

## NEWS RELEASE

Publication: 4 April 2008

### NEW HIGH SHERIFF SUPPORTS LOCAL CHARITIES

The new High Sheriff of Essex, Sarah Courage, has committed support to Essex charities during her year of office. Speaking at her installation ceremony as the 828<sup>th</sup> High Sheriff of Essex (held at the Crown Court offices in Chelmsford, 3 April), she announced that two specific charities will benefit from her fundraising activities during the year.

As well as raising money for the High Sheriffs' Fund, which is managed by local grantmaking charitable trust, Essex Community Foundation, Sarah will also support The Cirdan Trust.

"I am looking forward to my year as High Sheriff and to meeting some of the many people in Essex who give so much of their time to making our communities safer places to live and work" said Sarah. "By working with Essex Community Foundation and tapping into their expertise and knowledge, I am also hoping to increase my awareness of the voluntary sector in Essex".

Sarah has spent much of her time involved with her local community. She was Borough Councillor for Brentwood from 2002-2007, representing Ingatestone, Mountnessing and Fryerning, with a special interest in Recycling and the Environment. She was a Governor of the local Primary School in Mountnessing and a volunteer driver for Meals on Wheels and Brentwood Community Transport.

For information about Essex Community Foundation and The High Sheriffs' Fund please call Jo Murphy on 01245 355947 or visit [www.essexcommunityfoundation.org.uk](http://www.essexcommunityfoundation.org.uk). The next deadline date for applications to The High Sheriffs' Fund is 1 December 2008.

[Ends]

(167/040408)

For further information contact

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#### Notes to Editors:

**Photo:** Sarah Courage is attached.

#### Sarah Courage:

Sarah is married to Charles Courage, a farmer, and has lived in Essex for most of her life. She was born in Suffolk and then spent her childhood



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on a farm near Hatfield Broad Oak. Sarah and Charles have six children between them and four grandchildren, whom they look after a lot!

Sarah set up her own specialist decorative painting business in 1984 and from 1988-1999 she represented Bonham's Auctioneers for East Anglia.

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She was also a Governor of the local Primary School in Mountnessing and a volunteer driver for Meals on Wheels until it was disbanded by the Government, subsequently driving for Brentwood Community Transport.

Sarah enjoys driving and has been a member of the Institute of Advanced Motoring for over 30 years. She has always had a keen interest in History and spent three years researching her Gosling ancestors (her maiden name), which culminated in publishing a book in 2004 on her forbears, which includes letters from the Boer War.

Sarah and Charles love to travel and both enjoy gardening and country pursuits. Any spare time is spent reading, cooking and painting!

### **Essex Community Foundation:**

Essex Community Foundation was set up in 1996 and has established a grants programme which has seen more than 2500 Essex based charities and community groups receive over £10million in grants. Funds are distributed on behalf of a wide range of donors who want their charitable giving to be accessible to local charities. [www.essexcommunityfoundation.org.uk](http://www.essexcommunityfoundation.org.uk)

### **High Sheriffs' Fund**

The High Sheriffs' Fund is managed by Essex Community Foundation and to date has distributed 290 grants to charities in Essex totalling £198,460.

The High Sheriff is the Queen's representative for law and order in the County. More information can be found on [www.highsheriffs.com](http://www.highsheriffs.com)