

Successful Campaign Award

**Shortlisted: Assist Trust Helping our Community Group**



The Assist Trust is a charity focused on the progression of its members (adults with learning disabilities) through a range of life skill orientated, creative and fun groups. Since March 2018 the Assist Trust has run two groups called 'Helping Our Community'. The primary aim of this group is to raise awareness amongst its service users (members) of local charities and local causes. Along with raising money for two local charities the members also wanted to help through giving their time, skills and enthusiasm. The groups decided to do litter picking - something which, with minimal complexity, could have a large effect on the local area. From March to July the Helping Our Community group spent most Friday afternoons out in the local area (around Colegate, Friars Quay and Corncutters Close) picking up litter with equipment supplied by CPRE Norfolk. Since July another Helping Our Community group has been litter picking most Friday afternoons around the Sprowston Road and Mousehold Heath area. The group has now purchased its own litter picking equipment to be able to continue doing this.

Through being a part of the Helping Our Community group, and specifically through the activity of litter picking, members are able to feel a more valued member of the community. Members are also able to develop a greater level of confidence and self-esteem with other members of the public and to build team work with members at Assist Trust. Members have taken greater levels of responsibility whilst completing this task, from safely walking about in public, to going out in all weathers. The sizes of the groups has ranged from 6 to 12 members on any week and all members have been encouraged to get involved and try out the different tasks (using the grabber, holding the bags, spotting the rubbish).

