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# THE GAP BETWEEN **RICH AND POOR** INCREASES

WORRYING TREND  
OF INCREASING  
OBESITY ACROSS  
MILTON KEYNES



**CRIME RATES  
DROP BY 6%**

**EDUCATIONAL  
ATTAINMENT  
IMPROVES**



## Into the MK Melting Pot



The MK Melting Pot trains young people and adults to cook healthy, affordable meals in deprived areas of MK



# Education

Early childhood development has a significant impact on young people's long term educational attainment. Education and skills can provide greater access to opportunities for employment, lifelong learning and growth.

## Vital Action...

**MK Christian Foundation supports young adults between the ages of 14 to 25 who experience difficulty learning through traditional routes.**

The organisation runs local enterprise projects to provide life skills and practical training for young adults, including an urban farm, bicycle repair facility and a café and catering service. MK Community Foundation supports the Christian Foundation with rent subsidies and grants to ensure that local young adults have the skills to reach their full potential.



*"Education is the most powerful weapon which you can use to change the world"*  
Nelson Mandela

## Vital Thinking

Today's children are employees of tomorrow.

How can we ensure that children gain the skills they need to thrive?



*Education attainment is improving in MK with 60% of local students achieving five or more GCSEs at grades A\*- C*

Join the vital conversation at...

Visit our blog:  
[www.mkcommunityfoundation.co.uk](http://www.mkcommunityfoundation.co.uk)  
Get the full Vital Signs MK report:  
[www.mkcommunityfoundation.co.uk](http://www.mkcommunityfoundation.co.uk)

37%

OF OFSTED INSPECTED SCHOOLS RECEIVED 'INADEQUATE' OR 'REQUIRES IMPROVEMENT' SCORES

63%

OF OFSTED INSPECTED SCHOOLS WERE RATED AS 'GOOD' OR 'OUTSTANDING'

8%

OF STUDENTS ACHIEVE 3 A\* - A GRADES AT A LEVEL COMPARED TO 12% NATIONALLY

7

LOCAL KEY STAGE TWO SCHOOLS FAILED TO SHOW THAT 60% OF THEIR STUDENTS WERE ACHIEVING SATISFACTORY SCORES AND PROGRESS

These statistics are based on 2013 exam results. 2014 exam results will be available from November 2014.



*must do better*

*Well done!*

# Health & Wellbeing

Being healthy is an important part of our sense of vitality and wellbeing. Health includes both physical and mental health as well as healthy lifestyle choices and opportunities. Building a greater awareness and understanding of social conditions, including differences in gender, income, ethnic background, education and early childhood development also helps to inform us about the overall wellbeing of our communities.

## Vital Action...

**The MK Melting Pot trains young people and adults to cook healthy, affordable meals in deprived areas of MK.**

The project enables local people to manage their diet, budget and provide healthy food for their families. MK Community Foundation funded six week training courses for disadvantaged people to learn to cook healthy meals and develop a love of good food.



## Vital Thinking

How do we promote healthy lifestyle choices?



## Vital Statistics

There is a worrying trend of increasing obesity across Milton Keynes



*"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."*

World Health Organisation

73%

73% OF LOCAL ADULTS ARE OVERWEIGHT OR OBESE, COMPARED TO 64% NATIONALLY



19%

19% OF 10 TO 11 YEAR OLDS ARE CLINICALLY OBESE



11,174

11,174 CASES OF DIABETES THIS YEAR, COMPARED TO 9,861 IN 2012



12%

12% INCREASE IN SEXUALLY TRANSMITTED INFECTIONS RECORDED





# Disadvantage & Poverty

The gap between rich and poor continues to grow in Milton Keynes

In order for all of us to live out our full potential, we must all have equal access to meaningful employment and services, as well as opportunities for social and educational engagement.



## EARLY DEVELOPMENT

By the age of 3, poorer children are estimated to be an average of nine months behind in their development from children of more affluent backgrounds. Children who qualify for free school meals are nearly 20% less likely to rate as showing a 'good level of early development' than those that don't.

## Vital Action...



Residents at Tinkers Bridge have joined together to create community projects and activities offering positive opportunities for personal and community development.

The Tinkers Bridge Residents Association is one of our city's most active neighbourhood groups, despite the estate's economic challenges. It enhances the local environment reducing some of the impacts of poverty for residents. MK Community Foundation supports the Residents Association through [localgiving.com](http://localgiving.com) and community grants, enabling the group to continue and develop community activities.



## SCHOOL EXAM SCORES

By the time they finish primary school, students on free school meals are almost three terms behind their peers, and by the time they are 14 years old, they are five terms behind; at 16 their GCSE scores are 1.7 grades lower.



[Localgiving.com](http://Localgiving.com)  
Milton Keynes

## Vital Thinking

Should Milton Keynes become the UK's first living wage city?



## RECREATION

Access to play and development opportunities are often hampered in economically disadvantaged areas due to higher crime and vandalism of play areas and equipment.



## EMPLOYMENT

The proportion of young people signing on to benefits once leaving full time education is significantly higher on deprived estates. In the former Woughton Ward, over 9% of 16-24 year olds have signed on for Job Seekers Allowance, which is approximately three times the national average.

# The Government's definition of Poverty...

The threshold for what is defined as 'poverty' by the government continues to fall. Currently, a family of four living on a total household income of **£16,000** or less qualifies as living below the poverty line, although a 2009 study on the cost of living in the UK showed that a family of four would actually need an income of **£27,600** in order to provide themselves with a decent standard of living.

**£16,000**  
or less

**£27,600**



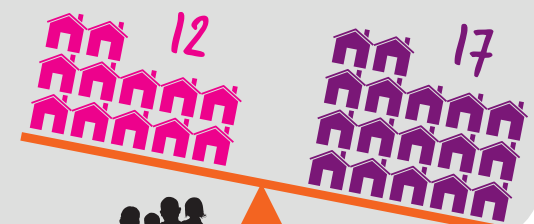
## HEALTH

44% of adults aged 45-64 in the lowest income bracket have a limiting long-term illness, compared to 13% of adults 45-64 in the top income bracket.



## It's in the balance...

12 areas in MK are within the poorest 10% in the UK whilst 17 areas in MK are within the most well off 10% in the UK.



## CRIME

Adults living in poverty are more likely to be victims of crime. The unemployed are more than twice as likely to be burgled as the average household, and they are more than twice as likely to be the victims of violence.



## Vital Statistics

**2 in 5**

CHILDREN IN SOME AREAS OF MK LIVE BELOW THE POVERTY LINE

**£40 million +**

OF SPENDING CUTS STILL TO BE MADE BY MK COUNCIL BETWEEN 2011 AND 2016

**97.7%**

OF ABLE, WORKING AGE PEOPLE IN MK ARE CURRENTLY EMPLOYED, COMPARED TO 93.4% NATIONALLY

**23%**

OF LOCAL EMPLOYEES ARE PAID BELOW THE LIVING WAGE (CALCULATED ACCORDING TO THE BASIC COST OF LIVING IN THE UK)



## DEATH

People living in the least affluent parts of Milton Keynes die an average of 7-8 years earlier than people living in the most affluent parts of MK.





# Crime & Safety

Our sense of safety and security can be influenced by many different factors, including concern about crime and our belief that we can rely on others in an emergency. Feeling confident in our safety and security is central to creating a strong, vibrant and liveable community

## Vital Action...

With the support of funding from MK Community Foundation, the Milton Keynes Somali Community Association launched an innovative project in partnership with Thames Valley Police.

Following a sharp increase in anti-social behaviour amongst the younger Somali population, elders worked with the police to provide peaceful conflict resolution. This supportive scheme has **reduced anti-social behaviour by 60% on the Fishermead Estate** in the past year.

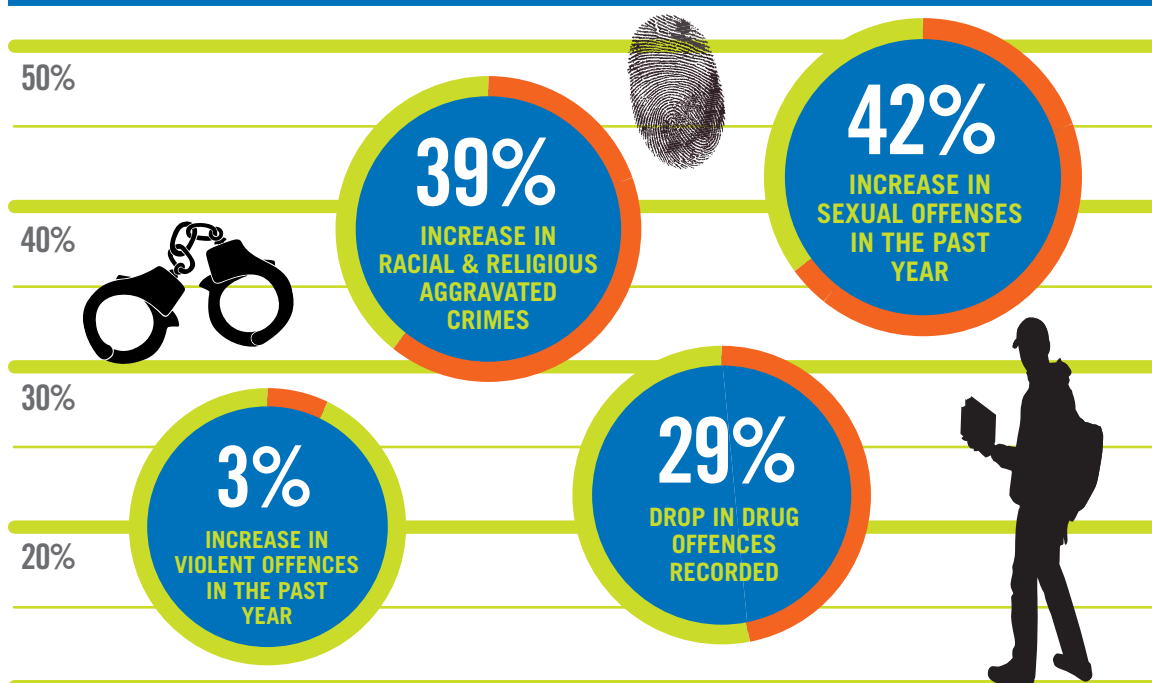


**Overall crime rates are decreasing in Milton Keynes, with a 6% drop in the past year.**

"For a community to be whole and healthy, it must be based on people's love and concern for each other"  
Millard Fuller



## Vital Statistics



# 60 Seconds with MK Community Foundation

## WHO ARE YOU?

MK Community Foundation inspires people to give and is the leading grant-making charity in Milton Keynes, working for and at the heart of Milton Keynes.

## WHAT HAVE YOU ACHIEVED?

Since 1986 MK Community Foundation has awarded over **£14 million** of support through grants and rent subsidies to local charities.

## WHAT DID YOU DO LAST YEAR?

Last year we provided **£1.3 million** of support to the local community in grants and rent subsidies.

## HOW CAN I DONATE?

Every pound makes a difference to local lives. You can donate online at [www.mkcommunityfoundation.co.uk](http://www.mkcommunityfoundation.co.uk) or call us on **01908 690276** to find out more.

## WHAT DO YOU DO?

We connect people and resources to projects and ideas to create positive change in our community.

## I'VE SEEN YOUR SIGNS ALL OVER MK. WHAT'S THAT ALL ABOUT?

We own land for purchase, office space, business premises and light industrial space for rent to commercial tenants and charities. Local charities can apply for up to a **75% rent subsidy**. You might have seen our logos on one of the hundreds of local projects we have supported.

## HOW CAN MY CHARITY APPLY FOR MONEY?

Visit our website to read about applying for a grant at [www.mkcommunityfoundation.co.uk](http://www.mkcommunityfoundation.co.uk) or call the Grants Team on **01908 690276**.

**Call: 01908 690276**

[www.mkcommunityfoundation.co.uk](http://www.mkcommunityfoundation.co.uk)

## Our Actions...



- We hosted two Vital Thinking events to share and discuss the report with local people and consult on ideas.
- We presented at many public forums to raise awareness of the issues raised in Vital Signs and to discuss opportunities to collaborate and resolve issues locally.
- People were shocked by the 2013 report findings, which highlighted that **one in five children in MK live below the poverty line**.
- We allocated **£70,000** of funding for organisations helping children and families living in crisis in Milton Keynes.
- **£14,700** has been awarded to MK YMCA and the MK Christian Foundation for a project providing support, life skills training and shelter for homeless young people.
- We are raising **£50,000** through our **Eat Sleep Play Love** campaign to overcome child poverty in MK, where on some estates two in every five children live in poverty.



## Looking Ahead

While this report contains a number of items that are cause for celebration, **there are also increasingly worrying signs that poverty remains a major problem in our community** which continues to worsen.

MK Community Foundation has committed to a **renewed focus on poverty and disadvantage** in our city and we will support and fund those who are working towards positive, sustainable ways to reduce poverty and its impact on the lives of local people.



## You can help!

We would love for you to contribute to our work and help us support charitable projects that help people in your community.

To get involved visit our website [www.mkcommunityfoundation.co.uk](http://www.mkcommunityfoundation.co.uk) or phone us on **01908 690276**

# Is our city a happy and healthy place to live?

We'd love to hear your thoughts on this report.

## Get Involved

Get involved in your community and make a difference for the future of MK.

Contact MK Community Foundation today to find out how you can support Milton Keynes. **Donate today at...**  
[www.mkcommunityfoundation.co.uk](http://www.mkcommunityfoundation.co.uk)



Sign up to our newsletter at  
[www.mkcommunityfoundation.co.uk](http://www.mkcommunityfoundation.co.uk)

Join the conversation at  
[www.mkcommunityfoundation.co.uk](http://www.mkcommunityfoundation.co.uk)

### Every pound makes a difference to local lives!

## £15

Could provide one hour of training on how to cook healthy meals for the family.

## £50

Could provide craft resources for a week's play in deprived estates.

## £100

Could provide a money management and budgeting session for 20 young people.



For the full Vital Signs MK report visit  
[www.mkcommunityfoundation.co.uk](http://www.mkcommunityfoundation.co.uk)



Registered charity no. 295107

## VitalSigns>

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