The Lord Belstead Charitable Trust  
c/o Birketts Llp  
Providence House  
141-145 Princes Street  
Ipswich  
IP1 1QJ

16th May 2023

Dear Trustees,

**Foot Forward Trust – Supporting the development of young people.**

We are seeking at grant of £3,000 towards our Suffolk Young Carers Breakpoint programme.

**About Us**

The Foot Forward Trust was established as registered charity in 1990. Our mission is to support the development of young people and provide opportunities for them to engage in purposeful activities and challenges that bring them together and enable them to realise their potential. Over the last 12 months we have delivered 3 different self-development programmes and 12 events that have engaged 108 young people.

**Project: Suffolk Young Carers Breakpoint**

Breakpoint is a personal and team development activities programme aimed at engaging and providing brief respite to Young Family Carers. Delivered through weekly activity sessions that take place over a 6-week period and will engage approximately 18 young people.

**Project Need**

Our awareness of young carers came through an approach by Suffolk Young Carers Support Group who recognised that our services could support these young people as they typically experience fewer leisure and recreation opportunities than their peer group. Access to opportunities has been further exacerbated by Covid and the Cost-of-Living Crisis. We created an online questionnaire, delivered a webinar and focus group to introduce our services and to gain feedback in how we might develop an activities programme that met their needs.

**Beneficiaries**

Young carers are under 18 years of age and help to look after a parent or sibling with a disability, illness, mental health condition, or drug or alcohol problem. They may do extra jobs in and around the home, such as cooking, cleaning or helping someone get dressed and move around.

**Proposed Activities**

The activities package will encompass a range of small team sports, outdoor learning activities and fun problem-solving tasks. The main venue is Ipswich Town Football Club Training Centre and Nacton Shore Picnic Site. The sessions will take place each Saturday morning over a 6-week period.

**Deliverables and Outputs**  
  
Breakpoint will be delivered through 3-hour long activity sessions that take place each week for a period of 6-weeks and will engage approximately 18 young people.

**Participant outcomes**

* Reducing loneliness and isolation through developed new friendships with other young family carers
* Increased self-esteem and self-confidence through participation

**Project Costs (breakdown)**

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| ***Description*** | ***Cost (inclusive of VAT)*** |
| Staffing (activity) | £1,080 |
| Staffing: Management/Admin/Liaison | £500 |
| Publicity/Flyer/Online | £120 |
| Materials, Equipment and Refreshments | £500 |
| Transport: Budget for assisting families | £600 |
| Venue Hire | £200 |
| ***TOTAL*** | ***£3,000*** |

Our annual report can be found on the Charity Commission website, but should you want to discuss our work or even visit us, please do not hesitate to contact us.

Thank you for considering this application.

Yours sincerely

Name  
Chair of Trustees  
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