

# Vital Signs

2023

**Taking the  
pulse of our  
community**

# Contents

Welcome from CEO	2
About BLCF and Our Community	3-4
Research Findings	
Employment and Local Economy	5-6
Vital Solutions - Case Study	7-8
Mental Health and Wellbeing	9-10
Vital Solutions - Case Study	11-12
Equality and Stronger Communities	13-14
Vital Solutions - Case Study	15-16
Climate Emergency and Environment	17-18
Partnerships	19
Our Response	20

## What is Vital Signs

**Inform | Stimulate Discussion | Inspire  
Action | Encourage Partnerships**

Vital Signs reports are designed to provide useful information on our region, to stimulate discussion on issues that matter to the local residents, to champion their voices and guide philanthropic giving to assist with future community development.

Originating in Canada, the Vital Signs model has since spread to Community Foundations all over the world. Community foundations across the UK take part every year, each producing a detailed report on their area and a guide for philanthropy based on the findings.

In line with the Vital Signs model, our report contains findings from publicly available data and robust research, the results of a community survey, one to one interviews with community leaders and case studies.

### Definitions:

**Vital Statistics** - refers to official statistics provided by the ONS, statutory organisations, and other public sector bodies

**Vital Voices** - refers to the statistics derived from our online survey of local residents

**Vital Conversations** - provides excerpts from one to one interviews with community representatives and local residents

**Vital Solutions** - showcases great work already happening in our area positively contributing to the issues highlighted in this report

## Welcome from the CEO

It has been five years since our last Vital Signs report was published in 2017. So much has changed since then. Our community has since experienced the devastating impact of the Covid-19 outbreak, the war in Europe, the cost of living crisis which followed shortly after, back breaking inflation rises and growing concerns and awareness of the real risks posed by the climate emergency.

These crises palpably exposed further needs and shifted community priorities. We thought it more important than ever to identify and measure them now as we look to continue to offer targeted interventions where they are most needed.

Our intention is that this Vital Signs report will inform the development of effective community philanthropy in our area by providing a 'health check' on key local issues informed by statistics, local voices, knowledge and experience. It has a clear local focus – valuing and championing the voices of those living and working in our region, which, we hope, will help to create lasting change for Bedfordshire and Luton.

It is reassuring to see that the findings of this research are closely aligned with our 2022-2027 Strategic Plan, in which we identified three priority need areas: **eradicating poverty in our county, creating healthier Bedfordshire and growing stronger communities.**

The true value of this report isn't in the data presented, but rather it's in what we do with it. Our intention is for this to be the catalyst for social change, generating discussion and collaboration between all. We hope that it will inspire you to take action with us, and others, as we strive to create a healthier and stronger Bedfordshire together.

**Karen Perkins**  
CEO



With thanks to the sponsors of this report



# About BLCF, our Community & our Research



Bedfordshire & Luton  
Community Foundation

Over its 22 year history, BLCF has positively impacted thousands of lives through targeted grants giving across Bedfordshire and Luton. Our work is vital for transforming communities whether it is addressing food, fuel and digital poverty, mental health and inequality or funding initiatives offering educational opportunities and employment support.

**£4,836,239**

total grants  
value between  
2022 -2023

**284**

grants  
awarded

**223,000**

individual  
beneficiaries  
supported

Our funds are responsive to the ever changing community needs. The pages to follow within this report, will highlight our immediate future priorities based on the voices of local communities.

It is important that the issues highlighted in this report are not looked at in isolation, but rather as intricately connected, complex issues, which all impact one another.

## Vital Signs embodies our commitment to:

Listening | Learning | Adapting | Changing

### OUR COMMUNITY

#### CENTRAL BEDFORDSHIRE

**51 grants** awarded  
Total value **£403,231**  
**28,844** beneficiaries

##### Top 3 issues:

- Mental Health
- Isolation & Loneliness
- Life Skills & Aspirations

#### BEDFORD

**30 grants** awarded  
Total value **£259,512**  
**10,426** beneficiaries

##### Top 3 issues:

- Mental Health
- Poverty & Disadvantage
- Life Skills & Aspirations

#### LUTON

**194 grants** awarded  
Total value **£1,299,147**  
**180,950** beneficiaries

##### Top 3 issues:

- Poverty & Disadvantage
- Mental Health & Life Skills & Aspirations
- Wellbeing



Our communities exist in a complex landscape that is geographically bound to the South by London Luton Airport and to the West by the M1 and the Chiltern AONB, and to the east by Hertfordshire.

With a total population of over 706,000<sup>1</sup> and with one of the fastest areas of population growth and fluidity, it is also diverse (Bedford), and in some cases super diverse (Luton), highly mobile (Luton), yet in some areas highly static (Central), younger than national average (Luton), and older and ageing (Central). County wide diversity and demography is changing rapidly. This creates significant opportunities and challenges around provision, reach, and need.

### OUR RESEARCH

Between March – May 2023 we carried out an extensive research project which focussed on understanding current local priorities. We consulted over 240 local residents, charities, community groups, social enterprises and statutory bodies, and cross-analysed their responses with official regional statistics and reports. The combined findings highlighted a real need against three key social issues. Findings for each of those are outlined on pages which follow.



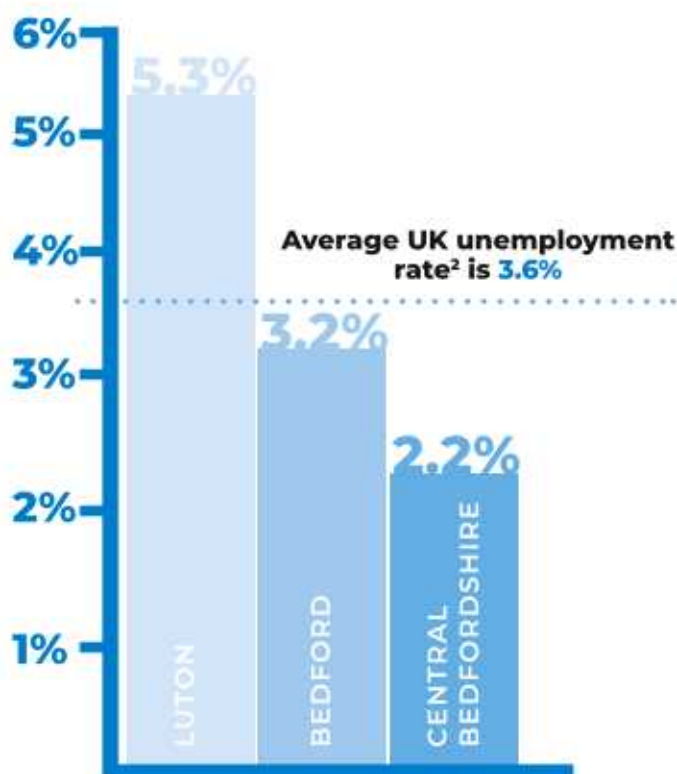
# Employment & Local Economy

## SDG GOALS: RESPONSIBLE CONSUMPTION AND PRODUCTION, NO POVERTY



The quality and nature of employment opportunities can contribute to the overall sense of belonging and well-being in a community. The link between employment and other social issues such as mental health and the perceived strength of the local community cannot be overlooked.

Measures of the local economy include productivity, presence and diversity of industries, as well as business growth. Prosperity and opportunities to build businesses can contribute to the vitality and vibrancy of an area.



Average UK weekly pay in 2023<sup>2</sup> = **£642**

Luton = **£616**

Women in Luton had an average weekly income of just **£545**

Bedford = **£638**

Central = **£736**

## Vital Voices

1. **24%** of respondents chose this to be the no.1 priority for the county.

2. Almost **50%** of respondents believe that businesses struggle to stay open in the area.

3. **27%** of local residents believe that the employment situation in the area is "very bad". It is not necessarily the lack of employment opportunities that is an issue, but rather lack of good quality jobs which leads to 'in work poverty'.

**"In-work poverty occurs when a working person's income, after housing costs, is less than 60% of the national average, and they don't earn enough to meet the cost of living"**  
- CIPD, 2022<sup>3</sup>

4. **1/3** of respondents felt that there was a lack of good quality job opportunities in the area.

5. **26%** felt it was difficult to find a job in the area.

## Vital Conversations

Interview participants made a clear link between various social issues and reflected on how they are deeply and intrinsically connected.

The link between employment (or lack of) and poverty was widely acknowledged. In work poverty also stops people from taking part in community initiatives which could positively impact their wellbeing and personal development.

One participant said

**"The sheer pressure to earn money and put food on the table stops people from taking part in personal and professional development activities that are put on"**

**"A key barrier to seeking employment is believing that they have something they can offer. Confidence and self-esteem impacts their willingness to take the step into employment - we cannot look at the two in isolation"**

\*Mental health is further explored on the next page

Almost **30%** of children in Luton are living in poverty, many of whom come from a working household<sup>4</sup>

## Funding awarded

Between 2022 - 2023 BLCF awarded:

Grants totalling **£195,039**

across **40 grants** to help improve life skills, education, employability and enterprise

Economic Recovery has been recognised as a priority in our county by all three Unitary Authorities. For more information about statutory body approach to improving local economy please visit:

Bedford Borough 2020-2026 Corporate Plan  
<https://www.bedford.gov.uk/media/3943/download?inline>

Luton 2040 A Place to Thrive  
[https://www.luton.gov.uk/Council\\_government\\_and\\_democracy/Lists/LutonDocuments/PDF/Luton-2040-vision-2023-2028.pdf](https://www.luton.gov.uk/Council_government_and_democracy/Lists/LutonDocuments/PDF/Luton-2040-vision-2023-2028.pdf)

Central Bedfordshire Sustainability Plan 2020 - 2030  
<https://www.bcentralbedfordshire.co.uk/media/rmxdudw/20-09-28-sustainability-plan-final-version.pdf>





### Community Solutions - CASE STUDY

#### Community Interest Luton

Community Interest Luton works in partnership with local organisations and businesses to reduce unemployment in the area. The Lets Hub opened its doors for the first time in March 2015 and has flourished since then. The Hub provides employment support ranging from CV writing to job searching and assisting with job applications. With support of the Community Trust Fund a grant of £25,000 was awarded in April 2022 to help continue to offer this crucial provision.

In the last 12 months, they have assisted over 217 clients and successfully helped 17 people into full time employment.

#### Chairman Mostaque Koyes said

“the grant has enabled us to run the service through difficult times within our town. We received positive feedback from clients who attended the hub for support, all clients became job ready”.



Mr Uddin, one of the beneficiaries has said:

“Great programme, good disability access, comfortable environment and very helpful mentors This programme has improved my confidence using the computer, practicing mouse control. My CV is up to date and ready to job search. Primarily applying for disability friendly jobs in the local area.”



Ms Ghazoui, another one of the Lets Hub attendees said:

I have learnt a lot with the hours put in, the programme has improved my English-speaking skills and understanding, built my confidence to use the computer and navigate the internet, lots of practice of mouse control, my self-confidence has improved.





# Mental Health

SDG GOAL:  
GOOD HEALTH AND WELLBEING



Many factors shape mental health and those with the strongest evidence demonstrating links to the development of mental health conditions include: experiences of poverty, adverse childhood experiences including trauma, unemployment, debt, drug and alcohol misuse, involvement in the criminal justice system (both as a victim or as an offender), homelessness, loneliness and discrimination.<sup>5</sup>

## Vital Voices



70% of respondents believe that the current state of mental health provision in their area is "not good"

The biggest concern around professional and community based provision were current waiting times to receive help.



46%



of respondents reported that social isolation has impacted their mental health in the last 12 months.

## Vital statistics

Assessing differences in the prevalence of mental illness between social groups is challenging and complex. However, national data suggests that demand for mental health services is higher among more deprived communities.



One in six young people aged 5-16 in the UK had a probable mental health issue in 2021.<sup>6</sup>



Barnardos found that 69% of young people reported an increase in mental health and wellbeing issues, with 70% experiencing increased anxiety, 20% increase in self harm and 15% reported increased suicidal thoughts or attempts.<sup>7</sup>



Mental illnesses are very common yet only a quarter of those with mental illness are in treatment. In Bedfordshire it is estimated that only around 10% of people with mental illness access treatment or support.<sup>8</sup>

## Vital Conversations

*"The pandemic has had devastating effects on young people's mental health across the world, including increases in anxiety, depression and eating disorders. In Luton, an area which was hit hard with the first wave, many young people have experienced bereavement, financial concerns as parents were made unemployed, cancelling of exams and futures put on hold"*

*"The cost of living crisis has impacted people's ability to socialise and spend time with people sharing food or going out for a drink. Poverty is therefore closely linked to why people feel isolated."*

*"There are no mental health provisions in local areas - we have to travel to Bedford or Luton to access support when we need it, which makes it difficult"*

## Funding awarded

Between 2022 - 2023 BLCF awarded:

Grants totalling  
**£1,639,829**

**65 grants**  
contributed to offering better mental health provision in our county





### Community Solutions - CASE STUDY

CANter – Supporting Adults and Children with Mental Health and Wellbeing

CANter is a programme which focuses on key issues and challenges faced by vulnerable children and adults. These can include anything from stress management, relationship issues and respect to name a few. Given that horses are naturally gentle and calm creatures, and are able to mirror and respond to human behaviour. Those who struggle to articulate how they're feeling often find equine therapy useful as they're able to express their emotions and feelings with their horse.

Their most recent project, funded by the Luton Rising Near Neighbours Fund, ran over 6 weeks and 18 young people benefitted from hour-long sessions. Set in the countryside the venue provides a peaceful setting for young people, many of whom have never visited such a place before, despite living just a few miles away. Sarah Greene, Grants Manager, explains

*'the children are given tasks to undertake and it was heartening to see vulnerable children interact with the large horses, leading them through the paddock for water and carrying out other tasks as required. Their enjoyment of the session was clear to see with beaming smiles all round and many thriving on being given the responsibility of their care. Suzanne, who runs the centre explained that one child spoke in public for the first time in 3 years during her experience at the centre. Absolutely incredible!'*





# Equality & Stronger Communities

## SDG GOAL: REDUCED INEQUALITY



The 'strong communities' theme seeks to capture and highlight the qualities that foster a sense of belonging, trust and inclusion between people. This includes both formal and informal relationships that help to advance and build community values. Strong communities are more cohesive, with individuals able to rely on one another.

Equality is about ensuring that every individual has an equal opportunity to make the most of their lives and talents. It is also the belief that no one should have poorer life chances because of the way they were born, where they come from, what they believe, or whether they have a disability.<sup>9</sup>

## Vital Statistics

Some of our communities are super diverse.



In Luton around **55%** of the town's population identify as non-white British including large communities of Asian, African, Caribbean, Irish and Eastern European descent. There are more than 130 languages and dialects spoken and significant faith groups represented including Christians, Muslims, Hindus, Sikhs, Jews and Buddhists.<sup>10</sup>



In contrast, according to the latest 2021 census, the population in Central Bedfordshire is largely white with only **6.2%** of its residents identifying as non-white, notably in Parkside and Dunstable Icknield ward.

Bedford is also predominantly white (**76%**), with non-white minorities representing **24%** of the population.<sup>10</sup>

UK percentage of white British is **74.1%**.

## Vital Voices



**43%** of respondents felt empowered to tackle social inequality and/or injustice in their community.



**51%** of people felt that "Some members within my community experience unjust disadvantage due to their ethnicity and/or background"



**31%** of respondents said that sometimes they don't have enough money to buy food.



**34%** of respondents described the disadvantage and inequality in the area as "very bad"

## Vital Conversations

"when we talk about inequality and disadvantage, we must capture the complexities and how, for example, women within our most disadvantaged communities, will be affected by multiple levels of disadvantage this might stem more their gender, ethnicity and economic disadvantage"

“Being part of the community costs money, so poverty and unemployment largely affects our ability to feel a sense of belonging”



As an equitable funder, we call out inequality in our work, our programmes, our governance, and our decision making. All protected characteristics are supported, as we recognise the power imbalance in our sector and strive to address it through new models and opportunities. BLCF endeavours to address inequality by better understanding the specific needs of Bedfordshire, and we focus our resources for lasting change.

## Funding awarded

Between 2022 - 2023 BLCF awarded:

**44 grants** to help maximise people's ability to strengthen community cohesion

Grants totalling **£350,541**





## Community Solutions - CASE STUDY

### Revolution Fitness – inclusive, empowering fitness for all

Last year Revolution Fitness were granted £5,000 for their women's sports activities through the Luton Rising Small Grants Fund. Set up in 2019 by an award winning local general dental practitioner and fitness enthusiast, Waled Mannan, the group have mobilised over 270 women to re-engage with physical activity and sports. They offer group runs where people can socialise as well as get fitter and healthier, not just physically but improve their mental health and wellbeing too. They have gone from strength to strength since their establishment and some of their members have even gone on to compete in marathons.

#### Group Founder Waled told us

"The massive success of Women's Revolution is redefining what can be achieved for ethnically diverse women in our community, as full-time workers, wives, mothers and caregivers".

The all-inclusive social movement has taken great strides in improving the physical and mental wellbeing of hundreds of people. You can learn more about their success, as featured on the BBC, on their Facebook.





# Climate emergency & Environment

As a business, an employer, and as global citizens we are committed to doing all we can to raise awareness and address or change behaviours when it comes to climate change and its impact on our planet. Helping to address Climate Emergency forms a key part of our 2022-2027 Strategic Plan.

Full plan can be read here

<https://blcf.org.uk/wp-content/uploads/2022/04/Strategic-Plan-Final.pdf>

## Vital Voices

**73%** of research participants said that they are passionate about playing their part in climate change.



Only **34%** believe that their local community and local areas are responding well to the current climate crisis.



### More needs to be done. To demonstrate our commitment we:

- Look at how BLCF can change the way we work to minimise our own impact on the planet, through our operations and grant making. We seek opportunities to invest that support the UN Sustainable Development Goals.
- Support Grantees and our Community Partners to understand and address their own impact on the environment.
- Seek partnerships and programmes which will bring advice, training, and financial support to ensure that community groups are more informed, and can adapt and respond to the crisis.

## Newly Launched London Luton Airport (LLA) – Greener Future Fund

LLA has a goal of achieving net zero for emissions by 2040 and as part of their new 'greener future' grant funding they are looking for applications that can demonstrate how they can help tackle biodiversity and carbon reduction, through education and innovation programmes and initiatives.

To check whether you're eligible and submit an application please visit:

<https://blcf.org.uk/apply-for-a-grant/luton/greener-future-fund/>

This fund encourages community groups / charities to apply for funding of up to £10,000 that tackle the following areas:



Increasing biodiversity



Carbon reduction



Environmental education



Zero carbon initiatives

## How can you get involved?

In an effort to demonstrate our commitment to this important cause, we are proactively seeking partners to help positively contribute to fighting climate emergency together.

Whether you are an individual, a business, statutory body or a trust interested in setting up a community grants programme which can help to raise awareness and address or change behaviours when it comes to climate emergency, please get in touch with us.

Community Foundations are ideally placed to help tackle big issues, on a local and hyper local level. We have over 20 years of experience in helping partners to address social issues in a bespoke and adaptable way. We can help you to maximise your impact through targeted, data informed intervention.

### For more information please contact us

01525 306 690

Bedfordshire & Luton Community Foundation (BLCF)  
Room 130,  
Enterprise House,  
Wrest Park,  
Silsoe,  
Beds,  
MK45 4HS



## Partnerships

Overall our research found that there is a real sense of hugely positive collaboration between charities in Central Bedfordshire, Bedford and Luton.

We're proud to live and work in a county where partnership working is embraced and cherished. BLCF also embodies those values and is committed to developing our work to align with the key players in the county ensuring strong strategic fit. We work to redirect resources, learning, funding, and opportunities into the community.

**1. Anchor Partners** – We share our values and vision, and work to support those addressing these in their own work, and in turn ask them to support us by helping us to align to their own strategic plans.

**2. Community Partners** – We work through our small charity network INSIGHT to understand and address the needs of the VCSE and communities they/we work with, and in turn receive support, opportunities for better partnerships, and access to programmes that are fit for purpose.

**3. Funding and Donor Partners** – We work with our Funders Network to ensure we reach all those in areas of need and deprivation, reduce gaps and overlap in provisions, and share valuable data to change and influence their work to better support our communities.

## Vital Voices



**53%** of respondents felt that local organisations work closely together and don't perceive each other as competition.



**46%** believed that people are willing to share information and data so that work isn't being duplicated.



**54%** said that charities proactively chose to reach out to other organisations to ensure that the best provision is offered to members of their community.

## Working with donors

BLCF works closely with generous individuals, families and businesses to facilitate impactful giving in areas where it is most needed.

Between 2022-23 19 donors have supported us across 21 programmes, which tackle real and urgent community needs.

**Our top three most funded social issues were:**

Poverty & Disadvantage

Life Skills & Aspirations

Mental Health

## Vital Conversations

Despite the fact that the majority agree that our county is collaborative, our community has reflected on some barriers to partnership working:

“

It is hard to say if all charities and groups work together as there are so many I do not know. But I do know that so long as the charity has time and resources, we do try. But sometimes there is no time or money to spend making connections or designing projects as I barely have time to do the basics!

”

“

...the time to build partnerships can be off putting when trying to run your daily service. There needs to be greater lead time to build partnerships before any funding is available for partnerships to be successful ”

## Vital Feedback

*"I am always pleased to meet people from the BLCF at events in the community, and proud that it has enjoyed support from The Steel Charitable Trust for some years. BLCF is a leader in the social justice, equality of opportunity and diversity space in Luton and Bedfordshire and long may its innovative work continue"*

Isla Stanger, Trust Manager, The Steel Charitable Trust

*Working in partnership with BLCF has provided LLA with a solid, secure platform and process to identify grassroots community groups and charities aligned to LLA's Community Trust fund. The team are always open to new ideas and suggestions bringing their knowledge and expertise in supporting our business vision to delivery and drive LLA's community and social impact agenda "*

Louise Hanlon, London Luton Airport

## Our Response Vital Solutions

The Foundation's vision is to ensure local focus and lasting change across the county whilst playing our part in a global context by aligning our work to UN Sustainable Development Goals. The information collated through this research and highlighted within this report will help us to take positive steps towards our vision.

The findings will enable us to start meaningful conversations with our donors about current issues and opportunities in the community, directly informed by the voices of our people. As one of our key Strategic Priority Outcomes is to Listen | Learn | Adapt | Change - this report will play a crucial role in setting our future funding priorities.

We listened, we learned through primary data collection and we pledge to adapt and change where necessary to continue to meet our communities' priorities.

This research has also allowed us to identify opportunities to further support our thriving charity sector.

As well as performing our duty to distribute crucial funding on behalf of our donors, we can be confident that over the next three years our Strategic Plan and funding priorities are closely aligned to real community needs.



Thank you to all 236 individuals who participated in our online survey which determined the priorities highlighted in this report. Thank you also to those who gave up their valuable time to speak to us during one to one interviews. Their input was invaluable and their willingness to share knowledge and insight so freely is what gave this report depth. They included: Carol O'Brien, Sight Concern Bedfordshire, Caroline Cook, Luton All Women's Centre, David Oldham, The Connolly Foundation, Lorna Harris, The Hygiene Bank, Nicola Stokes and Sarah Hughes, Central Bedfordshire Council, Oladele Awoyemi, Developwise CIC, Richard Johnson, the Rotary Club, Sharon Mey, Veg Box Donation Scheme

#### References:

1. Local Population Statistics, NOMIS, 2021 [Online] Available from <https://www.nomisweb.co.uk/reports/imp/la/1946157201/report.aspx?c1=1946157199&c2=1946157200>
2. Employment statistics for Luton and Bedfordshire, NOMIS, 2021 [Online] Available from <https://www.nomisweb.co.uk/reports/imp/la/1946157201/printable.aspx>
3. Definition of 'In Work Poverty, CIPD, 2022 [Online] Available from <https://www.cipd.org.uk/knowledge/guides/in-work-poverty/#:-text=employers%20can%20do-What%20is%20in%20work%20poverty%3Fhouseholds%20below%20average%20income%20statistics>
4. Children in Poverty, Save the Children Report summary, 2023, [Online] Available from <https://www.lutonoday.co.uk/news/people/sharp-rise-in-youngsters-living-in-poverty-in-luton-4082207>
5. Mental Health contributing factors, Public Mental Health, Bedfordshire, Luton and Milton Keynes Clinical Commissioning Group. [Online] Available from <https://blmkhealthandcarepartnership.org/your-health-and-care/adult-mental-health/>
6. Luton Young People's Mental Health Needs Assessment, 2021, [Online] Available from <https://democracy.luton.gov.uk/cm5public/Document.ashx?czJkcaeAi5tUFL1DTL2UE4zNRBcoShgo=8THBocePQspwByEcrtaoLh9ZE99rYgH7GsF-bq76whQpFDJJr%2FfKIA%3D%3D&rUzwRPf%2BZ3zd4E7Ikn8LWw%3D%3D=pwRE6AGJFLDNih225F5QMaQWctPHwdhUf-CZ%2FLUQzgA2uL5jNRG4jdQ%3D%3D&mCTIbCubSFFxsDGW9IXnlg%3D%3D=hFfIUdN3100%3D&kCxlAnS9%2FpWZQ40DX-FvdEw%3D%3D=hFfIUdN3100%3D&uJovDxwdjMPoYv%2BAJvYtyA%3D%3D=ctNJFF55vVA%3D&FgPIIEJYlotS%2BYGoBiSolA%3D%3D=N-HdURQburHA%3D&d9Qij0ag1Pd993jsyQJqFvmyB7X0CSQK=ctNJFF55vVA%3D&WGewmoAfeNR9xqBux0r1Q8Za60lavYmz=ctNJFF55vVA%3D&WGewmoAfeNR9xqBux0r1Q8Za60lavYmz=ctNJFF55vVA%3D>
7. Time for a Clean Slate; Children's Mental Health at the Heart of Education, Bernardos, 2020, [Online] Available from <https://www.barnardos.org.uk/sites/default/files/uploads/time-for-clean-slate-mental-health-at-heart-education-report.pdf>
8. Mental Health (Adults and Older People), Bedford Borough Council, 2018, [Online] Available from <https://www.bedford.gov.uk/media/4222/download?inline#:-text=In%20Bedfordshire%20it%20is%20estimated,illness%20access%20treatment%20or%20support-&-text=budget%20we%20spend%20approximately%2015,budget%20on%20mental%20health%20services>
9. Equality and Human Rights Commission, 2023
10. Diversity Data for Luton and Bedford Borough, 2021, [Online] Available from <https://democracy.luton.gov.uk/cm5public/Document.ashx?czJkcaeAi5tUFL1DTL2UE4zNRBcoShgo=HLmyh5NT2d4IQ0nD%2FZy2bXTmnkpbOLtOZrKQudlaUtiF52DCF-WOhkQ%3D%3D&rUzwRPf%2BZ3zd4E7Ikn8LWw%3D%3D=pwRE6AGJFLDNih225F5QMaQWctPHwdhUfCZ%2FLUQzgA2uL5jNRG4jdQ%3D%3D&mCTIbCubSFFxsDGW9IXnlg%3D%3D=hFfIUdN3100%3D&kCxlAnS9%2FpWZQ40DX-FvdEw%3D%3D=hFfIUdN3100%3D&uJovDxwdjMPoYv%2BAJvYtyA%3D%3D=ctNJFF55vVA%3D&FgPIIEJYlotS%2BYGoBiSolA%3D%3D=NHdURQburHA%3D&d9Qij0ag1Pd-993jsyQJqFvmyB7X0CSQK=ctNJFF55vVA%3D&WGewmoAfeNR9xqBux0r1Q8Za60lavYmz=ctNJFF55vVA%3D&WGewmoAfeNR9xqBux0r1Q8Za60lavYmz=ctNJFF55vVA%3D>

## Get in Touch

01525 306 690

[administrator@blcf.org.uk](mailto:administrator@blcf.org.uk)

[www.blcf.org.uk](http://www.blcf.org.uk)

Bedfordshire & Luton Community Foundation (BLCF)  
Room 130, Enterprise House, Wrest Park, Silsoe,  
Beds, MK45 4HS

To find out more, please sign up to our newsletter:

[blcf.org.uk/newsletter](http://blcf.org.uk/newsletter)



Research undertaken by

**SRB**  
Bespoke Social Research

Report has been generously funded by



The  
**Steel**  
Charitable Trust

The **Connolly**  
Foundation