



BOGNOR
Community Action Network
Reg Charity No 1117226

C/O Bognor Regis Youth & Community Centre, Westloats Lane, Bognor Regis, P021 SJZ Tel:01243870406
www.bognorcan.org

ANNUAL REPORT 2014 – 2015



‘I CAN DO’

Social Club For Older People Members

With

The High Sherriff of West Sussex

Jonathan Lucas

Bognor CAN – Community Action Network

CHAIRMAN'S REPORT

Bognor CAN has received a tremendous amount of support this year from beneficiaries becoming volunteers and taking a lead role in the delivery of our projects and activities in addition to funders and donors. This has helped us to meet increasing demands for our services and to deliver good quality activities.

Throughout 2014/15 grants and donations we received from grant giving bodies, businesses and donors include: Sussex Community Foundation, West Sussex County Council, Arun District Council, Bognor Regis Community Foundation, Ametec Solartron in Bognor Regis in addition to others and anonymous donors. We have also had in kind support from members of our communities and local businesses such as Look Fantastic Bognor Regis who we nominated them to win an award at the 2014 Business in the Community. I am delighted to say they won the award for their category, a great achievement and well deserved for the support they have given to others and us.

As with other community organisations, we rely on volunteer support, as without them, we would be unable to deliver our activities to the high standard we achieve and also helping to raise unrestricted reserves through fundraising events. Being a volunteer with Bognor CAN helps to raise confidence and self esteem, provide new opportunities such as training facilitated by us and others including Northbrook College, Worthing. Having gained so much, volunteers have moved on to further training. On behalf of all of the Trustees and beneficiaries of Bognor Can we would like to thank everyone who has contributed to our work during the year, and in particular our dedicated volunteer team.

Our aim is to continue to raise funds so we can sustain our activities to support many more beneficiaries during 2015/16 and beyond.

Roger Nash

Chairman Bognor CAN 2014/2015

Development Manager's Report

This year has been a challenging but exciting year with many more local people joining our activities and benefitting from our services. Beneficiaries have expressed how they have gained in confidence and made new friends, in particular older people who are socially isolated. Bognor Regis has the 9th highest social isolation in older people in the UK according to research carried out by 'Friends of the Elderly', a charity aiming to tackle loneliness and isolation in the elderly.

In December 2013, we received a grant from Sussex Community Foundation through their 'Older and Boulder Fund'; to start an acrylic art workshop for older people led by tutor Gerry Foronda. The group started with six beneficiaries but grew rapidly in size throughout the year and has become one of our most popular activities. The standard of work the group has achieved led to them having an art exhibition at the Regis Centre Bognor Regis from 30th July to 1st August 2014. The Exhibition was attended by the High Sherriff of West Sussex, Jonathan Lucas attended by the Chairman of Arun District Council, Bognor Regis Town Mayor and M.P. Nick Gibb, in addition to many other dignitaries, beneficiaries and members of the community. This amazing Event gave beneficiary exhibitors the opportunity to show what they had achieved in addition to believing in themselves.

In addition to the acrylic workshops we continue to deliver a twice-weekly activity/social group for older people, which again has become stronger and enjoyed by many older people who are socially isolated.

Our Martial Arts project for children and young people has gone from strength with increasing numbers of beneficiaries. Comments from parents have stated their child's behavior, confidence and respect for others has greatly improved by participating in the activity. Funding from Sussex Community Foundation and Ametec Solartron, a local business has contributed to the projects success.

On 30th July 2014 we were delighted to be joined by the High Sheriff of West Sussex, Jonathan Lucas and his wife Caroline, who came to see some of the work of Bognor CAN in action. The young people from the Martial Arts Project also joined in the day's activities. It was a great honour to have such a visit.

Other activities we deliver aiming to improve health and well being Fitness for Older People, Zumba and Dance Aerobics for people over 16 years of age are also successfully sustaining numbers of people attending.

Our continued relationship with Northbrook College Worthing has benefitted volunteers through training in Business Management, Administration and Equality and Diversity. We are aiming to continue working with them in the future to enable those who have had limited learning opportunities.

We delivered our 2014 Community Town Show at the Bognor Regis Youth and Community Centre on 20th September 2014, which was funded by Bognor Regis Town Council and West Sussex County Council's Community Initiative Fund. It was a great success with many entries from the local community demonstrating what they have achieved.

In February 2015, we received funding from Arun District Council from the 'Think Family Fund' to deliver diversionary activities for children and young people from the ages of 7 to 13 years of age. During the dark evenings we started a weekly 'Inbetweeners Can Dance' project followed by a weekly 'Inbetweeners Multisport' activity in addition to supporting children and young people attending our Martial Arts Project. All of the activities have been successful with excellent feedback from the young participants and their parents.

With the help of greatly appreciated volunteers and organisations with whom we work, we held and participated in many fundraising events to secure unrestricted funds including a 2014 Easter Fair and a 2014 Christmas Fair.

We are hoping to start new projects in 2015/2016 asked for by members of the community including a Community Choir for people of all ages and a Can Cook project for older people and in particular men who are living alone, socially isolated and carers.

I would like to thank the many organisations, community groups, funders, supporters and donors for all of their support during the past year and a special thanks to all of our dedicated volunteers.

Carol Fullick
Development Manager 2014/2015