



# Charity Foundation Review



# Martin Dougan

**Welcome to this review of City Health Care Partnership Foundation; I hope you find it interesting and informative. We want to show you how the money we've invested into our communities is working to help local people improve their health and wellbeing. We'd also like to give you an insight into how the Foundation is run, why it was set up and how it functions.**

The Foundation was chaired from inception until recently by Denise Anderton. Denise's tireless energy has given the Foundation and its trustees a solid platform from which to build and we would like to take this

opportunity to express our gratitude and appreciation for the instrumental role she played.

We are immensely proud of our charity and the huge positive effect the small grants we give can have on people in the areas where City Health Care Partnership CIC works.

I hope that some of the examples featured will give you a flavour of what has been achieved over the past five years; as the Foundation's reputation continues to flourish, we anticipate that these achievements will grow in number and scope to cement our position as a real social business.



# Our Foundations



When City Health Care Partnership CIC (CHCP CIC) became the first 'Right to Request' co-owned community interest company to spin out from the NHS in 2010, its mission was, and remains, to grow a socially responsible commercial business that contributes to the wider wellbeing of the communities in which we work.

Making a positive social impact on our staff and our communities enables us to build on our work as a health and social care provider, benefiting the whole community, not just the people who use our services. Profit from our range of businesses is reinvested back into our colleagues, our communities and our services and from September 2013, this has been administered by City Health Care Partnership Foundation, which is a key part of our social investment and helps to make the local pound work harder. When the Foundation was launched,

CHCP CIC's chief executive Andrew Burnell said, **"The Foundation's objective is to galvanise and promote CHCP CIC's social objectives, supporting the communities in which we work by raising funds and by gaining support from our staff to undertake pro bono work. By innovating, inspiring, involving and investing in our staff, services and the communities where we deliver services we will continue to do this more and more."**

In 2011/2012, our first year of operation, CHCP CIC awarded £24,000 to 36 grassroots community organisations; by 2014/15 local groups and charities supported by staff had received £225,000. These range from children's football teams to over 55s dance groups and as long as they meet the criteria, all applications are carefully considered by the Foundation panel in their quarterly meetings who decide how the allocated funds will be distributed.

# **It s everybody's business: Our Trustees**

The Foundation is run by Trustees who are all staff shareholders in CHCP CIC. They meet quarterly to consider applications for small grants and staff sponsorship, approve the annual accounts and look at ways to raise awareness of the charity's work. The Trustees carry out this work on a pro bono basis, giving their time and expertise, with the agreement of managers, to further the aims of the organisation.

**"I wanted to be a Trustee as I am very passionate and determined to make my local area a positive place to live and want to help, support and give my time to benefit such causes. I also want to support the local communities; I live within them and want to help towards that contribution of being socially responsible."**

Toni Yel, business development manager

**"I enjoy being on the committee as I have a passion for advocacy for people with additional needs, in particular children and young people with complex health needs, as I think they are one of the most vulnerable groups of people who need our protection and support to enable them to function as valued members of our society."**

Jackie Griffiths, senior operations manager, community children's nursing services

**"For me as a shareholder and a trustee of the Foundation it has been really rewarding to be directly involved in supporting local community groups and helping us to fulfil our social aims. Its great to see the successes that have been achieved from the investment we've given them."**

Graham Hill, senior pharmacist, medicines management and Foundation Treasurer



**Martin Dougan**  
Chair



**Sharron Lovick**  
Company Secretary



**Graham Hill**  
Treasurer



**Elaine Nisbet**  
Trustee



**Rebecca Scarr**  
Trustee



**Jane Wilson**  
Trustee



**Jackie Griffiths**  
co-opted Trustee



**Heidi Henrikson**  
Trustee



**Toni Yel**  
Trustee



**Lynne Barton**  
Trustee

The Trustees are also involved in fundraising to boost the Foundation's coffers and to add to the money distributed from City Health Care Partnership CIC.

As part of the launch of the new Foundation in 2013, Trustees and colleagues from across the organisation and their friends and families walked across the Humber Bridge to raise money for the charity.

The walk also celebrated the end of CHCP CIC's participation in the Global Corporate Challenge (GCC), a worldwide initiative to get people moving and taking part in physical activity.

# Investing in our community

CHCP CIC is committed to investing into the communities in which we work and most of this investment goes through the Foundation's small grants scheme. Voluntary and community groups can apply for grants to support projects and activities that contribute to the health and wellbeing of local people. Our most recent Social Accounts show that the Foundation generates £36.38 of social value for every £1 it spends.

## **MAFIA dance** **£500 small grant**

Charlie Browne is 78 and has been coming to Mature And Fit Inclusive Association (MAFIA) dance groups in Kirkby, Merseyside for seven years. "It's activity for life," he says. "I've had a quadruple heart bypass and this keeps me fit. I used to come to T'ai Chi classes at Southdene Community Centre [known as the 'Commo'] and the dancing started as a splinter group. We do fun things like dancing at Kirkby Festival and there's a real community

spirit. Everyone has a laugh." Eileen Penny is the treasurer and started coming to MAFIA dance nearly eight years ago. "Everyone loves it and gets on with each other and we've even got some much older members who can't dance anymore but still like to come along and socialise.

"It's not expensive to run but we still have to pay for the room and pay Alan, our teacher; the £500 grant from CHCP Foundation made a huge difference and meant

we could carry on dancing here. It's so lovely to watch people blossom; Patsy used to be so shy and stayed at the back but now she's dancing in the front row! It doesn't matter about your weight or your build, community dance is for everyone."



## **Sunday Girls £1000 small grant**

A grant from the Foundation has helped the Sunday Girls Road Club, Hull's only women-only cycling club, to buy training 'turbos' to help with fitness, technique and inclusion. They received £1,000 to buy eight turbo machines, to which bikes are attached for indoor training. Club chair Claire Champlin explains why this is important: "In bad weather it's really helpful for us to be able to train and keep our fitness levels up, but the turbos are useful for much more than that. "We are very keen to encourage more women to take up road cycling

but some feel a bit daunted by the riding position or the gears or just feel that they aren't ready to ride on the road. The turbos will mean that ladies can practice on a road bike, get used to the gears and bring their fitness up to a level they're happy with before venturing outside.

"We are also hoping that if women aren't happy about cycling for cultural reasons or don't want to wear Lycra in public, they can still enjoy the benefits of

riding a bike without worrying about who's watching."



## **BAMEEN health maintenance project £355 small grant**

BAMEEN (Black and Minority Ethnic Environment Network) received £355 from the Foundation to help with publicity for a project to boost health literacy,



education and social activities in Hull's Gambia community.

Dawda Jatta, one of the leaders of the project, said, "We want this to be the foundation for sustainable lifestyle changes through a tailored,

practical and culturally appropriate education programme. The idea is that this will fit round people's busy lifestyles

and spread the word through their social networks, linking in with existing

food-growing schemes. We want to encourage people to grow and eat their own produce, which will lead to healthier food choices.

"There has been a lot of interest from other communities; our speakers encouraged changes in attitude, lifestyle and behaviour to help reduce the risk of people developing health problems and some of the participants told us the information about healthy eating was really important for them.

"We are taking things a step further by working with the Gambia community to grow their own food, so we can sustain Bameen's focus on cultivation and healthy eating."



# culturehealth+

To support and celebrate Hull's status as 2017 City of Culture, the Foundation launched a programme of grants designed to give a kick start to cultural, arts based and creative activities that can also show a positive impact on the health of the local population. Eligible projects are based around cultural or artistic activities that will also help to promote one or more health improvements such as improving mental wellbeing, encouraging a healthier lifestyle, increasing exercise and promoting public health messages (such as stopping smoking or losing weight).

## Opera North

One group who are benefiting from Culture Health+ is Opera North, who as part of their Singing School in Bude Park Primary school in Bransholme are using their grant to provide high quality music and singing sessions for children aged 0 to 4 and their parents. Opera North hope that these will help to enhance parent and child relationships, facilitate the process

of creative learning and improve the communication, language and literacy development of young children who are at a higher risk of delay, through participation in musical activity. As part of the programme for City of Culture there will be opportunities for people taking part in Opera North Education projects to get involved in community events and performances in Bransholme and across the city.

After the first year of delivery of Opera North's Singing School, SATS results at Bude Park have increased dramatically.



# Eco Health Grants

In February 2013, the Foundation ran a special one-off round of eco-health grants to fund projects and activities promoting the benefits of linking environment to health and wellbeing. Two projects were funded up to a value of £10,000.

## Pickering Park Adventure Zone

The Friends of Pickering Park wanted to build an Adventure Zone for older children to play on and raised funds to install a zip wire, nest swing, cycle track, perch bars and

wobble dishes with funds left over to add a timber bench and timber picnic tables and seats. Although it was very popular, the children still wanted things to climb.

A special Eco-health grant of £10,000, given to organisations for projects that benefit the environment and the health of local people, led to the installation of a trim trail and assault course, a hammock net, a rock wall, the net cone and the hexagonal climber with panels of rungs, ropes and nets

to climb. Other activities include a springboard balance beam, monkey bars with trapeze rings, tyre walk, tyre bridge, triple zig-zag balance board, log crossing and pole climber.

On the first sunny weekend after the equipment was installed, queues were forming to use it. Everything is free of charge, available all day every day and set in beautiful surroundings overlooking the lake. This is healthy living in open spaces, encouraging exertion often without the children realising they are exercising. Parents waiting for their children talk to each other, increasing social cohesion.



# Investing in our colleagues

Our colleagues at CHCP CIC are vital to the success of the company, but they are also part of the communities in which they live and through the Foundation, we encourage them to support those communities. Our staff sponsorship scheme makes it possible for staff who are raising money for good causes to apply for sponsorship for fundraising activities that they are involved in, giving something back to their local areas and to national charities.

## Conquering Kilimanjaro

Sponsored to climb Kilimanjaro Infection Prevention and Control Nurse Donna Craven was awarded £500 from the Foundation to climb Mount Kilimanjaro to support The Daisy Appeal. The appeal has been raising money for a £4.5 million centre at Castle Hill to bring world class diagnostic services for cancer, heart disease and shortly dementia

to North and East Lincolnshire, East Yorkshire and parts of North Yorkshire.

The ascent of Kilimanjaro took 6 days and the final ascent from basecamp took about nine hours. Donna said, "Without the guides' help none of the group would have summited, they were fantastic. They encouraged, supported and sang us up the mountain. It was a fantastic experience and I would like to thank the Foundation

for sponsoring me for the Daisy scanner appeal and to all those who sponsored me for Hull Animal Welfare."



## **Macmillan Ben Nevis Midnight Challenge**

The Ben Nevis midnight challenge is an annual event aimed at raising funding for those diagnosed with cancer and their families.

Graham Jones, Stop Smoking practitioner from our St Helens team and his friend decided to undertake the challenge to raise money and also see if their ageing bodies could cope with the demands of Britain's toughest and highest peak.

They met the Macmillan team at the aptly named Ben Nevis centre at Fort

William and started their registration and preparation. Once they were placed in a team of 10 climbers, health and safety procedures were covered and weather warnings were given.

So, at midnight on the 11th July 2015, Graham began his ascent accompanied by 120 other climbers and treacherous weather conditions. After four and a half hours battling through near gale force winds, horizontal rain, sleet and unseasonably low temperatures they reached the summit

of Ben Nevis and after a few minutes rest began the descent taking approximately four hours to get back down.

“We later learned that some teams did not make the summit and turned back due to the atrocious conditions,” said Graham. “But thanks to CHCP’s generous donation of £300 I exceeded my sponsorship target and for that I offer my sincerest thanks.”



# Fundraising

Alongside core funding from City Health Care Partnership CIC, CHCP Foundation fundraise through sponsored activities and events carried out by CHCP CIC staff members, family and friends. We also welcome donations and fundraising by anyone who wants to help their local communities to improve the health and wellbeing of people in their area.

## Thinking outside the filing cabinet

A bit of enterprise and initiative by our Unit Support Workers has brought money into the Foundation's coffers.

Team leader Rob Conroy realised that CHCP CIC would have to pay contractors to take away unwanted and unusable metal filing cabinets, so after checking with the relevant

people that the cabinets were company property to dispose of, he and his team loaded them in their van and sold them to a scrap metal merchant. The proceeds were donated to the Foundation.

"It seemed so wasteful, either to chuck them in a skip or to pay for disposal when we could make some money for the charity," he explained. "There was some furniture as well that was no longer needed, so we arranged to donate it to the Homeless and Rootless project.



"One of the brilliant things about CHCP CIC is the way we're encouraged to think of creative ways to solve problems and given the green light to try them. And it's great to know that the money is going to a good cause like the Foundation."

## Bring me sunshine

Many people are keen to support our service for children with complex needs at Sunshine House with donations and these come through and are managed by the Foundation. Although the service is funded to provide everything the children need, there are always extra things that would be nice to have and the donations pay for these. If the team at Sunshine House become aware that there is something that would make the children's experience that little bit better or more comfortable, such as a new piece of play equipment, they can apply through the Foundation for the funds to purchase it.

## In for a penny

In for a penny is a campaign where we ask staff members to donate as much (or as little) small change they have lying around in pockets, purses and wallets as they wish.

Working as teams, offices or even as individuals, staff nominate a container to use and start to fill it with their small change. Once the container is full these are then collected.





**[www.chcpfoundation.org.uk](http://www.chcpfoundation.org.uk)**



**[www.facebook.com/  
CHCPFoundation](http://www.facebook.com/CHCPFoundation)**



**[@CHCPFoundation](https://twitter.com/CHCPFoundation)**

If you would like this document in an alternative language or format,  
such as audio tape, large print or Braille, please call 01482 347649.