



Foundation



Bupa Foundation Impact report 2024

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.

As a charity, we support people and planet health through three strategic pillars: **Healthier Futures, Healthier Cities and Healthier Communities**

In 2024 we invested £1.8 million in practical projects which have both environmental and social impact. Some of our national projects included:



£550k Green Community Grants Fund:

We partnered for a second year with Groundwork UK to offer schools, charities and community groups the chance to apply for funding to put their local green ideas into action. In 2024 we awarded grants to 295 local green projects – from outdoor classrooms and sensory gardens, to community allotments and local green space improvements.



Asthma + Lung UK:

The Clean Air Champions scheme launched in 200 schools in 2024, giving schools access to pollution monitors to measure air quality, alongside free resources to help students learn about the impact of air pollution on their health and inspire change.



Eco-Schools:

We supported two national campaigns with Eco-Schools to inspire the next generation to improve their health and the health of the planet. Educational resources and teacher toolkits reached over 500,000 pupils.

Alongside nationwide programmes, we also aim to have deep grassroots impact, supporting the places where Bupa employees live and work.

Our nine regional community committees, led by passionate Bupa employees, put forward £340,000 in grants to support local causes they care about – from regenerating community gardens and horticultural therapy, to supporting foodbanks to distribute surplus food.

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.

In 2025 the Bupa Foundation is celebrating its 10th anniversary and I'm really looking forward to supporting even more inspiring causes.



Stuart Brown, Chair, Bupa Foundation



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Healthier Cities

Helping to make urban spaces greener and healthier.



Trees for Cities London



The need for urban trees has never been more critical and we're proud to continue our UK partnership with [Trees for Cities](#) for the third year.

In 2024 we funded:



28,000
trees and sapling across
five parks in London

Engaging
3,000
local residents in planting
and environmental
activities

Better tree canopy cover for
64,000
people, helping to create
greener, healthier cities.

London Tree Ring

We're proud to be a founding supporter of Trees for Cities' 'London Tree Ring', a groundbreaking initiative to create a ring of green spaces and urban woodlands around the capital.

Hainault Recreation Ground in the London Borough of Redbridge was identified as a key planting opportunity to start making this vision a reality.

Thanks to our funding 150 volunteers planted over 2500 tree whips – hear what they had to say about the project here.



City of Trees Manchester



We're proud to have launched a new partnership with City of Trees. Rooted in Greater Manchester, they're passionate about making the region even better, one tree at a time.

In 2024 we funded:

■ Planting 5,000 urban trees in Greater Manchester.

This included working with pupils at Salford City Academy to plant 830 saplings, 16 standards, and 5 fruit trees in the school grounds.

■ 20 free 'Citizen Forester' workshops.

These sessions teach practical conservation skills. City of Trees partner with local organisations like 'Back on Track' which supports vulnerable adults through community engagement and learning.



Bupa volunteers planted 116 trees and maintained 86 trees in Stopes Road, Bolton, Greater Manchester.



Shagrha - Egypt

The Bupa Foundation Community Committee in Cairo started a new partnership with Shagrha, one of Egypt's leading social enterprises.

Together, we set out to transform urban spaces in Cairo and Obour.



We planted **5,000 fruit trees** in public areas, schools, and hospitals



Hosted **35 community planting events**



Engaged **6,250 pupils and volunteers**



The project planted **3,000 trees** in streets and public spaces, enhancing the local environment, reducing urban heat, and improving air quality.

Another **2,000 fruit trees**, including lemon, olive, moringa, and guava, were planted across four government schools, offering fresh produce for students and their families.

These schools became living examples of how urban greenery can combat climate change while supporting vulnerable populations.



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Healthier Communities

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



Bupa Foundation Community Committees

The Bupa Foundation has nine regional community committees.

They're made up of passionate Bupa employees, based in:

- Brighton
- Bupa Dental Care (representing colleagues nationwide)
- Cairo
- Dubai
- Dublin
- Leeds
- London
- Manchester
- Staines



Together, in 2024 they've awarded **£340,000** in local grants for grass roots projects

Here's what our community committee members have to say about taking part



Chestnut Tree House Hospice



Our funding has breathed new life into the Stars Garden at Chestnut Tree House Children's Hospice, transforming it into a serene sanctuary for families grieving the loss of a child.

Beyond providing a peaceful space for reflection, the garden promotes local biodiversity, attracting wildlife that offers moments of daily joy to visitors. Families now have a calming green space to process their loss, surrounded by nature.

Raystede Animal Welfare Charity

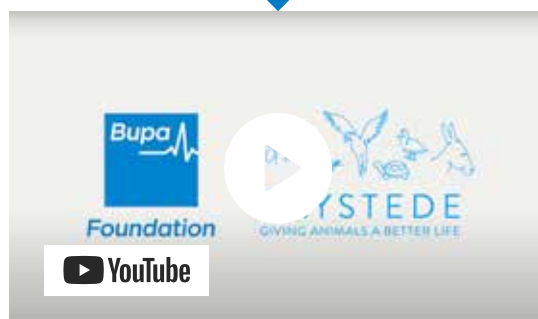
Raystede has been giving animals a better life for over 70 years, but it is also a free green space for the community to enjoy.

Our funding enabled **130 conservation volunteers** to support improving their green spaces and natural habitats.

Here's a few words from Raystede about the donation.



Bupa employees volunteering at Raystede



Turning Tides

Turning Tides is the biggest provider of services for single homeless people in West Sussex.

Our support allowed them to install new state-of-the-art energy-efficient appliances.

As a result, Turning Tides has reduced their operating costs, as well dramatically cutting their carbon footprint.



Dentaid The Dental Charity



Our longstanding partnership with Dentaid The Dental Charity continues to grow.

In 2024, the Bupa Foundation funded 'Clover', a brand new, greener, solar-powered mobile dental unit - equipped with storage, x-ray lead lining, and space for medical histories.

This game-changing vehicle allows Dentaid to travel in a greener way, as well as making it affordable to access cities which have ultra-low-emission and congestion charges. 'Clover's' first visit to London was [covered by BBC news](#), due to its innovation.

Bupa Dental Care clinicians also volunteer their time and skills to provide emergency treatments, oral cancer screening, scale and polish and dental health advice.



The Bupa Foundation also funded **10 clinics to run on the van**, providing vital dental treatments and advice to **150 vulnerable individuals**, including survivors of abuse and those in temporary housing.

Each patient received 3-4 treatments on average, ranging from fillings and extractions to oral cancer screenings and preventative care.

You can see the van, and the amazing impact it had on a recent visit to Single Homeless Project in London in this video.



Eco-Restoration Trust

Eco-Restoration Trust is tackling climate change head-on through innovative rewilding projects.



Our funding supported the transformation of a derelict farm into a thriving nature reserve, complete with ponds, native trees, and habitats for birds and bats.

This project not only restores Ireland's dwindling biodiversity but also engages communities in conservation efforts, fostering a collective sense of responsibility for the environment.



FoodCloud

FoodCloud redistributes surplus food to vulnerable groups.

With our support, they have delivered **6,000kg of food** - equivalent to **12,000 meals** - to homeless shelters, food banks, and community centres.

Not only has this initiative supported those in need, but it has also prevented over 15,000kg of CO2 emissions by keeping food out of landfills.

Aoibhneas

Aoibhneas provides critical refuge to families escaping domestic violence.

Our funding helped transform their courtyard into a vibrant, healing space. This revitalised area is now a sanctuary for children and families, offering moments of play and connection.





VeryNile

In 2024, we continued our partnership with VeryNile to support two community projects.

Community Allotment and Kitchen

With our support, VeryNile is regenerating neglected agricultural land on Qursaya Island, into a thriving community allotment.

The produce grown will be used to provide free meals to local fishermen and vulnerable residents, as well as equipping the community with new agricultural and culinary skills.

By promoting sustainable farming and reducing reliance on supermarkets, the initiative enhances food security, cuts carbon emissions, and revitalises the island's economy.



Boat Renovation Project



Thanks to our funding **39 traditional wooden boats**, essential for Nile River clean-up efforts, are being restored by skilled local carpenters.

The initiative not only safeguards the fishermen's livelihoods but also ensures the continuation of sustainable, eco-friendly fishing practices that protect this vital ecosystem.

BARCA Leeds

BARCA supports vulnerable children and adults in Leeds.



With our support, they've created two flourishing community gardening projects on local housing estates. These new green spaces are bringing residents together to grow fresh food, build social networks, and develop valuable skills and get closer to nature.



The Conservation Volunteers

We've funded 12 horticultural workshops at Hollybush Conservation Centre.

These inclusive sessions are helping participants connect with nature, gain practical skills, and reduce social isolation.



We funded Waste Shark - an innovative aquatic robot - to eat litter for a month on the Leeds waterways.

It can scoop up to **500kg of waste** from the surface of the water per day as it swims along - and is the first use of this technology in the UK. See what the team had to say about our funding in this video.

Waste Shark Leeds



ecoACTIVE

We funded ecoACTIVE to deliver their Forest School Programme in two East London primary schools: Shoreditch Park Primary and Queensbridge Primary.

These sessions help build pupils' confidence and improve their wellbeing through hands-on nature activities. In addition, we funded a grant for Harris Science Academy in Newham to help create a sensory garden in a disused concrete area. This provided students with a reflective outdoor space to grow herbs, learn about sustainability, and connect with nature.



Thames21 – London Rivers Week



For the second year, our funding supported Thames21 to bring communities together during London Rivers Week.

More than **2,500 people** benefitted from free events, up and down the River Thames, such as mud-larking, pond-dipping, education talks and cultural celebrations.

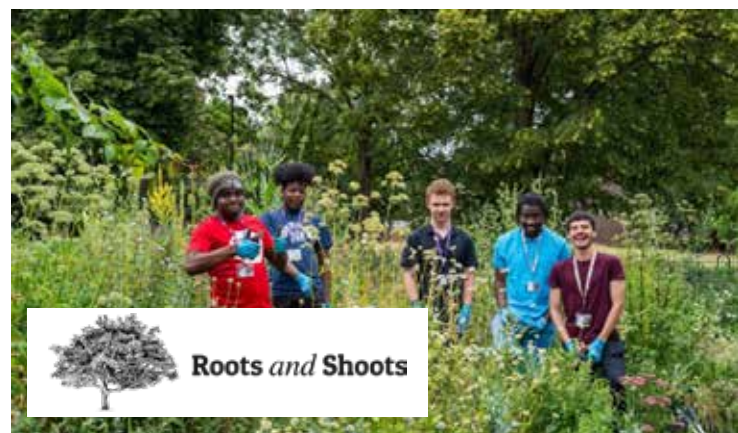


Roots and Shoots is an award-winning independent educational and environmental charity based in South London.

Our funding has supported new gardening tools and benches at their urban biodiversity heritage site in Kennington.

This has helped expand access to their therapeutic green spaces, enabling vulnerable groups to build practical skills, connect with nature, and improve their wellbeing.

Roots and Shoots





Manchester Environmental Education Network (MEEN)

MEEN's mission is to promote environmental education across schools.

We supported their Treemarkable project, enabling them to deliver training to six schools to provide students with scientific knowledge on trees, how they mitigate climate change and their function as habitats.

Not only do pupils develop manual skills such as sawing and pruning, they also explore the relationship between trees, soils and fungi and find out about temperate rainforests in the UK.



42nd Street

[42nd Street](#) is a young people's mental health charity based in Greater Manchester. We supported its innovative NatureWell programme, designed to help young people aged 11-25. Our funding has enabled 15 vulnerable young people to experience this nature-based therapy, taking them on a year-long journey, using the changing seasons to inspire personal growth and healing.

- The programme starts in spring with **"ROOT,"** where participants explore nature's role in mental health through beauty, compassion, and connection.
- In summer, **"GROW"** encourages personal reflection, culminating in a residential trip to experience diverse natural environments.
- Autumn's **"HARVEST"** phase promotes creativity, with poetry and art fostering meaning and purpose.
- Winter's **"RETURN"** offers a reflective space for participants to consolidate their experiences and build resilience.



"This group has given me confidence to just be myself and be on my own"

"This group has done so much to improve my mental health, it has changed my perspective and changed my life"

"I feel motivated and want to appreciate nature more now. Before this I didn't really spend any time in nature but now I'm like noticing things. Walking around without my headphones and just listening to the birds, I can just think."

Henshaws



Henshaws is a northern charity supporting people living with sight loss and a range of other disabilities to go beyond expectations.

Thanks to our funding, they were able to run their Nature Retreat, offering visually impaired children a rare opportunity to explore independence, build confidence, and connect with nature.

This 4-day, 3-night programme provided a safe and supportive environment for 10 participants to learn essential life skills while embracing new challenges.

For many of these children, it's their first time away from home and their first chance to interact closely with peers who share similar experiences.



Activities include

Practical cooking lessons

Mental wellbeing workshops

Environmental education that highlights sustainability practices like recycling and growing vegetables.





Surplus to Supper

Surplus to Supper tackles two pressing issues—food waste and food insecurity—through redistributing surplus food that would otherwise end up in landfills.

With our support, they have provided thousands of nutritious, culturally-appropriate meals to low-income families, the elderly, and marginalised communities. Additionally, curated meal kits, complete with recipes and fresh ingredients, have empowered families to prepare healthy meals at home.

The Tea Boat Project

The Tea Boat Project is a social enterprise and community project based 100 metres up-river from Staines Bridge.

They work with volunteers (many of which are job-seekers, thanks to their partnership with Jobcentre Plus) to transform neglected areas along the River Thames into thriving green spaces. Our funding enabled the purchase of essential tools for habitat maintenance, supporting indigenous wildlife, and establishing a water health monitoring station at Ari's Café. This vital work is empowering the community to take charge of their natural surroundings and preserve them for future generations.



Thames21

Partnering with Thames21 we funded backwater restoration at Penton Hook Island. Backwaters are integral habitats for freshwater ecosystems.



This investment has helped to clear and expand the backwater and thin marginal vegetation, as well as engage the local community with volunteering days to inspire long term stewardship. It is empowering the community to take charge of their natural surroundings and preserve them for future generations.



In 2024, our partnership with Emirates Nature-WWF restored the fragile ecosystem of the Hajar Mountains while empowering local communities.

We planted 1,400 native trees—including Shu’a, Ghaf, and Samur—critical for biodiversity, honey production, and shade.



The project directly supported 100 farmers and their families, providing:

- > workshops on sustainable water management
- > biodiversity monitoring

This initiative combined conservation and community action, improving pollinator habitats and addressing water challenges while creating a lasting impact for people and nature.

Local residents and volunteers, including our employees, participated in tree planting and ecological surveys, fostering deeper environmental stewardship.





Foundation

Healthier Futures

Investing in climate action and education to help create healthier futures



Asthma + Lung UK Clean Air Champions



Together with Asthma + Lung UK, we've launched a nationwide Clean Air Champions programme.

Clean Air Champions is a national schools engagement programme to raise awareness about the link between air quality and lung health.

The programme has launched to 200+ schools nationwide and includes:

- **Education about lung health and clean air:** free resources including lesson plans, worksheets and assembly packs.
- **Air pollution monitoring:** schools receive air quality monitoring kits, bespoke data results and recommendations for next steps with support.
- **A 'clean air schools' online community:** peer-to-peer support, as well as dedicated Schools Engagement Officer.



Amy Bartlett, Schools Engagement Officer, ALUK:

"It has been so inspiring to see the enthusiasm of schools engaging with this project. Not only have we been able to equip schools with tools to measure their air quality, but also the education they need to feel empowered to make real change in their communities. Through the data we are collecting, we can highlight the importance of clean air and its effect on a healthy school environment, giving schools the motivation to make a lasting difference.

We are so thankful for the opportunity to reach schools and young people across the nation, especially those in areas of deprivation and health inequality - thank you to the Bupa Foundation."

Deborah Waddell, Paediatric Respiratory Specialist Nurse:

"Exposure to high levels of air pollution can lead to a variety of health problems. It is particularly harmful for growing lungs and is a trigger for asthma attacks.

The Clean Air Champions project has enabled us to engage with schools in areas where there are high levels of air pollution, where children are breathing toxic air. It has provided a platform through which whole school communities take action. The project is going from strength to strength and the reach of the project is expanding beyond schools to involve decision-makers in local areas and nationally.

The Bupa Foundation has provided us with the means to deliver a unique and seminal project which with continuing development will have a real impact on the health and wellbeing of future generations."

Eco-Schools

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

In 2024 we collaborated to produce the Healthy Summer toolkit and Cut Your Carbon campaign, enabled access to free Eco-Schools training for over 1,400 educators, and funded 66 schools in deprived areas to achieve the Eco-Schools Green Flag accreditation.

[Read the full 2023-2024 impact report here.](#)

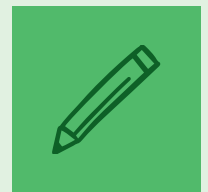


Healthy Summer Toolkit

Launched in April 2024 the free Healthy Summer Toolkit was packed with fun activities to boost the health and wellbeing of both pupils and the planet.

Inside the toolkit was a series of simple activities and resources, supporting pupils to understand eco-anxiety and develop ways to manage it, raise awareness about climate change, take collective action to support biodiversity and become more physically active outdoors.

- 1,103 schools accessed the toolkit
- Reaching up to 534,000 pupils
- Watch the launch video here



Bupa Foundation supported the Healthy Living topic within the Toolkit, enabling the following actions:





Thanks to our support, Count Your Carbon was launched in March 2024.

This Eco-Schools' comprehensive carbon footprint calculator, built in collaboration with, and for, nurseries, schools and colleges.

Completing a calculation with Count Your Carbon provides schools with:

- An indicative headline carbon footprint figure.
- A breakdown of their carbon footprint into 11 key categories.
- A set of recommendations outlining ways that a school can bring down emissions.

**Isabelle (age 11),
Moor Park Primary School, Blackpool:**

"I wanted to become a member of the Eco-Council because I am very passionate about helping our planet, especially helping the animals. The pictures of plastic in the ocean make me feel really angry and sad so I thought I had to do something!"

Eco-Schools Training Programme for educators

92% of educators feel that covering climate change and sustainability in schools is important, but 70% lack the confidence to do so.

1,449 educators accessed the free training we funded across 29 sessions. Training empowers educators to cover climate change and sustainability with their pupils through delivery of the Eco-Schools programme.



Cut Your Carbon is an annual, national schools campaign, which took place in November 2024, thanks to our funding.

The campaign challenges young people to deliver positive actions at home, with their friends and families, to reduce their carbon emissions.

- **1,969 nurseries/schools** signed up to deliver Cut Your Carbon in their setting.
- **At least 200,000+** individual carbon-cutting actions were delivered.
- **More than 600,000 kg** of CO₂e reductions were made by pupils delivering Cut Your Carbon across November.



National Literacy Trust Reading for the Planet



We've continued our long-term partnership with National Literacy Trust and evolved our 'Generations of Stories' programme to have an eco-theme.

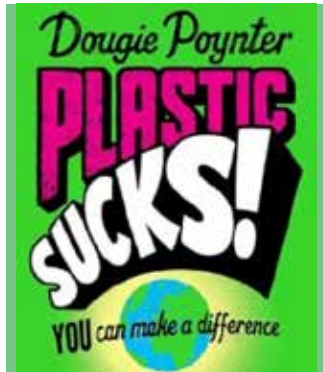
In 2024, we launched 'Reading for the Planet', which saw us pair up Bupa Care Home residents with local primary school children – to spread joy and inspiration through the power of reading.

Six schools took part from some of the UK's most deprived areas, including London, Yorkshire, Birmingham, Bristol and Liverpool and Derby.

This short video captures the magic of the programme – and how much it benefits both generations.



YouTube



We're proud to have supported the following organisations in 2024



- Chestnut Tree House Hospice
- 42nd Street
- Aoibhneas
- Asthma + Lung UK
- BARCA Leeds
- VeryNile
- Big Education Trust
- Canal & Rivers Trust
- Canal Connections
- Catch Leeds
- Childhood Trust
- City of Trees Manchester
- Cracking Good Food
- DentaId The Dental Charity
- East Liverpool Riding School for the Disabled
- EcoActive
- Eco-Schools
- Eden Trust
- Emirates Nature
- Fareshare
- Felix Project
- FoodCloud
- Foundation92
- Freedom4Girls UK
- Green Yatra
- Greener and Cleaner
- Griot Consulting
- Groundwork UK
- Henshaws Society for Blind People
- Homestart Spelthorne
- I4YPC
- LifeCare International
- Manchester Environmental Education Network (MEEN)
- National Literacy Trust
- Pelican Parcels
- Roots + Shoots
- Rotary Club of Staines
- Shagrha
- Shooting Star Children's Hospice
- St Ann's Hospice
- St Barnabas Hospice
- St Michael's House
- St Peter's PCC
- START in Salford
- Stillbirth and Neonatal Death Society (Sands)
- Surplus to Supper
- Talking Tree
- Thames Valley Air Ambulance
- Thames21
- The Conservation Volunteers
- The Eco Restoration Trust
- The Raystede Centre for Animal Welfare
- The Sensory Trust
- The Simon Community
- The Tea Boat Project
- Trees for Cities
- Turning Tides
- Women's Environmental Network
- WWF
- YMCA Downslink Group



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