

**people's  
health  
trust**

# Annual Review

**2022**

Money raised through



“The impact on mental and physical health of being involved in a community project is absolutely huge. Once people are involved, they feel more confident knowing the people that live around them, they feel safer walking around, they feel more able to apply for jobs or get involved in opportunities.”

**Mesba Ahmed, London Tigers Ltd.**

[Read more about this project](#)



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# Welcome

2022 marks the start of a new strategy and the end of our past three-year strategy. When that was written, we did not envisage the number of national and world events, including of course the Covid 19 pandemic, which would prove to have such a profound impact on the UK's already worsening health.



“To everyone who plays The Health Lottery and supports this investment in the health of communities **we send our heartfelt thanks.**”

During this period, our role has been two-fold – to ensure we get money out of the door to communities working so hard to sustain and improve health, and to continue to highlight the significant inequalities in health and length of life in England, Scotland and Wales.

Throughout this time, we have **supported hundreds of charities** as they became the places of safety for thousands of people during Covid-19 and the ensuing mental health and cost of living crises. In line with our principles of **Equity, Diversity and Inclusion**, we have acted in an equitable way, ensuring that the money has gone directly to those whose health is most impacted. As this Annual Review will show, it has been a balance between giving grants to prevent health and wellbeing from getting worse and working to improve them.

We have active **networks of hundreds of grassroots organisations** who we supported through Covid-19 with regular meet ups, network events and training. It is through surveying these networks that we discovered the scale of the **mental health crisis** that voluntary and community sector (VCS) organisations were dealing with - both for the people they work with and for their own staff. During the year, we have taken action to improve the position of mental health locally by talking to funders about what can be achieved collectively. In England we have hosted network roundtables with the Department of Health and Social Care (DHSC), to feed into the forthcoming cross-government strategy on mental health. We will continue this local plus national approach in our new strategy.

**Collaboration** has been critical to addressing the some of the root causes of ill-health and lower life expectancy. We have continued to address **in-work poverty** through our direct work with the Living Wage Foundation; we have sought to influence **the public's understanding of health** through our collaboration with The Health Foundation; we have worked with the Royal College of Physicians on a joint campaign as part of the Inequalities in Health Alliance, calling on the Government to develop a robust **health inequalities strategy**; we have begun to explore the impact of **poor housing on health**; and we have continued our relationship with academic institutions, including commissioning new research in areas such as the health benefits of living wage pay in England, Scotland and Wales and reviewing the health impacts of the levelling up agenda.

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“ Our role has been two-fold – to ensure we **get money out the door to communities** working so hard to sustain and improve health, and to continue to **highlight the significant inequalities** in health and length of life.”



Good funding strategies are based on evidence. During the last year, we have completed our five-year evaluation of longer-term funding of neighbourhoods experiencing tangible disadvantage. **The evidence has been remarkable:** demonstrating that Local Conversations residents are more satisfied with life, less anxious, and more likely to feel that the things they do in life are worthwhile, compared to averages for similarly disadvantaged areas in England (see page 26).

**Our funding focusses on the building blocks to health** – through jobs, housing, our local environment and education and skills as well on communities most affected by health inequalities. This is directly improving the lives and health of people in some of the most disadvantaged communities across Great Britain. This annual review will give you a glimpse

of some of the amazing work that has taken place in communities across England, Wales and Scotland over the last year. The stories show the importance of the work carried out by our funded partners and the impact they are having on people’s health and wellbeing.

As we move forward into our new **three-year strategy** (see page 9), we will be focusing on ensuring that the Trust is in the strongest possible position to enable us to influence the health and wellbeing of local communities for the better. To do this we will support local organisations through our grant programmes; privilege the voices of those communities most impacted by poor health and shortened lives; deliver our equity, diversity and inclusion pledges in practical action; contribute to research and evidence and increase our influence and collaboration.

We would not be able to do any of this work without the generous support of the **players of The Health Lottery**. To everyone who plays The Health Lottery and supports this investment in the health of communities we send our heartfelt thanks. We would like to thank the volunteer Board of Trustees; the staff for their committed efforts; and most of all the thousands of voluntary and community groups for supporting thousands of people locally during one of the most extraordinary, exhausting and demanding years.

**Jenny Edwards CBE, Chair**

**John Hume, Chief Executive**

# Health inequalities in Great Britain

Health inequalities have worsened over the last decade, and we know this is partly due to austerity and cuts to public services. Men born in the most disadvantaged areas of Scotland die 13.5 years earlier than those in the most affluent<sup>1</sup> and, overall, Scottish people live the shortest lives in western Europe. Women living in the most disadvantaged areas of Wales can expect to live 25 years of their lives in poor health<sup>2</sup>, and in England it's 27 years.<sup>3</sup> There are also some stark inequalities in the average life expectancy across different population groups. For example, people with learning disabilities also have shorter lives than the average, by 22 years among men and 26 years among women.<sup>4</sup>

The Covid-19 pandemic shone a light on health inequalities in Great Britain. People living in England's most disadvantaged areas were nearly four times more likely to die from the virus than those in the wealthiest areas. The impact was also

experienced more acutely by certain groups. In particular racialised groups, young people, people living with mental health problems, and disabled people were subject to worsening inequalities, which disproportionately increased their risk of contracting Covid-19 and threatening their future health.<sup>5</sup> In 2020, Black people in the UK were more than four times more likely to die from Covid-19 than White people.<sup>6</sup>

It is highly likely that the 2022 cost of living crisis has further widened health inequality. Increasing numbers of people are feeling the real impact of rising prices for the basics in life – food, heat and housing - with more than one in six households (9.7 million adults) estimated to have skipped a meal to save money in September.<sup>7</sup> This situation is likely to worsen over the winter. It is a sad inevitability that the cost of living and energy crises will lead to worse physical and mental health within communities across

13.5  
years  
younger

**Men born in the most disadvantaged areas in Scotland die 13.5 years younger than those born in affluent areas of Scotland.**

27  
fewer  
years

**Women in the most disadvantaged parts of England can expect to live 27 fewer years in good health than women in the least disadvantaged.**

the country, and disproportionately so within the areas, and groups of people, that already face the worst health outcomes.

We want to see a fair chance for everyone to live a long, healthy life. As the 2020 Marmot Report concluded<sup>8</sup>, we know that investing in the wider conditions in which we live - the building blocks of good health - including jobs, income and housing, is the most effective way to improve the nation's health. Through our new strategy, we are taking action on the causes of ill-health and shortened lives for people in England, Scotland and Wales, through our funding; through listening to marginalised groups and through speaking clearly and by boldly on these avoidable inequalities in health and ensuring decision makers, funders and practitioners understand the causes and know what can be done about it.

**Four times**  
more likely  
to die from  
Covid-19

**Working age adults in England's most disadvantaged areas were almost four times more likely to die from Covid-19 than those in the wealthiest areas.**

<sup>1</sup> National Records of Scotland, Life expectancy in Scotland 2019-2021. (2022)

<sup>2</sup> Office for National Statistics, Health state life expectancies by national deprivation deciles, Wales: 2018:2020. (2022)

<sup>3</sup> Office for National Statistics, Health state life expectancies by national deprivation deciles, England: 2018 to 2020. (2022)

<sup>4</sup> Kings College London, LeDeR Learning from lives and deaths - people with a learning disability and autistic people. (2022)

<sup>5</sup> Health Foundation, Unequal pandemic, fairer recovery, The COVID-19 impact inquiry report.(2022)

<sup>6</sup> Office for National Statistics, Coronavirus (COVID-19) related deaths by ethnic group, England and Wales. (2020)

<sup>7</sup> The Food Foundation, Food insecurity tracking. (2022)

<sup>8</sup> Marmot M et al, Institute of Health Equity, Health Equity in England: The Marmot Review 10 Years On. (2020)

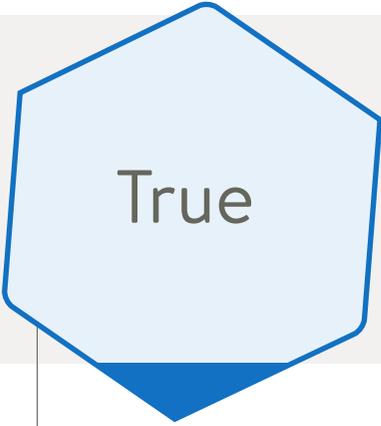
“ Our village has high levels of deprivation and the Covid-19 pandemic and the cost of living crisis has meant even more people are struggling. Some people have been made redundant which has led to mental health problems like depression, and Covid-19 itself has increased anxiety amongst a lot of people.”

**Simon Matthews, Gwynfi Miners Community Hall, South Wales**

[Read more about this project](#)

# Our vision

People's Health Trust believes in a world without health inequalities. We work to ensure that where you live does not unfairly reduce the length of your life, or the quality of your health.



True

**True:** we will remain true to our vision to address health inequalities, remembering what we are here to do and acknowledging that people make change and we help it to happen.



Strong

**Strong:** we will stand up for our beliefs and those of the people we serve. We will work things out together with local people, will engage our critics and supporters and tackle social injustice, discrimination, racism and oppression boldly.



Together

**Together:** we believe there is strength in unity: we will stand with marginalised people, ensure all voices are heard and create space for their ideas.



Inspired

**Inspired:** we are always learning and always listening. We challenge ourselves to be different and support ideas from local people which bring about real local and national change.

# Our new strategy

Building on our previous strategy, from 2022-2025, we commit to taking action on the causes of ill-health and shortened lives for some of the most marginalised people in England, Scotland and Wales.

The Trust will focus its next three years on four strategic areas of work:

- **We will listen** to and support marginalised groups to speak out about their experience of health inequalities.
- **We will build** evidence and practice around what works to address health inequalities.
- **We will speak clearly and boldly** on the avoidable inequalities in health faced by marginalised people.
- **We will develop** as a diverse, equitable and inclusive organisation and funder.



Singing for wellbeing project in Lowestoft and Waveney.  
**The Voice cLOUD.**



# Transforming people

Scotswood Natural Community Garden,  
North East and Cumbria Health CIC  
Newcastle-upon-Tyne

**Funding amount £25,789**

Spending time in green spaces can be hugely beneficial to the mental health and wellbeing of people with dementia. Scotswood Natural Community Garden organises sessions for older people to help them connect with nature and each other. Jenny Hopper, Older People's Garden Officer explains how this has helped ease dementia symptoms for residents from a care home.

"After Covid-19, when we could have people from care homes back at the garden, we began a project to run on Fridays which would give people with dementia the confidence to return.

Early on, care homes brought around ten different people each week. But in the last month or so it's in the people who return to the garden regularly that we're seeing the biggest improvement to mental health.

I've found that being outside in nature makes people with dementia comfortable and they're able to access memories they otherwise couldn't. Because we're in an old building that used to be a school,

people are often reminded of their school days, and they remember their friends or their classes.

One visitor actually went to the school where we're based, and he opened up completely. Usually quiet and reserved, he started to talk about the playing fields, his route to school and his school friends. For him it was like walking down memory lane, it let him access all these memories.



Continues...



Another woman who came along wasn't very vocal at all. She was joining one of our planting groups, and as soon as we gave her the tools, her muscle memory kicked in. We watched as she planted and talked through how best to do it with other group members. We heard from carers that she was much happier in between visits to the garden.

For people with dementia, the garden is a jumping off point to engage them in different ways, and they start to transform. I love watching people walk around the garden and get that moment – wow, I remember all these things. It's like seeing someone become themselves again."

“Being outside in nature makes people with dementia comfortable and they're able to access memories they otherwise couldn't.”

**Jenny Hopper, Older People's Garden Officer**



# Creating a community

Support U Ltd, LGBT+  
Direct Outreach and Networking  
Thames Valley

**Funding amount £32,920**

Ash Skeet is a youth group member of Support U, an LGBTQ+ support service that offers guidance and counselling for their attendees, as well as offering informal places to meet people and build lasting friendships. Through their work and the community they've formed, they've improved the mental health of LGBTQ+ people throughout the Thames Valley.

“Growing up, I didn't really know much of an LGBTQ+ community in Reading. There were a couple of people in my year who were Queer but there really wasn't much support, especially for trans people.

When I was about 14, I came out as trans and the sibling of a school friend said I should go to this group because they're very supportive.

I went along to a session with no idea what I'd find. I'd just come out. I hadn't really started transitioning much and I was very insecure in myself. I met this group of wonderful people and that changed everything. I would never have had the confidence to transition fully had I not met them.

The struggle with mental health is significant in almost everyone supported by Support U. Being able to share things and talk to people about problems and things that have caused grief with someone who has been through the same thing is so important.

Support U provides counselling but what's just as important is the community we've created. A friend once texted our group chat at 3am to say they needed someone to talk to. They'd self-harmed and were thinking about suicide. I got on the group chat and told them I was here for them and to let me know what they needed. That person is still with us and I'm incredibly glad of that.



Continues...

I have a history of self-harm, too, and by talking to people from the group I've been able to pull myself back from harming myself or doing something worse.

This might sound strange, but usually our Support U meetings are much more relaxed. We meet up to talk, share interests, play board games, just hang out. It's a place to meet fellow members of the community.

I'm at University now halfway up the country from Reading, but I still speak to everyone almost daily. We're friends for life at this point and I would trust these people with my life."

"The struggle with mental health is significant in almost everyone supported by Support U."

**Ash Skeet, Youth group member**



Thank you to players of **Health Lottery Scotland**



# A vital support network

Shoots of Hope  
Roots & Resilience (SCIO)  
Fife, Scotland

**Funding amount £35,115**

The Shoots of Hope project supports children and young people who have experienced parental bereavement through outdoor adventures and play. While the children play, the parents can meet other people with similar experiences, share advice, access therapy and build support networks. Project member Susan Hampton shares her story.

“We became involved with the project as a result of me losing my husband and my girls losing their dad in 2020; they were just four and seven at the time. Craig wasn’t ill in our eyes. We went into lockdown in March and he was healthy, loving life – but his health quickly deteriorated and he passed on 20 July 2020. To this day, it’s still like, ‘Did that really happen to us?’ It was just so quick and unexpected.

When you lose your life partner – the person that’s always been there – it’s so important to be around people who get what you’re going through. Through the group, the children have an opportunity to know that they are not the only ones in the world that this has happened to – that’s huge. They don’t have to come with a badge saying, ‘I’ve lost my dad’ or, ‘I feel like this’. The kids get time to be kids – and the mums and dads get time to catch their breath and know they are with others who understand. Sometimes that’s all you need. We’re solo parents now.

Yes, we have amazing families but, at the end of the day, we are still on our own. All the responsibilities and everything that we shared with our partners is now completely on us. Just having time to sit and have a cup of tea with the other parents and say, ‘this is how I feel today’ or ‘this has happened, how would you deal with that?’ – that’s so important.

All of the activities take place outside which I think really helps your mental health. When Craig passed, I spent a lot of time outdoors with my family and friends – walking, talking, crying and laughing sometimes.

Being outdoors – that’s what saved me. I think it’s absolutely critical to health and wellbeing. The pain of losing Craig will never go away but you learn to adapt and, with the right support, you walk through your journey with others who understand.

Thank you so much to this wonderful group.”



“ When you lose your life partner – the person that’s always been there – it’s so important to be around people who get what you’re going through.”

**Susan Hampton, Project member**

Thank you to players of **Health Lottery Wales**



# Removing barriers

Our Rights, Our Choice,  
Newport People First  
Newport, South Wales

**Funding amount £24,719**

Newport People First works for a more accessible south Wales led by and for people with learning disabilities. Through training for public services and helping businesses become more inclusive, the organisation has helped many of its members engage more with their community. Zarah Kaleem has been a member since 2008 and is now a Training and Awareness Leader. She talks about removing barriers for people with learning disabilities.

“Growing up, I felt like an oddball in my family and at school. It wasn’t until I heard about Newport People First and started attending meetings that I was diagnosed with a mild learning disability. It made sense to me and although I didn’t like the label at first, I understand now that it doesn’t define me as a person.

Part of being in the group is helping to educate people. Our members deliver learning disability training to first-year police officers, medical students, trainee nurses and primary school children. We show people first-hand what it’s like. It’s about learning to treat everyone as an individual.

The local area has improved for our members, and the weekly trips, walks and historical visits that Newport People First organises are all great. It’s at the weekend where me and a lot of other members wouldn’t really do much, mainly because we didn’t feel comfortable going to pubs or the cinema or anything like that.

Trips to places our members normally wouldn’t go like parks and museums has helped build their confidence. Maps and directions can be confusing so I’ve created videos showing members how to get on the right bus or train and where to walk. They make it a lot easier for the community to meet up at events.

One weekend this summer we went to Barry Island. For a lot of our members, it was the first time they’d felt sand between their toes. It’s something that lots of people without a learning disability take for granted.

The community is more accessible as well. Some of our members go to dance classes and go to restaurants and cafes a lot more. There’s now a nightclub in town that’s specifically for people with learning disabilities. We’ve made a huge difference to our members’ confidence and independence. Now, I don’t worry about the learning disability label and I’m not phased at all about changing people’s minds.”





# Welcoming walks

Bristol Active Women Walk and Talk,  
Open Minds Active Ltd  
Bristol

**Funding amount £23,632**

Black and minoritised ethnic women can experience language barriers or mental health problems that isolate them from their community. Bristol Active Women Walk and Talk, organised by Open Minds Active, brings women together for walking, swimming or other outdoor activities. Community Activity Manager Wafa Suliman talks about how the group has helped women build friendships and create a community.

All my life I've been a swimmer. I swam for Sudan and it's always been my passion. During the Covid-19 pandemic when pools were shut, I met with Maggy, the Founder of Open Active Minds, and we talked about how we can engage women who felt like us – shut out or unable to do things they'd like to. That's how we came up with the Walk and Talk.

The women are from different backgrounds and cultures from across the world and if someone's English is not good, we're patient with them. We can communicate in different ways: we have tea and biscuits together to show them our friendship. We never look down on one another, we're just friends, which helps people to feel welcome.

The group decides what we do. Women connect by messaging one another to figure out their walking routes for the week and to let one another know who's coming and who isn't. I think the flexibility is good because the members know even if they can't make it, others will walk and the group will be there for them next time they want to come.

The groups have helped a lot of women. One of our members is a mother of four children and she faced domestic violence from her husband. She was scared to stay inside but felt she couldn't leave because of



Continues...



the pandemic. No one in the community knew what was going on with her until she started to open up on walks and tell her story. Our group leader helped her contact services to protect her and her children and she's doing much better now.

Another women was left all the time to look after her children while her husband worked. She felt like all she did was housework and childcare without any time for herself or any time to think. She came to our walking groups and connected with the other women there who shared similar stories. That kind of outlet is so important for individual happiness, as well as building a community.

We do wild swimming now as well as walking and the exercise is great for keeping me and the members in a good mood, but more than that it's the energy that comes from all the women – I love it. We have a really good time together.”

“ After having a baby in the early weeks sometimes our walks were the only time I left the house. I looked forward to them all week as I had support from the other women, and we found new areas in Bristol I didn't know existed.”

**Ikram, Walking group member**



# Community between generations

Armchair Adventures, Made By Mortals  
Greater Manchester

**Funding amount £33,050**

Made by Mortals helps members of the Tameside community to connect and learn new skills. Project leader Paul Hine explains how by bringing older people together to create the Armchair Adventures podcast for children, the project restores confidence and reduces isolation following the Covid-19 pandemic.

“The last couple of years have been incredibly difficult for older people in our community, especially following Covid-19 when they were made to feel vulnerable, and felt stigmatised by the label, which affected their confidence when lockdown ended.

There are a number of structural inequalities which exist around health here – in particular in terms of social connections – and that’s what our project is trying to address. We help to bring people together, to form relationships, build connections, and learn new skills. Yes, they are creative skills, but it’s also about supporting people to reduce feelings of loneliness and improve wellbeing. That’s really important to our work.

There are a number of barriers locally for older people in particular, that make it harder for them to get out and about, and to meet other people. The cost of living crisis has hit people badly. Transport can also be a barrier.

A lot of the people we work with have long-term health conditions and worry about how they will be able to take part, for example, because they might need to go to the toilet often or be in pain during the sessions.



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But we have a sliding scale of participation which means that you're able to take part wherever you're at that day. It's our job to make sure the sessions are accessible to our members and what they have to offer – their imagination, enthusiasm, experience, skills.

Supporting different generations to work together is key to our work. The project brings older people together to create musical theatre and podcasts for children. We then take these into schools and the reaction they get is incredible. It's amazing to see the difference this has on the older people both physically and emotionally.

The Armchair Adventures project has been great for rebuilding people's confidence and social connection – whilst giving us the space to make some great art together, alongside it.

Older people have so much to offer. It's just about putting the right systems in place so that they have the space to do that.

“It's amazing to see the difference this has on the older people both physically and emotionally.”

**Paul Hine, Project Leader**



# Improving Kirkley for everyone

Local Conversation in Kirkley,  
Community Action Suffolk  
Kirkley, Lowestoft, Suffolk

**Funding amount 2021/22 £55,000**

Enabling Kirkley campaigns for better accessibility in the area. Project Leader David Lawrence talks here about how the group is influencing locally to improve the environment for disabled people.

“As someone with a disability it’s easy to feel devalued by your environment. I couldn’t continue working and finished my last job six years ago. It felt like I was exiting from society. Being involved with the Local Conversation in Kirkley has given me back a sense of self-worth.

With the Enabling Kirkley group, it was clear that [local] accessibility was a problem. We produced booklets to go out to the shops. We’d go into the shops and speak to owners and employees to look at where there are accessibility issues that could be improved.

In our group we have people with different disabilities - physical, mental, sensory impairment, learning difficulties - so we’ve got people in the group that can speak to their needs and point the shop owner in the right direction.

One example where we’ve made a tangible difference is with First Light festival, a multi arts festival in Lowestoft that runs live music, well-being events, science events and screenings all on the beach. The first year it ran there were a few issues around access: stages were difficult to see, soft mats were used for beach access and the cable guards grounded wheelchairs.

Through our advocacy, the organisers made some changes for the 2022 festival. They moved the stages so that wheelchair users could view the music acts from the concrete boardwalk, they used hard matting and less obstructive cable guards. It’s so positive to have things actually change because of our group.

All our Enabling Kirkley members feel valued because they see that they’re making a difference. The respect we’re shown by people is important, too. They really respect that we’re doing it because we want to improve our community for everyone.”



Continues...



“ It’s so positive to have things actually change because of our group.”

**David Lawrence, Project Leader**



# Local leaders

Local Conversation in Govanhill,  
Community Renewal Trust  
Govanhill, Glasgow

**Funding amount 2021/22 £44,456**

The Local Conversation in Govanhill, supported by Community Renewal Trust, enables the Roma community to improve their health through supporting young people to have a voice, training community leaders and providing spaces to meet and make connections. Project member and Youth Team Leader Alex Horvath talks about how the funding has supported him and his peers to go to college, find employment and become leaders for young people in the community.

“My parents moved from Slovakia to Govanhill when I was three years old and I’ve lived here ever since. There’s a large Roma population but little support. In school, no one listened to the problems my brothers and I had. We needed someone who spoke our language and who was from the same background to really support us.

At my first youth group session I was very nervous, but I became more confident as I learned things, including English. An IT teacher would come and teach us computer skills, too. I learned quickly, and was using Zoom, Teams, email – all these skills seemed like magic to me.

I brought in my friends and my brother, and they became as involved as me. My friends and I trained to be youth team workers and learned about leadership. Now my friends are all youth team leaders like me, and my brother has his first job interview.

The work we do is so important. Because health service access has been a problem, we’ve made videos to reach the young people, on subjects like sexual health, contraception, and periods. This kind of health advocacy is so important to the Roma community, especially as it comes from people from the same background.



Continues...

Our group brings the community together. Young people feel really empowered. At community meetings now we discuss why the bins have disappeared from Queens Park, why there are no toilets in the small park. People have moved away from meeting their own needs to seeing the needs of the wider community. Everyone's more engaged with their environment.

I feel empowered as well by helping the youth groups and the young people in Govanhill. I hope my friends and I can continue to grow and become community leaders replacing those who have taught us. What we say is For Roma By Roma. Everything is for our community."



“ My friends and I trained to be youth team workers, and learned about leadership.”

**Alex Horvath, Youth Team Leader**

# Programmes and networks

Our funding programmes support the health and wellbeing of people and communities living in the most disadvantaged places across Great Britain. This annual review gives a snapshot of the breadth of the projects we fund and the impact they are having on people's health. We are extremely grateful to players of The Health Lottery for making this possible.

Most of our funded projects returned to face to face delivery or restarted if they had paused during Covid-19, and we were delighted to be able to start visiting funded partners again. We have responded to the cost of living crisis by offering additional flexibility to our funded partners with current grants, and for new grants, by prioritising projects that aim to address the rising costs of living and mental health needs in their plans.

Through our open funding programme, Active Communities, we are working with hundreds of grassroots organisations across Great Britain, supporting people experiencing social and economic disadvantage. The funded projects are designed and led by local people ranging from mental health support to taking action on the impact of poor housing on health.

Through our ten year Local Conversations programme, we continued to work with 12 Local

“Evidence from our groups **directly shaped responses to government consultations**, including a ten-year plan for mental health.”

Conversations across England, Scotland and Wales. With them we co-produced a programme of capacity building support, which has included providing specialist support on community and youth engagement, digital inclusion, finance and fundraising. We are now supporting the projects to consider their longer-term sustainability as the Trust's investment in this programme draws to a close at the end of 2023 after nearly a decade.

The Trust contributed to wider sector initiatives that also strengthened our own practice. This included completing the Funders for Race Equality Alliance (FREAA) racial justice audit for the second year, which showed an increase in the percentage of Trust grants awarded to organisations led by Black and Minoritised Ethnic communities. We also joined the Funder Safeguarding Collaborative, and updated our safeguarding policy to reflect latest practice. We have also increased transparency by making

Continues...



Access project  
in Nottingham.  
**Refugee Roots.**

data about projects we fund freely accessible on 360Giving.

Our practitioner networks continue to shine a light on the realities at a grassroots level, with meet ups and learning events held throughout the year. We worked with our networks to inform our own practice and funding priorities. Evidence from our networks directly shaped responses to government consultations, including the 10-year plan for mental health, and data from our networks enabled us to launch a campaign on the mental health of voluntary sector workers (see p27).

We were pleased to hold in-person Local Conversation network days in November and in April, and continued to offer the popular online meet-up events. Supporting our networks to thrive is a critical part of our new strategy (see page 7) and we will continue to develop practical ways of working that people can use to address the unjust social and economic inequalities they face and improve their health.

# Learnings and campaigns

## Evaluating our programmes

### Local Conversations

This year we published the final report for the independent five-year Local Conversations programme evaluation (2016 – 2021). The evaluation, carried out by New Economics Foundation, showed that building community power can transform neighbourhoods, improve wellbeing and support action on social determinants of health.

The evaluation was built upon more than 2,800 survey responses from residents across six waves of data collection, annual staff surveys, 22 in-depth case studies, and peer research.

The evidence showed that taking part in the programme led to several positive wellbeing outcomes including increased levels of trust, connectedness and neighbourhood belonging. 81% of participants said they very or fairly strongly believe they belong in their local neighbourhood, compared to 56.2% in similarly disadvantaged neighbourhoods and 61.6% England average. Participation also supported communities to develop a sense of agency and the belief that their involvement can bring change. 82% of participants agreed that when people

in the area get involved, they can really change the way the area is run, compared to 50% in similarly disadvantaged neighbourhoods and 54% England average.

At a statistically significant level, Local Conversations residents are more satisfied with life, less anxious, and more likely to feel that the things they do in life are worthwhile, compared to averages for similarly disadvantaged areas in England.

However, despite strong wellbeing benefits for participants and the wider community, Local Conversations participants consistently reported slightly lower levels of good or very good health compared to averages in Wales, and to similarly disadvantaged neighbourhoods in England. Local Conversations residents were also almost twice as likely to report bad or very bad health (10%) than the England average (6%).

These findings echo wider evidence that good health and life expectancy are declining in the communities experiencing the highest levels of disadvantage across Great Britain. As highlighted in The Marmot Review: 10 Years On, the reduction of essential services has negatively impacted people's long-term health outcomes. In practice, this meant many Local Conversations found themselves plugging gaps to respond to local need rather than building and enhancing neighbourhoods.

Whilst the report highlights the potential of local people to tackle inequalities and improve their health, it also highlights that systemic pressures continue to widen health inequalities and undermine the health of people living in the most disadvantaged neighbourhoods.

## Quick link



*Evaluating the impact of Local Conversations 2016-2021*

[Download report PDF](#)

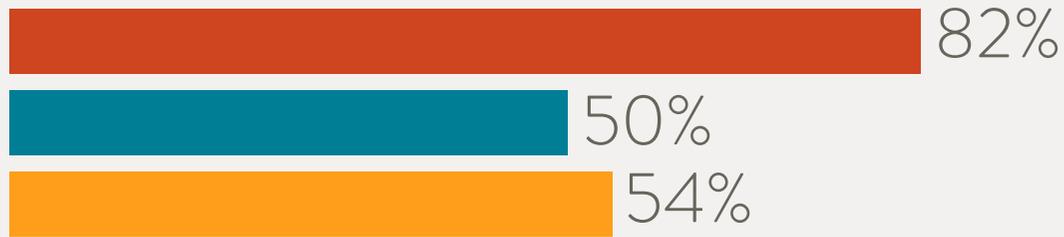
Continues...

## Findings from report:

### *Evaluating the impact of Local Conversations 2016-2021*

**“When people in this area get involved in their local community, they really can change the way that their area is run”**

*Agree*



**“I belong in my local neighbourhood”**

*Very or fairly strongly believe*



Chart key



## The impact of participation in our programmes

We have continued to work with Social Life to assess the impact of participation in our Active Communities and Local Conversations programmes. The first wave of research published in May 2022 was based on data collected through 540 questionnaires with project participants, and interviews and questionnaires with practitioners. The research found that 59% of residents involved agree they can influence decisions affecting their local area, compared to 22% of people living in areas experiencing similar levels of disadvantage nationally. 86% of Local Conversations practitioners and 66% of Active Communities practitioners said their projects have facilitated new partnerships with local organisations with common goals or interests. These partnerships build greater neighbourhood cohesion and ‘join up’ services and activities.

## Mental health of VCS workers

In June 2022, we published “We were absolutely invisible”: the impact of Covid-19 on the mental health of grassroots voluntary and community sector workers.

The report is based upon data gathered from grassroots voluntary and community sector (VCS) organisations between April 2020 and February 2022, which revealed heightened concern about the levels of mental health support which the sector is now having to offer, with organisations identifying

Continues...

this as their biggest challenge ahead (97% in April 2021 and 90% in November 2021).

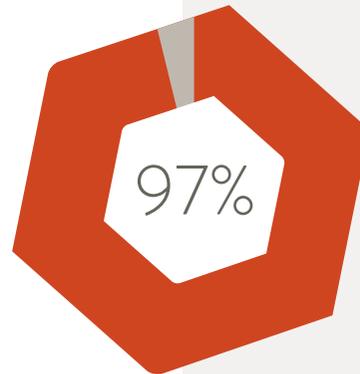
This report showed that demand for mental health support in disadvantaged neighbourhoods has soared since the start of the pandemic, stretching charities and leaving their workers on the brink of burnout. Surveys of our funded partners revealed that, by February 2022, 82% of respondents said they were worried about staff burnout in the coming six months.

Grassroots charities play a key role in the community mental health support system, and are often the first port of call for people who are struggling. Increasing pressure has stretched capacity and risks their collapse. Without grassroots charities playing this role, fewer workers will be available to support their communities, leaving people without help or turning to their already over-stretched NHS and local authority.

VCS workers have stepped up over the past two and a half years, but many have no mental health training and lack resources to do this work, which takes a further toll. To adequately support people, charity staff said they desperately need mental health awareness training, an understanding of local referral routes and greater in-house capacity to better support their staff and recognise the signs of early burnout.

We are calling for an urgent, co-ordinated national strategy for voluntary and community sector (VCS) workers and are working to influence the statutory sector and funders to make this happen.

## Findings from report: “We were absolutely invisible”



**97% of organisations identified mental health support as their biggest challenge ahead.**  
97% in April 2021  
90% in November 2021



**82% of VCS project leaders were concerned about staff burnout in the next six-months.**



**29% of grassroots and community VSC workers had received no formal mental health training.**

## Quick link



*“We were absolutely invisible” impact report*

[\*\*Download report PDF\*\*](#)

# Support us



## Health in Great Britain is a major concern just now.

Our funded partners – local charitable organisations across England, Scotland and Wales - are at on the front line, supporting thousands of people experiencing poor mental and physical health. We know that people are struggling to heat their homes, afford food and to pay bills. This is taking a toll on mental as well as physical health. As people face the cost of living crisis this winter, your support has never been more needed.

Playing The Health Lottery raises money that allows us to give to those people who we know need it the most. We now have much more demand for grants than we can fund.

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Please consider helping us to fund more projects making a difference in neighbourhoods near you by playing The Health Lottery.

**Play now**

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You can also donate to the Trust directly via JustGiving.

**Thank you**

**Donate now**

“ Without money raised through the Health Lottery we’d be operating on a shoestring. I think if you’re buying a Health Lottery ticket, you’re winning anyway. Even if you don’t win any money, you’re helping to fund projects in your local community. And you’re changing lives.”

**Karen Noble, Pallion Action Group, Sunderland**

# Thank you

**Thank you to everyone who has helped to support local charitable organisations over the last 12 months.**

The demands on our funded partners as a result of Covid-19 and the current cost of living crisis have been unprecedented. They have been at the frontline of these crises and are providing vital support in their neighbourhoods.

An enormous thank you to players of The Health Lottery, helping to raise more than £126m so far.

£126  
million  
raised

3,388  
projects  
supported

634,000  
people  
helped

- A special thank you to players of The Health Lottery...  
...because of you,
- we've been able to support over 3,388 projects...
- ...and helped more than 634,000 people across Great Britain.

# Good causes across Great Britain

- 1** **Health Lottery Scotland**  
 £12,268,903 raised since October 2011  
 302 local projects funded
- 2** **Health Lottery North East and Cumbria**  
 £7,979,155 raised since October 2011  
 214 local projects funded
- 3** **Health Lottery Yorkshire and the Humber**  
 £11,455,753 raised since October 2011  
 357 local projects funded
- 4** **Health Lottery North West**  
 £12,025,029 raised since October 2011  
 343 local projects funded
- 5** **Health Lottery East Midlands**  
 £10,161,838 raised since October 2011  
 273 local projects funded
- 6** **Health Lottery Wales**  
 £7,777,874 raised since October 2011  
 186 local projects funded

- 7** **Health Lottery East**  
 £10,450,038 raised since October 2011  
 243 local projects funded
- 8** **Health Lottery West Midlands**  
 £9,485,801 raised since October 2011  
 250 local projects funded
- 9** **Health Lottery London West**  
 £9,824,302 raised since October 2011  
 288 local projects funded
- 10** **Health Lottery London East**  
 £9,849,863 raised since October 2011  
 310 local projects funded
- 11** **Health Lottery South West**  
 £12,669,684 raised since October 2011  
 368 local projects funded
- 12** **Health Lottery South East**  
 £12,718,586 raised since October 2011  
 254 local projects funded



# Finance and governance

## Finance 2021/2

It has been another enormously challenging year for the most disadvantaged neighbourhoods across England, Scotland and Wales and the current cost of living crisis is having the biggest impact in the communities we fund.

We are grateful that The Health Lottery's donations for good causes have allowed us to continue to fund and support communities through these difficult times. The Trust's current financial position remains positive and it continues to target funding at those communities where it is most needed. The Trust has two programmes and takes care to make sure that it has strong reserves to allow it to support these programmes so that we can continue to challenge health inequalities now and in the future.

## Governance

The Trust continues to be overseen by a Board of Trustees and two committees providing advice on finance, audit and operations, and strategic oversight on policy, research and advocacy.

The Trust has appointed one new Trustee during the year and is focused on further increasing the diversity of the Board of Trustees.

The Trust published its Equity, Diversity and Inclusion (EDI) statement and Action Plan in February 2022 and began implementing this. Our plan identified sixteen areas for action and some changes have already been made internally, including on our HR processes, ethical investment policy, and accessibility for applicants and funded partners. We began an EDI listening exercise to shape the culture of the Trust and how we work with funded partners, and are continuing work on EDI in our grant making, including working with the Funders for Race Equality Alliance (FREAA) (see p24). We still have a lot of work to do to become an active anti-racist and anti-oppressive charity and this is one of the priority areas in our new strategy.



Maymessy Mentorship project, Oxford. **Maymessy CIC.**  
Credit: Mel Cunningham

*The Trustees' Report and Accounts, our EDI statement and action plan are available on our website.*

[Download annual accounts PDF](#)

[View our EDI statement](#)

[Find out more about our Trustees](#)



“ The work we do is absolutely pivotal. We’ve offered education in food hygiene, digital training, and cleaning courses. We are central to the community and we like to think we’ve really brought people together through hard times.”

**Alyx Dawid, Brackenwood Community Association, Leeds.**

[Read more about this project](#)

# Organisations

## funded in

# 2021/2022

*All organisations awarded grants through Active Communities in 2021/22 and Local Conversations funded in 2021/22.*

- A** Abberton Rural Training  
Access Dorset Ltd  
Activating Creative Talent CIC  
ACTS FAST  
African Caribbean Achievement Project (ACAP)  
African Community Heritage Hub Ltd  
African Lanarkshire for Mental Health  
African Youth Development Association  
Agrani Arts and Cultural Society  
Alington House Community Association  
Articulate Cultural Trust (ACT)  
Aspire & Succeed  
Autism Help  
Autism Hounslow  
Aylesbury Vale and Milton Keynes Sexual Assault and Abuse Support Service
- B** Bangladesh Youth Movement (BYM)  
BD4 Community Trust Ltd  
BEAF Arts Company Ltd  
Birmingham City Clubs For Young People  
Black Ethnic Skills & Training Initiatives  
Blackburn with Darwen Healthy Living  
Bredbury Community Hub  
Brink Productions Limited  
BritSom  
Broxtowe Community Projects
- C** Caia Park Partnership Ltd  
Carers of Leicestershire Advocacy and Support Project  
Citizens UK  
CLEAR Buckhaven  
Coastline Sight and Hearing  
Community Action Suffolk (CAS)  
Community Actions for Local Opportunities (CAFLO)  
Community Interest Luton  
Community Regeneration Outreach Projects Ltd (CROPS)  
Community Renewal Trust  
Connecting Roma C.I.C  
Contento Social Homes CIC  
Cop Meadow Enhancement Group  
Creative Stroke Recovery Group  
Creative Waves Community Arts CIC  
Crossings Community Group  
Culture Shift  
Cymunedau'n Ymlaen Môn Communities Forward
- D** Deaf Unity  
Deaf World  
Dedicated (East Midlands) Community Interest Company  
Derry Mathews Academy CIC  
Downham Dementia
- E** E:merge (UK) Company Ltd  
East India Over 50's Consortium  
Edberts House  
EFA London  
Ethiopian Women's Empowerment Group
- F** Fearon Community Association Ltd  
Finding Your Feet  
Fondation Fernand Yav  
Foundation Futures CIO  
Freedom Community Project
- G** Give a Dog a Bone... and an animal a home  
Gosport Partners through Pain  
Greenwich Coalition for Equality & Human Rights  
Greenwich Vietnam Women's Group

**H** Headway Portsmouth & South East Hampshire  
Heart of Portsmouth Boxing Academy CIC  
Helping Hooves Derbyshire CIC  
Holding Space  
Home on the Range  
Home-Start Croydon  
Honicknowle Commnet Ltd  
Hounslow Multi-cultural Centre

**I** IgniteYou CIC  
Integration Station CIC  
InteGreat Theatre  
Ipswich Community Media and Learning CIO

**J** Jack Drum Arts C.I.C  
Junction Arts Ltd  
Just For Women centre CIC  
Justice Prince Community Interest Company

**K** Karibu African Women's Support Group

**L** Lemon Leopard  
Linton Lane Centre

**M** Maa Shanti  
Make It Happen Birkenhead Limited  
Med3 Music  
Merstham Community Facility Trust  
Mind The Gap Music Group  
Mother and Child Welfare Organisation  
MyBUS C T Ltd

**N** New Hope Global  
Nifty Fifty's  
North Wingfield Community Allotment

**O** Ochil Youths Community Improvement (OYCI)  
Open Hand Outreach  
Our Barn Community  
Outhouse East

**P** Pat Benson Community Sports Foundation Limited  
PCC St John's Bowling  
Pendower Good Neighbour Project  
Penparcau Community Forum Ltd  
People First Dorset  
Phoenix Utd CIC  
Place At My Table  
Play Alloa

**Q** Q:alliance

**R** Rainbow Action Group  
Rebuilding Lives Community Initiative  
Recreate Dorset  
RefugeeYouth Limited  
Riana Development Network (RDN)  
River House Trust  
Roma Right Path Project CIC  
Roots & Resilience (SCIO)

**S** Safety First Community Training Centre  
Salus Fatigue Foundation  
SAMEE  
Snap Development Project  
SocietyLinks Tower Hamlets  
Somali Senior Citizens Club  
Southall Community Alliance (SCA)  
Sporting Elite CIC  
Strike9T CIC  
String of Hearts CIC

Support Northamptonshire  
Sussex Youth Arts Foundation  
Swim The Wight

**T** Tavga  
The Bivol Trust  
The Eloquent Fold  
The Hive Ipswich CIC  
The Kite Trust  
The Phoenix Project Ipswich  
The Red Earth Collective CIC  
The RENA Initiative CIC  
The Sensory Shack Community Interest Company  
The Sidewalk Youth Organisation  
The Surrey Care Trust  
The Sustainable Travel Collective Ltd  
Theatre Orchard Projects Ltd  
TravellerSpace  
Trek Therapy CIC  
TSA Sports and Education CIC

**U** Utopia Project CIC

**V** Village

**W** Warm Hut UK  
Water Lily Project  
We Are Aware CIC  
We Are Music Ltd  
Welsh House Farm Green Grafters  
WETA - Community Services CIC  
WHISH- Whitby Hidden Impairments Support & Help  
Women Acting in Today's Society (WAITS)  
Women's Voices

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**in** [Linkedin.com/company/people's-health-trust](https://Linkedin.com/company/people's-health-trust)

**▶** [youtube.com/user/peopleshealthtrust](https://youtube.com/user/peopleshealthtrust)



Money raised through



**Front cover:** Top: BCA Community Café project in Leeds. Brackenwood Community Association. Middle: Bristol Active Women Walk and Talk project, Open Minds Active Ltd.

Bottom: The Edge Acoustic Band project, The Youth Enquiry Service Brixham Ltd.

**Back cover:** Coffee Cup Choir project in Plymouth. Far Flung Dance Theatre. Credit: Gemma Smith

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