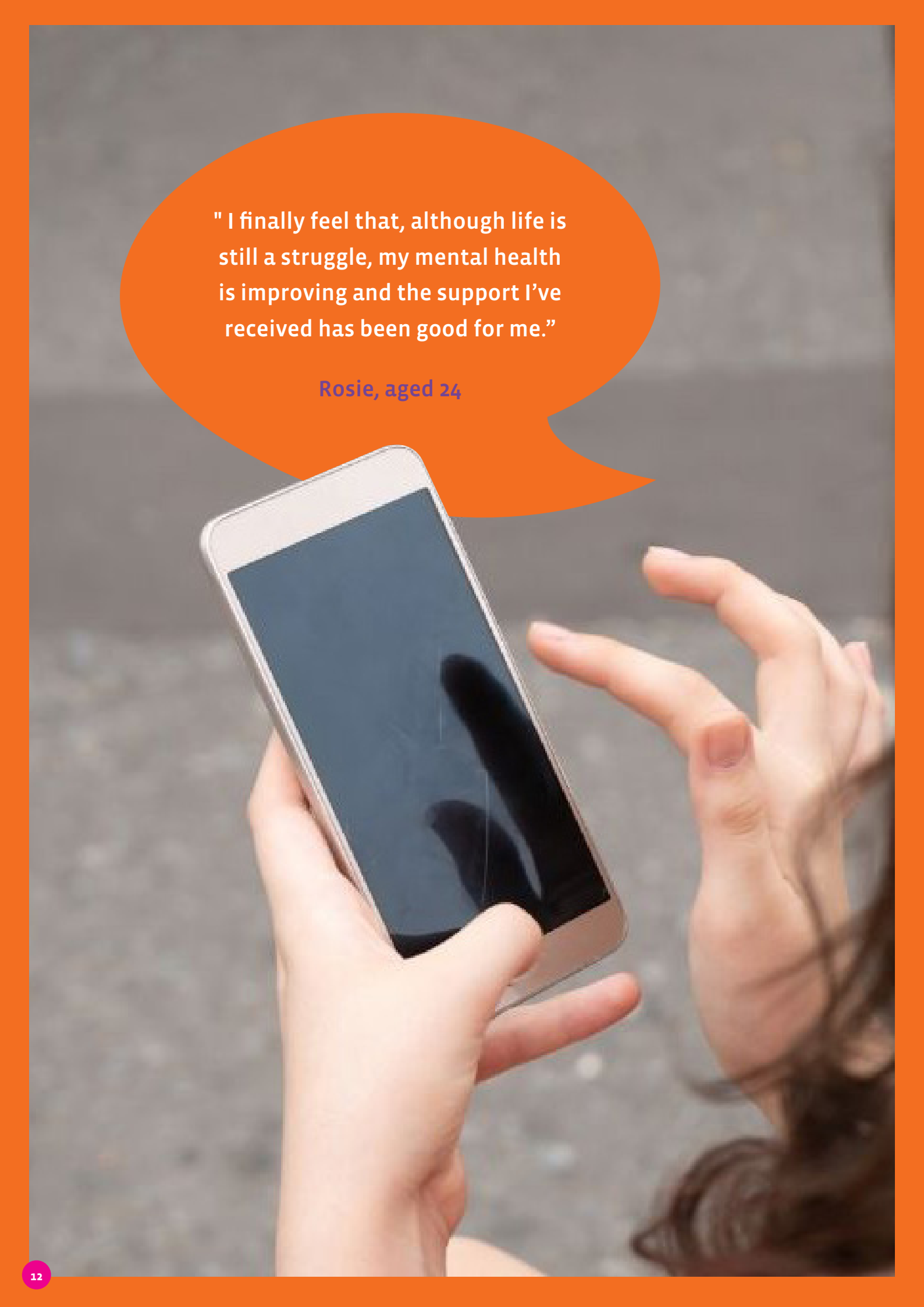
**174  
people were supported**

**through our delivery of the  
Sustainable Housing Partnership  
Service (SHPS) in Breckland and North  
West Norfolk. This project is delivered  
in partnership with social investor,  
Bridges Finance.**



" You have your own safe space here with a bathroom and kitchen and this has helped me a lot. I'm learning how to manage my own tenancy. I feel a lot better now."

Amie, age 18.

A photograph of a person's hands holding a silver smartphone. The phone's screen is dark and reflects the person's hand. The person's other hand is raised in the background. An orange speech bubble is overlaid on the image, containing a quote and a name. The background is a blurred outdoor setting.

" I finally feel that, although life is still a struggle, my mental health is improving and the support I've received has been good for me."

Rosie, aged 24

# End Youth Homelessness

**END YOUTH  
HOMELESSNESS**

We are proud to be a regional member charity of End Youth Homelessness, a UK-wide network of charities joining forces to tackle youth homelessness.

**26**

**young people**

received support through an Employment Fund bursary from End Youth Homelessness.

**9**

**young people**

accessed affordable housing in Norfolk through our delivery of the End Youth Homelessness funded 'Future Builders' programme.

**122**

**young people**

received support from our Job Coach, a role currently funded by End Youth Homelessness.

65 of these accessed employment, education or training (EET) while 112 AQA accredited certificates were awarded for completing modules in our in-house programme, 'Ben's Life Skills.'

" I feel motivated to do well and become a qualified Personal Trainer, and hope to one day be able to start a business of my own. Without the help of the Job Coach and Tenancy Support team, I would not have made the steps that I have and be in the position I am now in."

Dan, aged 25



# Danni's Story

“My mental health was terrible. I had started doing drugs aged 17, I was self-harming, we’d gone through Covid, I’d had a relationship breakdown and was falling out with literally everyone. Drugs can do a lot of things to people.

When I came to The Benjamin Foundation, I stopped having toxic people in my life and was able to stop drink and drugs. I started to realise that I didn’t have to be around people who weren’t good for me. However, I didn’t know what I wanted to do with my life; I had no job and at this point I wasn’t speaking to my family.

It was a little bit overwhelming to begin with but the staff at The Benjamin Foundation have helped me so much; they help you see things from different perspectives and they offer support and reassurance to help you make the right decisions for you.

I’m completely different now – it’s like a switch just flipped and it all changed. I’m working as a Support Worker and I hope to start college to do Health and Social Care and have an aim to go to Uni to study Psychology. I’m also back in contact with my Mum, which is amazing and we’ve enjoyed plenty of nice time together, like shopping days. We didn’t speak for a long time but now she is one of my biggest supporters.

Living here has helped me to develop my cooking skills. I couldn’t cook anything before other than just putting things in the oven. I became vegetarian. I’ve even learned how to use a washing machine.

I met with Joe, The Benjamin Foundation Job Coach – honestly, he’s been great. I was considering a career in Animal Care but I’d had a bit of a blip and he talked me through other career options, college and Uni, including finance and applications – and I’m now working as a Support Worker. It’s been so helpful and a big support.

There have been so many highlights over the last eight months like when I secured my first long term job and I worked out that this is what I want to do. When I got my first pay cheque was another highlight.

I have a lot of respect for supporters of The Benjamin Foundation. They may never meet us, but they are full of goodness with the things they do for us. The result is that I’m the happiest I have ever been.”

**Danni age 20**

*Name has been changed*



# Support for families

We deliver a range of services to support young people, families and communities facing a variety of challenges. By helping at an early stage, we aim to prevent more serious problems arising in the future. Our support helps to create resilient individuals and build stronger, positive relationships.

"I finally feel...  
understood."

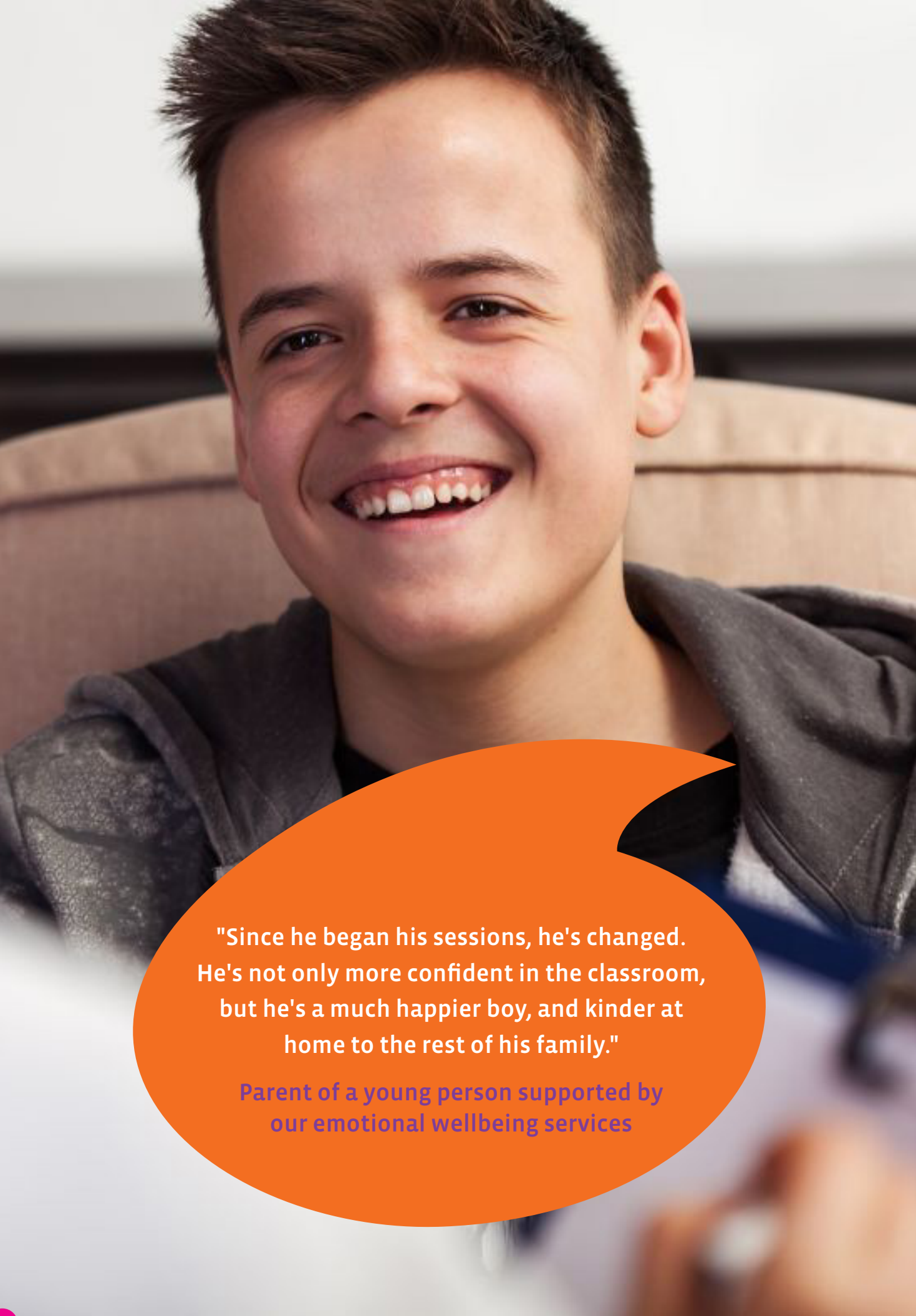
**2,073**

**children & families**

benefited from our  
support in 2021/22,  
over 500 more than the  
previous year.








"Since he began his sessions, he's changed. He's not only more confident in the classroom, but he's a much happier boy, and kinder at home to the rest of his family."

Parent of a young person supported by  
our emotional wellbeing services

# Emotional Wellbeing Support

**Our emotional wellbeing work continues across our services, in the community and via our partnerships with 75 local schools. We are proud to support positive mental health by increasing confidence, self-esteem and resilience in local young people**

We apply 'The Nurtured Heart Approach®' to help turn challenging situations towards success by focusing on individual skills and qualities. Promoting 'inner wealth' helps to recognise and celebrate greatness and nurture positive relationships in which people can progress and thrive.



**"I finally feel... hopeful"**

Over  
**10,000**  
support sessions

were provided for 1,009 children aged between 4 and 18. This includes one-to-one and family support sessions.

**900**  
sessions

were for 162 children helped under the Inclusion Project, which works with children at risk of exclusion from school.

**2,078**  
people

were supported by our community, family and group services. 36% more than last year.

Each week up to  
**230**  
young people

access our emotional wellbeing support. Through our Time for You service in schools, each young person receives an average of 13 weeks of support.

# Youth and community services

Our youth services provide safe, supportive environments for young people to enjoy new experiences, build self-esteem, socialise and be a positive part of their community. These opportunities offer a break and a chance to take part in new activities to help to reduce feelings of isolation and boost emotional wellbeing.

"I finally feel...  
confident"

- ✓ Our youth service across Norfolk, including youth clubs in North West Norfolk, supported **217 young people**. 40% of whom are either disabled or who have challenges with their mental health.
- ✓ Meet Up, our youth and community centre in Thetford, supported over **200 people** via a wide range of services including youth clubs, an older person's lunch club and parent and toddler groups.
- ✓ In Watton, a rural market town with limited youth provision, **44 young people** enjoyed activities provided by our youth club.





“Meet Up is much more than just a building it is central to the local community and is used by all ages. It is a building with a heart which extends to all our local residents.”

The Benjamin Foundation  
staff member

“The project has helped me by giving me someone to talk too about my issues and giving advice. It has also given someone to speak up for me when I feel like I can’t speak up for myself.”

Young person, supported  
by our youth services



# Support for Young Carers

We are committed to supporting local Young Carers to help them meet some of the unique challenges they face. We provide the chance to escape their day to day pressures in a fun and friendly environment and offer them the opportunity to meet new friends and learn new skills. Having the chance to talk to an understanding and listening ear about their lives is an important part of our support for Young Carers. The result is we help to create stronger young people who are better able to cope with their unique challenges.

We also provided trips for Young Carers, which included Pleasurewood Hills, Trampoline Parks and trips to activity centres and local attractions. Young Carers also enjoyed mindfulness sessions, performing arts and cooking workshops and First Aid courses.

In 2021/22

**266**  
young carers

were supported by  
our charity.

We provided

**984**  
one-to-one


tailored support  
sessions.

**123**

young carers

were referred through our  
partnership with Voluntary  
Norfolk as part of the county-wide  
commissioned service.



A photograph of two young people participating in a rope course. One person, with long blonde hair and wearing a camouflage jacket and black pants, is standing on a horizontal wooden beam. The other person, wearing a black jacket and grey pants, is hanging from a rope below the beam, reaching up to hold the first person's hand. Both are wearing blue helmets. The background is a clear blue sky. An orange speech bubble is overlaid on the upper right portion of the image.

"It's important for people who help to look after their families to have time on their own, see people their own age and it's nice to have a break."

Josie, Young Carer



**“The team have been fab at managing  
N’s needs lately. Just wanted to say  
a huge thank you to them.”**

**Parent of a young person at one  
of our childcare settings**

# Childcare

**Our Ofsted-registered childcare settings, Town Tots and Kidzone in North Walsham, Dussindale After School and Breakfast Club in Norwich and Ditchingham Day Nursery provide childcare for children aged from just a few months to 13 years. These safe, supportive environments give parents peace of mind and opportunities for children to learn, flourish and feel awesome!**

**279**  
**children**

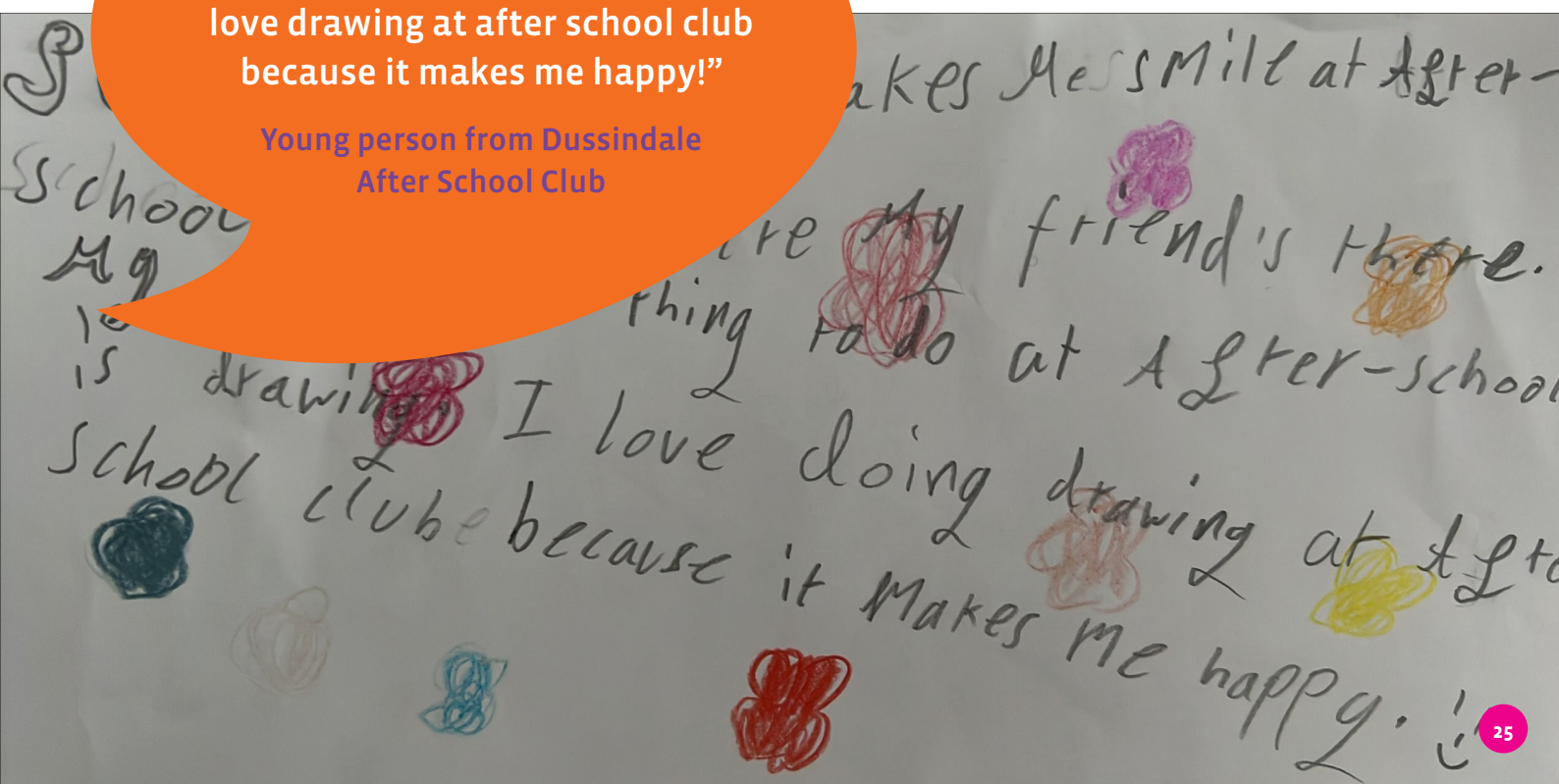
were supported by  
our our childcare  
settings in 2021/22

Activities are planned around the interests of the children to enhance their development, emotional, social and learning skills. Building 'The Curiosity Approach' into our Early Years services has seen an overall increase in children's learning and development as a result of becoming inquisitive learners.

Our Forest School learning also helps to increase self-esteem, knowledge and creativity through exploration and problem-solving in the great outdoors.

**"My favourite thing to do at after school club is drawing. I love drawing at after school club because it makes me happy!"**

**Young person from Dussindale After School Club**



# Furniture Stores and Re-use Shops

**Our furniture stores in King's Lynn, Dereham, Holt and Norwich sell good quality second hand furniture and household items, along with white goods and new beds too. In Suffolk, in partnership with Suffolk County Council and FCC Environment, we operate re-use shops at Bury St Edmunds and Ipswich Recycling Centres.**

Our shops continue to enable supporters to pass on items they no longer need to support re-use and reducing waste. The profits generated helps to fund our work with children, young people and families in Norfolk and Suffolk, supporting them to make positive changes in their lives.

Thank you to everybody who has shopped at or donated to our stores. Your support continues to make a big difference to local young people.

**26,500**

**items**

were sold by our Norfolk Furniture stores in 2021/22

**526**

**tonnes of waste**

were recycled in Suffolk, that may otherwise have gone to landfill

**3,200**

**supporters**

donated pre-loved items

**Why not visit your local store to see the range of items available? We are always looking for new stock. Please get in touch if you have any items you wish to donate. We can even arrange a free collection.**



Our Norfolk  
stores supplied

**341**  
**households**

with items via the Norfolk  
Assistance Scheme, funded  
by Norfolk County Council.



## Drive through and drop off!

In 2022 we opened a revolutionary Reuse Drop Off centre at Swanton Road, Norwich in partnership with FCC Environment and Precycle. The site provides local people with a convenient 'drive through and drop off' facility to breathe new life into second hand items, avoiding waste going to landfill and creating social value. Suitable items are sorted by our charity and sold in our shops across Norfolk.



“I would just like to say thank you to funders and supporters of The Benjamin Foundation for your help and support – I intend to make the most of the opportunity!”

Jade, aged 18



# Thank you for your support

Thank you to everybody who has supported The Benjamin Foundation throughout the year. You have helped to bring hope, opportunity, stability and independence to local children, young people and families.

Fundraising, donations, volunteering and gifts in kind from businesses, individuals and community groups have supported young people in need. Support from grant making trusts and foundations has also made a huge difference to local young lives.

- ✓ **End Youth Homelessness**
- ✓ **Birketts**
- ✓ **Norfolk County Council**
- ✓ **The Masonic Charitable Foundation**
- ✓ **The Fine and Country Foundation**
- ✓ **Grantscape East Coast Community Fund**
- ✓ **The Band Trust**
- ✓ **Norfolk Community Foundation**
- ✓ **New Anglia LEP**
- ✓ **Suffolk County Council**
- ✓ **The Ranworth Trust**
- ✓ **The Ivy Child Charitable Trust**
- ✓ **Freebridge Community Housing**
- ✓ **Charles Littlewood Hill Trust**
- ✓ **The OVO Foundation**
- ✓ **Breckland District Council**
- ✓ **Paul Bassham Charitable Trust**
- ✓ **Community Action Norfolk and Voluntary Norfolk**
- ✓ **Youth Investment Fund**
- ✓ **Garfield Weston**
- ✓ **Hopestead**
- ✓ **The Red House Trust**
- ✓ **The Albert Hunt Trust**



**We raise funds to invest in our non-commissioned services to do even more to help local children and young people when they need help the most. This means that money raised and donated by individuals, businesses and community groups makes a real difference to the lives of young people in their local communities.**

November 2021 saw the return of our much-loved and popular Sleep Out event following a year's break due to the pandemic. Sleep Out events are held by End Youth Homelessness member charities each Autumn with money raised helping local young people to take their next steps to independence. 150 of our supporters raised over £40,000 by taking part in our Sleep Out events at Ipswich Town and Norwich City Football Clubs.

We also launched a 'Summer of Hope' campaign in July 2021, which raised over £13,000 to support young people's emotional wellbeing.

Thank you to everyone who has supported our fundraising events and sporting challenges. We are also grateful for the opportunity to attend a variety of local fundraising opportunities and awareness activities to boost our profile and income.



"It makes you feel proud to know  
you have helped in some small  
way. It's a night you'll never forget,  
and you will help support such  
a great cause."

Robert,  
Sleep Out Participant





**Impact the lives of  
young people in Norfolk  
and Suffolk today**

**Contact us on**  
**[info@benjaminfoundation.co.uk](mailto:info@benjaminfoundation.co.uk)**  
to see how you can  
get involved.

# Ways to get involved

Every single day of the year, young people in Norfolk and Suffolk need extra help to cope with their unique challenges. With your support, they can find hope, opportunity, stability and independence to finally feel hopeful of a better future.

## Follow us on social media

 **The Benjamin Foundation**

 **@CharityTBF**

 **charitytbf**

 **benjaminfoundation**

## Here are five ways you can support local young people:

- 1** Make a one-off or regular donation on our website
- 2** Fundraise by taking part in one of our events, such as Sleep Out, or by holding your own fundraising activity
- 3** Buy or donate furniture to our stores
- 4** Support us through your workplace Corporate Social Responsibility programme
- 5** Leave a gift in your will or raise funds in memory of a loved one.



## How your donations help

### £25

Could buy a new duvet set and bedding for a young person when they arrive at one of our accommodation centres with few possessions of their own.

### £180

Could pay for six sessions of emotional wellbeing support for a young person.

### £500

Could enable a group of Young Carers to enjoy an activity trip to give them the chance to escape their day-to-day pressures.

## Make a donation at

[www.benjaminfoundation.co.uk/donate](http://www.benjaminfoundation.co.uk/donate)

or contact our Fundraising Team on 01603 886933 or 07825 130003,  
[events@benjaminfoundation.co.uk](mailto:events@benjaminfoundation.co.uk)



# Finance and Governance

## 2021-22

Activities	Income	Expenditure	Surplus (Deficit)
Charity	£5,632,000	£6,115,000	(£483,000)
Retail	£1,486,000	£1,138,000	£348,000
Fundraising	£260,000	£99,000	£161,000
<b>Total Income</b>	<b>£7,378,000</b>	<b>£7,352,000</b>	<b>£26,000</b>

### Charitable income

Housing services	£3,117,000
Contracted care & support services	£2,201,000
Funded care & support services	£314,000
<b>Total</b>	<b>£5,632,000</b>

### Social Enterprise income

Donated	£736,000
New goods	£252,000
Recycled waste	£498,000
<b>Total</b>	<b>£1,486,000</b>

### Fundraising income

Legacies	£8,000
Donations	£169,000
Government grants	£2,000
Activities & Events	£81,000
<b>Total</b>	<b>£260,000</b>

### Trustees 2021/22

**J McCulloch** (Chair, from 19th October 2022)  
**S Massingham** (Appointed 14th April 2021)  
**J Hutchinson** (Appointed 22nd January 2022)  
**M Wardell** (Appointed 7th September 2022)  
**J Francis**  
**T Harvey**  
**G Walpole** (Resigned 7th April 2022)  
**J Wright** (Chair, resigned 19th October 2022)  
**S Ede** (Resigned 19th October 2022)

# Finance and Governance

## 2020-21

Activities	Income	Expenditure	Surplus (Deficit)
Charity	£5,207,000	£5,376,000	(£169,000)
Retail	£875,000	£815,000	£60,000
Fundraising	£491,000	£84,000	£407,000
<b>Total Income</b>	<b>£6,573,000</b>	<b>£6,275,000</b>	<b>£298,000</b>

### Charitable income

Housing services	£3,070,000
Contracted care & support services	£1,836,000
Funded care & support services	£301,000
<b>Total</b>	<b>£5,207,000</b>

### Social Enterprise income

Donated	£353,000
New goods	£142,000
Recycled waste	£380,000
<b>Total</b>	<b>£875,000</b>

### Fundraising income

Legacies	£-
Donations	£62,000
Government grants	£218,000
Activities & Events	£211,000
<b>Total</b>	<b>£491,000</b>



# Keep in touch

## Head Office

23-27 St Andrews Street, Norwich, Norfolk, NR2 4TP

**T:** 01603 615670

**E:** [info@benjaminfoundation.co.uk](mailto:info@benjaminfoundation.co.uk)

**W:** [www.benjaminfoundation.co.uk](http://www.benjaminfoundation.co.uk)

## Our Furniture Stores and Re-use Shops:

### Norwich Furniture Store:

103 Oak Street, Norwich, NR3 3BP

 **01603 661921**

 **Restore Norwich**  
The Benjamin Foundation

### Dereham Furniture Store:

1a/b Rashes Green Ind. Estate, Dereham, NR19 1JG

 **01362 692392**

 **Restore Dereham**  
The Benjamin Foundation

### Holt Furniture Store

Unit 4B Glaven Road, Hempstead  
Road Industrial Estate, Holt, NR25 6ES

 **01263 713721**

 **Restore Holt**  
The Benjamin Foundation

### King's Lynn Furniture Store

 **01553 824296**

 **King's Lynn Furniture Store**  
The Benjamin Foundation

### Bury St Edmunds Re-use Shop

Bury St Edmunds Recycling Centre,  
Fornham Road, Bury St Edmunds, IP31 1SJ

 **01284 335844**

 **Re-use Shop Bury St Edmunds**  
The Benjamin Foundation

### Ipswich Re-Use Shop

Foxhall Recycling Centre, Ipswich, IP10 0H

 **01473 610322**

 **Re-use Shop Ipswich**  
The Benjamin Foundation

### Drive though and drop off!

Norwich Re-use Drop Off Centre:  
Swanton Road, Norwich, NR2 4LH J

 **01603 417312**

Open Wednesday to Sunday 9am – 4pm (closed Public Holidays)

## Please check our website for opening times

 **The Benjamin Foundation**

 **@CharityTBF**

 **charitytbf**

 **benjaminfoundation**



The **Benjamin** Foundation

Registered Charity Number: 1124936  
Company Number: 3825425