



Rapid practical grants for local people in crisis

**The cost-of-living crisis means the most vulnerable and deprived people struggle to meet the cost of their basic essentials. Cambridge Aid helps local people in crisis by giving them average grants of £150 to get the essentials they need the most.**

We issue grants, usually within three days of receiving an application. We work with a network of over 40 charities and local council teams who act as sponsors, including:

- Cambridge & District Citizens Advice
- Cambridgeshire Social Services
- Jimmy's Cambridge
- Women's Resources Centre
- Mental Health Foundation Trusts
- The Red Hen Project.

Our rapid practical grants form part of the support provided by our partner organisations in helping the most vulnerable reduce the hardship they face.



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Cambridge Aid is proud to be one of Cambridge City Mayor Cllr Mark Ashton's Charities in 2022-23.

**£150,000**

THE APPROXIMATE SUM OF GRANTS GIVEN A YEAR

**1,000**

THE APPROXIMATE NUMBER OF GRANTS GIVEN IN A YEAR

**£150**

AVERAGE GRANT WE GIVE

**40+**

THE NUMBER OF CHARITABLE ORGANISATIONS AND LOCAL COUNCIL TEAMS WE WORK WITH

**72 hours**

OUR USUAL RESPONSE TIME FROM RECEIVING A GRANT APPLICATION

**Our aid is about empowering individuals. It's about helping them to retain their dignity. It's about reminding them that their community cares about them. Our costs are typically less than 1% of grants.**

Around half of our aid benefits children, and many recipients are single parents. Over 50% of grants are to individuals or families affected by mental health issues and around 25% by domestic violence.

We fund the purchase of cookers, freezers and washing machines – the most commonly requested items. The next biggest items are food, everyday household essentials, and clothing for children and adults. We give plenty of help to people moving home – for example, the street homeless moving into pods or other unfurnished flats, women fleeing domestic abuse and young adults who may not have anyone else to turn to.

People are struggling with the cost of living and we need your support to help us to continue giving these grants.

**Together, we offer hope and dignity to people in crisis in Cambridge and surrounding areas.**

To donate £5:  
Text **CAMBRIDGEAID** to **70085**

To make one-off or recurring donations:  
**[justgiving.com/cambridgeaid](https://www.justgiving.com/cambridgeaid)**

