Over the past three years the Bupa UK Foundation has moved from the spark of a concept into becoming a fledgling foundation. In this, our first review, I would like to thank everyone who has so willingly shared their experience and expertise in helping to establish the Bupa UK Foundation.

I particularly want to acknowledge the many individuals and organisations who took the time to contribute ideas through surveys, focus groups, workshops and discussions. Your comments provided vital ingredients in shaping the Bupa UK Foundation's strategy and funding programmes.

Through our grant-making we want to achieve three things: to fund practical projects that will make a direct impact on people’s health and wellbeing quickly and effectively; develop close relationships with those we fund, drawing out best practice and learning that can be shared with others; and use our networks to increase the reach and impact of work and organisations that the Bupa UK Foundation is supporting.

Since 2015 the Bupa UK Foundation has awarded over £1.4 million in grants to more than 50 organisations across the UK. I have had the opportunity to meet some of our grant recipients and have been inspired by the fantastic work they are doing to improve people’s health and wellbeing. You can find out more about their work in this review.

Paula Franklin
Medical & Risk Director, Bupa UK and Chair, Bupa UK Foundation
Mid-life Mental Health

Mental health underpins health and wellbeing and impacts everyone which is why the Bupa UK Foundation’s first funding programme focused on tackling challenges in mid-life mental health. Within this funding programme the Bupa UK Foundation has awarded a total of £830,000 in grants to 24 projects across the UK, from Cornwall to Newcastle.

These projects aim to support and improve people’s mental health in many ways by:

- Piloting new interventions and services
- Supporting people in crisis
- Breaking down barriers and taboos
- Developing skills and employment opportunities
- Creating communities for mutual support

Projects

Piloting new interventions and services

**Sign Health**
- Online Psychological Therapy Resources
Creating the UK’s first online computerized cognitive behavioural therapy (cCBT) resource in British Sign Language (BSL)

**Young Minds**
- Parents Supporting Parents
Developing a new peer-to-peer support group model for parents and carers of children who are suffering mental health problems.

**Mind**
- Mental Resilience and Long-Term Conditions Pilot
Developing a new programme of support for people with both mental health problems and long-term conditions.

**Obliq**
- Getting Back On Top
Creating a new mental wellbeing course for people in mid-life in Leeds who have long-term conditions.

**Men’s Health Forum**
- Beat Stress, Feel Better
Piloting a free, confidential online chat service to support the mental health and wellbeing of men in mid-life.

**Carers Support Centre Bristol & South Gloucestershire**
- Carers Wellbeing Service
Establishing a 24/7 email advice and information service for local carers, alongside internet-based information resources.

**Supporting people in crisis**

**Cascade Theatre Company**
- Developing Grow
Empowering women in Cornwall who have experienced domestic abuse to improve their mental health and wellbeing.

**Groundswell**
- Homeless Health Peer Advocacy
Transforming Groundswell’s award-winning Homeless Health Peer Advocacy service to address mental health needs.

**The Furniture Scheme**
- Working With Wood
Providing people struggling with their mental health with structured supported placements at a carpentry workshop in Ludlow.

**Key Changes**
- Health & Social Sessions
Engaging men in mid-life from BAME communities experiencing severe mental illness in a structured programme of lifestyle activities.

**The Cellar Trust**
- Workaid
Providing support to help people with mental health problems into employment in the Bradford area.

**Graft Thames Valley**
- Recovery to Work
Supporting people in mid-life with severe or enduring mental ill-health to help improve their employability in and around Reading and the Thames Valley.

**North West Volunteer Centre**
- The VIBE Project
Supporting people experiencing mild to moderate mental health issues during mid-life through volunteering and active citizenship in Northern Ireland.

**Breaking down barriers and taboos**

**Bipolar UK**
- Bipolar Employment Support Service
Helping individuals with bipolar better manage their condition and employers to develop informed, mentally healthy workplaces by providing tailored training and support.

**Rotherham United Community Sports Trust**
- Recovery to Work
Providing support to help people with mental health problems into employment in the Bradford area.

**Creative Future**
- Recovery Through Creativity
Extending a successful pilot project with Sussex Recovery College to deliver creative arts workshops across Sussex.

**Cinque Ports Community Kitchen**
- Keen2 Cook Feel Good
Delivering a healthy cookery club for people suffering mental ill health in the Deal, Dover, Sandwich and Thanet areas.

**Down to Earth**
- Building our Future
Engaging people with mental health problems who risk falling through the net in sustainable construction activity.

**Arkwright Meadows Community Gardens**
- Growing Power
Engaging people in Nottingham with mental health issues in eco-therapy courses to help improve their mental health.

**Life Cycle UK**
- Bike Minded
Supporting adults in the East Bristol area who are experiencing mental health issues to improve their health and wellbeing through cycling.

**Scotswood Natural Community Gardens**
- Growing Well Newcastle
Engaging adults in mid-life who are experiencing mental health problems in therapeutic horticulture sessions.

“For many people mid-life can be a time of increased responsibilities and pressures, in their working lives, family lives and relationships, so I am delighted that the Bupa UK Foundation is funding a wide range of projects to support and improve people’s mental health at this critical life-stage.”

Catherine Barton
Bupa UK Foundation Trustee
Across the UK around 7 million people are unpaid carers, supporting a family member or friend who is older, disabled or seriously ill. Unpaid carers make a vital, hidden contribution to the health and wellbeing of the nation. However, carers are often under significant pressure and many find that caring can take its toll on their own health.

Projects supported through this funding programme aim to address the needs of carers juggling work and caring responsibilities, sandwich carers looking after both young and old, and elderly people who are caring for other elderly people.

“Carers are often under significant pressure and need support for their own mental health and wellbeing too. These projects help unpaid adult carers support, manage and improve their own health.”

Andrea Spyropoulos
Bupa UK Foundation Trustee

Across the UK there are estimated to be 7 million unpaid carers
Source: Carers Trust

3 in 5 people are likely to become carers at some point in their lives
Source: Carers UK

Projects
Piloting and extending new interventions and services

Carers Northumberland
Carers Clinics
Working with GP surgeries in Northumberland to engage hidden carers and increase awareness among staff.

Carers UK
Digital Resources for Carers
Evaluating the impact of digital resources on the health and wellbeing of specific groups of carers.

Hearts & Minds
Caring Elderflowers
Improving the communication skills of those caring for people with dementia through innovative workshops in Scotland.

West Norfolk Carers
Mental Health and Wellbeing
Building independence, resilience and confidence amongst older carers with mindfulness and wellbeing support services.

Supporting carers’ health and wellbeing

Age UK Enfield
Carers’ Fitness Group
Enabling older carers in Enfield to access gentle exercise programmes to support active, fit and healthy lives.

Hillingdon Carers
Healthier Carers Project
Providing personalised physical exercise and weight management support to those who are unable to access current provision through one-to-one training sessions, telephone support and workshops.

Food Nation
Carers’ Cooking Initiative
Providing cookery sessions to carers in Newcastle to teach cooking from scratch, with a particular focus on older male carers.

Creating communities for mutual support

Garden Organic
Thyme to Be
Delivering therapeutic gardening sessions to improve health and wellbeing by engaging a community of carers in the Coventry and Warwickshire area to grow, harvest and eat their own fresh fruit and vegetables.

Sinfonia Viva
Carers’ Choir
Connecting and supporting carers in Derbyshire through a creative musical experience, culminating in several live performances.

Improving support for carers in the workplace

Action for Family Carers
Wellbeing at Work
Working with local employers in Essex to better support working carers, giving them access to forums, support workers and health and wellbeing sessions.

The Dove Service
Carers in Employment
Supporting working carers in North Staffordshire with interventions to help them maintain a healthy work life balance.
Young adults are particularly vulnerable as they leave secondary education and move towards becoming independent. For young adults who face ongoing health challenges this period can be even more difficult. Poor transitions, changing support networks and gaps in provision, along with new responsibilities all have the potential to lead to poorer outcomes and experiences.

Our Healthy Futures funding programme focuses on projects that support and empower young adults aged 18 to 25 who live with or face specific health challenges.

“We are supporting a wide range of projects within this funding programme, from the development of new services and resources to support the health and wellbeing of young adults with specific needs, to the delivery of activities designed to empower young adults who face ongoing health challenges to live life to the full.”

Helen Cliffe
Bupa UK Foundation Trustee

Projects

Supporting communities

Asthma UK
What’sApp with Asthma
Delivering a non-emergency WhatsApp service to help 18 to 25 year olds to self-manage their asthma effectively.

CLIC Sargent
Thrive, not just survive
Developing CLIC’s Online Community - a digital platform providing peer support, advice and information to young people, helping them cope with the immediate and long-term side effects of cancer treatment.

Lymphoma Association
Live Your Life
Developing and delivering a survivorship programme for young people with lymphatic cancer.

Muscular Dystrophy
Supporting young adults with muscle-wasting conditions
Developing a model for residential camps to improve the mental health and wellbeing of 18 to 25 year olds with muscle-wasting conditions.

Royal Brompton & Harefield Hospitals Charity
Sing Up!
Improving the physical and mental health of young people with cystic fibrosis through singing.

Sickle Cell Society
Sickle Cell Workshop Programme
Supporting young adults in the transition to independence with advice, information, practical training, signposting and opportunities to meet others with Sickle Cell Disorder.

Together for Short Lives
Supporting transition
Developing resources to support young adults living with life-limiting conditions in the transition to adult services.

Empowering young adults with disabilities

Bolton Wanderers Community Trust
Healthy Goals for Life!
Sports activities and workshop sessions on healthy living for young people with disabilities, including learning difficulties, autism and attention deficit hyperactivity disorder.

Deafblind Scotland
Raising Expectations
Peer coaching and the development of a coping toolkit to support, encourage and empower young adults with dual sensory impairment to live a full life.

Soundabout
Sound Futures
Developing a programme of music interaction activities and resources to support young adults with severe or profound and multiple learning disabilities in their transition from education back to home life.

Improving health and wellbeing within communities

Association of Young People’s Health
Supporting students with long-term health conditions
Developing and sharing models of good practice.

Cardiff City FC Community Foundation
Active Bluebirds
Sport sessions and workshops to improve health and wellbeing of young adults experiencing mental health challenges.

Cumbria Youth Alliance
Positive Futures
Supporting marginalised young people in improving emotional resilience, fitness and physical health, and in moving towards a more positive future.

Groundwork West Midlands
Food for Thought, Coventry
A healthy eating project for young adults dealing with mental health issues.

National Union of Students
Alcohol Behaviour Change
Developing an Information & Brief Advice intervention that can be delivered on campus.

The Bike Station Glasgow
Youth Wheelbeing
Supporting young adults aged 18 to 25 to increase their physical activity and mental wellbeing by enabling them to introduce cycling into their everyday lives.
Working with others

“The Bupa UK Foundation has drawn on the skills of people across Bupa UK to provide additional support and specialist expertise to grant recipients in areas including clinical governance, health coaching and healthcare outcomes. We have also worked with grant recipients to develop health content on topics such as exercise in later life, children’s mental health, coping when caring comes to an end, managing asthma, and communicating with loved ones with dementia.”

Tina Gwynne-Evans
Head of Bupa UK Foundation
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

The Bupa UK Foundation is a corporate foundation registered with the Charity Commission for England & Wales and as a company limited by guarantee.

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