

# ISLE OF WIGHT GROUPS BENEFIT FROM WELLBEING AND HEALTH FUND GRANTS

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320 Views



**Hampshire & Isle of Wight Community Foundation (HIWCF) has distributed £60,529 in funds to 15 voluntary and community groups across Hampshire and Isle of Wight, to make a positive difference to those in need.**

HIWCF awards grants to the smaller, lesser well known community and voluntary groups working on the frontline who often need only a small amount to make a huge difference to local people's lives.

2 Island-based groups have recently benefited from this 'Wellbeing & Health' funding:

- **Jigsaw Family Support** based in Ryde offers help to parents and their children with counselling sessions, play therapy, and support groups to improve the emotional wellbeing and mental health of children and young people. A grant of £4,500 was awarded to Jigsaw to help support young people suffering with mental health issues and to expand their services to help those in desperate need.

Tina Maretic, Centre Co-ordinator at Jigsaw said:

“This funding is invaluable in providing early support to address young people’s problems on the Island. Many parents contact us because they are desperately worried about their child’s behaviour, self-harming, severe anxiety, attempted suicide, eating disorders, panic attacks, phobias, abuse, depression and psychosis. Our highly trained staff provide practical advice and guidance, helping parents to understand their child’s behaviour and make positive changes. Families needing additional help receive support from our team of child mental health professionals and this is particularly welcome in a climate where it can be some time before families get access to the advice of a statutory mental health professional.”

### • **Rainbow Club**

The Island’s Rainbow Club has received a grant of £3,962 to set up a new club to support parents who are caring for a child with a disability or a significant health need. Activities aim to enhance the health and wellbeing of parents and carers, and include relaxation exercises, walks, art therapy, cookery and nutritional advice and also plenty of time for a cup of tea and a chat.

Clare Williams, Manager of Rainbow Club said:

“We aim to help parents by improving their mental health and wellbeing, giving them time to focus on themselves, to relax and have some calming time to enjoy the activities that they like to do. This enables parents and carers to forget about their daily worries and stresses for a short time and helps put them in a better place to continue caring for their child.

Grant Cornwell MBE, Chief Executive at HIWCF commented:

“With our region containing areas of deprivation within the worst 10% in the country, HIWCF continues to target grant-making towards those people most in need. The Foundation aims to work alongside Island businesses, donors, and the community to increase the support we are able to give to these local organisations to enable them to continue to create life changing opportunities for their members.”

HIWCF is passionate about supporting and helping to improve the lives of disadvantaged people within all sections of our communities. If you would like to find out more about HIWCF and its work across Hampshire, Isle of Wight, Southampton and Portsmouth head over to [www.hiwcf.com](http://www.hiwcf.com).