## Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome from our Chair</td>
<td>2</td>
</tr>
<tr>
<td>Welcome from our Chief Executive</td>
<td>4</td>
</tr>
<tr>
<td>Easthall Residents Association</td>
<td>6</td>
</tr>
<tr>
<td>Easthall and Kildermorie, Glasgow, Scotland</td>
<td>6</td>
</tr>
<tr>
<td>The Association of Community Organisations for Reform Now Bristol</td>
<td>8</td>
</tr>
<tr>
<td>Youth Sport Trust</td>
<td>9</td>
</tr>
<tr>
<td>Our vision and our strategy</td>
<td>10</td>
</tr>
<tr>
<td>Surrey Lane People’s Organisation</td>
<td>12</td>
</tr>
<tr>
<td>Battersea, London</td>
<td>12</td>
</tr>
<tr>
<td>Birmingham History</td>
<td>14</td>
</tr>
<tr>
<td>Balsall Heath, Birmingham</td>
<td>14</td>
</tr>
<tr>
<td>Creativity in Care CIC</td>
<td>15</td>
</tr>
<tr>
<td>Alness and Invergordon, Scotland</td>
<td>15</td>
</tr>
<tr>
<td>Claremont First Step</td>
<td>16</td>
</tr>
<tr>
<td>Community Centre</td>
<td>16</td>
</tr>
<tr>
<td>Ten Streets, Blackpool</td>
<td>16</td>
</tr>
<tr>
<td>Highlights</td>
<td>18</td>
</tr>
<tr>
<td>Scope</td>
<td>20</td>
</tr>
<tr>
<td>Southend-on-Sea, Essex</td>
<td>20</td>
</tr>
<tr>
<td>Cymunedau’n Gyntaf Mon</td>
<td>22</td>
</tr>
<tr>
<td>Communities First</td>
<td>22</td>
</tr>
<tr>
<td>Holyhead, Anglesey Wales</td>
<td>22</td>
</tr>
<tr>
<td>Royal Voluntary Service</td>
<td>23</td>
</tr>
<tr>
<td>Boston, Lincolnshire</td>
<td>23</td>
</tr>
<tr>
<td>Community Action Suffolk</td>
<td>24</td>
</tr>
<tr>
<td>Haverhill, Suffolk</td>
<td>24</td>
</tr>
<tr>
<td>Torfaen People First</td>
<td>26</td>
</tr>
<tr>
<td>Llanhilleth, Blaenau Gwent, Wales</td>
<td>26</td>
</tr>
<tr>
<td>Community Action: MK</td>
<td>27</td>
</tr>
<tr>
<td>Netherfield, Milton Keynes</td>
<td>27</td>
</tr>
<tr>
<td>Northumberland Community Development Company</td>
<td>28</td>
</tr>
<tr>
<td>West St Belford, Northumberland</td>
<td>28</td>
</tr>
<tr>
<td>Amina – the Muslim Women’s Resource Centre</td>
<td>29</td>
</tr>
<tr>
<td>Dundee, Scotland</td>
<td>29</td>
</tr>
<tr>
<td>Our programmes</td>
<td>30</td>
</tr>
<tr>
<td>Evaluation and learning</td>
<td>32</td>
</tr>
<tr>
<td>Our staff team</td>
<td>34</td>
</tr>
<tr>
<td>Our Board of Trustees and Committees</td>
<td>35</td>
</tr>
<tr>
<td>Finance and governance</td>
<td>36</td>
</tr>
<tr>
<td>Organisations we have funded in 2015–16</td>
<td>38</td>
</tr>
<tr>
<td>Where we work</td>
<td>40</td>
</tr>
</tbody>
</table>
Welcome from our Chair

Welcome to our special fifth-anniversary edition of the Annual Review for People’s Health Trust.

In just five years, so much has been accomplished. Over £80 million has been raised so far, over 2,300 projects supported and well over 400,000 people involved from areas that are most affected by health inequalities across Great Britain. This is an exceptional achievement for such a young organisation.

People’s Health Trust was set up to address health inequalities and create fairer places in which to grow, live, work and age. To this end, the Trust ensures that funding is targeted at the communities most affected by social and economic exclusion, and strongly encourages the empowerment of residents to voice their needs in designing and leading initiatives grounded in local knowledge.

I am proud to be Chair of an organisation with such a participatory ethos. I celebrate the creativity, energy and wisdom of all those working at a local level, the diversity of their projects and their breadth of reach in some of the communities that experience the most disadvantage.

In furthering this principle, I am delighted at this time to share with you our new strategic objectives for the next three years.

We will continue to act on lessons learnt, deepen our investment in evaluation, share evidence in public arenas, develop partnerships with new and existing stakeholders, and explore opportunities offered by new legislation. At the heart of these will be the strengthening of our commitment to participation, co-production and empowerment in addressing health inequalities.

We do not underestimate the challenges ahead, in what will be a period of critical economic and structural change – all the more reason for our strategy to be grounded in the realities of people’s lives when addressing inequity and disadvantage at a local level across Great Britain.

At the heart of our exciting new strategy is our work supporting local people to take action on the wider social determinants of health. We will continue to support projects that inspire greater social and economic connectivity, and that ensure local people have greater influence over decision-making, money and resources that affect their lives.

Our new strategy also supports infrastructures that enable local neighbourhood control to flourish, including models of empowerment and co-production. We will explore how new legislation such as the Well-being of Future Generations (Wales) Act 2015 and Scotland’s Community Empowerment Act 2015 will help us.

We will continue to share knowledge and information between practitioners through vibrant networks and the use of innovative technology. We will develop learning and communication with stakeholders and new partners about the wider social and economic determinants of health underpinned by independent evaluation studies – so that the principle of collective control as a determinant of health, and the changes it can bring about in the wellbeing of individuals and neighbourhoods, may be better understood.

And, we will continue to develop our ethos as a learning organisation, continually improving what we do as a Trust and how we do it, ensuring that we maximise our resources and knowledge for the benefit of local neighbourhoods, other funders and commissioners; clearly communicating learning and evidence to local people, policy makers, academics and practitioners – locally and nationally.

I hope you enjoy reading more about our achievements so far and our exciting vision for the future in this vibrant Annual Review.

Sue Cohen
Chair, People’s Health Trust
This year, we celebrate more than an Annual Review, we celebrate five years of raising the profile of health inequity in Great Britain today. It is strange to use the word ‘celebrate’ and ‘health inequity’ in the same sentence; there is nothing to celebrate about the gap in life expectancy and quality of life between people who live in wealthy neighbourhoods and those who live in poorer neighbourhoods. The gap remains a source of profound embarrassment and social injustice.

By investing in local projects and in neighbourhoods which experience first-hand the inequalities in health, we are raising awareness of these shocking disparities. To date, we have supported over 2,300 local projects, over 400,000 people and have received over £80m in donations from society lotteries. The amount is vast and, at the same time, it is modest when we look at the scale of the problem we face.

Over the past five years we have worked to reclaim the meaning of ‘health’. The word has become synonymous with illness, and the blame for that illness has been laid squarely at the door of individuals. Health is not about disease. As we’ve visited the neighbourhoods residents have had no problem telling us what health means to them. They’ve said it’s about having green, safe places for the kids to play out in; it’s about good jobs with decent wages, thriving local economies; local shops; decent landlords and houses; it’s about having space to get together, connect and feel less isolated. And we agree. Health is about vibrancy, not disease.

Over the last five years, we have focused our attention on local health, on working with small groups of residents to ensure that they are empowered to make decisions about the things which matter to them in their neighbourhoods.

Evidence shows us that people who don’t have control over what they do are more likely to have worse health. As a funder, we have tried to work differently – to see the people we invest in as one of the critical players in tackling health inequalities, they represent important relationships to us and not grant transactions. Local people know that they are the experts in what should happen in local neighbourhoods and we, along with the voluntary sector and governments, need to help it to happen.

"I'm more determined than ever that addressing the social determinants of health must move higher up the agenda of all those whose role it is to improve our health, build our cities, commission our services and support us all as citizens."

Much has been achieved over the last five years from: the development of the practitioners’ networks, providing critical space for learning and development; to the evaluation of our programmes enabling us to contribute to the evidence base, as well as important work with larger national partners and governments to seek solutions to the health gap.

There are so many people who have helped us along this journey: The 51 society lotteries and The Health Lottery who work tirelessly to provide a source of funding to enable all of this to happen; our volunteer Board of Trustees (past and present) who have set direction and remained passionate about addressing health inequity; our team of people within the Trust; our academic and governmental partners who have understood and supported our mission; but, none of this would be possible without 2,300 local projects on the ground who have used their knowledge, skill and wisdom to identify what needs to be done locally and how it needs to happen: the learning from this is very real. We’re witnessing a real force for change emerging.

As we move into our new strategic plan, taking us up to 2019, I’m more determined than ever that addressing the social determinants of health must move higher up the agenda for all those whose role it is to improve our health, build our towns and cities, commission our services and support us all as citizens. I’m also more determined that all of us need to listen more carefully to what local people are saying are the answers. The age of ‘top-down’ solutions to local problems has to be well and truly over.

Social and economic inequalities remain the biggest single threat to health in Great Britain today and it is only by working closely with local people, with governments, with agencies and partners that we can even begin to address the systemic causes of a social injustice which, in the words of the World Health Organisation, is “killing on a grand scale”.

John Hume
Chief Executive, People’s Health Trust
Our project has focused on building relationships between young people, older people and adults with additional support needs.

Some people felt that there was a divide between older and younger residents. Lots of the young people thought that older people were grumpy and, likewise, many of the older residents thought the younger people showed no respect.

This has really helped to change how the older residents view their younger neighbours and it has helped the young people to feel more valued in their community.

There are real and lasting relationships forming and this is the most positive thing to come out of the project. Before, more than 70 percent of older people living in the area said they felt vulnerable leaving their houses after 6pm because of the groups of young people that hang about in the street. Since being part of the project, people’s attitudes towards each other have completely changed.

A spin off from the whole project has been the creation of a community garden with a play area in the middle. The idea is that families can use it together, grandparents and parents can come along and potter about in the garden and the children have the play area to enjoy.

All three groups have worked on this together and it will be their lasting legacy. It’s in the heart of the community and the reaction it’s getting from other residents that haven’t been involved in the project, as well as visitors, is unbelievable. It’s something the members of the project are really proud of.

Now everyone involved can take a step back, look at it and see that they’ve worked together as a team and created something that’s going to last forever.”

Andy Gilbert
Project Coordinator

“Through this project, we’ve really been able to bridge the gap between these groups with activities that help them to connect with each other. We started with an intergenerational group on a Saturday where some of the older people come into the community centre and put on activities to share skills like baking. From this, we found that some of the older people wanted the young people to teach them things like how to use a computer or a tablet.

Older people also wanted to put on bingo night every Tuesday. The young people come in and manage the bingo sessions – they sell the books, do the calling and run the tuck shop.

The past two years have been by far the most rewarding for our community. We have seen young and old come together and create a bond.”

Rachel McCann
Resident

Easthall Residents Association
Glenburn, My Life, My Choice group - Active Communities
HealthShine
Easthall and Kildermorie areas of Glasgow

£48,650

Click here to find out more
This project is run by local tenants, for local tenants. Residents wanted to campaign for access to good quality, affordable and stable housing without fear of being evicted. They wanted to raise awareness of tenants’ rights, and encouraged private landlords and letting agents to sign up to a set of standards, outlined by their Ethical Lettings Charter.

A few weeks into the campaign, three letting agents and six landlords had signed the Charter, improving the housing situation of around 500 residents.

Bristol City Council adopted the Charter, the campaign has been featured in the press, and has attracted support of local politicians and councillors.

By designing and delivering activities, residents feel empowered. They see that working together can bring about change and this gives them the confidence to challenge bad practice.

“As an individual with a rogue landlord, you feel incredibly powerless, but coming together as a group is very empowering. Two landlords have spent well over £50,000 on repairs already.”

Volunteer

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The Association of Community Organisations for Reform Now
It's Rental: The Bristol Ethical Lettings Charter
Active Communities
HealthTogether | Bristol

£40,713

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Youth Sport Trust
Connecting Communities - Start to Play
Healthy Places Healthy People
HealthWin | Hull, Yorkshire

£43,750

“Our Connecting Communities project was all about engaging and empowering young people and their communities by taking part in regular and fun activities.

Through Start to Play, families with young children took part in activities including role play, stories and dance. It was fantastic to see parents’ self-confidence improve as the project developed. They felt more a part of their community and felt they had greater influence.

Some members experienced problems at home and language barriers, but being part of the project helped them to feel more confident in their abilities to play with their children, and in some cases develop English Language skills.

Volunteers received training so that they can deliver activities within the local community using innovative methods and techniques to make the sessions fun. We now have an army of volunteers who will keep up the good work for years to come.”

Sharon Bartley
Project Coordinator for Hull

“It’s made a big impact. I wouldn’t be where I am today if it wasn’t for the group. Coming here was a great escape for me to mingle with other parents and feel normal again.”

Emma Monteiro Reynolds
Resident

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As an individual with a rogue landlord, you feel incredibly powerless, but coming together as a group is very empowering. Two landlords have spent over £50,000 on repairs already.”

Volunteer

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People’s Health Trust Annual Review 2016

Click here to find out more

Click here to find out more
Our vision and our strategy

Our vision

People’s Health Trust believes in a world without health inequalities. The principle which lies behind this is that where you live should not reduce the length of your life or the quality of your health. Health inequalities remain stubbornly persistent across Great Britain and indeed across the world. The Trust was set up to address health inequalities and create fairer places in which to grow, live, work and age. Through our funding and support, we encourage empowerment as a means of addressing the underlying structural causes of health inequalities.

We strongly encourage residents to voice their needs and to take action locally to address them.

Our work aims to ensure that local people design and lead initiatives which are about their neighbourhoods and to ensure that money is targeted at those people, neighbourhoods and communities most affected by disadvantage across Great Britain.

Our new strategy

Our strategic objectives for 2016 to 2019:

- Supporting local people to take action on the wider social determinants of health at a local level
- Improving what we do and how we do it, to maximise our resources and knowledge for the benefit of local neighbourhoods, other funders and commissioners
- Building successful relationships locally and nationally, and support for local empowerment models which in turn benefit the health of local people
- Communicating evidence and learning to local people, policy makers, academics and practitioners, locally and nationally, and contributing to the evidence base for local control as a way to reduce health inequalities

We believe that where you live should not reduce the length of your life or the quality of your health
A lot of people living on the estate didn’t feel they had the power to change their neighbourhood and, in my experience, when people act alone, usually that’s true. But through our project, we’re working to bring about positive change, influence local democracy and take control of our neighbourhood’s future.

Many people originally got involved because of concerns about the quality of windows on the estate. The council promised to replace them, but work was delayed, so residents were facing a winter of cold homes and high energy bills.

Some residents had been in touch with the council individually, but it was when we contacted them as a collective that we had the biggest impact.

One evening, we talked about how we could tackle the issue and came up with the idea of sending a massive Valentine’s card to the council’s Housing Director that said, ‘Where is the love, where’s our windows?’ and it got a reaction.

Residents have also begun to develop friendships with their neighbours, and we’ve started to welcome more and more people on board.

We also hold community engagement walks and summer parties so that residents can get to know each other and listen to each other’s concerns.

The community engagement walks around the estate are a great opportunity to talk to other people and proactively research local issues. The summer parties help people who might not have heard about our project before to get involved.

It’s great to see more people getting involved, but as this happens more opinions are being voiced and, naturally, people sometimes express different priorities.

It’s about relationships and trust. We’re all very different people, but there’s a lot of love and respect. We’ve built that through working together on things like the parties and the windows issue and, because we’ve got the relationships and the trust there, if we have a difference in opinion, we can work it out.

Before I joined this group I knew about five people on a first-name basis on the whole of the estate – now I know about a hundred. For me, living here all my life has been very disconnected, but now it’s different. I certainly know my neighbourhood in a way I didn’t before.”

Geoff Hitchens
Project member and resident
This project came about because local people wanted to try different creative activities that would help them to make new friends.

From the start, members shaped the project’s direction. They changed the project’s name, chose the programme of activities, and decided which pieces of creative work would be used for the showcase performances.

Because there was such a range of activities, everyone was able to find something that fit their skills and interests. Working together in the workshops broke down barriers and members have made new and lasting friendships that have continued beyond the end of the project.

By putting on a performance in multiple venues, members were also able to build new relationships within the wider community.

―The project is a process rather than an endpoint. The way we structure it is about the process - people are properly supported to let their voices come out.‖
Project staff

Creativity in Care CIC
Nine Lives - Active Communities
HealthKind | Alness and Invergordon
£23,580

―Drama is not about individuals but about people working together to produce something and feel part of it.‖
Steering group member

Young people involved in the theatre company wanted a group specifically for people their own age. The drama sessions help members develop skills and increase their confidence and self-esteem.

Members are involved in all aspects of the project, from shaping the sessions and working on stage management, to promoting events and making decisions about staff recruitment.

As the project progresses, more of the young people deliver the sessions themselves, or join the steering group that decides the direction of the project.

Members are becoming more involved in their local area by taking part in events and putting on performances. The project puts a lot of focus on local heritage, which is helping residents to feel more connected to their community.

―Drama is not about individuals but about people working together to produce something and feel part of it.‖
Steering group member

Birmingham History Theatre Company
The BHYT - Active Communities
HealthBright | Balsall Heath, Birmingham
£15,440

People's Health Trust Annual Review 2016
“We started our Local Conversation in Ten Streets, Claremont, by asking people what they wanted for their neighbourhood, to help us shape the project. Volunteers went door-to-door to find out what people thought about their area, how well residents knew each other and how they might like to get involved in the Local Conversation.

Residents felt that environmental issues were a major factor in the area. They wanted a nicer area to work, play and live – somewhere they could be really proud of.

After the steering group was set up, one of the first things they decided to do was to organise a neighbourhood clear-up. We did four clear-ups around Ten Streets and, from that, we started talking about having safe places for children to play and having alleyways that looked better.

We started with one alleyway, which the steering group chose because it was a manageable size. Because it was the first one, they wanted to start small so it wasn’t too much for us to handle.

All sorts of stuff had been dumped there, including white goods, but we cleaned it all up and got rid of all the rubbish and weeds.

In place of the rubbish, we’ve now got 18 planters with flowers that are blooming and it looks great. From that, we were entered into Blackpool in Bloom and we won an award, which is fantastic. Everyone was so chuffed. They’ve put in all this hard work, so to be acknowledged for it is an amazing thing.

We plan to do the same with some other small alleyways and then go onto larger ones that will become areas where children can play safely.

What’s amazing is that, since we’ve been working on the alleyway, there hasn’t been any fly tipping. We’re also seeing people who live nearby starting to do a bit of gardening. There’s hanging baskets being put up and people are turning their back gardens into little havens. It’s fantastic that all of this is happening from that small alleyway being done.

Cleaning the alleyways is just one part of a bigger project. This is one of the first priorities that we’ve worked on and it’s really made people feel enthusiastic about carrying onwards and upwards with the rest of the Local Conversation project.

It’s a slow process, but we’re certainly starting to see a difference. It’s enhancing the area, but it also means that residents can walk down the street and say hello to someone they’ve been working with – which is just a brilliant thing to see.”

Joe Shepherd
Chief Officer

“As a resident living in the area I want to have a say and make a difference. The alleyway project has had a huge visual impact so other residents can see something positive taking place in Claremont.”

Jim Donnelly
Resident

Letters were sent to the residents whose homes back onto the alleyway and we followed this up with face-to-face conversations with them – they were all really keen to see the alleyway in bloom. Everyone involved in our project helped and it went really well.

All sorts of stuff had been dumped there, including white goods, but we cleaned it all up and got rid of all the rubbish and weeds.

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Joe Shepherd
Chief Officer
Highlights

£80 million raised for good causes

2,300 projects funded

400,000 people supported to grow, live, work and age well

What you said

“I joined the Trust in 2011, just before it received its first donations for good causes raised by 51 society lotteries.

Over the last five years the Trust has been committed to using its resources to achieve greater social justice, at a very local level.

Our funded partners are instrumental in demonstrating, on a very practical level, that it is possible to bring about real change in neighbourhoods by putting residents in control of projects that are important to them, their friends and their families. It is great to read the progress reports, particularly case studies, submitted by these organisations which shows that taking part in the activities funded by the Trust has given many participants increased confidence in their daily lives, enhanced people's sense of being part of a community and able to influence what happens within their neighbourhood.”

David Jones
Director of Grant Programmes

“Over 91% said they thought the Trust explains its approach to health inequalities clearly.”

Survey respondent

“93% said it’s easy to find information on the website.”

Survey respondent

“91% said they thought the Trust explains its approach to health inequalities clearly.

Survey respondent

“80% found the application process easy.

Survey respondent

“As we made savings during the project we were allowed to take these forward which helped us expand the project.”

Survey respondent

“I like the involvement the Trust has in our project. Thanks again for supporting us.”

Survey respondent

“In the last year 80% found the application process easy.”

Survey respondent
As part of the Local People project we hold regular meetings, which we like to call get-togethers. At one of these get-togethers, some residents said that they’d like to do something arty. From having a conversation about running some art classes, we got talking about street art and started a series of classes at the local community college working with Project 49, a local day service for adults with learning disabilities. One of the carers that comes along to the get-togethers used to be Artistic Director of the Estuary Fringe Festival, so we came up with the idea of feeding into that.

“It’s the first time I have done graffiti. It was fun and nice and easy. I am really proud of my work. I like being outside to do the graffiti.”

Carol
Resident

The whole thing just snowballed, with various other groups getting involved: community groups, art groups and people from a local residential home. There was one guy who was just standing at a bus stop nearby, saw what we were doing, and liked it so much that he got involved and started painting as well.

What was nice was no one was treated any differently from anyone else, we were all just part of the Fringe. Everybody got involved and had a part that they could play. It gave people who are involved in the Local People project a chance to be out in the community more often, breaking down stereotypes and making new friendships.

It was a great event to be part of. All the residents involved had fun and felt a great sense of achievement. People were having their photos taken next to their artwork and when they went home they were able to show people and say, ‘this is what I was part of, this is what I’ve created.’ The people who run the Fringe were looking for ways to involve people who are disabled. Now they want to make the event inclusive for the whole community. Being part of the Fringe has opened up that conversation about how everybody can get involved and how art can cross boundaries.

During the festival people you wouldn’t think would talk to each other were chatting. It was great to see people having conversations that would not have happened otherwise because art broke down any barriers.

The Fringe Festival might be over, but those conversations are continuing to happen. Members of the Local People project are talking to other groups about how they can get involved with different activities and we’re even talking about what we can do at the festival next year to build on this success. It’s opened up doors and new possibilities.”

Mark Bromfield
Community Engagement Coordinator
Our project started with an engagement phase, so we really understood what was needed locally. Local residents told us they wanted to learn more about IT and do this as part of a social group, so that's how IT with Tea came about. A lot of the time, residents are asked for their opinions on issues through online surveys, so if you can't get online you can't have a say. This activity helps older residents to get online, giving them a louder voice. People also said transport issues made it difficult to get out, so we worked with Boston Community Transport Scheme to give residents transport vouchers. The project has a steering group of local residents working together to make sure older people have a say in how the area develops.

Jane Coleman
Community Engagement Worker
Royal Voluntary Service

Local residents have been talking about having a youth café for several years and, through the Local Conversation project, we've finally been able to make it happen. This is part of several priorities determined by people in Anglesey. From the start, young people have been involved. They've helped design the Pod, name it, shape it and run it. At the moment young people are working in the kitchen but they're not fully involved in the food preparation, so some of them have signed up to do their Level 2 Food Hygiene so they can fully take control. We've had older people popping in too who have said it reminds them of the milk bars they used to have in the fifties and sixties. It's bringing that community spirit back.

Andrew Williams
Youth Team Manager

“I used to spend my evenings walking around the streets in Holyhead and I was bored, but now, every day I come to the Pod and enjoy myself with my friends.”
Robert Thomas
Resident

£337,980
Cymunedau’n Gyntaf Mon
Communities First
Local Conversation in Holyhead
HealthDiverse | Holyhead, Anglesey, Wales

“I have learnt lots of new information on the computer, and met a very friendly group.”
Steve Thompson
Resident

£179,042
Royal Voluntary Service
Local People project in Boston
HealthComplete | Boston, Lincolnshire

“Our project started with an engagement phase, so we really understood what was needed locally. Local residents told us they wanted to learn more about IT and do this as part of a social group, so that’s how IT with Tea came about. A lot of the time, residents are asked for their opinions on issues through online surveys, so if you can’t get online you can’t have a say. This activity helps older residents to get online, giving them a louder voice. People also said transport issues made it difficult to get out, so we worked with Boston Community Transport Scheme to give residents transport vouchers. The project has a steering group of local residents working together to make sure older people have a say in how the area develops.”

Jane Coleman
Community Engagement Worker

People’s Health Trust Annual Review 2016

Click here to find out more

Click here to find out more
“The next two to three months will be very exciting. Through the Community Chest, the Haverhill People’s Forum has helped local residents and community groups to access vital funding to bring their projects and ideas to fruition.”

Darren Foreman
Resident

The suggestion for the BMX pump track came from talking to residents. Then, using the skill set of members of the Haverhill South’s People’s Forum, we were able to develop the idea.

A lot of young people supported the idea because they wanted something active to do in the area. At the moment, there are Skate Park provisions in the north of the town, there are other activities for young people in other wards in the town, but within the south ward there is a gap in provisions, so the BMX pump track will be very beneficial.

The overwhelming response was that local people were looking for activities that would help to improve their health and wellbeing, as well as developing local play facilities for young people, and to create a sensory garden.

As the project progresses, residents will be involved in all aspects of the project, from the design of the track to its upkeep and getting involved in user groups.

There will be plenty of opportunities for everybody in the community to get involved. This is a great way of bringing all ages together. It’s not just a project for young people, it’s for everyone.

The project has been well-received by both local residents and organisations. Currently we are working collaboratively with partners to finalise the lease agreement and have full support of the land owner St Edmundsbury Borough Council, Haverhill Community Trust and Haverhill Cycling Club, there’s a real interest in taking the project forward.

Another part of our Local Conversation project is the Community Chest. This was an opportunity for local voluntary organisations and projects to apply for grants of up to £5,000. The Haverhill South People’s Forum successfully awarded 11 grants which totalled £24,900.

The Community Chest has allowed the People’s Forum to help local projects to really gain momentum and take their activities forward which is a huge boost to the community.

Change takes time and there have been some challenges along the way, but the project is really picking up pace and making a difference.”

Jon Eaton
VCSE Locality Officer at Community Action Suffolk

The Community Action Suffolk
Local Conversation in Haverhill
HealthIntend
Haverhill, Suffolk

£328,424

Click here to find out more
“We’re finding we can achieve a lot without spending much. The activities that are making a huge impact, like the environmental work, are actually quite low-cost. These activities are all part of the bigger Local Conversation project. What money is spent on is only part of the picture. The effect on individuals that comes from volunteering and making a difference in their community is huge.

Residents now feel they’ve got the influence and power to go to stakeholders and say, ‘we want to do this, how can we do it?’ The steering group know they’re representing the whole community. They can say with confidence what is and isn’t working.

People realise that this isn’t the same as some of the things that have gone before. This is real and, this time, they are really in control.”

Julie Webb
Lead and Engagement Team Member

There were some people over 50 with disabilities who were going to day centres and being expected to do the same things as the younger people. Their needs weren’t being met and nobody was talking to them about it.

A lot of the time, this group hasn’t had the chance to choose the activities they want to do but this project gives them this opportunity.

We loved the sewing and crafts, and enjoyed having someone teach us about Story Massage. We’ve had sessions in our own place and we’ve also gone out to other over 50’s groups to teach them.

Now other groups that we feed into are changing the way they work with people over 50 with disabilities, so the project is having a much wider impact.”

Tricia Robinson
Project Coordinator

“Once people see something happening, and that it’s making a difference, they’d want to get involved too.”

Paul
Resident

“Coming to this project has helped me to find ways to calm down during thunderstorms so I don’t get really stressed like I used to.”

Carol
Resident
“We had seven village halls in the local area. One closed and another was under threat of closure, so we applied to People’s Health Trust for funding to help us revive these spaces.

We’re in a sparse, rural area in the west of Northumberland and there’s not a good public transport network, so isolation is a real issue.

First of all, we formed a planning group with people from each hall and together decided on activities we’d like to put on to attract local people to start using the village halls.

One of the halls was still under threat of closure when our project started but, because of Let’s Get Together, the closure has been deferred, which is really something to celebrate.”

John McGough
Director and resident

Northumberland Community Development Company
Let’s Get Together – Active Communities
HealthAble | Whitfield, Brampton, Featherstone, Halton Le Gate and Lambley in Northumberland

Before this project, some of the women involved felt isolated because of cultural and language barriers, but through Building Bridges they are socialising with other women and making new friends.

Women involved in the project decided that the first session should be a lunch club so that everyone had a chance to chat, hear about the project and come up with ideas for future workshops.

A steering group has been formed to help design and deliver the project. Some members have volunteered to lead workshops so that they can share their knowledge and skills with other women in the group.

In the long-term, the project hopes to support the employability of members, many of whom experience legal, language and cultural barriers to accessing work.

“A major problem was that the committees didn’t know what to do with their village hall. Now we’re working together on programmes of activities and the first one has been really well received.”

John

“I didn’t used to go out as I didn’t know anyone, but this broke my isolation and increased my confidence to talk to people. I came here and I really like it. This is my place, for me.”

Volunteer

Amina – the Muslim Women’s Resource Centre
Building Bridges – Active Communities
HealthGift | Dundee

£44,200

£41,676
Our programmes

The Trust supports small and local projects in neighbourhoods in England, Scotland and Wales that are most affected by health inequalities. Common to all aspects of the Trust’s work is the desire to ensure that control is in the hands of residents and that local wisdom and assets possessed by each neighbourhood drive what happens on the ground. We run three main funding programmes: Active Communities, Local Conversations and Local People.

Active Communities

The programme is designed to address health inequalities in local neighbourhoods through supporting residents to come up with their own locally-determined ideas that tackle the social determinants of health across the life-course.

The Active Communities programme aims to support people to create or shape local projects that will help their community or neighbourhood to become even better, and requires that these projects are genuinely designed and run by local people. The programme also aims to create stronger connections between people and give people the opportunity to meet regularly and get to know each other.

Through this programme, we invest in both small, neighbourhood-based projects and communities of interest. By communities of interest, we mean a group of people who have shared experiences, characteristics or common interests, and wish to come together to address issues that are important to them.

To date, we have made over 1,600 Active Communities grants in neighbourhoods in England, Scotland and Wales.

Local Conversations

Local Conversations provides long-term funding to communities experiencing social and economic disadvantage. The funding supports people to come together and decide local priorities based on their aspirations, and to take action to improve things locally. A local lead organisation helps to engage local people and facilitate the Local Conversation. Local people are involved in decision-making through Steering Groups or Panels. The aim is that the programme will support people to take action locally to address the social and economic determinants of health, improve local services, increase the control of local people, increase health and well-being, and, ultimately, reduce health inequalities.

The approach is a flexible one, allowing priorities to change over time, as more and more residents come together to take local action, including people who don’t usually get involved. The pace of each Local Conversation is also determined by the local community, to allow them to progress at a speed they are comfortable with, as they gain skills and knowledge.

To date, the programme is being delivered in 23 neighbourhoods in England, Scotland and Wales.

Local People

The aim of the programme is to support improved health outcomes by empowering local people to have genuine control over the design, delivery and evaluation of interventions which address the wider social determinants of health inequalities.

The programme:

- Creates a longer-term conversation between funded partners and local people - rather than a short-term consultation
- Engages people in agenda setting, reframing problems and co-producing solutions
- Co-delivers initiatives which are flexible and can adapt to changing situations
- Connects people in their neighbourhoods or communities
- Supports the increasing empowerment of local people to address wider issues in their communities and neighbourhoods through collective action

The programme runs in 29 neighbourhoods across England, Scotland and Wales.
Over the last five years, the way we seek to understand the impact of our work has developed and we have introduced a formal evaluation programme, while our informal learning networks continue to gather momentum.

We are using all the available learning to demonstrate the Trust’s impact in contributing to the transformation of social determinants of health for local people, as well as continually improving our programmes and practice.

Informal learning
Local people and organisations use a combination of virtual networks and face-to-face meetings hosted by the Trust. These provide a space for practitioners from different neighbourhoods to come together and discuss practice, thoughts, challenges and successes.

These networks form an essential part of the Trust’s learning strategy - in which we listen and contribute ideas during the live discussions among practitioners.

The networks form a space for meaningful interaction between those delivering projects to test ideas, learn from them and innovate.

We aim to move forwards and co-produce programmes that will deliver genuine improvements in social determinants of health.

Formal evaluation
There is some emerging evidence that health is affected by the amount of control that communities have over decisions that affect them collectively. Initiatives that aim to promote collective control, for example through co-production, community engagement and community empowerment, have been shown to increase sense of control and self-confidence among individuals, and to increase social capital, social cohesion and social connectedness in communities.

Research consultancy Ecorys has conducted an evaluation of the impact the Active Communities programme has had since its inception in 2013. The report highlights ways in which funded projects are achieving the two key programme aims; increasing social links and ties, and collective control – supporting residents to gain a sense of ownership and choice in developing their neighbourhood.

The report says that where projects are designed and delivered truly collectively, additional outcomes can be secured, such as increased happiness, skills development and a sense of self-efficacy among individuals involved, which in itself provides a further contribution towards changing the experience of the social determinants of health.

The Trust also commissioned the New Economics Foundation (NEF) to carry out a formative evaluation of the Local Conversations programme.

The report found the Trust is proving to be a genuinely different grant funder. Local Conversations projects are helping people come together and engage in dialogue, make their voices heard, influence local decisions, and make a difference. Early outcomes of the Local Conversation projects include social connectedness, confidence and skills, and for those most closely involved an enhanced sense of control.

The first reports are available in October 2016. The next Local Conversations and Active Communities reports will be due in summer 2017, while the Trust will also be independently evaluating the Local People programme in the coming year too.

Nicola Brian
Director of Communications, Evaluation and Learning

“Learning from what we do and sharing our learning, based upon robust evidence, is a key part of our strategic plan. The Trust has therefore set up an Evaluation Committee, comprising trustees and external independent expertise, to guide its overall approach to programme evaluation.

We act as a sounding board for senior staff in the design and implementation of evaluation activity commissioned from external bodies.

We also report to the Board on progress and advise on how best to share the results with a range of external partners and other interested parties.”

Paul Ballantyne
Chair of the Evaluation Committee
Our staff team

Alex Kearney
Grants Officer

Amanda Bennett
Grants Support Officer

Anna Mauremootoo
Media Officer

Becca Kirby
Grants Team Coordinator

Daniel Pearmain
Evaluation and Learning Manager

David Jones
Director of Grant Programmes

Dorothea Eyewumi
Grants Support Officer

Elizabeth Adebola
Grants Management Officer

Fiona Mould
Grants Officer

Hal Khanom
Grants Officer

Ian Beason
Grant Programmes Manager

Joel Llewellyn
Communications Assistant

John Hume
Chief Executive

Kate Smith
Policy and Research Officer

Laura Awosile
Interim Director of Finance and Operations

Louise Cook
Grants Officer

Lucy Turner
Network and Learning Officer

Martine Fitt
Grants Team Coordinator

Natalia Griffiths
Senior Grants Officer

Nicola Brian
Director of Communications, Evaluation and Learning

Pearl Figueira
Grants Support Officer

Piers Atherton
Executive Assistant and Office Manager

Sarah McGill
Senior Grants Officer

Sarah Nuttall
Communications Manager

Stephen Jacobs
Finance Officer

Susan Brown
Grant Programmes Manager

Vanessa Woo
Grants Administrator

Paul Ballantyne
Trustee for Scotland

Sue Cohen
Chair

Prof Elizabeth Dowler
Dr. Eva Elliott
Trustee for Wales

Sue Hawkett OBE
Barbara Simmonds

Nigel Turner
Deputy Chair

Audit and Risk Committee

Ian Grattidge
Co-opted External Member

Barbara Simmonds
Trustee and Member

Nigel Turner
Trustee and Chair

Evaluation Committee

Paul Ballantyne
Trustee and Chair

Sue Cohen
Ex-officio

Dr. Matt Egan
Co-opted External Member

Dr. Eva Elliott
Trustee and Member

Retiring Trustees

We would like to thank Dr. Matthew Sowemimo for his work as a Trustee in the last year
We developed and implemented our IT strategy to ensure IT infrastructure is secure and robust within the Trust and meets the needs of our staff and customers. Finally, we are very happy to have developed the Trust’s new three year Strategic Plan for 2016–2019. The Strategic Plan will focus on ensuring the Trust begins to contribute to the evidence base around health inequalities and that it further develops its strategic partnerships. Performance against the strategy is regularly overseen by the Board.

We would like to thank our external auditors, Buzzacott for their support over the last five years.

Laura Awosile
Interim Director of Finance and Operations

Finance and governance

Over the last five years the Trust has been able to provide a sustainable income stream for groups of local residents experiencing disadvantage. 51 society lotteries started operating under The Health Lottery on 1 October 2011. From that date to 30 September 2016, The Trust has received total donations of £82,024,742, of which £76,553,765 was restricted for charitable activities to support local neighbourhoods.

During 2014–2015, we received regular income from 51 Community Interest Companies across England, Scotland and Wales, each running society lotteries. The total income received in the form of donations from the Community Interest Companies within the year ended 30 September 2015 was £14,220,944, of which £12,926,142 was restricted.

For the same period, the Trust spent 9.47% of its total income on overheads and committed grants of £13,391,765 through three grant programmes: Local People, Active Communities and Local Conversations. At 30 September 2015, the Trust had £11,943,593 of restricted funds, of which £9,885,864 was allocated across three grant programmes. This has subsequently been committed to charities and community groups across these programmes.

The Trust’s reserves policy is to hold General Reserves of a minimum of 13 weeks’ running cost and the reserves held will not exceed 26 weeks’ running cost. As at 30 September 2015, the Trust held general reserves of 16.61 weeks.

The Trust’s governance is overseen by the Board of Trustees, Audit and Risk Committee and Evaluation Committee. Trustees are based in various locations with at least one Trustee in both Scotland and Wales. The Board of Trustees formally met six times during the year and held away days in May and September. Board members continue to be active in attending events to represent the Trust.

The Audit and Risk Committee reports to and advises the Board on the key areas of audit, risk and finance including investment. Membership of this Committee comprises two Trustees, and a third co-opted external member, Ian Grattidge. The Audit and Risk Committee has met twice within the financial year.

The Evaluation Committee has oversight of the Trust’s evaluation activities, with overall responsibility for advising the Board and Leadership Team on the Trust’s evaluation programme. The Committee also provides strategic oversight of the Trust’s evaluation activities on behalf of the Board. Membership comprises three Trustees, one of whom chairs the Committee, and a fourth co-opted external member, Dr Matt Egan. The Committee met twice within the year.

The past year has seen the Trust develop a strong culture around shared learning to enable teams to work together more effectively and build on shared knowledge. We are continuing to build our staff learning and development strategy which supports the staff appraisal process. We have also strengthened the role of the Management Team within the Trust to support the Leadership Team and the wider organisation.

Work on introducing new policies and updating existing policies continued throughout the year.

“The Audit and Risk Committee offers more detailed and expert scrutiny of financial and risk matters than is possible amidst all the general business of the Board. It reviews the risk map, budget and draft financial statements before consideration by the full Board, and meets annually with the external auditors to discuss their findings. With two accountants within its membership, it acts as a resource for the Director of Finance and Operations in respect of technical accounting issues.

The work of the Audit and Risk Committee offers the charity assurance that finance and risk matters are dealt with in line with regulation and good practice.”

Nigel Turner
Chair of the Audit and Risk Committee

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Laura Awosile
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Thanks to the team at Spencer du Bois for their design, and to all the photographers that we have worked with this year.

Some people have requested that only their first names are used or their names changed.

Where we work

Scotland
1. HealthKind
2. HealthGR
3. HealthShine
4. HealthShow
5. HealthEngage

Tyne and Wear
6. HealthRespect
North East England
7. HealthImprove
North West England
8. HealthAble
9. HealthHeal
10. HealthSustain
11. HealthReward

Yorkshire and Humber
12. HealthLevel
13. HealthWin

West Yorkshire
14. HealthBoom
15. HealthAmaze

Merseyside
16. HealthFit

Greater Manchester
17. HealthForm

South Yorkshire
18. HealthRich

Wales
19. HealthDiverse
20. HealthExpect
21. HealthControl

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We would like to thank all of the groups and organisations we work with, everyone who plays The Health Lottery, the 51 society lotteries raising money through The Health Lottery, our hard-working staff team, dedicated Board of Trustees and Committee members. It is because of you that all of this is possible. Thank you.