



Foundation



Bupa Foundation Impact report 2023

Our health and the health of the places we live are deeply connected.
We help local communities to run projects that look after both.



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 2023 we evolved our strategy to concentrate on people and planet health, centred on three areas of focus: Healthy Futures, Healthy Cities and Healthy Communities.

We're providing funding for practical projects which have both environmental and social impact. This has seen us fund some wonderful new projects and launch some exciting new partnerships:



£500k Green Community Grants Fund:

In June, we partnered with Groundwork to run a half-a-million-pound open funding programme. Schools and charities could apply for a grant of up to £2,500 to fund a green project – such as an outdoor classroom, wildflower meadow or community allotments etc. After receiving more than 1,000 applications, we awarded over 230 projects across the UK, impacting over 130,000 people.



Trees for Cities:

Continuing our work with Trees for Cities, we've planting thousands of trees in urban woodlands, housing estates and urban parks in the UK. With the aim of improving access to green space, improve air quality and help prevent surface flooding.



Eco-schools:

Our new partnership with Eco-Schools (run by Keep Britain Tidy) aims to empower thousands of young people to improve their health and the planet's health. We'll be supporting the creation of helpful school resources (as well as teaching guidance) on sustainability, as well as enabling schools in disadvantaged areas to apply for Eco-School status.

These are just a handful of national projects we're involved with. However, we aim to have deep local impact too. We have six regional community committees led by Bupa employees, who put forward smaller charities for funding, as well as organise volunteering. In 2023 we awarded over £300,000 in grants to local causes they're passionate about.

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.

As I continue as Chair, I'm really looking forward to supporting even more inspiring causes – helping to create healthier futures, communities and cities.



Stuart Brown, Chair, Bupa Foundation



Foundation

Healthier Cities

Helping to make urban spaces greener and healthier.



Bupa Foundation

Green Community Grants

In 2023 we started a new partnership with Groundwork UK to launch a new open funding programme, to help local schools and community groups make their places and spaces healthier.



How it worked:

We invested over £500,000 into a Green Community Grants fund which allowed schools and charities to apply for up to £2,500 for a local green project.

The response:

More than 1,000 schools, community groups and charities applied from across the UK and Ireland. These went through rigorous ranking and Bupa employee panels to decide on the successful projects

The result:

We funded over **230 local green projects** – which enabled hundreds green space improvements, including outdoor classrooms, forest schools, sensory gardens, community allotments as well as installation of solar panels and more...

These grants impacted **over 130,000 people**, making a deep impact in local communities and empowering schools and charities to put their green ideas into action.

Feedback from schools

Community allotment project, Westwood Primary School, Leeds.

One young student said: “I never knew that vegetables came from the ground and could taste so delicious” And a parent said: “It’s been amazing to be part of this project. My son and I have learnt so much. It will make us change how we live and has transformed what was an ugly space into a green paradise.”



Planting Healthy Air, Risle Avenue Primary School, Tottenham.

“The school has been struggling with recruitment in recent years and, like all other schools, budget cuts. This project has been a real boost to all the students, families and staff at the school, showing investment in the school has demonstrated that our school is valued and our kids deserve the best. We expect this to have a direct impact on pupil recruitment for next year.”



Feedback from community groups



Bringing nature home project, Bridgend Adult Resource Centre, Wales.
“The funding has allowed us to run workshops, which have given people access to nature and wildlife, helped with improved mental health, and helped us to create friendship groups with a common interest.”

Ray of Light Cancer Support: Connecting with nature project.

“Thanks to the generous support of the Bupa Foundation Grant, our gardening group has blossomed into a sanctuary of growth, healing, and community. Together, we cultivate more than just plants—we nurture hope, resilience, and connections that thrive alongside our blossoms. Your contribution has truly made a difference in the lives of those affected by cancer.”

Alive’s demetia-friendly allotment, South Bristol.

“The allotment space when we were given it was very neglected, overgrown with weeds, and not securely fenced. The funding has enabled us to make the space safe and accessible for older people living with dementia. At our grand opening of the space one lady said: “The space is just amazing - so lovely. It will be fantastic to come here and do some gardening. I’m looking forward to getting out of the house, meeting people and making friends. Thank you so much.”



Watch the video from some of our grant nominators and recipients



PV Solar Panel Project, Crayke C Of E Primary School, York.

“Children have told us they want to help the environment. We want their school to be part of the fight against climate change. The rise in energy bills has made budgeting harder for schools everywhere. Solar panels will free up more money for the children’s education.”



Outdoor classroom for St Michael’s Primary School, Essex.

“The children are loving learning outside and being close to nature. We can already see the positive impact that it is having on their wellbeing. This would not have been possible without Bupa funding, so thank you so much for your support and for helping our school become a better place for learning.”



Sensory and Wellbeing Garden and Outdoor Teaching Space at Ysgol Gymunedol Penparc, Wales.

“All young pupils love getting their hands dirty, and to do so in such a way that leaves a lasting effect, has given our pupils a sense of achievement that they have contributed to the wellbeing and health of our pupils for years to come. Thank you so very much for your invaluable support.”

Urban tree planting with Trees for Cities



The need for urban trees has never been more critical and we're proud to continue our partnership with Trees for Cities for the fourth year.

Over the four years of our partnership, we have transformed seven urban schools across the UK with healthier, greener, happier playgrounds and outdoor spaces, as well as planted urban woodlands with communities in Birmingham, Burnley and London.

In 2023 we:

- Planted **6,720 saplings** in Burnley
- Planted over **100 semi-mature trees** in Birmingham and London
- Supported two inner city primary schools, in Newham and Hackney Wick, to create healthier playgrounds
- Engaged hundreds of community and student volunteers
- **500,000+** live in the wards where we've planted, and will benefit from better canopy cover



With 80% of the UK population living in towns and cities, many people are now breathing dirty air, are at risk of flooding and are struggling with rising temperatures worsened by the urban heat island effect. By supporting urban tree-planting, our partnership continues to connect communities with nature, as well as support people's physical and mental health.





Foundation

Healthier Communities

Support for local, practical projects that improve both people and planet health.



Women's Environmental Network

The 'Soil Sisters' project helps women and children living in refuges in East London with positive mental health and wellbeing through therapeutic gardening, food growing and cooking.

To support their amazing work, we funded six months of weekly therapeutic gardening sessions as well as the creation of a children's garden space.



[▶ Watch the video](#)

“Developing the Hestia garden is an empowering process for the women - a chance to see their growth and development reflected in the garden they’ve helped to create for themselves and those in the future”

Bernadette Kennedy
Soil Sisters therapeutic gardener.



London Rivers Week



In June 2023 we supported Thames21's London Rivers Week for the second year.

The theme was 'Climate Resilience' and was packed with more than 40 activities including guided walks, river-dipping, clean-ups, tours, talks and debates, cultural events and webinars for people of all ages.

The events reached over 2,000 people, helping communities to better understand, connect and appreciate London's rivers and wildlife, as well as provide practical action on how we can all play a part to help tackle the climate and biodiversity crisis.



7 days of river-based activities

43 events

26 community organisations

2,050+ participants





St Hilda's Food Co-Op

We supported St Hilda's Food Co-Op in East London to provide healthy, affordable, culturally appropriate produce to the local community, including fresh and nutritious fruit and vegetables.

Our donation allows them to support more than 80 regular customers per week, the majority from low-income households with multiple dependents.

Supporting
more than
**80 regular
customers**
per week



Watch the video



St Hilda's has a zero-waste approach.

They don't pre-package goods so customers can purchase the amount they need, they also use recycled cardboard delivery boxes, bio-degradable shopping bags and reusable pricing labels.



Made in Hackney

Made in Hackney provides food support and education, helping to tackle the climate crisis through dietary change.

The Bupa Foundation funded regular cooking classes for vulnerable Londoners – providing participants with inspiration and practical skills to change their food shopping, cooking and eating habits and improve their health.



24 classes over 12 months

2.5 hours per class

212 people impacted

44 volunteers donated **96 hours**

55 recipes shared in 24 handouts



JASMINE:

“The classes have given me more confidence in trying plant-based recipes, especially as meat is expensive. I was suffering from quite high cholesterol as I would rely on convenience food. Since I’ve started doing more cooking from scratch, it’s gone back to normal.”

AIKEDA:

“I’m eating foods now that I wouldn’t normally eat. The cookery classes get me out of the house and support my mental wellbeing. Otherwise, I can be in the house 7 days a week. I was referred here - and I wasn’t going to take doctor’s advice to come, but glad I did.”



Participant feedback:

89%

increased their knowledge of healthy food

86%

inspired to eat more fruit and vegetables

75%

said the class supported their physical health

86%

said the class supported their mental health

80%

are more confident to cook from scratch on a budget

Getting young people closer to nature



CATCH Leeds helps local young people ‘overcome obstacles, achieve success in school and help unlock their greatness’.

Our donation supported the expansion of their Educational Farm and the purchase of four Alpacas which will help provide unique opportunities for local young people to engage with animals, nature, learn new skills and experience outdoor classrooms.



Catch Leeds has a regular cohort of 50 young people involved with the farm and up to 100 more who visit weekly. Some of the young people have been both victims and perpetrators of youth violence – and these positive activities is helping to divert them away from crime and anti-social behaviour.

Due to demand, this year Catch lowered the age to become an ‘Activity Supporter’ to 9 years old, although they officially become a recognised volunteer when they turn 13.

As a result of activities, Catch has supported a number of young people into employment over the last year including roles within local schools, public services (such as the police) and retail. There is growing interest by employers to recruit from Catch’s pool of young people as they have witnessed the skills they are learning through volunteering and social action projects.

Catch Leeds farm has up to 100 more young people who visit weekly.



Cleaning up the canal



We continue to donate to the Canal and River Trust to support the upkeep of a 1-mile stretch of canal next to the Bupa Kirkstall Forge office in Leeds.

Bupa employees also volunteer to support the area through planting and collecting plastic, so the local community can enjoy the waterways.





Surrey Wildlife Trust

We funded trainees to have the opportunity to work in the environmental sector. Thanks to our grant, they've gained hands-on experience in grassland and heathland management, specifically practical habitat management, scrub clearance, hedge laying and coppicing. This will support them with a long-term career in environment and wildlife support.



Ashford Youth and Community Centre

We supported Ashford Youth & Community Centre to regenerate a local green space found next to Staines train station. They engaged youth volunteers, helping to connect them with their local environment whilst restoring green spaces and attracting wildlife.



Stanwell Foodbank Grow Zone



We funded the regeneration of a disused green space to become an outdoor grow zone, where locals with no gardens can grow produce. Our funding has enabled additional raised beds, composting mechanisms and new equipment. It's an invaluable space for the community in Stanwell and we're proud to help keep it going.

Sussex Seabed

We supported Sussex Seabed's kelp restoration project, which is finding solutions that address the loss of kelp beds along the Sussex coastline. Sussex Seabed works with local communities to raise awareness about environmental issues and the consequences for their local area - empowering people to take action and play a crucial role in the protection and re-wilding of the seabed.



Pelican Parcels

Pelican Parcels does an amazing job of supporting disadvantaged children in Brighton and Hove, by collecting donations of essential baby and child items from the local community. Our funding has enabled them to continue supporting the local community with essentials such as clothing, shoes, uniform, beds, buggies, highchairs - making sure nothing goes to waste!



BrightStore

We proudly supported BrightStore in providing over 200 weekly meals weekly to some of the most vulnerable people in Brighton. They provide healthy meals for families in need by utilising surplus food, helping to reduce food waste within the city.



Emirates Nature WWF

We're proud to support Emirates Nature WWF in their mission to enable a sustainable UAE - where society, economy and environment thrive side by side.

Our grant supported the rural community of Masfout, Emirate of Ajman. We funded the planting of hundreds of native Shu'a trees. This not only enriches the environment and captures CO2, but also supports the local economy. More than 60 local farmers will benefit from increased income through the natural oils they can extract from the trees (which are used for cooking and beauty products).

Beyond the funding from the Bupa Foundation, Bupa Global colleagues based in Dubai volunteered their time to help with the planting and clean-up of the area.



VeryNile: Cleaning the Nile



We continued to support VeryNile in Egypt to help collect and repurpose plastic from the Nile. The collection is done by local fishermen, helping to support their income.

Our funding in 2023 has set up a new plastic collection, sorting and compacting facility in Assiut. This means more plastic can be collected and repurposed into textiles or packaging and used as an alternative to fossil fuel.

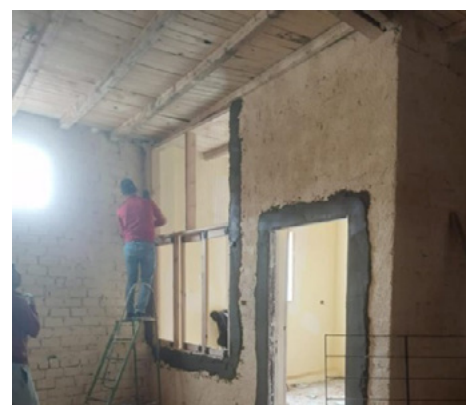


[▶ Watch the video](#)



Not only will the river be cleaner, but it'll also benefit the local community:

- ▶ **Over 50 local fishermen** will support with the collection of waste from the river.
- ▶ **3 newly trained machinery operatives** will also gain jobs in the Assiut facility to improve recycling efficiency.



Dentaid The Dental Charity



In 2023 we expanded our longstanding partnership with Dentaid The Dental Charity to start supporting those experiencing homelessness in Northern Ireland with much-needed dental care.

Out funding provided a base for a mobile dental unit so it could be used for outreach dental clinics on a monthly basis in Belfast, Bangor and Omagh.

Bupa Dental Care clinicians volunteered their time and skills to provide emergency treatments, oral cancer screening, scale and polish and dental health advice for rough sleepers and people experiencing homelessness supported by Simon Community.

8 clinics took place

61 patients seen and screened for oral cancer

25 painful teeth filled

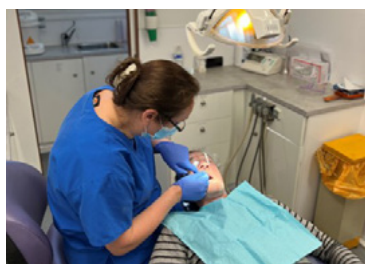
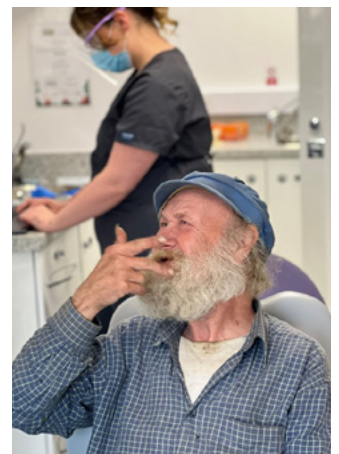
23 tooth extractions

21 scale and polish treatments

[▶ Watch the video](#)

'It was a service that made dental work more accessible to our clients. It was onsite so they felt safe and not judged. It was a service that helped to build the confidence in so many service users that accessed the service and helped reduce the fear of seeing a dentist.'

Frances Black
Service Manager Simon Community,
Saintfield Road site.



Clean water in Narok County, Kenya

We partnered with Lifecare international to install two boreholes in Kenya's Narok Maasai Mara region.

This will provide safe, clean drinking water to a community of **2,000 people**, as well as provide water for livestock and agriculture

Hear from the local community about the life-changing impact this project has had.



“This organisation truly embodies our purpose of helping people live longer, healthier, happier lives and making a better world.”

Uditha Jayaratne, Head of Africa, Bupa Global





Foundation

Healthier Futures

Investing in climate action and education
to help create healthier futures.



Eco-Schools



Bupa Foundation has partnered with Eco-Schools (run by Keep Britain Tidy) to help educate and inspire the next generation to look after the planet we call home.

We'll do this by:

- Supporting teachers to feel confident teaching about people and planet health
- Creating engaging free school resources to support pupils to make positive impacts on the health of our planet – as well as our bodies and minds - with the aim to ease eco-anxiety.
- Covering the administration fee for a number of schools in disadvantaged areas to apply for eco school status.



So far in 2023:

30+ eco-training sessions have taken place

1164 educators have received the training to help build their confidence to deliver environmental action in their school, local community and beyond.

66 of the most deprived schools in England will receive support with the cost of their Eco-Schools accreditation, allowing them to receive official 'green flag status'.



Coming soon:

In summer 2024 we'll be releasing our free **Healthy Summer toolkit** to engage schools with people/planet health.

The Happy News



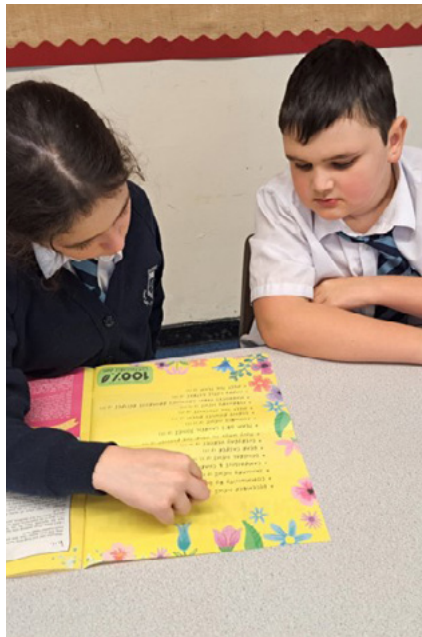
The Happy News for Schools engages and inspires students through a newspaper filled with only positive stories about amazing people and our incredible planet.

In 2023, our funding enabled **80,000 free copies of The Happy News** to go to **8,000 schools** across the country.



88% of people rated the newspaper as **'Excellent'** and 11% as 'Good'

97% of teachers said the newspaper was beneficial



"We are so so grateful for the opportunity to have these newspapers. Our school is situated in a very very underprivileged area and any way that we can broaden our children's horizons or enhance their learning experience in any way we will embrace. The children are so engaged with the stories, they laugh, they're shocked, they're inspired, and we are very thankful."
Teacher

"I love it - so uplifting. I am the Mental Health and Wellbeing Lead at a large primary school in an area of high deprivation, and I love seeing the children reading this to share positivity around mental health, wellness and generally being fun and friendly!"
Teacher



80,000 
trees planted
- for every newspaper sent a tree has been planted in its place.

Generations of Stories



We partnered with the National Literacy Trust to launch 'Generations of Stories'.

The programme breaks the link between low literacy and poverty, whilst providing an inter-generational experience for both care home residents and primary school pupils.

The National Literacy Trust identified that due to the cost-of-living crisis and high inflation, books are becoming a luxury item, with 1 in 5 parents stating that they are spending less on books for their children. Whilst many older people have been more isolated due to the pandemic. To fill this gap the National Literacy Trust worked with Bupa Foundation on the Generation of Stories project bringing together six schools and care homes through books.



180
Children involved

750
Books gifted

Marianna Kirk, Activities Coordinator at Nairn House Care Home, commented:

“Our residents love spending time with children, they bring such energy to the home and reading is an activity that everyone can enjoy together. We’re so pleased to be involved with this partnership at Nairn House, we strive to provide the highest quality care for our residents and play an active role in the local community. Seeing the children and our residents bond has been so wonderful and rewarding in many ways.”



We're proud to have supported the following organisations in 2023



- An Taisce
- Ashford Youth & Community Club
- Asthma + Lung UK
- Baton of Hope
- BrightStore
- Canal and Rivers Trust
- Career Ready
- Cash 4 Kids
- CATCH
- Choose Happy News
- DentaId
- Eco Active
- Eco Restoration Trust
- Emirates Nature Association
- Footprints Conductive Education Centre
- Foundation 92
- Gorton Imagination Library
- Groundwork
- Head Held High
- Home Start Spelthorne
- I4YP
- Keech Hospice
- Keep Britain Tidy
- Leeds South and East Foodbank
- Lifecare
- Made in Hackney
- MAEcare
- National Literacy Trust
- Opening Doors London
- PAN Intercultural Arts
- Pelican Parcels
- Pendleside Hospice
- Salford Foodbank
- Salford Foundation
- Shooting Stars Children's Hospice
- Single Homeless Project
- St Hilda's Community Centre East
- St Michaels House
- Staines Rotary
- Stanwell Foodbank
- Surrey Wildlife Trust
- Sussex Seabed Restoration Project CIC
- Talking Tree
- Thames 21
- The Children's Society
- The Children's Sunshine Home, Laura Lynn
- The Cowshed
- The Felix Project
- The Ledward Centre CIC
- The National Trust
- The Raystede Centre for Animal Welfare Limited
- Trees for Cities
- UK Men's Sheds Association
- Very Nile
- Women's Environmental Network
- YMCA DownsLink Group



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