

our grants 2018

# Helping charities do great things

Bupa 

UK  
Foundation

our purpose

Supporting  
practical  
projects to  
improve health  
and wellbeing

our programmes



## Caring for carers

Helping unpaid carers maintain  
and improve their physical and  
mental health



## Mental health

Supporting and improving  
people's mental health and  
wellbeing in mid-life



## Healthy futures

Empowering young adults  
experiencing health challenges  
to live life to the full



“ The Bupa UK Foundation’s purpose is to help people live longer, healthier, happier lives. We fund practical projects that have a direct impact on people’s health and wellbeing.

In this 2018 review I’m proud to share case studies from some of the projects we’ve funded, including Asthma UK’s new WhatsApp service, Groundswell’s Homeless Health Mental Health Advocacy Programme and the Motor Neurone Disease Association’s Carers Champions initiative. It’s great to see

how their work is making a difference, whether that’s through piloting new interventions and services, helping people access health information and advice, or creating communities for mutual support. I’m also delighted that a number of projects will create a lasting legacy.

I hope you enjoy reading about the fantastic organisations and projects supported by the Bupa UK Foundation in 2018. You can see more online at [bupaukfoundation.org](http://bupaukfoundation.org). ”

**Dr Paula Franklin**  
Chair, Bupa UK Foundation  
Chief Medical Officer, Bupa Group  
Chief Medical & Risk Officer, Bupa Global and UK  
[bupaukfoundation.org](http://bupaukfoundation.org)

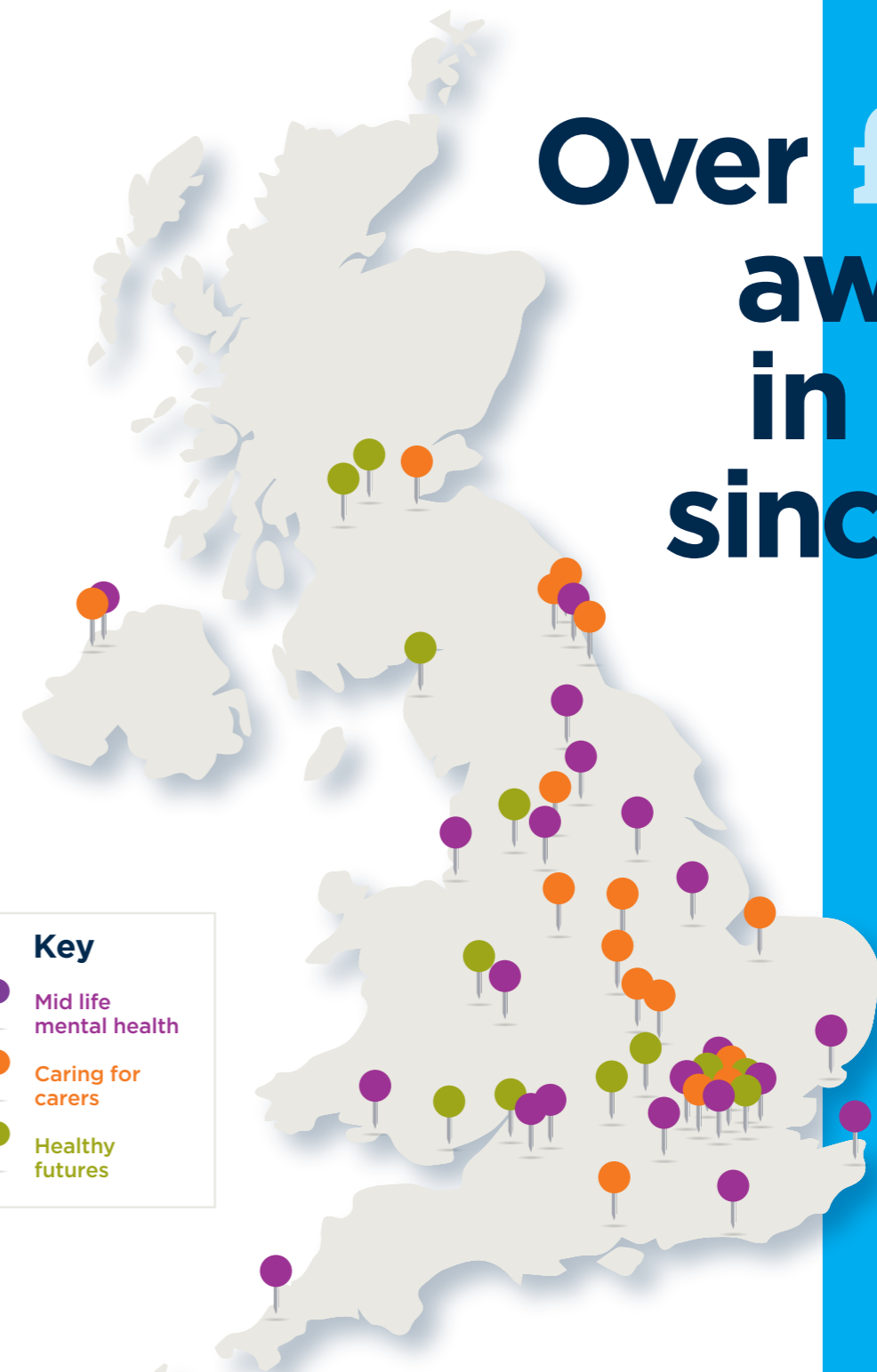
Over **£2.2m** awarded in grants since 2015

**70** projects supported across the **UK**

Piloting new interventions and services

Improving access to health information and advice

Creating communities for mutual support



**Key**

-  Mid life mental health
-  Caring for carers
-  Healthy futures

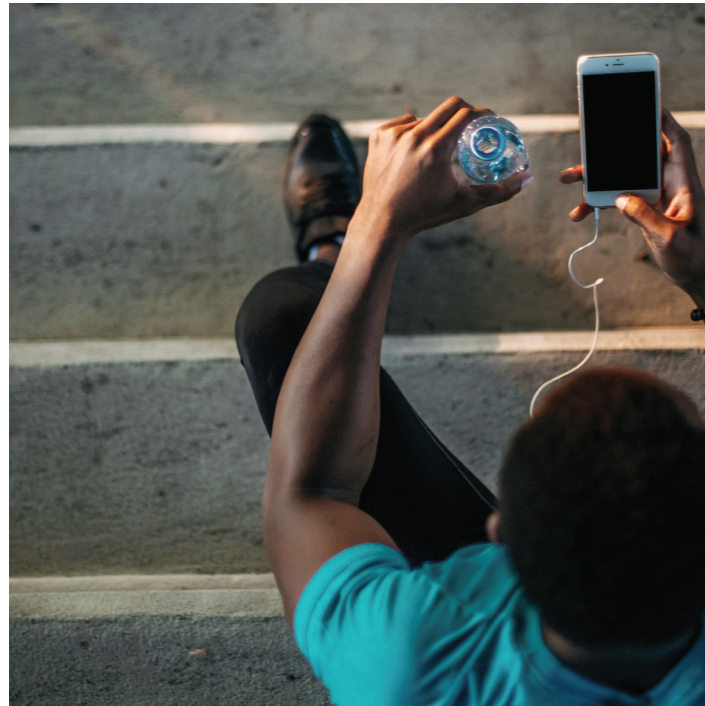


Image courtesy of Bupa Inspire

## WhatsApp with Asthma

Funding Awarded: **£138,000**

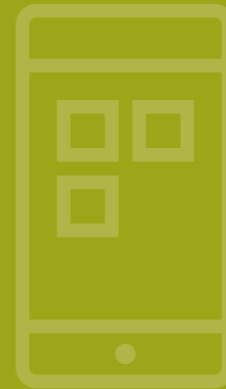
Asthma is a condition with intermittent symptoms and timely action is essential to prevent asthma attacks, so asthma advice needs to be simple to access. As everyone's experience of asthma is different, it's also important that advice is personalised.

In 2017 a small grant from the Bupa UK Foundation enabled Asthma UK to **pilot a new WhatsApp service** which aimed to engage and support young adults in self-managing their condition. The pilot significantly exceeded expectations, delivering over **4,200 personalised interactions**, against a target of 2,000 interactions.

The results of an online questionnaire indicated that, as the result of a WhatsApp conversation with a nurse, 93% of service users in the 18-25 age group **felt better able to manage their asthma**, 69% of service users in this group have **improved confidence in managing their asthma symptoms and attacks**, and 40% of service users in this group **will change the way they manage their asthma**.

Following the success of the pilot, Asthma UK has received a further grant from the Bupa UK Foundation to develop and extend the new service.

# Piloting new interventions and services



# Helping people access health information, advice and support

## Groundswell

Out of homelessness

## Mid-Life Mental Health

funding programme

### Homeless Health Mental Health Advocacy Programme

Funding Awarded: **£127,490**

In 2016 a grant of £57,500 enabled Groundswell to extend its Homeless Health Peer Advocacy Programme, supporting homeless people to tackle complex mental health needs, leading to improved mental health, wellbeing and independence.

Led by volunteers with experience of homelessness, Groundswell delivered **100 Health and Mental Health promotion sessions** in hostels and day centres that reached **600 clients**, **343 one-to-one engagements**, **support for 66 appointments relating to mental health**.

Through the programme **17 formerly homeless volunteers gained mental health peer-support skills** and completed Groundswell's Volunteer Progression Programme of coaching, training and clinical supervision. **5 volunteers have since progressed to full time employment** and 4 are continuing to volunteer whilst attending college.

In 2018 Groundswell was awarded a further grant of £69,990 to further develop its mental health peer advocacy.



Image courtesy of Groundswell

## Caring for Carers

funding programme



# MND Carers Champions

Funding Awarded: **£23,000**

Funding from the Bupa UK Foundation is enabling the Motor Neurone Disease (MND) Association to develop a training and coaching programme for volunteers to become Carers' Champions.

The Motor Neurone Disease Association is recruiting and training **15 volunteers in 5 locations**, helping and empowering them to identify local needs, develop local networks and deliver activities aiming to **reach around 375 carers and former carers**.

Through this project the Motor Neurone Disease Association will develop guidance and materials to help the Carers' Champions signpost carers to available services; convene support meetings; organise social events and activities; and **build and develop local online networks for peer-to-peer support**. The project will also help the Motor Neurone Disease Association to create a model to support the rollout of the Carers' Champions role and to explore the potential for peer support among carers of people with motor neurone disease.

# Creating communities for mutual support



# our people



“ Every year colleagues across Bupa UK provide the Bupa UK Foundation with specialist support, from IT and finance to communications.

Volunteers also help to review applications and support some of our grant recipients directly, providing expertise in areas including clinical governance, health coaching and healthcare outcomes.

Colleagues also work closely with some of the charities we support to develop health content on topics such as managing asthma, the health benefits of singing or caring for a loved one with dementia.

You can read more on our blog at [bupaukfoundation.org](http://bupaukfoundation.org).

**Tina Gwynne-Evans**  
Head of Bupa UK Foundation



Entirely funded by Bupa UK, the Bupa UK Foundation's strategic direction and funding decisions are overseen by our Board of Trustees, which is made up of five Bupa UK directors and three independent external trustees.

## Trustees

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**Tina Gwynne-Evans**

Head of Bupa UK Foundation

**Lucy Delaney**

Bupa UK Foundation Grants Partner



Sing Viva! Derbyshire Carers' Choir. Image courtesy of Sinfonia Viva



Bikeminded. Image courtesy of Lifecycle

In 2018 the Bupa UK Foundation awarded over £650,000 to 27 organisations.

## Caring for Carers

Larger grants for projects with the potential to be replicated nationally were awarded to:

### Carers Trust/ Carers Leeds Carers Good Health

Carers Leeds will engage around 300 carers to test and evaluate different group health and wellbeing activities for carers. Carers Trust will then use the findings to create a toolkit to share learning and best practice in engaging carers in their own health and wellbeing.

**The Children's Society  
Young Carers Active Connections**  
The Young Carers Active Connections project aims to improve the physical and mental health of young carers through physical activity and to support the development of stronger connections with sporting clubs within the local community.

Grants to deliver community-focused projects were awarded to:

### Age UK Leicestershire & Rutland Food with Friendship

Weekly cookery sessions offering older male carers a break from caring, the opportunity to learn new skills in a supportive environment and to develop new social contacts.

### Age UK Sunderland Essence of a Carer

Providing older carers looking after people with dementia with a structured programme of support, including practical and emotional skills to support and improve their wellbeing.

### Calderdale Carers Building Resilience

Improving the health and wellbeing of older carers, particularly levels of anxiety and depression, by equipping carers with skills to build resilience and manage overwhelm.

### Camden Carers Service Caring and Living Well

Providing social and health related support for older carers who feel isolated or lack the confidence to join mainstream community activities.

### Huntingdon's Disease Association Caring for the Huntingdon's Disease Community

Developing and delivering a new online platform to improve the information, advice and support available to older carers, and building capacity for peer support within the Huntingdon's Disease community.

### Liverpool Carers Centre Cooking and Company

Improving the cookery skills of older male carers, supporting their health and wellbeing by reducing social isolation.

### Motor Neurone Disease Association Carers' Champions

Creating and extending local support networks for carers and former carers of people with motor neurone disease to improve their health and wellbeing.

### The Old Library Trust Healthy Living Centre Me Time, Where Carers Matter

Delivering gentle exercise, mindfulness and support to improve carers' health and wellbeing.

Further funding has been awarded to the following organisations:

### Carers UK Caring for your Health

Working with carers to develop two new e-learning resources: one to support carers' physical health, the other to support carers' emotional health and wellbeing.

### Hearts & Minds Play Care Cope

Developing a workshop and online resources designed to support carers of people with long-term conditions, increasing carers' confidence,

empowerment and pleasure, and decreasing depression and anxiety. The Play Care Cope workshop will be based on the Caring Elderflowers project funded by the Bupa UK Foundation in 2016.

### Sinfonia Viva Carers' Choir Rollout

Creating a network of musicians and choir leaders to work with carers, sharing best practice and learning from the successful delivery of the Derbyshire Carers Choir, and will also be piloting a choir to meet the needs of people with learning disabilities and their carers.

## Acknowledging excellence

In 2018 grants of £1,000 each were awarded to the following organisations to recognise excellence in project delivery:

Chequers Community Kitchen, The Dove Service, Down to Earth, The Furniture Scheme, Lifecycle, Oblong, Sign Health and Southall Community Alliance.

## Mid-Life Mental Health

Further funding has been awarded to the following organisations:

### Bipolar UK Bipolar Peer Support

Establishing an email and telephone support service delivered for and by people with lived experience of bipolar.

### Groundswell Homeless Health Peer Advocacy

Supporting people experiencing homelessness by providing access to support services to improve their mental health and wellbeing.

### Gaydio Gaydio Academy

Delivering a combination of workshop programmes and on-air health promotion activity for people in the LGBT community effected by mental health issues.



Image courtesy of Key Changes

### Key Changes Health and Social Out of Hours Activity

Supporting BAME men experiencing mental health issues through providing a programme of out-of-hours creative, sporting, and vocational activities.

### Lifecycle Bike Minded

Delivering a range of community-focused cycling activities for adults experiencing mental health issues, helping them improve their physical and mental wellbeing.

### Rotherham United Community Trust Head in the Game

Promoting and improving both physical and mental wellbeing through the power of football and education.



**Further information on  
our governance and our  
approach to funding,  
along with details of  
our funding programmes  
and grants awarded,  
is available at:  
[bupaukfoundation.org](http://bupaukfoundation.org)**

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Cover Image courtesy of **Groundswell**

