

Garfield Weston Foundation: Big Give Christmas Challenge 2018 Selected Charities

| Organisation Name | Description |
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| 174 Trust | The 174 Trust is a Christian charity that aims to serve the local community of North Belfast, as well as the whole city, through the provision of a safe, shared space where reconciliation is the focus, allowing difficult conversations to take place and enabling people of all ages and backgrounds to access a range of programmes and activities in its award-winning arts & culture centre. |
| Aberdeen Cyrenians | Established in 1968, Aberdeen Cyrenians provides food, shelter and a range of services to people affected by homelessness in the Aberdeen and surrounding areas. |
| Best Beginnings | Best Beginnings creates and disseminates engaging, evidence-based resources to help educate and empower parents and parents to be, increasing their confidence, knowledge and skills to give their children the best start in life with the aim of putting an end to the unacceptable inequalities that are apparent across the UK. |
| Cleanup UK | Cleanup UK's mission is to tackle the problem of litter by encouraging volunteer litter collecting groups throughout the UK and, in particular, in more deprived areas to make communities safer and more welcoming. |
| DisAbility Cornwall & Isles of Scilly | Empowering disabled people to achieve independence, choice and control, DisAbility is run by and for disabled people, delivering information, advice, support and services to provide disabled children, adults, their families and carers with equal life chances and opportunities. |
| Forget Me Not Chorus | The Forget-me-not Chorus is a Cardiff-based charity that supports people with dementia and their families in the community and care homes through weekly singing sessions and creative workshops in seven choirs throughout Cardiff, the Vale and Newport. |
| Friends of St Nicholas Fields | St Nicks, based in York, helps the city tackle its environmental challenges - supporting people reduce their carbon footprint, improve recycling, enjoy practical conservation and connect to nature to improve wellbeing. Established for over 20 years it has succeeded in transforming a landfill site into a vibrant 24 acre nature reserve and environment centre providing info, advice and inspiration for 'green living'. |
| Heeley City Farm | Heeley City Farm is a friendly farm and environmental visitor centre in the heart of Sheffield. It is open 364 days per year. Staff and volunteers work with young people, adults with learning disabilities and with local communities across Sheffield to promote regeneration, environmental education, energy efficiency and health and well-being |
| Kainos Community | Kainos Community works inside prison and in the community with a mission to reduce reoffending and enable men to live purposeful lives inside prison and after release in the community. |
| Lost Chord | Lost Chord is dedicated to improving the quality of life and wellbeing of people with dementia using musical stimuli to increase awareness and build self-esteem. Initially based in Rotherham it now reaches people across Yorkshire, Nottinghamshire and Derbyshire with satellite schemes in London, Cardiff, Coventry, Bury St Edmunds and Ipswich. |
| Sporting Marvels | Sporting Marvels is a Christian sports charity that partners with schools and youth-focused initiatives in the Rhondda Valleys of South Wales, one of the most deprived areas in the UK. Their positive role models, the "Marvels", encourage young people to raise their aspirations, achieve, make good life choices and become effective leaders within the community. They've had, and continue to have, a transformational impact in an area that needs them! |

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| Thames Reach Charity | Thames Reach works with homeless and vulnerable adults to find decent homes, build supportive relationships and lead fulfilling lives. It runs numerous hostels, along with outreach services that help those sleeping rough in London to move off the streets. It also delivers prevention services to stop vulnerable people from becoming homeless. |
| The Boathouse Youth | The Boathouse Youth provides a full Youth Service to children and young people in the Bloomfield and Grange Park areas of Blackpool with an aim to help each child reach their full potential. It delivers a number of youth clubs, after-school clubs and outdoor sessions each week. It also provides a number of sporting opportunities, residential experiences and school holiday activities throughout the year. The entire service is free-of-charge. |
| The Key | The Key inspires belief in young people (aged 11-25) facing challenging circumstances across the North East by helping them realise their potential and discover what they are capable of. The Key has young people work in teams to dream up, plan, pitch, deliver and evaluate their own projects building their confidence and developing key skills such as problem solving, communication and coping with stress and tension. |
| The Neuromuscular Centre | The NeuroMuscular Centre (NMC) is the Centre of Excellence for people affected by neuromuscular conditions. NMC provides a unique combination of life enhancing opportunities for a community of over 3000 people from all over the North West and beyond. NMC offers physiotherapy, hydrotherapy, training, employment, support and more for service users, their carers and families. |
| The Preshal Trust | The Preshal Trust supports a range of clients of all ages with complex needs who may be affected by social exclusion and isolation in the Govan area, which has high levels of unemployment, low education attainment and serious poverty levels. It aims to provide locally based care and support to individuals and their families. |
| Valleys Kids | Valleys Kids has a 40 year successful track record of innovative community development initiatives. Over that time it has changed the lives of thousands of disadvantaged children, young people and families. It is based in ex-mining areas of South Wales and has 4 community hubs, a Flagship Eco-Learning Residential centre on the Gower and a centre for creative industries in Porth. |
| Venture Scotland | Venture Scotland runs an outdoor-based personal development programme for young people who are seeking help to overcome complex and difficult problems. It aims to build the confidence and skills of young people and empower each individual to make positive and lasting changes in their lives. |
| Warrington Youth Club Limited | Warrington Youth Club exists to support young people's social development, offering them opportunities to increase their skills, self-awareness and confidence, enabling them to make positive life choices. Its guiding values are learning, choice, participation and diversity. |
| Youth Initiatives NI | Youth Initiatives aims to awaken hope, inspire initiative and mobilise young people to make a vital contribution to their community and to a shared future in Northern Ireland. |