

CINNAMON RECOGNISED PROJECTS

Cinnamon Recognised Projects help churches to respond to needs within their communities quickly and effectively.

Within the last 12 months we've added three new Cinnamon Recognised Projects to the menu: Intentional Health, Germinate and CAP Lifeskills. We can now offer more than 30 best practice, tried and tested projects that meet some of the most pressing, unmet needs within our community.

All Cinnamon Recognised Projects are independent charities in their own right. By partnering with

Cinnamon, projects gain a peer group of other church-based social action projects to support them, residential workshops and an annual quality review called Cinnamon Foundation. Representatives from 31 Cinnamon Recognised Projects joined the Cinnamon team for a productive few days in Milton Keynes in January, where they were inspired by presentations on Christian distinctiveness and the church in contemporary society and learnt about monitoring and evaluation.

CASE STUDY INTENTIONAL HEALTH

Intentional Health is a great initiative that equips the local church to inspire healthy communities and was one of three new projects added to the menu of Cinnamon Recognised Projects early in 2017.

There are immense pressures on our communities and on our health service. Today's obesity levels are more than three times what they were in 1980 and health concerns, such as type 2 diabetes, heart disease and cancer, are all more prevalent as a result.

"The truth is that poor health impacts negatively on every area of someone's life, whether that's physical, mental, emotional or spiritual wellbeing," explains Niky Dix, founder of Intentional Health. **"The NHS is at breaking point so there's a real need to address the problem of poor health and wellbeing in another way."**

Making a positive and lasting change is no easy task, which is why Intentional Health have developed a 'whole system approach', that helps individuals to make a positive change that lasts.

The beauty of Intentional Health is that, through its comprehensive presenter guidelines and work booklets, the course can be delivered by any church, anywhere. As with all Cinnamon Recognised

Projects, the initiative has been scrutinised for its effectiveness and a preliminary evaluation shows that it significantly increases the subjective wellbeing of participants.

Intentional Health was added to our menu of Cinnamon Recognised Projects in March. So far, eight churches are replicating the scheme with the help of 21 volunteers, benefiting a total of 126 individuals.

Niky has an even bigger vision for the project, which we hope we can help her achieve, **"Wouldn't it be amazing to see GPs signposting people to the local church to learn about being healthy?"** she says.



Niky Dix from Intentional Health, presenting to church leaders.

CINNAMON MICRO-GRANTS

In the last year, 103 Cinnamon Micro-Grants totalling £206,000 were granted to help churches across the country kick start their Cinnamon Recognised Projects.

Churches of various sizes and denominations, who had a genuine need for funds to help bring their social action project to life, have all benefitted. The smallest church to receive a grant had just 20 adult members and the largest more than 500. Seven churches were black majority churches, with a further 15 having 30% or more multicultural members of the congregation. Grants have been available regionally, where we have been able to source funding. As we look to the future, we hope to increase the number of grants available on a national scale.

At Cinnamon we are passionate about doing things in genuine partnership, and we know that successful Cinnamon Recognised Projects need to have the support and backing of their local church. To demonstrate this, we ask churches to match fund the Cinnamon Micro-Grant. Match funding can take many forms in cash or kind, including financial input, premises, resources and staff to help the project succeed.

We are really grateful to all the local police forces, businesses, trusts, foundations and philanthropists who generously fund Cinnamon Micro-Grants in specific geographic areas.

We are really pleased that 97% of churches who start Cinnamon Recognised Projects with the help of a Cinnamon Micro-Grant become self-sufficient and continue into a second year and 92% that complete a second year continue operating into a third year and beyond. This high level of sustainability clearly shows that, with the support of Cinnamon Advisors, the hard work churches put in at the start really does pay off.



Welcome Boxes ready to be delivered to refugees by local volunteers.