

# IMPACT REPORT 2024



**Creating Healthier Communities Across  
Plymouth, South Hams and West Devon**

---

# THE LIVEWELL FOUNDATION

## Our Vision

---

The Livewell Foundation's vision is people living healthier and happier lives.

## Our Mission

---

The Livewell Foundation's mission is to support projects and initiatives that will help improve health and wellbeing, prevent ill health or reduce social isolation within Plymouth and South West Devon.



**Hayley  
Everett**

Charity Manager



# Introduction



**At the Livewell Foundation, we believe in the power of local solutions to improve health, tackle inequality, and strengthen communities. As the charitable arm of Livewell Southwest, our mission is to fund projects that create meaningful, lasting change across Plymouth, South Hams, and West Devon—particularly for those experiencing poor health, social isolation, or limited access to support.**

In 2024–25, we made significant progress towards that mission. With thanks to Livewell Southwest's continued annual contribution of £100,000, we were able to distribute our sixth tranche of funding, prioritising grants that address mental and physical ill-health, reduce loneliness, and support groups with protected characteristics under the Equality Act.

This year also saw the introduction of new strategic priorities, with increased focus on supporting women and children—two groups shown by regional data to be disproportionately affected by health inequality.

We welcomed three new trustees to our board, each bringing with them a wealth of professional expertise, community knowledge, and passion for social impact. Their insight has helped to shape the Foundation's next phase, including a review of our grant-making process and renewed emphasis on transparency, inclusion, and outcomes.

Through powerful partnerships with local charities and grassroots organisations, the

Foundation supported a wide range of initiatives—from inclusive arts and accessible wellbeing sessions, to tailored peer support and chronic pain self-management. Every grant awarded has contributed to a wider vision: a healthier, more connected future for our communities.

Alongside this, we began to build momentum in our fundraising work. Five incredible individuals took on the London Landmarks Half Marathon to raise funds for the Foundation, inspiring over 200 supporters to get behind our cause.

This report celebrates the achievements of the past year and highlights the positive change made possible by our supporters, trustees, grantees, and donors. As we look ahead, we remain committed to amplifying community voices and investing in the people and projects that make a real difference.

**£100,000**  
**ANNUAL CONTRIBUTION FROM**  
**LIVEWELL SOUTHWEST**  
92 APPLICATIONS REQUESTING £714,379  
**21 GRANTS AWARDED**  
**BENEFITTING 10,244**  
**PROJECTED BENEFICIARIES**



# Board of Trustees



The Livewell Foundation's Board of Trustees is structured into specialist subgroups focusing on Fundraising, Grants, and Strategy. Each trustee contributes their individual expertise to these areas, enabling deeper research, discussion, and development. This way of working ensures that decisions are informed, collaborative, and aligned with the Foundation's vision. By combining their skills and knowledge, trustees strengthen the Foundation's ability to manage resources effectively, deliver meaningful grants, and plan for long-term sustainability.

# Grants

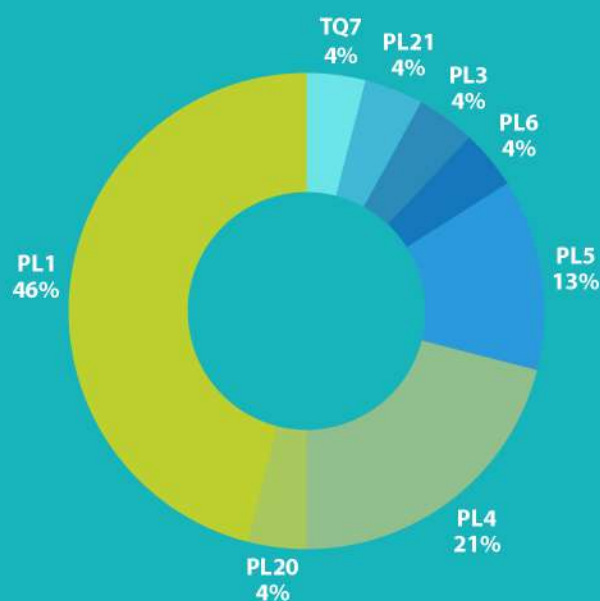
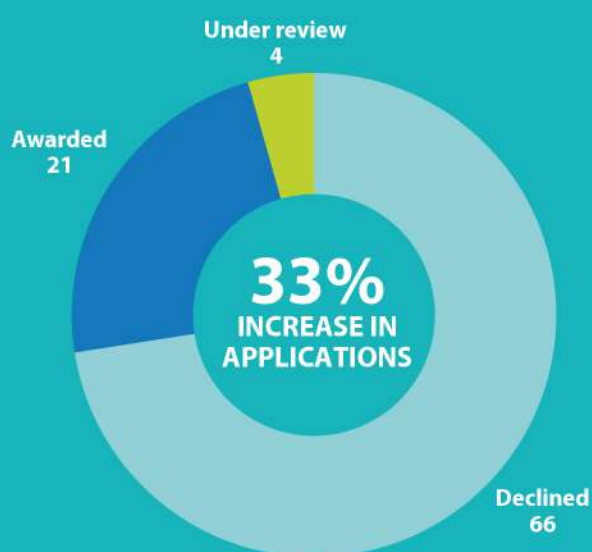


## Core Objectives

Improving health  
and wellbeing

Reducing mental  
and physical ill  
health

Tackling social  
isolation



Children & young people

General Public

Women & girls

Victims of violence & abuse

People living with disabilities



# Community Impact

## FRIENDS & FAMILIES

Friends and Families shared how their grant enabled them to recruit a full-time Peer Support Worker (PSW) Apprentice and integrate an additional full-time Peer Support Apprentice into their team. Together, they supported every young person referred to the Friends and Families Peer Support Programme, whether through health professionals, support workers, parents/carers, or self-referral.



**£10,000**  
grant awarded



**26**  
young people supported

## The Project

Each young person began their journey with a 'Getting to Know Me' appointment — a key first step in building a trusting relationship with their PSW. This also gave the PSW a chance to understand the young person's interests, passions, and needs, forming the foundation of a tailored support plan.

In addition to one-to-one support, the Peer Support Workers took on an outreach role by attending three youth groups each week. These groups, which support young people with disabilities or special educational needs and/or disabilities (SEND) who face barriers to community access, typically welcome 15–20 attendees. Through their regular presence, the PSWs were able to provide additional peer support and, in many cases, also offer support to parents and carers.



**100% live with  
special educational  
needs or disabilities.**



**65% also  
experience mental  
health challenges.**



**Over 10 two hour  
sessions per  
participant.**

## The Impact



"Our PSWs have encouraged and enabled them to be independent, confident, develop new friendships, explore new hobbies and learn about themselves."

Support provided included:

- DLA/PIP Applications
- Grant and funding applications
- Group work
- Sensory Learning/workshops
- Social Service referrals
- Emotional wellbeing support
- Learning about their diagnosis
- Social integration
- Parental emotional support
- EHCP advice
- School/education support
- Public transport support
- Activity/group engagement
- And Volunteering





Chronic Pain Coaching supports individuals living with chronic pain in Plymouth and the surrounding areas. The organisation offers a welcoming space for connection, peer support, and the development of self-management skills for those affected by long-term pain.

 **£9,996**  
grant awarded

 **67**  
participants

## The Project

Each Pain Café session lasts two hours and is held in small groups of up to 15 participants. Sessions are facilitated by two trained pain coaches, all of whom have lived experience of chronic pain and now successfully manage their condition without medication. These coaches provide practical guidance, resources, and encouragement to help individuals navigate everyday challenges.

The programme promotes gentle exercise as part of a holistic approach to lifestyle improvement, alongside expert advice on key areas such as sleep and pain management strategies.

The most popular event was a pain café held in a gym, which drew strong attendance and highlighted the value of accessible, movement-based interventions for those living with persistent pain.



**78% increase in  
mental wellbeing**



**Medication use  
dropped in 50% of  
participants**



**189 attendances  
across 39 sessions**

## The Impact



"I find comfort in talking about my pain openly without feeling like a burden"

"After years of not belonging... I've finally found my tribe."

"This is the only group where we are all equals"

"I have significantly reduced my medication) and actually feeling better already. The session was supportive and empowering – thank you"







Far Flung is a pioneering inclusive arts company based in Plymouth, made up of a collective of Disabled, Neurodivergent, and non-disabled artists. Since 2015, they have been creating accessible workshops and performances by and for Disabled people, both locally and beyond.



**£5,490**  
grant awarded



**26**  
beneficiaries supported

## The Project

Thanks to a grant from the foundation, Far Flung delivered two inspiring projects:

*Moving Forwards*, held on Friday mornings, offered accessible movement sessions focused on fitness, stretching, music-making, and social connection. The sessions proved so popular that a waiting list soon formed, with parents and carers eager to sign up.

*Back to Your Mat* took place on Tuesdays and Wednesdays and provided yoga and mindfulness sessions, supported by Improving Lives Plymouth and Better Futures. These sessions were designed specifically for older people and individuals with disabilities.



**41 participant  
engagements**



**Sessions held  
three days a week**



**Local charity  
collaboration**

## The Impact



"The sessions were extremely well run, with clear explanations and accessible options. These sessions were fabulous—not just for exercise, but for the sense of togetherness and companionship they provided."

"I feel relaxed, and people are so nice there."

"It's helped with communication and engaging with others... It's amazing to see."

"I have not taken part in group sessions since COVID and have felt quite isolated. The way the sessions were structured created a welcoming and safe feel. I felt able to take part with ease and could chat to others after."

"It's kept me fit and helped me fulfil a dream of joining a dance class."







Livewell Foundation grants are available to support internal projects that enhance patient care, staff wellbeing, or service innovation across Livewell Southwest.

These grants help fund items or initiatives not typically covered by NHS budgets - such as therapy tools, outdoor spaces, training resources, or digital equipment.

Whether improving recovery environments or boosting staff morale, each grant is designed to make a meaningful difference. If you have an idea that could benefit your team or service, speak to your line manager in the first instance to explore whether funding through the Livewell Foundation might be available.



"The transformation reminds us why we do what we do. We're deeply grateful for the support that made this possible - it's genuinely enriched lives."

"It's colourful, safe and fun—but also a serious tool for helping young people regulate, express themselves and engage. It's changed the energy of the room, and how we work together in it."

## The Project: A Garden for Greenfields

---

Greenfields is a nine-bed recovery unit offering 24/7 care for women with severe and enduring mental health challenges. Many of the women supported have spent time in more secure settings or struggled to function at home. In 2024, funding from the Livewell Foundation helped the service transform an underused outdoor space into a safe, calming and accessible garden that promotes healing, choice, social interaction and mindfulness.

### The Impact

---

The garden has quickly become a vital part of daily life for many patients, supporting their routines, recovery journeys and mental wellbeing. Since its completion, staff have observed increased engagement, improved mood, and more moments of joy and connection during outdoor sessions.

The space has also benefited staff morale and strengthened Greenfields' identity as a truly person-centred service. It offers a fresh context for therapeutic conversations and helps build trust between patients and professionals.

## The Project: Equipment for Plym Bridge House

---

Plym Bridge House is a 12-bed, purpose-built psychiatric unit in north Plymouth, providing high-quality, short-term care for young people with severe mental health problems or mental illness. The multidisciplinary team offers compassionate, structured support in a safe and therapeutic environment.

A grant from the Livewell Foundation funded the installation of an interactive wall in the unit's group games room. Designed to promote movement, sensory engagement and social interaction, the wall offers a fun, immersive experience through games that respond to touch, light and motion. The project aimed to get young people more physically active while aligning with trauma-informed approaches and supporting sensory needs—especially for those with autism or difficulties expressing emotions.

### The Impact

---

The wall has transformed the atmosphere of the games room, increasing participation, reducing agitation, and creating joyful moments of connection between staff and young people. Staff have observed increased willingness to join group activities, enhanced mood, and better emotional regulation, with several young people now choosing to use the space daily.

For those who find verbal communication difficult, the wall offers a low-demand but meaningful way to interact and build trust. It has also proven to be a useful tool for supporting assessments of motor coordination and for introducing movement in a non-clinical, engaging way.



# Livewell Legends

On Sunday 27 April, five incredible fundraisers proudly crossed the finish line of the London Landmarks Half Marathon 2025, raising vital funds for the Livewell Foundation—a charity committed to improving health, tackling social isolation, and supporting communities across Plymouth, South Hams, and West Devon.

Tony Phipps, a seasoned fundraiser with a flair for the extraordinary, once again turned heads by running the entire course with a fridge strapped to his back.



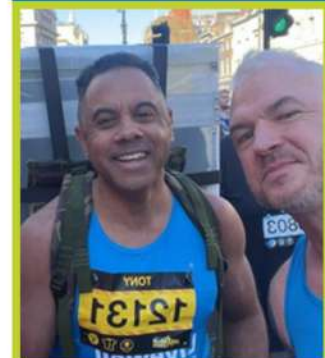
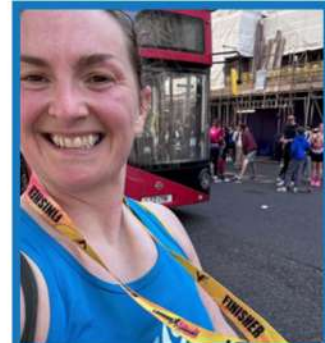
"This weight isn't just physical; it represents anxiety, depression, and the emotional toll of life's challenges. Each step I take, despite the load, reminds me that progress is possible."

Tony Phipps, Livewell Legend

Two of the team work for Livewell Southwest as a Frailty Practitioner and Lead Occupational Therapist respectively, Abi and Lydia's professional experience gives them a deep understanding of the frontline challenges faced by individuals and communities. Their decision to run for the Livewell Foundation demonstrates the significant impact that their funding makes.

These funds will directly contribute to:

- Community health and wellbeing projects
- Specialist health initiatives
- Enhancements to health and care services
- Grants supporting individuals experiencing social isolation or mental health challenges



£7,500  
raised

200+  
donors

5  
runners

1  
fridge

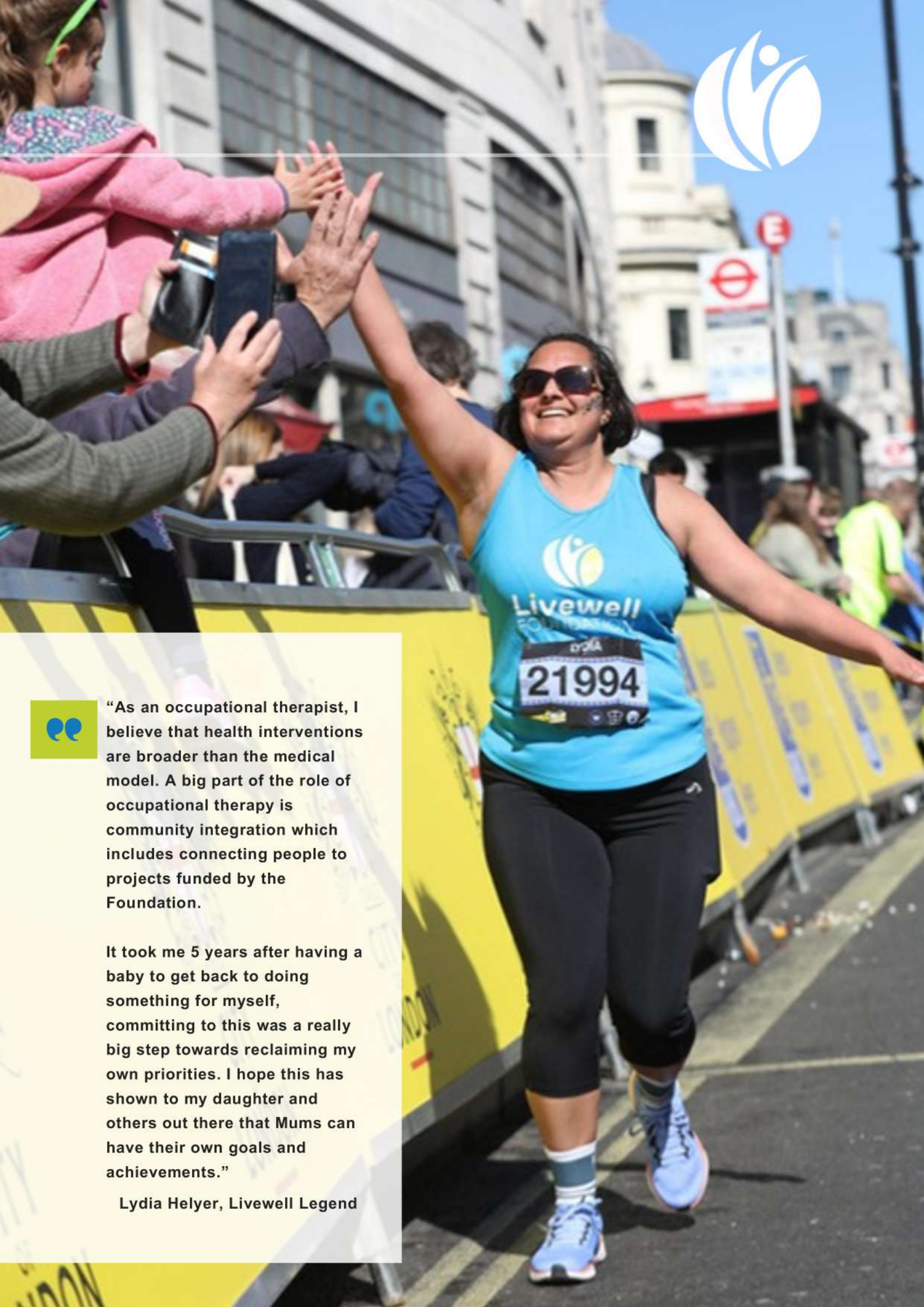




**“As an occupational therapist, I believe that health interventions are broader than the medical model. A big part of the role of occupational therapy is community integration which includes connecting people to projects funded by the Foundation.**

**It took me 5 years after having a baby to get back to doing something for myself, committing to this was a really big step towards reclaiming my own priorities. I hope this has shown to my daughter and others out there that Mums can have their own goals and achievements.”**

**Lydia Helyer, Livewell Legend**







# What's next?

Looking forward into 2025-26

Our key priorities for the year are to:

-  Continuously enhance our grant-making processes – including the introduction of a new grant sifting database to better manage the growing volume of applications.
-  Explore new fundraising opportunities – aimed at growing both our general fund and dedicated patient and family support funds.



[TheLivewellFoundation](https://www.facebook.com/TheLivewellFoundation)



[the-livewell-foundation](https://www.linkedin.com/company/the-livewell-foundation)

If you are interested in finding out more about The Livewell Foundation, it's mission and grant management please visit the website or reach out to us.



[www.livewellfoundation.org.uk](http://www.livewellfoundation.org.uk)



[thelivewellfoundation@gmail.com](mailto:thelivewellfoundation@gmail.com)



## **The Livewell Foundation**

Local Care Centre  
200 Mount Gould Road  
Mount Gould  
Plymouth  
PL4 7PY

The Livewell Foundation is a charity registered with the Charity Commission, registration no. 1172401.