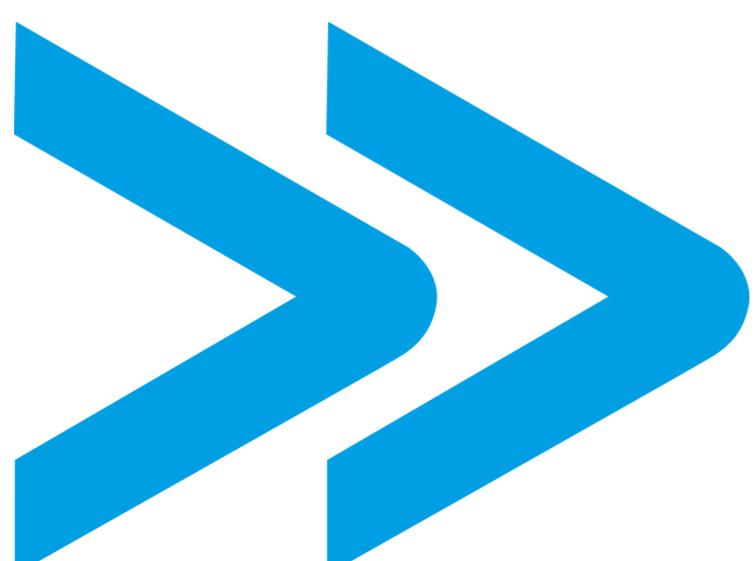




# Bags of Help

First Focus to purchase new safety equipment and defibrillator using the Bags of Help grant



The Charity can now offer free  
training on defibrillator use

# First Focus, Fakenham

First Focus is a charity in Fakenham, North Norfolk, which supports vulnerable people in the local community. It aims to help them improve mental, physical and emotional health by providing recreational activities as well as counselling and advice. A particular aspect of this is guidance about improving health, and encouraging clients to adopt a sensible diet, group interaction and offer social activities. First Focus work with vulnerable individuals both with mental and physical disabilities.

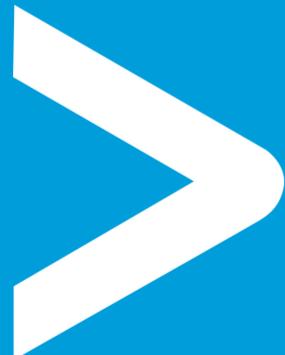
The charity has been operating since 2002 and during the first year they had 350 people use their facilities. Since then First Focus has seen a significant increase in interest and currently hosts 6,000 visitors a year!

With the help of a Tesco Bags of Help grant, First Focus can now purchase safety flooring for their day service users, which is an essential aspect of health and safety requirements. After the success of the grant, First Focus then applied again and were awarded more funding to purchase a defibrillator and to educate the local community on how to use the equipment via free training days.

This topic became particularly relevant after a recent event in the town highlighted the importance of the need for more members of the public to have knowledge of location and use of the defibrillator equipment.

April Simnor, Managing Coordinator, states “The funding awarded from Tesco Bags of Help is vital for the local community in Fakenham, as it will be used to help a life or death situation.”

## Get funding for your project



The Tesco Bags of Help scheme takes the money paid for plastic bags in stores and puts it into grants that benefit local communities.

Millions of pounds have been given to a wide range of groups to a whole range of projects. Lots more money is available in your local area. If you have a project that benefits the community and would like to apply for up to £4000, please visit [www.groundwork.org.uk/tesco](http://www.groundwork.org.uk/tesco) to check your eligibility and make an application.