

# Trustmatters

SURREY  
CARE  
TRUST  
Nurturing skills | Changing lives

The Surrey Care Trust Newsletter

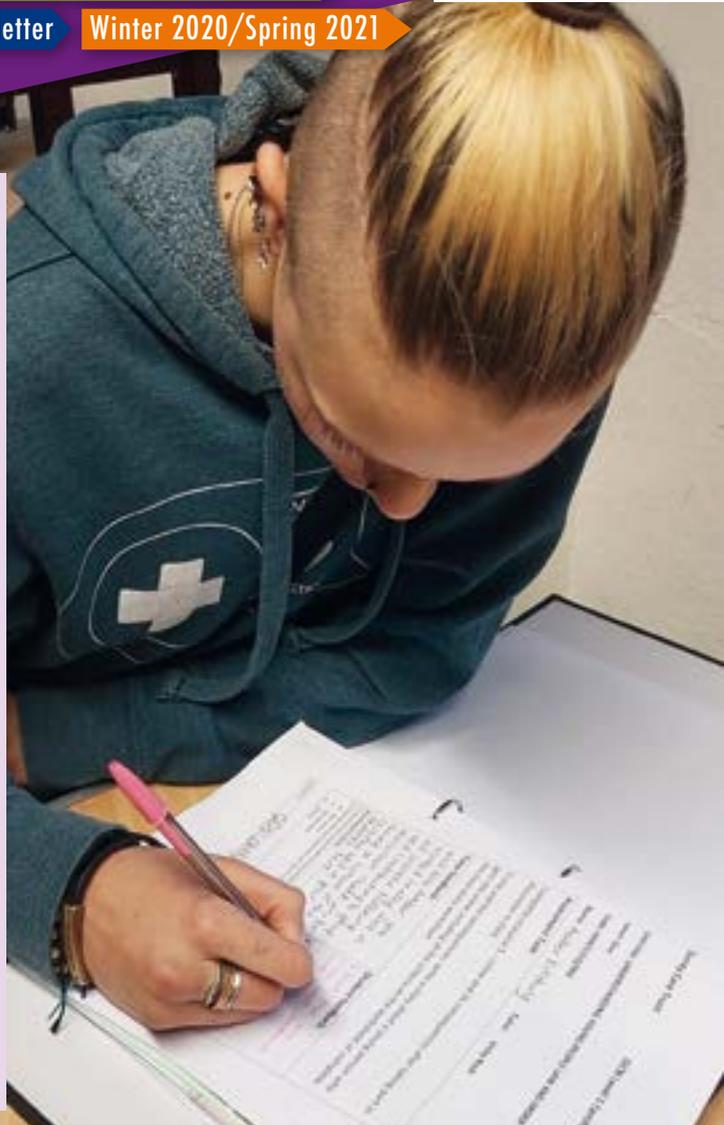
Winter 2020/Spring 2021

## DIMINISHING OPPORTUNITIES

During the summer, we surveyed our clients to find out the effect of the pandemic and lockdown. Our respondents, which included young people (12 years+), vulnerable families and disadvantaged adults told us overwhelmingly (97%) that they had been affected by either mental health issues, family breakdown or financial worries or a combination of these.

Five months later, we carried out a follow-up survey to see how the pandemic had affected the life opportunities of the troubled young people and disadvantaged families we support.

We found that the pandemic has significantly reduced opportunities for the most vulnerable members of our community. Almost 90% feel that there are fewer education or employment opportunities available to them now. [continued on page 4](#) ---->



**FIND OUT MORE...**

ABOUT THE IMPACT OF THE COVID-19 CRISIS ON THE PEOPLE WE SUPPORT INSIDE THIS ISSUE OF TRUST MATTERS



The pandemic is continuing to restrict our ability to fundraise so we are hugely grateful for all the donations and support we have received.

We also extend our thanks to all our Trustees, volunteers and loyal supporters, as well as the following organisations for recent donations and support.

4All Marine

A2 Dominion

The Alchemy Trust

BBC Children in Need

Brewers & Sons

Broanmain Plastics

Cartbridge Basin

Chobham Community Centre

Community Foundation for Surrey

Connick Tree Care

Cormis Partnership

The CP Charitable Trust

Greenoak Community Focus

Growing Redhill

GSK Weybridge

Guildford Fire Station

FDD International Ltd

The High Sheriff Youth Awards

The Ingram Trust

Ironmongers Livery Company

The National Lottery Community Fund

Mask Enchanted

PPL

Pyrford Marina

Red Hill Charitable Trust

Redhill & Reigate Round Table

Reigate & Banstead Borough Council

Reigate Grammar School – Bird House

The Rest Harrow Trust

Restore Records Management

SES Water

Treasury Wine Estates

Waitrose Dorking

West Byfleet Golf Club

The Wisley Foundation

Woking Borough Council



The Working Together for Work and Local Learning Perspectives projects are funded by the European Social Fund and the National Lottery Community Fund.

# BLOOMING MARVELLOUS!

As well as fruits and vegetables, our allotments seem to have sown the seeds of success with both winning awards in competitions over the summer.

The hard work contributed by everyone who comes along to tend to our **Gateway Community Allotment project** in Reigate, was recognised by the judges of the South & South East in Bloom Awards. The Allotment was awarded a Level 3 Community Gardening Award which is a level higher than last year, reflecting the continuing improvements and development of the site. The project helps anyone at risk of isolation and the long-term unemployed to make positive changes by developing practical skills and to benefit from the therapeutic benefits of gardening.

The Gateway Community Allotment project is funded by



the European Social Fund and the National Lottery Community Fund. The **Local Conversation in Stanwell project** scooped 'Best Kept Public Building/Community Garden', 'Best Environmental Planting Project' and 'Best in Show' for the Stanwell Community Allotment in this year's Spelthorne in Bloom competition. Congratulations to all the volunteers and project team

for well-deserved recognition of the effort that has gone into transforming two overgrown and neglected plots into a fun, invigorating and interactive space for people of all ages to enjoy. The Local Conversation in Stanwell project is managed by the Surrey Care Trust and aims to bring the community together and take action on local issues.

funded through



## STEPS TO SUCCESS

Despite very challenging circumstances, we're delighted that all of our Year 11 students attending our STEPS to 16 alternative education programme achieved a minimum of Level 3

Maths and Level 1 English this summer. With hard work and support from our trained tutors, our students have achieved excellent attendance records and another set of impressive results

this year which will enable them to continue to college or an apprenticeship.

STEPS to 16 gives a second chance to 14 to 16 year-olds who have been struggling in mainstream school.

Find out more [www.surreycaretrust.co.uk/our-programmes-home/steps-to-16](http://www.surreycaretrust.co.uk/our-programmes-home/steps-to-16)

# DIMINISHING OPPORTUNITIES

The restrictions and uncertainties of Covid are affecting the lives and the livelihoods of many people, but they are disproportionately harmful for people in crisis and those already struggling to cope – like the families, individuals and young people we support.

The economic trauma of the pandemic has seen the disappearance of jobs in hospitality, retail, leisure and catering that many on low incomes rely on, while apprenticeships are few and far between. The pandemic has also reduced or removed educational

opportunities for some, as family or financial circumstances or anxiety mean that plans have been put on hold.

Our latest survey shows how the ripples of the pandemic's aftershocks are proving ruinous for those on the margins of our communities.

## THE PANDEMIC HAS HAD A NEGATIVE IMPACT ON OUR BENEFICIARIES' EXISTING EMPLOYMENT AND EDUCATION SITUATIONS

Almost 80% of our beneficiaries are worried they may lose their job (or have their hours/salary reduced). Of those who were in employment at the start of the pandemic, 87% have already seen their employment status change, with 40% of these now on reduced hours or shifts, 40%

made unemployed and a fifth have been furloughed.

Over three quarters of all our adult beneficiaries are now on a reduced salary.

More than half have had to access additional support such as using a foodbank or mental health support.

**“With everything shut down there aren't many avenues for activities that are conducive to progression”**

## THE PANDEMIC HAS DISRUPTED PLANS AND ASPIRATIONS, WITH A NEGATIVE IMPACT ON CAREERS, EDUCATION AND INCOME

58% of our beneficiaries (rising to 70% of those in employment) have had to abandon plans or ambitions because of the pandemic. Of those who were in education, 39% have struggled to

move onto their next step, such as going to college or getting a job.

In a crowded and stagnant job market, almost 1 in 4 of our beneficiaries have had to apply for a new job since March.

**“I wanted to look into education but I have been unable to, as nothing has been [available] on the websites”**



**“100+ jobs applied for. Directly & with agencies. Full time, temp and perm. I've found it very disappointing”**

## THE PANDEMIC'S IMPACT ON EDUCATION AND EMPLOYMENT HAS HAD A KNOCK-ON EFFECT ON MENTAL HEALTH – AND VICE VERSA

72% of our beneficiaries say the pandemic has impacted their mental health, and a third of adults say this has, in turn, affected their education/employment.

Additionally, 30% of adults say their employment/education situation, worsened by the pandemic, has had a negative effect on their mental health.



**“I’m unsure if I have the courage to attend [college] now”**

## OVERALL, THE PANDEMIC HAS SIGNIFICANTLY REDUCED OPPORTUNITIES FOR THE MOST VULNERABLE MEMBERS OF OUR COMMUNITY

Almost 90% of our respondents say there are fewer opportunities available to them now. Nearly two thirds identify education opportunities as diminished, and 1 in 4 highlight reduced employment opportunities.

**“Stressful, uncertain, disheartening. All efforts have gone to waste and opportunities ripped from under us.”**

**“[This is] very hard to deal with.”**

*We interviewed 63 clients aged 14 and up. On some occasions, different respondents answered different questions. Sample sizes for each question therefore vary from 61 to 15, with an average of 37 respondents per question.*

**Support our appeal  
see back page for details**

## NEW SUPPORT FOR COVID SUFFERERS IN REIGATE AND BANSTEAD



As the borough of Reigate and Banstead saw the highest rates of Covid-19 infection in the county earlier in the pandemic, the Surrey Care Trust is piloting two new support groups in the area thanks to funding from the Community Foundation in Surrey. The Trust's Covid-19 Support Groups bring together people who have had the virus (or family members whose loved ones have had the virus), and people who have lost a loved one because of the Covid-19 virus or complications, with a trained therapist.

Our free online sessions last for one hour during the evening and people can take part for as long they need. Guided by our therapist, each group will be encouraged to provide informal support to one another and use talking therapy to explore emotions, problems and solutions. Surrey Care Trust's Mentoring Manager, Cathy Leamon says: "It's still unclear as to why the incidence of Covid-19 infections has been so much higher in the borough, but with this funding we can provide some much needed support to help people

to cope with on-going symptoms or with grief after losing a loved one. We have a very successful track record of enabling people to navigate challenging times through our mentoring programme and we'll be using that expertise to help people to deal with feelings of anxiety, depression and isolation. Just knowing you are not alone can be a real comfort too."

**For more information about the groups contact Cathy Leamon on 07730 570305 or email [cathy.leamon@surreycaretrust.org.uk](mailto:cathy.leamon@surreycaretrust.org.uk)**



## TAKE ON A VIRTUAL CHALLENGE



**Beat the winter blues and take part in one of our virtual events to help us to continue to provide vital support for troubled young people and families across the county. Choose from a variety of walking, running and cycling challenges.**

**For more information visit [www.surreycaretrust.co.uk/events/virtual-events](http://www.surreycaretrust.co.uk/events/virtual-events)**

## SURREY 5 PEAKS HIKEATHON



# SURREY 5 PEAKS 2020

Our Surrey 5 Peaks hikathon looked a little different this year with volunteers kitted out in PPE, but we still saw the same amazing levels of enthusiasm and support from our walkers. The sun shone on 51 happy hikers, who took on a 13 or 26 mile challenge across

the Surrey Hills in September. Thank you to everyone who took part and raised a fantastic £10,500 – every penny of which will go to support our work thanks to our sponsors, Broanmain.



## VIRTUAL VIRGIN MONEY LONDON MARATHON 2020

Despite the disappointment of the cancellation of the 2020 London Marathon, runners Stacey (pictured), Scott and Amy laced up their trainers to complete their own 26 mile route for the Surrey Care Trust in the official virtual version in October. Thank you!



## GOLF DAY FUNDRAISER GOES WITH A SWING



Our huge thanks to West Byfleet Golf Club and Ladies Captains, Peter Heath and Sandra Gaede for choosing the Surrey Care Trust as their cause this year and raising £25,000. Fundraising events included a Charity Golf

Day which saw 40 teams tee off and an online auction for various lots during the day, as well as Peter's weight loss challenge after which he weighed in on the jockey scales at Sandown Racecourse an impressive 32lbs lighter.

**Covid-19 is stripping away opportunities for education and employment for many of the vulnerable people we support.**



Picture posed by a model. Photo by Micah Bowen on Unsplash

Kayleigh is 16 and studying Animal Management at college. She loves her course and wants to work with animals when she finishes. But securing her dream job depends on being able to find a work placement, yet because of the pandemic they are few and far between. Kayleigh doesn't have a network of contacts that other students may be able to tap into, to find an opportunity.

Without a work placement, she worried that she wouldn't be able to pass her course or have relevant work experience on her c.v. when the time comes to find a job. The uncertainty was making Kayleigh feel anxious and stressed, which in turn was affecting her education and her low moods were causing problems at home.

**Our mentoring support is now helping Kayleigh to work through the challenges she is facing, so that they don't feel too overwhelming and she doesn't give up on her education or feel as unhappy at home.**

**Now more than ever, people like Kayleigh need our support. Can you make a donation to help make 2021 a better year for her and thousands of others across Surrey?**

**You can make the difference by:**

Making a one off donation via [www.justgiving.com/campaign/backontrack2021](http://www.justgiving.com/campaign/backontrack2021)

or by direct bank transfer: Surrey Care Trust a/c 00017988 Sort Code: 40-52-40 Reference: BACK21

Committing to making a regular donation by visiting: [www.makethedifference.online](http://www.makethedifference.online)

Spreading the word about our volunteer opportunities. As demand for our services rises, we'll need more volunteers. Visit [www.surreycaretrust.co.uk/vacancies/volunteering/](http://www.surreycaretrust.co.uk/vacancies/volunteering/) for details.

**surreycaretrust.org.uk**

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