**Picture 2Suffolk Community Foundation Breakthrough Fund**

Red Lodge Lightwave has been awarded a grant from Suffolk Community Foundation under the Breakthrough Fund. The grant is to help improve a person's circumstances and contribute to them being able to escape poverty.

## Examples of how other grants have helped people

David had a ten-year drug, alcohol, & offending history. After release from a short custodial sentence, David had no official identification & was living on peoples’ sofas. David received a grant, totalling only £230. With these he could buy a passport, enrol in college & buy supplies to become a plasterer.

Shell had been riding on an old, broken & dangerous bicycle that she’d found in the street. She was offered a new bike.

Joan’s former partner attacked her with a breadknife, breaking her nose and damaging her teeth. Her confidence & wellbeing was severely affected, & struggling to eat, a grant paid for dental work not covered by the NHS.

With an autistic son, Martha was finding life & continuous care stressful. She had "lost her sense of self". Finding that she used to write as a teenager, a fund paid for a writing course.

Gabriella was living with depression & finding it difficult to get out of the house & make friends. A Catalyst partner paid for membership at her local gym, & helped her sign up to classes.

If you are interested in improving your circumstances, please complete this application form and send it to [djtheobald@gmail.com](mailto:djtheobald@gmail.com) or complete a printed application form and deliver it to Red Lodge Lightwave, Red Lodge Sports Pavilion, Hundred Acre Way, Red Lodge IP28 8FQ. Applications are open until August 2024 or when the funds have been fully allocated.

Name………………………………………………………………………………………………………

Address …………………………………………………………………………………………………………………………....

Telephone number ……………………………………… Email ……………………………………………………………………

Have you been helped by Red Lodge Lightwave before e.g., food bank, household support grant, energy vouchers or supermarket vouchers?

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What is your current situation?

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What help do you need to improve your situation?

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What will be the result of your receiving help?

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As part of the evaluation of the grant, you will be asked to complete a questionnaire after 3 months and participate in a short interview. You will be asked if you want your experience to be taken up as an anonymous case study. All information provided will be confidential and not shared with other people without your permission.

The grant will be paid directly to the supplier of any goods or services. These grants do not cover food, household goods, energy bills or debts.

Red Lodge Lightwave runs a food bank and offers advice and support with household budgeting, managing debt and looking for employment.