



# WESLEYAN FOUNDATION ANNUAL REVIEW 2022

**WESLEYAN**  
*we are all about you*

  
**heart of england**  
COMMUNITY FOUNDATION



# Contents.

**03 Introduction**

**04 2022 Summary**

**05 Wesleyan Identified Causes**

**07 Large Grants**

**09 Impact**

**11 Partnerships**



# Introduction



**Nathan Wallis**  
Chief of Staff, Wesleyan

This Report will give you a flavour of some of the many great causes the Wesleyan Foundation supported in 2022. As a mutual Wesleyan is committed to doing the right thing and through the Foundation we aim to make a difference in the communities in which we live and work. It also allows us to support causes that are important to our members, customers and colleagues.

We're proud to celebrate a major milestone as the Foundation has donated over £5m to more than 500 charities, community groups and great causes across the UK since launch in 2017.

In 2022, we aligned the Foundation with five United Nations' Sustainable Development Goals (SDGs) focusing on Good Health and Wellbeing, Gender Equality, Reducing Inequalities, Quality Education and Climate Action. These goals fit well with our business as a specialist financial adviser for the medical, dental and education professions and ensure we can contribute to a better future for all.

We launched a new initiative in October called the Wesleyan Winter of Giving. Customers and colleagues were invited to nominate causes important to them that play a vital role in addressing one of these five SDGs. We were pleased to award over £100,000 to 48 charities across the country, providing much needed support as the sector continues to feel the squeeze of cost of living pressures.

Our Large Grants Programme is an important part of the Foundation work and we donated nearly £350,000 to 50 causes across the UK. This included support for projects focusing on returning to work, domestic abuse, the cost living of crisis and mental health.

We strengthened our partnership with Aston University with an initiative to support social mobility in the medical and healthcare professions. A £100,000 donation over the next three years, allowed Aston to launch two new programmes to help young people achieve the right academic qualifications to progress in these areas.

We also supported a number of other projects reflecting our customers' professional interest including working with Doctors in Distress, the British Medical Association (BMA) and the National Literacy Trust.

The work we do through the Foundation would not be possible without our committed partners at the Heart of England Community Foundation who manage our community grants programme. We thank them and every one of our charity partners who've used our donations to make such a difference to so many people.

Since 2017, the Foundation has made impacted the lives of around 440,000 people. We will continue to partner with great causes to make a difference to communities across the UK.

# 2022 Summary

**TOTAL REGIONAL LARGE GRANTS: £346,936.73\***

**TOTAL WESLEYAN IDENTIFIED CAUSES: £552,420.46**

**TOTAL NATIONAL GRANTS: £110,000**

**TOTAL WESLEYAN FOUNDATION: £1,009,322.79**

**\*Map below shows distribution of regional large grants only.**





# Wesleyan Identified Causes

## SUPPORTING THE BMA

The Wesleyan Foundation are proud to be working with the British Medical Association (BMA) to support research in the profession.

A £65,000 grant was awarded to a team looking into the impact of the continued and elongated use of airborne Personal Protective Equipment (PPE) on physical and mental wellbeing.

Use of PPE increased during the pandemic and it's predicted that this will be a continuing trend. The study will examine how airborne PPE affects body temperature, as it limits heat loss, and the longer term effects this could have.



## VILLA VISION

Making a difference to Wesleyan's communities sits at the core of their charitable and volunteering work. An example of this is Villa Vision - a scheme delivering eye health care to children from deprived areas of Birmingham. Its programmes are designed to increase access to eye health education and care and to dispense glasses to children who need them.

A £20,000 donation Foundation helped Villa Vision to evaluate the impact of its work to date which, over three years, has reached approximately 5,500 children across the West Midlands. The research highlighted the importance of having eye health as part of the curriculum and the clear benefits of the project. Children in participating schools were shown to do better in reading efficiency tests than would otherwise be expected based on comparable schools and national averages.

Teachers also reported that sight tests and provision of glasses had improved children's engagement in class and had helped them manage their anxieties. The findings will be published in peer-reviewed journals, online and in newsletters to share knowledge gained.

## ASTON UNIVERSITY

The Wesleyan Foundation were pleased to extend their partnership with Aston University over the year with a project addressing the ongoing shortage of doctors by increasing representation of students from lower socio-economic groups.

Supported by a £100,000 donation over the next three years, Aston University have launched the 'Wesleyan Pathway to Medicine and Pathway to Healthcare' programmes.

Designed to help young people from non-traditional backgrounds pursue careers in medicine and healthcare, the programmes will bring new talent to the sector and create a more diverse pipeline of healthcare professionals.

Aston University offer support not readily available to these students earlier in their education to give them a better chance of studying healthcare disciplines at university. This includes work experience, guidance on how to make a successful university application and support to achieve the right academic qualifications.

Commenting on the partnership, Professor Aleks Subic, Vice-Chancellor and Chief Executive, at Aston University said: "Our Pathways programmes are an amazing asset, extending learning opportunities to students aged 16-18 across the West Midlands region and providing them with the skills and confidence to apply to university courses centred around medicine and healthcare professions."



# Wesleyan Identified Causes

## LITTLE CHICKS LIFE LESSONS

The Wesleyan Foundation are committed to supporting the customers of tomorrow to understand the importance of personal finance today. That's why they were delighted to support the Little Chicks Life Lessons Education programme, a ground-breaking initiative focused on building confidence, self-belief and financial awareness in children.

Funding of almost £80,000 enabled the Little Chicks Life Lessons programme to be delivered to ten primary schools across the West Midlands. It provided 9,450 books and reached around 3,150 children. Wesleyan also supported the publication and distribution of two new books, including one specifically created in partnership to introduce early awareness and increase children's understanding about the importance of forming healthy financial habits.

As part of the support, Wesleyan's specialist financial advisers delivered financial wellbeing workshops and webinars to every teacher within the funded schools.

Alison Delaney, founder of the programme said: "On behalf of all the children, teachers and schools that participated in the programme and benefitted from the funding provided by Wesleyan, I want to say a huge and heartfelt thank you. Your support will have a positive impact on the confidence, skills and prospects of the young children in our region and help them to develop their aspirations and dreams as they go through life."

Nadeem Bashir, Principal at Shirestone Academy, one of the participating schools added: "The Little Chicks Life Lessons programme has had a such a positive impact on our children and teachers."



## DOCTORS IN DISTRESS

With the medical and dental professions under increasing strain the Wesleyan Foundation were pleased to support Doctors in Distress, the mental health and suicide prevention charity again in 2022. A £25,000 donation enabled the charity to launch two new series of weekly support groups.

The first series focused on providing support for doctors and dentists experiencing long Covid, while the second series provided emotional and psychological support for international medical graduates (IMGs) working in the UK.

## WINTER OF GIVING

The cost of living crisis is being acutely felt in the charity sector so to offer some much needed support Wesleyan launched the Winter of Giving initiative in October 2022. Wesleyan members and colleagues were invited to nominate good causes that play a vital role addressing issues around health and wellbeing, education, equality and sustainability. 48 charities across the UK benefitted from the fund. Each organisation selected received £2,200 and this included support for healthcare, homelessness, women's aid, veterans and children's charities.

Whizz-Kidz, a charity aimed at reducing inequalities and building a more inclusive society for those who need mobility support was one of the recipients. The charity will use the funding to help young people to access the mobility equipment they need to live as independently as possible.

Sarah Pugh, Chief Executive at Whizz-Kidz said:

"We know that this winter is particularly challenging for many and this is putting even more pressure on vital services. This funding from the Wesleyan Foundation will make a great difference to the young people we're supporting."





# Large Grants

## 📍 CASBA, BIRMINGHAM

CASBA, a community group that provide advocacy and training services to help adults with learning disabilities, were awarded £9,999 to deliver their Pregnancy to Parenthood project to provide early intervention advocacy and support for pregnant and new parents.

Over the last 10 years CASBA have supported 175 parents with learning disabilities, the majority of whom have had their children removed from their care. Tracy Morris, Senior Advocate at CASBA and Pregnancy to Parenthood lead, shared:

*"Many parents find it difficult to talk about what has happened when their child is removed from their care and the impact it's had on their lives. Some struggle to understand the reasons for this and lack clarity about what they could have done differently. The overwhelming feedback was that they wished they could have had support at an earlier stage."*

The Pregnancy to Parenthood project was co-produced with parents to reduce the number of children removed and minimise the impact on individuals involved. The work is preventative, aiming to keep families together and support parents with learning disabilities to give their babies the best start in life. Tracy continued:

*"So far the project has helped 18 new parents develop skills in areas such as parenting skills, understanding healthy relationships, learning strategies to boost parental relationships and early education within the crucial first years of their child's life."*



A beneficiary supported by the project shared:

*"I've been using CASBA for a while, I think they are a great and helpful service and very caring. My worker is Alyson I look at her now as a friend I can tell her anything that is personal. I've been through a lot in the past year and I know I can rely on Alyson for emotional support or any support I need."*

*"She also helps me with any letters that need reading or emails or any meetings I need to go to. She's always ready to go with me so I understand what the meetings are about, my daughter has autism and started special school this year and Alyson has helped me to communicate with her school which has helped me a lot."*

## 📍 MOVE THE MASSES, LEEDS

Move the Masses create healthy communities by enabling people to improve their wellbeing through exercise. The Wesleyan Foundation awarded £10,000 to fund 'Move Mates', a walking buddy project, connecting fully trained volunteers known as 'Move Mates' with people who have become isolated and lost confidence as a result of becoming physically inactive. The project supports people who would struggle to leave their home on their own, and reconnects those people with their local community.

Volunteers support participants by accompanying them on a regular walk from their home, it could be a walk to the local shop, to pick up a prescription, to an activity or event or to help them get further afield by accessing public transport.

Daniel and Bunty were buddied up together after Bunty came to Move Mates to improve her balance and mobility having suffered some falls and losing confidence. Daniel, a volunteer at Move Mates, shared:

*"This was our first walk together. Bunty was very excited about the England game. We had a photo by her flags and she enjoyed talking about all the different teams and games she'd seen."*



# Large Grants

## 📍 MARTINEAU GARDENS, BIRMINGHAM

Martineau Gardens are a registered charity that manages gardens and wildlife areas, providing therapeutic community garden opportunities. Their mission is to inspire people about the natural environment and offer volunteering opportunities.

They were awarded £10,000 to fund placements on their Therapeutic Horticulture programme. Jane Bradshaw, Deputy to the CEO at Martineau Gardens, explained the need for the placements:

*"The importance of time spent in nature has become more widely acknowledged and experienced during the pandemic, we've had an increase in referrals from health professionals to social prescribers and occupational therapists since the pandemic."*

*"We have a waiting list to join the Therapeutic Horticulture programme; people are dealing with a lot more grief and isolation, and a real lack of access to services, in particular mental health services and continuity of care and support. For some volunteers long-term support is required, for others it's transformational at the time of need."*

Martineau Gardens bring together and support some of the most marginalised adults in the Birmingham through their Therapeutic Horticulture programme. During the placements volunteers become part of a community undertaking meaningful activities with tangible results. A beneficiary of the programme shared:



*"I've been diagnosed with generalised anxiety and depression, life had become so challenging that I only went out of the house for medical appointments, I was terrified of the thought that the rest of my life would be like this. I went to the GP and was assessed by the Social Prescribing Team who suggested I contact Martineau Gardens as before I was ill I used to love being in nature."*

*"Everyone at Martineau was so reassuring and understanding and I didn't feel judged at all when I talked about some of the challenges I have faced. I feel my confidence is slowly improving. The time I spend at the gardens is like therapy for me. Being with all the other wonderful volunteers and in nature I am starting to feel like I belong and am valued."*

## 📍 MENSELF, SCOTLAND

MENSELF CIC offer a range of support services to improve the health and wellbeing of men and their families. Their beneficiaries can share issues such as unemployment and lack of support, information, or company. They work with a core group of 65 participants over all their activities on a weekly basis.

Awarded £9,876, the funding contributed towards the salary costs of a part-time Support Worker to co-facilitate groupwork sessions, 1:1 support sessions with service users and to carry out monitoring and evaluation work.

Billy aged 63, has been attending one-to-one sessions and group activities, as well as receiving technical support to tackle loneliness and to access support services online.

He said:

*"I never knew a thing about phones and felt like I was missing out as everyone knew what was going on when they got to the club but I wasn't up to speed so Jim, the program co-ordinator, helped me a lot and after a wee while I began joining in the WhatsApp chats. As I was getting more confidence in tech stuff I asked if I could get help in using a computer as I have always asked Jim to fill in my forms for HMRC and DVLA. I'm more confident now and I'm working away on my laptop and phone myself, and I actually started to fill in my PIP form last month and after I did that I was supported by a director of Menself to check my form and it was pointed out to me that I can claim for another benefit that I did not know about. I think that the one to one stuff has definitely helped me in more ways than one and hopefully financially as well."*





# Impact

## TAPPY TWINS CIC



**"Speaking to the counsellor has really helped me, I felt like I didn't want to be here anymore and she really helped me feel better."**

**- Beneficiary**

Awarded £2,990 to fund therapy and workshops for children and families.  
Funded via Heart of England Community Foundation.

**"Funding has allowed us to create a wonderful space which not only stimulates the basic senses to allow our young people to be more aware of their surroundings, we have also created an environment which supports the acquisition of skills for life, promotes confidence, supports the development of independence, social skills and communication and is providing experiences in relation to the Work of Work and positive destinations. This project has increased opportunities for our young people to move into the workplace or develop skills which ensure inclusion in the immediate, local and wider communities."**

**- Harris Rosenberg, Chair**

## FRIENDS OF ASHTON



Awarded £9,950 to fund project staff and training costs to create a community café and shop based at Ashton Secondary School. Funded via Foundation Scotland.

## COVENTRY RUGBY COMMUNITY FOUNDATION



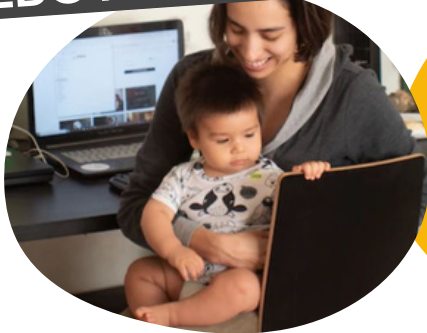
**"Our aim is to ensure that rugby is made accessible to everyone in the city and our junior wheelchair rugby programme has allowed children with disabilities the opportunity to access the popular paralympic sport. The sessions have helped children break down barriers, socialise while improving their physical and mental wellbeing. This would not be possible without Wesleyan and the Heart of England, thank you for your support."**

**- Mandip Sehmi, Project Officer**

Awarded £7,000 to fund young people's wheelchair rugby project.  
Funded via Heart of England Community Foundation.

# Impact

## NEATH PORT TALBOT MIND



**"I found the Mums Matter Group extremely useful for improving my mental wellbeing, and for an opportunity to meet other mums to chat about our shared feelings and experiences."**

**- Beneficiary**

Awarded £9,830 towards the Mums Matter Project to train a worker to deliver 12 courses to groups of eight women. Funded via Community Foundation Wales.

**"Working at RicNic has massively supported my growth as a Facilitator. Beginning as Outreach Assistant and now working as Outreach Coordinator, I've been given the opportunity to run workshops with young people aged 7 to 21 across our areas. This has helped me to grow in confidence and work in a leadership role. I've also developed my administrative skills - which prior to RicNic had been my downfall in job interviews. Thank you Wesleyan Foundation!"**

**- Jessica Williams, Beneficiary**



Awarded £9,464 to fund employment and skills development opportunities for young people. Funded via Heart of England Community Foundation

## HEADSTRONG WELLBEING CIC



**"One beneficiary, Jo, has engaged well with every session and completed the out of session tasks, she commented that the sessions provided a 'safe space where she can be honest'. At the end of the 18 sessions, Jo reported an increase in her confidence, and her motivation and had got a part time job where she was able to meet people and interact. She also reported that her children had noticed a change and their relationship was better, as Jo was sleeping less and engaging with them much more."**

**- Counsellor**

Awarded £10,000 to fund additional counselling staff and clinical supervision for 6 months. Funded via Leicestershire and Rutland Community Foundation.



# Partnerships

The Wesleyan Foundation is managed by the **Heart of England Community Foundation** and delivered in collaboration with eight Community Foundations across the UK.



## Wesleyan Foundation

At Wesleyan, we're committed to creating brighter financial futures for our customers. Wesleyan Foundation are giving back to the organisations that create brighter futures for your communities.

### Apply for a Grant

We're here to help your mission go further, by providing financial support when you need it the most. You can apply for a grant for projects on education, health, innovation and social development.

[www.wesleyan.co.uk/foundation/apply-for-a-grant](http://www.wesleyan.co.uk/foundation/apply-for-a-grant)





# LOCAL GIVING CHAMPIONS.

**Wesleyan Assurance Society**  
Colmore Circus Queensway  
Birmingham, West Midlands

**t:** 0800 092 1990  
**w:** [wesleyan.co.uk/foundation](http://wesleyan.co.uk/foundation)

**Heart of England Community Foundation**  
c/o Stellantis, Pinley House, 2 Sunbeam Way  
Coventry, West Midlands, CV3 1ND

**t:** 02477 800 520  
**w:** [heartofenglandcf.co.uk](http://heartofenglandcf.co.uk)  
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Reg Charity No: 1117345