



Foundation

**Helping people live longer, healthier, happier lives and making a better world**

**2022 Impact Report**



# Message from the Bupa Foundation Chair

The Bupa Foundation's purpose is to help people live longer, healthier, happier lives and make a better world. In 2022 we donated over £1m to work with more than 80 charities to improve the wellbeing of millions of people through a range of practical initiatives.

This included our partnership with Mind which has helped more than two million young people and their families access free mental wellbeing resources. Our work with Career Ready focused on improving young people's life chances through mentoring and paid internships. We also supported The Children's Society to launch an early-help drop-in service for young people who need mental health support.

Our Wellbeing for Educators programme entered its third year of providing free wellbeing workshops to teachers and has reached more than 6,200 people. As part of our work on wellbeing in schools we also continued to support the Youth Sport Trust's 'Well Schools' movement, engaging more than a thousand schools.

The work of our local Community Committees goes from strength to strength. Our Committees in Brighton, Dublin, Leeds, London, Manchester, Staines and across the Bupa Dental Care network have granted £400,000 to charitable community projects that improve the wellbeing of vulnerable people. In 2022 this work has included helping people cope with the ongoing cost of living crisis and offering much-needed support to refugees.

The Bupa Foundation is hugely grateful to all its supporters who help make a positive difference - our amazing charity partners, our funder, Bupa, and the Bupa employees who so generously volunteer their time, skills and energy. Thank you.

**Stuart Brown**  
Chair, Bupa Foundation

# We're proud to have supported the following organisations in 2022



- |   |  |   |  |   |
|---|--|---|--|---|
| <p><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• Air Ambulance Northern Ireland</li> <li>• Angel Trust</li> <li>• Arc Community Space CIC</li> <li>• Ashford Youth &amp; Community CIC</li> <li>• Back Up North West</li> <li>• Barnabus</li> <li>• Bauer Media's Cash For Kids</li> <li>• Bolton Toy Library</li> <li>• Brighton Food Hove Partnership</li> <li>• Bright Path Futures via British Red Cross</li> <li>• Calm Connections</li> <li>• Career Ready</li> <li>• Changing Lives Charity</li> <li>• Chartered College of Teaching</li> </ul> | <ul style="list-style-type: none"> <li>• The Childhood Trust</li> <li>• Coffee4Craig</li> <li>• Comfort for Chemo Kerry</li> <li>• Crisis UK (South Yorkshire)</li> <li>• Cystic Fibrosis Ireland</li> <li>• DentaId</li> <li>• Doms Food Mission</li> <li>• Eikon</li> <li>• ELBA</li> <li>• Elmbridge CAN</li> <li>• Emmie's Kitchen</li> <li>• Fareshare</li> <li>• For the Love of Food Salford Foundation 92</li> <li>• Get Out More CIC</li> <li>• Gloucester Foodbank</li> <li>• Groundswell</li> <li>• Heads Held High</li> <li>• Homestart Spelthorne</li> <li>• Hoxton Health</li> </ul> | <ul style="list-style-type: none"> <li>• Innit 4 Young People</li> <li>• Kidscan</li> <li>• London Wildlife Trust</li> <li>• Made in Hackney</li> <li>• Market Place</li> <li>• Meadow Sports FC</li> <li>• Mind</li> <li>• Moor Allerton Elderly Care (MAECARE)</li> <li>• Mountbatten Hampshire Hospice</li> <li>• Muscular Dystrophy UK</li> <li>• Mustard Tree</li> <li>• National Literacy Trust</li> <li>• Once Upon a Smile</li> <li>• Opening Doors</li> <li>• Otley Sailing Club</li> <li>• Our Time</li> <li>• Pelican Parcels</li> <li>• Reach out 2 Kids</li> </ul> | <ul style="list-style-type: none"> <li>• REIN</li> <li>• Release Counselling And Therapy For Women Cio</li> <li>• Rotary Club of Staines</li> <li>• Safe in Sussex</li> <li>• Salford Foodbank</li> <li>• Salford Foundation</li> <li>• Salford Loaves and Fishes</li> <li>• Salford Survivor Project</li> <li>• Salvation Army</li> <li>• Shooting Star Children's Hospice</li> <li>• Single Homeless Project</li> <li>• SPEAR</li> <li>• Spelthorne Mental Health Association</li> <li>• Spinal Injuries Association</li> <li>• St Georges Crypt</li> <li>• Stanwell Foodbank</li> <li>• Surrey Minority Ethnic Forum</li> </ul> | <ul style="list-style-type: none"> <li>• Surrey Search and Rescue</li> <li>• Sussex Community Development Association</li> <li>• Teenage Cancer Trust</li> <li>• Thames21</li> <li>• The Cowshed</li> <li>• Together Trust</li> <li>• Voices in Exile</li> <li>• West London Welcome</li> <li>• Woking &amp; Sam Beare Hospice</li> <li>• Worthing Table Tennis Club</li> <li>• Yorkshire North East Canal &amp; River Trust</li> <li>• Your Sanctuary</li> <li>• Zarach</li> </ul> |
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# Supporting young people's mental wellbeing



## Wellbeing for Educators.

Free wellbeing workshops for people who work in schools.



Our wellbeing workshops help people to identify how they can keep themselves physically and mentally in a good place to cope with what life throws at them. Delivered for free by our network of volunteer Bupa Wellbeing Coaches, we were able to offer these sessions to schools for free.

We specifically help people who work in schools because over half of people working in the sector have considered leaving in the past academic year due to pressures on mental health and wellbeing.

In 2022 we helped more than **1,600** people



Individuals report giving a higher priority to their wellbeing as a result

**84%** identified steps for how they'll manage their energy

**68%** Around two thirds reported improvements in their ability to manage their mental wellbeing and keep their energy levels up.



Senior leaders reported better awareness of team wellbeing



**9 out of 10**

senior leaders reported consciously looking out for others' warning signs that they might not be feeling good as part of supporting colleagues' mental wellbeing



Wellbeing improves as a result of taking part

Before the workshops **12%** of participants reported low wellbeing. Around 4 months after they attended a workshop this dropped to just **7%\***

**81%** rate the workshops as good or very good



POWERED BY YST AND BUPA FOUNDATION

We continued our partnership with Youth Sport Trust to support their Well Schools movement, with a mission to create the happiest and healthiest learners in the world.

Since the movement began, over **1250** schools have joined the community



[www.well-schools.org](http://www.well-schools.org)



### What educators say:

"It provided [us] with space to consider our own wellness and gave very practical, implementable techniques which I could use straight away. I would say it had an immediate impact on my wellbeing.

It gave me a chance to reflect, which as a busy individual I don't often do.

A great opportunity to be mindful about the things that impact on our wellbeing and self care and how we influence and encourage these factors."

\*Source: Educator baseline and endline surveys . Base: 548 and 151 respectively. Wellbeing reported using the Short Warwick-Edinburgh Mental Wellbeing Scale.



# Personal energy action plans

## Small changes make a huge difference

### Senior leader in a secondary school



#### Personal energy action plan:

- ✓ Making sure I attend five-a-side football with local dads in my village on a Thursday



It was just that recognition that, actually, I really enjoy playing football, I really enjoy being with others, I feel much better for it, I sleep much better, I value that social interaction with people that aren't my family and aren't my work colleagues. And, you know, I think without having the session [with Bupa coaches], on Thursday night, I would've just gone home because it would've been too much of a rush to play football on the back of a governor's meeting.

- ✓ I won't send emails on Saturdays, this will help me to relax and the wider team



... I just became really conscious that, if I email them on a Saturday morning, for example, what does that look like for their weekend? Do they feel they have to reply on a Saturday?

So, that's just a small example but it's one I think that's quite important.

### Assistant Head in a primary school



#### Personal energy action plan:

- ✓ I set slots during the day to have focus time and stick to them. My team know that I close the office door to do this and respect it.
- ✓ Move more to feel good. I go to the gym with a colleague.



I was talking about moving more with my colleague, and she said, 'I really need to do this, can you give me some tips?' I told her to sign up for the gym and said 'Right, let's do this,' so we now go to the same gym. We go off and do different things, but it's just having that confidence to be there and do it and get started.

- ✓ As the school wellbeing lead, I introduced changes to marking and planning to ease staff workload.



During the workshop, there might have been some information that we knew, but it wasn't just knowledge that [the coaches] were sharing with us. They were making us think about what we're doing - for ourselves, each other and others in the school - think quite deeply. That was really useful.

# Our work with Mind



## Together we supported more than 2 million young people and their families with free mental wellbeing resources

The Bupa Foundation supported Mind over three years from 2020 - 2022 to develop a brand-new set of information resources designed with and for children and young people ages 11-25.



### Our impact together over three years:



Supported over **2 million** people with free mental wellbeing resources



Created over **35 free** information resources for young people aged 11-25



Bupa colleagues have raised over **£60,000** for Mind

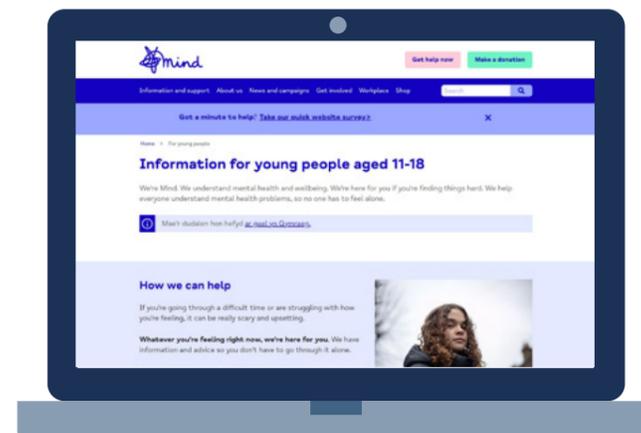
Over **270,000** users of Our Frontline free mental wellbeing resources during the pandemic, including Bupa Foundation mental wellbeing resources



## Free resources for young people and their families

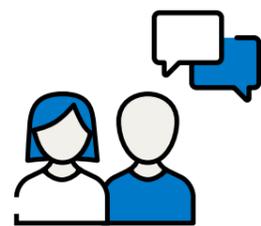
**Topics include:** self-harm, anger, supporting a friend, accessing CAMHS support, confidence and exam stress

[www.mind.org.uk/childrenandyoungpeople](http://www.mind.org.uk/childrenandyoungpeople)



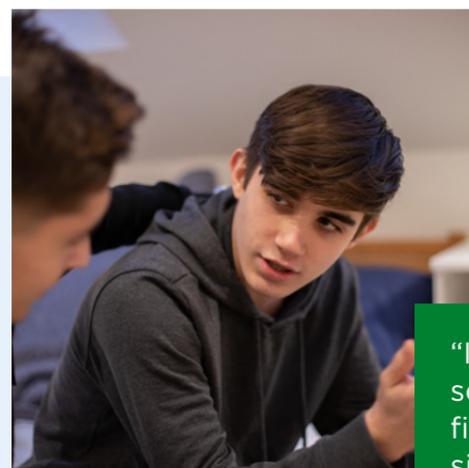


# Information for young people, created with young people.



“I felt my opinions were taken on board and I believe that I made a positive impact to this information.”

“[The best part was] Listening to everyone’s experience and relating to them. Feeling listened to and validated by Mind staff.”



## What young people say:

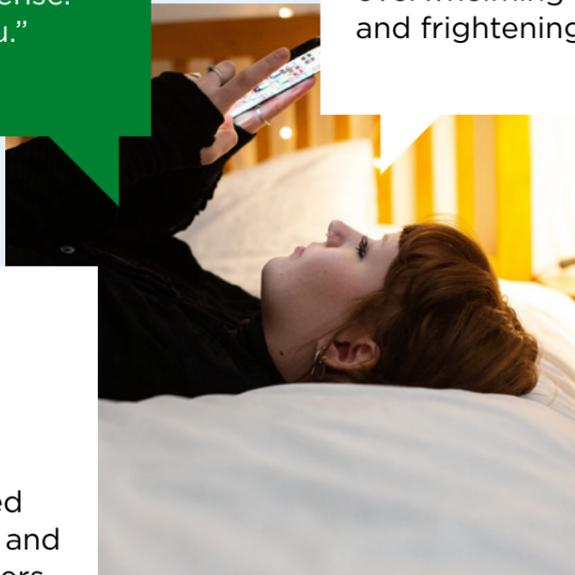
“I’ve learnt how to help someone who is going through a tough time.”

“I had the urge to self harm for the first time and your site helped me wait that urge out - if that makes sense. So, thank you.”

“Really informative and broken down so it is less overwhelming and frightening.”

“Best resources I’ve found. I struggle a lot with worrying about saying the wrong thing and this really helped.”

“Very informative and detailed but also understandable from someone with little knowledge on the subject. Quotes helped relate to my situation and made me feel like others have experienced the same things as I.”



# Career Ready



Career Ready is a UK-wide social mobility charity providing talented young people with a structured programme of paid internships, mentoring, skills masterclasses, and workplace support.

Our aim is to provide young people with the skills, self-esteem, and support networks to achieve their potential in life.



## The Bupa Foundation has supported Career Ready in three areas in 2022:



### Expansion in the North of England

So far, 198 young people have been enrolled onto the programme. By 2024 the aim is to increase this support to 700 students in areas of the greatest need in the North West.



### Intern investment fund

We funded 17 students to take on internships at charity organisations. Students, like Nayyan, got to help their community and discover a whole new sector.



### Growing the alumni network

We’ve invested in helping to establish an alumni network for students. This will help to give further support after the 12-month Career Ready programme ends.

“Talent doesn't have a postcode, yet so many opportunities are limited by where you come from. I'm very proud of the partnership we've built with the Bupa Foundation since 2020.

Together we're helping young people kickstart rewarding futures, whilst boosting social mobility across the UK.”

**Tokunbo Ajasa-Oluwa,**  
Career Ready CEO



“My internship was a real eye opener, until I worked at a charity, I didn't realise that you could make such a difference to others through your job. Now I know that in the future I can work on projects that are important to me.”

**Nayyan Iftikhar, City and Islington College.**  
Internship at Global Generation funded by Bupa Foundation, 2022.

[> Read the full story](#)



# Career Ready

The Bupa Foundation was grateful to many Bupa colleagues who volunteered their time to support Career Ready students in 2022:



Bupa hosted **42 paid internships** in London, Staines and Manchester



**39 Bupa mentors** provided one-to-one support for students



Bupa volunteers supported **164 students** through masterclasses and workplace visits



Here's how some of our **Career Ready interns** found their experience with Bupa



"My internship showed me that working at somewhere like Bupa was possible. Everyone was so supportive and welcoming, they made sure I never felt overwhelmed. I discovered career opportunities that I didn't even know were available and that there's no 'one size fits all' route to a career."

Lewis Abbott, Blackpool Sixth Form College. Completed an internship at Bupa in 2022





# National Literacy Trust



1000s of local people, families, young people and children enjoyed the trail



27,000 trail maps handed out including to 4,400 children via their schools



Children who are most engaged with reading are three times more likely to have higher levels of mental wellbeing



2600 copies of Emily Coxhead's book, Find Your Happy, were distributed to schools and local community groups in Salford with a further 2,400 books to National Literacy Trust 'Hubs' across England.



"My children loved finding what the theme of the bench was and getting the letter"



In summer 2022 we partnered with the National Literacy Trust and Wild in Art to launch the Salford Literacy Trail.

This was a unique collaboration between 1000 children from 20 schools who worked with 16 local artists to design unique book benches. The trail of 20 book benches provided a free family activity for families in the summer months so they could get out in the fresh air and boost wellbeing. It created a chance for children in Salford to engage with books that reflect their lives, offer them comfort, or an exciting escape.

We hosted the launch at Bupa Place in June and this was attended by 63 children from the 20 schools who designed the benches with the artists. The events featured a drawing and storytelling session with Emily Coxhead, author of Find Your Happy and founder of The Happy News.



collaboration between **1000 children** from 20 schools



**97%** of trail visitors rated the trail as 'good' or 'very good'



**£92,350** was raised from the initiative



**10** of the benches now have permanent homes in 9 primary schools



"The fun of finding the benches, being out in the fresh air, something new."



"We had three thoroughly enjoyable Sunday afternoons locating the benches - it got us outside in this glorious weather and we had fun!"



# Our Time



We supported Our Time to design, develop and produce an awareness-raising play, highlighting the hidden issue of parental mental illness.

By touring schools it will engage at least **1,500 children and young people in Gloucestershire and the surrounding areas** - helping to improve understanding of the issue in schools, tackle stigma and help affected pupils feel less alone. The project also provides paid work for local youth theatre groups.



Helping young people affected by **parental mental illness**

## The Children's Society



Every young person **deserves a good childhood**

In May 2022 we supported The Children's Society to launch "Camden Beam", an early-help drop-in service for local young people who need mental health support. Alongside funding, Bupa provided a venue for the service by repurposing the Bupa Health Centre in King's Cross every Thursday evening.

With no waiting lists, Camden Beam provides a lifeline for those who do not 'qualify' for formal mental health help and are left struggling.



### So far...

**61 young people** have had a **one-to-one support session** and **368 have received guidance** via community engagement activities and outreach work.

**88 organisations supporting young people** from underrepresented communities have been given resources to help parents have conversations with children about mental wellbeing.

Since the start of the project **100% of young people** reported an improvement in their wellbeing goal after engaging with Camden Beam.



# Healthy planet, healthy people



## Get Out More CIC



In July 2022 we funded a programme of Green Spaces outdoor activities in Keighley, West Yorkshire.

It supports children and families who have experienced anxiety and stress, and older people who feel lonely. They grow their own food, learn new skills, and improve the local environment.

In 2022 the project engaged:



**22** adults

**25** children



They planted food including **12 varieties of herbs** and **25 types of fruit and vegetables**. As well as **32 hedges** for wildlife habitats, **105 spring bulbs**, built **6 raised beds** and installed **5 wall planters**.



"We think that everyone should feel connected to their community and proud of where they live, however we know that some people don't. We're here to change that, especially for people who may be overlooked. That's why we design programmes to help people's physical and mental wellbeing through connecting with nature. It helps people to access local green space they might not otherwise know about, and feel confident outdoors."

Annie Berrington, Managing Director

"The amazing work has transformed the front garden of Hainworth Wood Community Centre, which has enabled us to win the silver prize at the local town awards. Without Get Out More support and Bupa Foundation funding this would not have been possible. Community involvement makes it an invaluable provision and we are very grateful for the support"

Lisa Robinson, Hainworth Wood Community Trustee



# London Wildlife Trust

Through the London Wildlife Trust, we funded a visitor and schools engagement programme at Camley Street Natural Park.

The local community can experience this unique urban nature reserve (between King's Cross and St Pancras) through various activities including guided walks, events and practical conservation volunteering sessions.



©Eleanor-Church



©Eleanor-Church

These activities will reach more than **2,500 people over 12 months.**



©Katrina Duffey



In July 2022 we supported Thames21's London Rivers Week, which reconnects people to nature by helping them enjoy, protect and enhance their local river.

The week was packed with over 50 activities including guided walks, river-dipping, clean-ups, tours, talks, cultural events and webinars.

The events reached 1,500 people, helping contribute to a better understanding and appreciation of London's rivers and how they can help to tackle the climate and nature emergency and improve community life.

# Single Homeless Project



Single Homeless Project is active across all **31 London boroughs** – supporting people in crisis, and helping them take steps towards independence and employment.

The Bupa Foundation continued to fund their Greenhouse Project to help engage homeless and vulnerable people through social and therapeutic gardening and outdoor experiences.

As well as the chance to learn practical skills, and link the food growing with cooking and promoting a healthy diet, the Greenhouse sessions help people reduce isolation and build confidence from being part of something.



### 253 Greenhouse sessions

Including weekly gardening and horticulture sessions, group nature walks, seasonal garden events, garden craft sessions, overnight camping trips, reflective eco-psychology sessions and day trips.



### 3 camping trips

to Lee Valley Campsite for residents of some of Single Homeless Project's Complex Needs and Mental Health services. These trips engaged 13 participants and seven staff and included river walks, playing badminton, cooking together and fire building.



### 157 clients engaged

A total of 702 times over the course of 2022



### Allotment sessions

Regular allotment sessions saw participants growing a range of fruit and vegetables, general garden maintenance, pond building, wildlife watching, making garden furniture from pallets, gnome painting and harvesting and cooking produce making dishes such as apple and blackberry crumble and pumpkin soup.



### 34 day trips

to Epping Forest, London Zoo, Greenwich Park, Kew Gardens, London City Farms, Southend beach and Barnes Wetlife Centre



“it's nice to keep busy positively”  
“The camping trip helped my anxiety”

Participants of Greenhouse camping trip



## Single Homeless Project



“I enjoy been close to nature and seeing the wildlife. The trips really help my mind relax. I enjoy Kew Gardens as I have an interest in gardening and it encourages me when I see how much other gardeners can achieve.”

Danny, Greenhouse Participant on Greenhouse Trips

“It is fun and enjoyable and good for socialising. We picked herbs from the allotment and made tea together, we harvested vegetables and herbs to take it home and make it a lovely meal.”

Ayesha, Greenhouse Participant

“I have planted lots of flowers for my friend who passed away, and it was wonderful to be able to do that.”

Diana, Greenhouse Participant



“Since I first began coming to the allotment it’s been very therapeutic, relaxing, calm and very useful as I learned a new skill every time I showed up on Wednesday. I find it breaks my week to keep me busy and I enjoy the fresh air and the tasks. We are free to choose what we would like to do on the day. It is not down to the one individual, it is a group effort and we all get stuck into the tasks, as it is a team effort. If anyone else is interested in coming along you will find we are a very friendly group and there is no pressure to perform miracles just do your best on the day. I would just like to say a big thank you to Julia, all the group who are involved in the allotment and not forgetting all the staff at Harmony Hall and also everyone who attends Harmony Hall as I have found everybody to be very helpful and kind.”

Andy, Greenhouse Participant

# Supporting our communities in times of crisis

## Local emergency response



### Refugee support

The **Childhood Trust** provides vital support for **150,000+ disadvantaged and refugee children living in London**. We supported their ‘Champions for Children 2022 programme’, funding two projects:

#### Action for Refugees in Lewisham (AFRIL)

AFRIL’s “right to eat right” project combines healthy food parcels with fresh produce grown by families at their allotment. The aim is to reduce food insecurity, support healthy eating and increase access to culturally appropriate food for refugee families living in poverty.



#### ECPAT UK (Every Child Protected against Trafficking)

Our funding enabled in-house, one-to-one counselling and therapeutic support for young refugee and migrant survivors and victims of trafficking to help their recovery from trauma and overall mental health and wellbeing.



We supported **West London Welcome**, a local community centre run for and with refugees, asylum seekers, migrants and other locals living in West London. Our emergency grant helped employ a new caseworker one day a week, as well as extending the hours of their current Citizen’s Advice caseworker. This helped them meet the unprecedented demand they were facing after the war broke out in Ukraine.



To support refugees, asylum seekers and vulnerable migrants in East and West Sussex, we donated to **Voices in Exile**. With large numbers of refugees entering the local area, our donation helped them to continue providing vital immigration advice, interpreting, food banks, mentorship, and digital access to help with housing and employment.



In Surrey, we supported **Elmbridge CAN** who welcome and promote social inclusion and wellbeing among refugees and asylum seekers. Our donation offered emergency assistance to Ukrainian refugees arriving in the local community.





## Local emergency response



### Cost-of-living crisis

We gave emergency grants to support many local charities, including:



**Mustard Tree, Manchester:** due to the cost-of-living crisis, demand for their Food Club soared to unprecedented levels. Since May 2022, visits went up by 500 people month-on-month, meaning food costs increased to £32,000+ every month. Our emergency grant helped to meet this demand and support thousands of families struggling in Greater Manchester.



**Brighton & Hove Food Partnership:** our emergency grant provided thousands of meals for hundreds of vulnerable people living in Brighton and Hove. We also funded a series of community cookery courses, which helped 60 people learn how to cook healthy meals and reduce food waste.



**Salford Foodbank:** a recent survey by Plan International reported 1 in 10 young girls were unable to afford period products, leaving them to improvise with other items. Our emergency grant supports 1500 people with period products over six months.



**Spelthorne Mental Health Association:** this local day centre supports people aged 18-65 who are recovering from mental illness. We supported their 'emergency hardship fund'. This helps their clients struggling with increased winter bills during the cost of living crisis.

Other organisations supported include: The Felix Project, The Arc Islington and Fareshare.



**Our Bupa volunteers also supported:**  
"Volunteering at Mustard Tree was an emotional but extremely rewarding day. I'll now be volunteering with them one weekend a month."

Lindsay Magee, Sustainability Reporting Manager, BGUK.



# Supporting our local communities



Greater Manchester



## Salford Foundation

In 2022 we supported Salford Foundation with two programmes:

**The Indigo Project,** an 8-week programme providing emotional and practical support for victims and survivors of domestic abuse. Women are supported with weekly wellbeing and engagement activities led by peer mentors who have experienced domestic abuse and childcare for women who need it so that they can access the support.

**Block's for young people,** helping children aged 7-11 who have had adverse childhood experiences to develop social and emotional skills. The programme focuses on one-to-one support in four key areas; identity, relationships, environment and future.



"I've chaired the Greater Manchester Community Committee since it began four years ago. It's been a privilege to work with so many charities in the local area to help local people in need"

Sharon Kemp, Head of Employee Communications and Campaigns, BGUK

## Foundation 92



For the third year we supported Foundation 92's Family Wellbeing Programme, providing support and advice to the most vulnerable families in Salford. Weekly workshops share practical wellbeing advice and support to families in Greater Manchester to improve physical and mental health. In 2022 the programme supported 22 families, with 95% reporting an improved sense of wellbeing.



## Together Trust



Together Trust provides care, support and education to over 2,000 people with disabilities, autism and complex health needs, as well as life-changing support for looked-after children and care-experienced individuals. We provided funds to support their **Join Together Festival** in Cheadle on 2 July for the local families and children. The event featured a fairground, refreshments and sensory areas.



## Staines



### Surrey Minority Ethnic Forum (SMEF)



SMEF is a race equality organisation, supporting people in and around Surrey. Our donation supported the delivery of their five key projects:

**Health & Race:** workshops focused on COVID vaccine hesitancy, reaching 70 people per session.

**Mental Health Stakeholder Engagement:** sessions to address stigma, reaching 15 people per session.

**Trust Project:** one-to-one support for 35 families affected by domestic violence and abuse.

**Many Hands:** weekly sessions providing children with a sense of identity and belonging in schools.

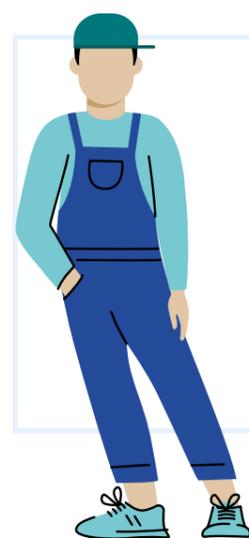
**BAME Stakeholder Reference Group:** workshops focused on employment, housing and social services support, helping up to 20 people per session.

## Eikon

We supported Eikon's 'iAmMe' project, which provides weekly support groups to 40 LGBTQ+ young people and their parents in Surrey.



Our grant funded 12-months of 'iAmMe' groups, to help young people explore their feelings about their sexuality and gender in a safe environment with subject experts. This has helped to reduce isolation, loneliness and bullying.



"I am so thankful that my son has had some space to talk through what's going on and find understanding. When I first heard about the support, I was pretty sceptical and felt he was really too young to understand or make these decisions. I am, however, very, very grateful for the support they have received... I am thankful to have my happy young person back"

Parent of a child from iAmMe group



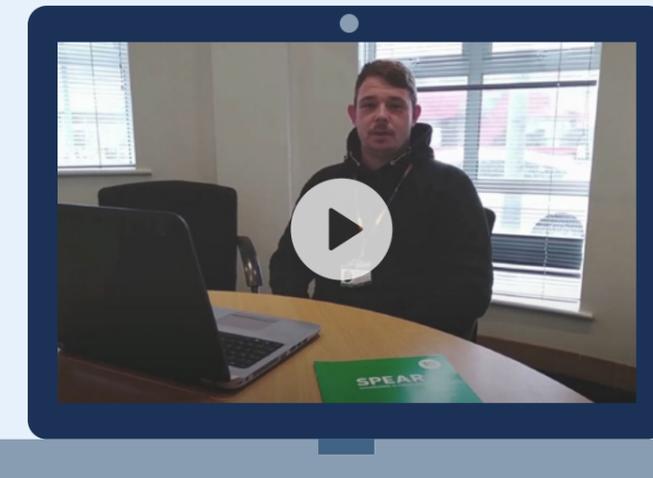
## London

### SPEAR

homelessness to independence

#### SPEAR London

SPEAR London helps people experiencing homelessness in South and West London to find secure accommodation and work towards a positive future. We supported their "care and repair programme" which saw Daniel (who has lived experience of homelessness) become their inhouse handyman - rather than outsourcing all property maintenance to contractors. Here's what Daniel had to say about his new position, and all the tools we funded to get him started.



"I joined the London Community Committee in 2022 and it's been amazing to be able to contribute to charities and causes which are close to my heart. I've helped make a difference to young people by supporting nature around London, and giving back to the older LGBTQ+ community which I owe so much."

Jack Preece, Sustainability Specialist, Bupa Group



Opening Doors is the only national UK charity providing activities, events, information and support services specifically LGBTQ+ people over 50. Our grant helped support their wellbeing and loneliness programmes for carers and those with Dementia & Alzheimer's. We were able to fund multiple support programmes in central London, including a Rainbow Memory café, walking groups and Friday socials.



Rights & Equalities in Newham

rein

### Rein (Rights and Equality in Newham)

received a grant to support their Community Cook Out programme for six months, helping to get young people off the street and providing valuable life skills.





### Leeds



#### The Market Place: counselling for young people

We provided a grant to support the 'Meeting Needs' programme, offering free, confidential counselling support to young people living, studying or working in Leeds. Weekly hour-long counselling is available for young people in need to improve self-confidence, teach coping strategies and help them to be able to positively contribute to society.



"Chairing the Leeds Community Committee has certainly brought me out of my shell and given me more confidence in leadership in that space because we are all so passionate about helping people in our community."

Debbie Tebbutt, PA, Bupa Care Services



### Brighton



#### Release counselling and therapy for women

Release offer affordable one-to-one counselling and group therapy to women across Brighton & Hove. In 2022 we funded three 10-week 'Mummyshock' courses, to provide a safe space for local new mums to improve their mental health and build up their confidence.



"I am a mother of two primary-aged children, both of whom have additional needs, so have first-hand experience of the great work local and national charities do. The Brighton Community Committee is a great way for me to get more involved in a different way."

Rosie Griffin, Provider Data Coordinator, Bupa Global & UK



#### St George's Crypt

The charity provide support for people experiencing homelessness and vulnerable people in Leeds.

We provided funding to support 67 hours of therapeutic work for 22 men within the 'Growing Rooms' recovery programme. The group sessions focus on cognitive behaviour therapy as well as becoming productive members of society. Within the programme there are three days of therapeutic group work and two days of volunteering.



### Dublin



Ireland has the highest rates of Cystic Fibrosis in the world.

The Dublin community committee supported with Cystic Fibrosis Ireland with an unrestricted donation in September 2022.

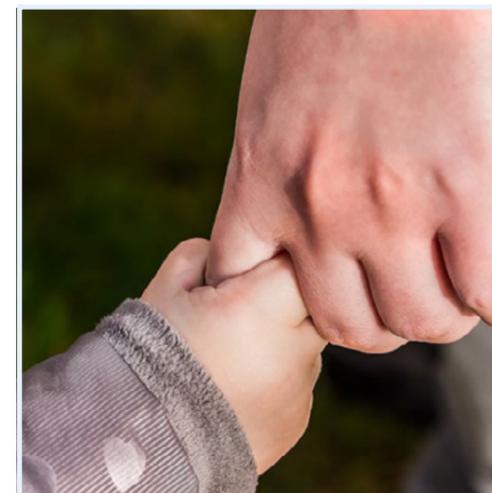


#### Sussex Community Development Association (SCDA)

We funded a 12-month "Patch to Plate" project in Seahaven, East Sussex. These weekly drop-in sessions aim to improve mental wellbeing through community-led gardening, cooking and social activities, reaching 200 local people.

"I feel so much better with my mental health" "Having just moved to the area I do not have much social contacts. It has been lovely to meet and chat to new people"

SCDA workshop participants



#### Pelican Parcels

We provided funding and volunteer time to support Pelican Parcels, who help disadvantaged children in Brighton and Hove. The team collected donations of essential baby and child items from the local community and create bundles for families in need.



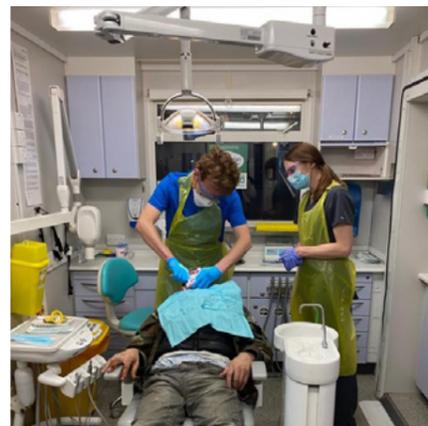
Registered Charity N° 1075826

**Bupa Dental Care provided a new mobile dental unit that enabled people experiencing homelessness and other vulnerable people to access dental treatment.**

The vehicle was launched at Trinity House Winchester when Bupa Dental Care volunteers treated eight patients to relieve their pain. Another of the charity’s vehicles visited London, manned by Bupa Dental volunteers, helping 37 people who are either rough sleeping or vulnerably housed.

The Bupa Foundation and Bupa Dental Care are continuing the relationship with Dentaid The Dental Charity, extending the service to Northern Ireland.

**Bupa Foundation funding in 2022 will provide:**



**15 further free clinics** in Northern Ireland



**Support the running costs of mobile unit** (travel, equipment costs etc)



**Reach 150-200 patients** over 6 months



**Ensure a member of staff from Dentaid can be on the ground** to be a key point of contact for queries relating to the Mobile Dental Unit equipment and systems.

**Helping vulnerable people to:**

- Improve their quality of life due to reduced gum-related pain
- Reduce symptoms of anxiety and depression
- Achieve better health outcomes

**One patient said:**

**“100% helpful and very important for everyone – tooth pain is the worst, especially if it can’t be dealt with.”**



# We’re proud to have supported the following organisations in 2022



Foundation

- Air Ambulance Northern Ireland
- Angel Trust
- Arc Community Space CIC
- Ashford Youth & Community CIC
- Back Up North West
- Barnabus
- Bauer Media’s Cash For Kids
- Bolton Toy Library
- Brighton Food Hove Partnership
- Bright Path Futures via British Red Cross
- Calm Connections
- Career Ready
- Changing Lives Charity
- Chartered College of Teaching
- The Childhood Trust
- Coffee4Craig
- Comfort for Chemo Kerry
- Crisis UK (South Yorkshire)
- Cystic Fibrosis Ireland
- Dentaid
- Doms Food Mission
- Eikon
- ELBA
- Elmbridge CAN
- Emmie’s Kitchen
- Fareshare
- For the Love of Food Salford
- Foundation 92
- Get Out More CIC
- Gloucester Foodbank
- Groundswell
- Heads Held High
- Homestart Spelthorne
- Hoxton Health
- Innit 4 Young People
- Kidscan
- London Wildlife Trust
- Made in Hackney
- Market Place
- Meadow Sports FC
- Mind
- Moor Allerton Elderly Care (MAECARE)

- Mountbatten Hampshire Hospice
- Muscular Dystrophy UK
- Mustard Tree
- National Literacy Trust
- Once Upon a Smile
- Opening Doors
- Otley Sailing Club
- Our Time
- Pelican Parcels
- Reach out 2 Kids
- REIN
- RELEASE COUNSELLING AND THERAPY FOR WOMEN CIO
- Rotary Club of Staines
- Safe in Sussex
- Salford Foodbank
- Salford Foundation
- Salford Loaves and Fishes
- Salford Survivor Project
- Salvation Army
- Shooting Star Children’s Hospice
- Single Homeless Project
- SPEAR
- Spelthorne Mental Health Association
- Spinal Injuries Association
- St Georges Crypt
- Stanwell Foodbank
- Surrey Minority Ethnic Forum
- Surrey Search and Rescue
- Sussex Community Development Association
- Teenage Cancer Trust
- Thames21
- The Cowshed
- Together Trust
- Voices in Exile
- West London Welcome
- Woking & Sam Beare Hospice
- Worthing Table Tennis Club
- Yorkshire North East Canal & River Trust
- Your Sanctuary
- Zarach

[www.bupafoundation.org](http://www.bupafoundation.org)



Instagram: @BupaFoundation



LinkedIn: @Bupa-Foundation

**Bupa Foundation**

Charity number 1162759

Company registration number 9524970

Registered office Bupa, 1 Angel Court,  
London EC2R 7HJ

[www.bupafoundation.org](http://www.bupafoundation.org)