



PARAMOUNT
FOUNDATION

Mission Statement

Vision

A thriving and inclusive community, where people have equal access to the opportunities, resources and services that enable them to lead fulfilling lives.

Our Mission

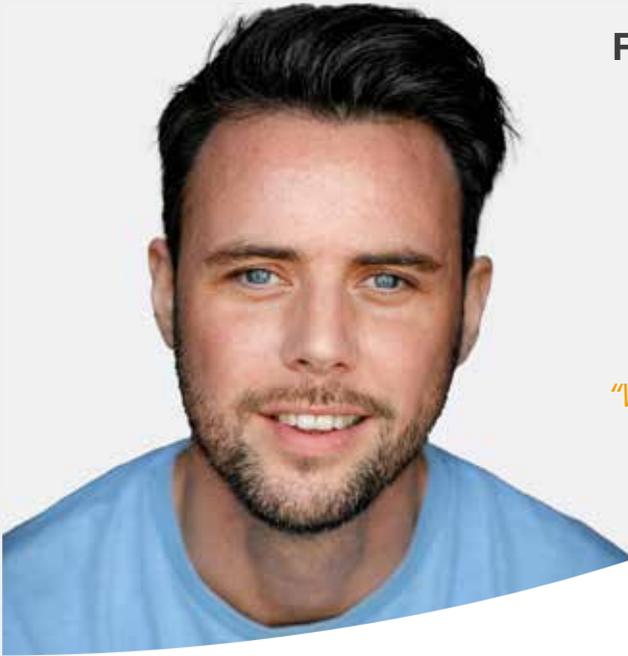
We support and empower communities in the areas of operation of Paramount Independent Property Services, with a focus on the Kent towns, working with and for communities, to reduce economic and social inequality, improving life prospects, networks and wellbeing.

Purpose

At the Paramount Foundation, we define our purpose as to:

- Empower people, with a focus on those from marginalised groups, including adults with additional needs, people from low socio-economic groups and young people, to take an active role in shaping their local area through engaging people in community-focused decision making and activities.
- Work with and for communities to identify, co-develop and co-deliver the projects that are important to them.
- Promote social cohesion through events and activities that bring people together.
- Work through local, cross sectoral partnerships to deliver practical interventions for vulnerable communities that develop skills, self-esteem and wellbeing.
- Support the creation of accessible public spaces and facilities that encourage community interaction and social cohesion.
- Give people the skills and networks they need to succeed on their chosen path in life, creating access to training and employment through skills development and services.
- Create a community where physical and mental health are prioritised, with access to exercise programmes and initiatives that promote healthy lifestyles through access to sports and fitness programs, and community-led initiatives.

Welcome from the Foundation Manager



"We have built a fantastic service that has helped and supported so many people"

Matt Salisbury
FOUNDATION MANAGER

"I'm in an incredibly fortunate position to manage the Paramount Foundation. As someone who feels passionately about creating opportunities, building communities, and encouraging healthy living, I'm lucky that my passion is my job.

We have built a fantastic service that has helped and supported so many people and had a major impact on mental and physical health. I'm committed to expanding the Paramount Foundation's services to enable us to reach further areas and continue to support people's lives, improve wellbeing, and invest in our communities."

"Most children think that superheroes dress in pants and a cape - the children at All Saints C of E school in Chatham Kent think differently. The Local Heroes Paramount Boys and Girls are Superheroes to us.

They have painted our school fencing, re- landscaped part of the school grounds and built a shed for our specialist provision class called The Hive. - FOR FREE - YES FREE!!!

The children and staff love them dearly because of the difference they have made on a site as small as ours so we thought we would shout out our thanks.

Is it a bird? ...is it a plane?... no it's THE PARAMOUNT FOUNDATION"

**Jo Strachan
HEADTEACHER**

"The Paramount Foundation has given my son a place where he felt very welcome and kept him busy with the various projects and events provided. He certainly looked forward to getting up and out each day with something to look forward to. I know he has made some friendships too which is lovely as he finds this very difficult."

**Tracy
PARENT OF A REGULAR
VOLUNTEER**

The Foundation's Flagship Annual Event

Fun for all the family



STICKS 'N' STONES

We are extremely proud of our very own annual Sticks 'n' Stones Festival.

Through this event we provide people with the tools and knowledge to develop their wellbeing, healthy living, mindfulness and have a whole lot of fun discovering new things.

The event is organised by The Paramount Foundation and partnered with a variety of charities, community groups, sports clubs, and local organisations keen to showcase what they offer in the Medway towns. There are a vast number of things to try through workshops, performances, stalls, and taster sessions. boxing, climbing, candle making, musical instruments,





judo, skateboarding, digital arts, creative arts, yoga, bowls, archery, first aid training, and children's games are just some of the activities available to try on the day.

People can explore the amazing grounds of Fort Amherst and grab some lunch from various food vendors whilst watching some fantastic local bands and artists.

Unlike other social prescribing events each provider has an active presence and offers something at their stall for people to have a go at in a safe and supportive environment.

There is plenty of onsite support and resources available for people to have one to one engagement and get referrals to all groups and to wider organisations.



Local Heroes

The Local Heroes are a team of volunteers from the Medway community. Every week The Local Heroes heed the call of a local business or community organisation to fix, maintain or build.

From painting school fences and building walls, to landscaping and maintaining properties, the Local Heroes have guidance from professional trades people from Paramount Independent Property Services to get the job done and share skills and learning.

This project is a win win, local services in need get support and our volunteers gain skills in a variety of areas.

This project has a fantastic enrichment side with

opportunities for further training and wellbeing activities as well as regular social events. One of our volunteers has said "Local Heroes is the best volunteering project I've done, I've been accepted into a group and I feel needed by the community, I've passed my food hygiene and first aid from doing this, I wouldn't have done that before."

One regular project that has produced fantastic results is our "Twilight Gears" Bike Shed. Local Heroes have learned from professionals how to fix and maintain bicycles to sell or donate to the local community. All profits have been donated to Age UK Medway who let us have use of their sheds to store the bikes.



Training & Support Opportunities

Volunteering for our Local Heroes project has great benefits. As well as volunteers learning skills whilst working on community projects, they have the opportunity to be funded for courses and vocational activities.



If our volunteers have been constantly working with the Local Heroes project for three months, we can consider them for funding dependant on what course or pathway they choose.

Previous volunteers have been funded for:

- CSCS health and safety courses
- First aid courses
- Food hygiene courses
- Online childcare course
- 3 months of fees for local judo club
- Adult education art course
- Boxing instructor courses
- Online coding courses
- Carpentry skills course



40% of our Volunteers have been funded for courses which have led them into employment.

Free Fitness, Wellbeing & Boxing Sessions

Healthy body - healthy mind



We believe in healthy body healthy mind, but also understand the struggles people can face. For some the gym environment doesn't feel like a place to step out of their comfort zone and for others the financial costs of engaging in a sport, club or fitness class is beyond their means.

In the Medway Towns where there are areas of deprivation, we try to bridge this gap by giving people access to our free fitness sessions and free boxing sessions.

We have partnered with local professional boxer Karol Itauma. Having grown up in Medway with full understanding some people's challenges, Karol is passionate about giving back to his community.

People in Medway have to the opportunity to be trained by Karol every week for free. Karol said "Boxing changed my





life and I'm very happy to be working with the Paramount Foundation to bring that opportunity to others".

As well as our various boxing sessions we also cater for those who want to improve their general fitness. We work in partnership with St Augustine's church in Gillingham who host a free community coffee and chat morning, The space is set up for other wellbeing groups in the area to come and promote their services.

We work with them on a weekly basis to provide 45 mins of free fitness training at the beginning

of every coffee morning. We run circuit training sessions which are suitable for all abilities and can be adapted to each person's needs. After the session many of our attendees stay to utilise the coffee morning and access local services. We are always on hand after our fitness sessions to support the community with our partners.



HAF Project

(Holiday Activity and Food)

We invest in the youth

For the past 4 years we have been a proud provider of the Government's Holiday Activities and Food Project. We provide enrichment sessions throughout the main school holidays at Easter, Summer and Christmas. In these sessions we

provide sports, drama, music and craft activities for group of children on free school meals. We work with other partnered providers at allocated venues where the children enjoy our activities and receive a free hot meal for lunch.



Wellbeing Days

Paramount is bigger than Medway



The Paramount Foundation is based in Medway but we want to invest in all the communities that Paramount Independent Property Services operates within.

We have a huge amount of experience in creating events to enrich people's lives, whether it's children's activities or an event for the adults to try new things.

We work with all our partnered local authorities in Kent and

East Sussex to bring wellbeing experiences to people living in temporary accommodation and in areas of deprivation. We believe that everyone deserves the opportunity to increase their wellbeing. We strive to provide our communities with meaningful interactions and events, and access to services to enable them to further their wellbeing journey.



Schools Workshops

As well as activities in the school holidays we are also a provider of specialised projects in term time. We visit schools who share our community ethos and deliver fun and engaging workshops on physical health, wellbeing, community care and self-confidence in line with their school curriculum.



We use expert practitioners to create a program using drama techniques, team building games and physical fitness techniques.





Get in touch if you have any enquiries, want to get involved or have a question.



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