



news release

February 2014

GYMNASTIC CLUB RECEIVES FUNDING BOOST

Waveney Gymnastics Club, based in Lowestoft, has received a grant of over £1,600 to help adults and children with learning difficulties gain access to gymnastic facilities and training. The grant was awarded as part of the eighth round of donations from The Bernard Matthews Fund.

The gymnastics group became aware that after leaving school the scope for people with learning difficulties to access gym facilities diminishes considerably. Waveney Gymnastics group wanted to be able to offer the same level of training and experience to these individuals living within the local area.

The funds will be spent specifically on trampolining sessions which will enable 9 adults to participate in one hour of trampolining sessions a week for 42 weeks of the year. The funds will also open up taster session for people with disabilities to try trampolining out.

Ellen Hutchings from Waveney Gymnastics Club said:

“Many people become isolated and depressed if they don’t have the opportunity to join in with social activities like attending gym sessions. As well as the obvious health benefits we know that improvements in confidence, co-ordination, mobility levels and self-esteem are also vitally important. The added benefit of belonging to a group that meets regularly is also essential as often there is a real sense of segregation for this particular group of people.”

Launched in October 2009 to help a wide range of rural charities and voluntary initiatives across Norfolk, north Suffolk and Lincolnshire, the fund has already provided over £55,000 in grants. It is administered by the Norfolk Community Foundation.

Andrew Sherwood, Human Resources Director at Bernard Matthews, commented: “Supporting groups located in the heart of our communities has always been important to Bernard Matthews and the fund is just one aspect of our commitment to corporate responsibility.

“The fund aims to give at a truly local level and make a real difference to community support projects such as Waveney Gymnastics Club. This is a worthy project fulfilling a vital role within Waveney district.”

The Bernard Matthews Fund awards grants of up to £2,000 to support community groups working in Norfolk, north Suffolk, and Lincolnshire. To find out more information about the fund or how to apply for grants, visit www.norfolkfoundation.com/Bernard-Matthews-Fund.htm.

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For further media information please contact:

Rachel Birtwhistle at Shorthose Russell Ltd on 01603 706560
or email rachelb@shorthose-russell.co.uk

Notes for editors

- Details of the Bernard Matthews Fund can be found on The Norfolk Community Foundation website at: www.norfolkfoundation.com/Bernard-Matthews-Fund.htm