

IMPACT REPORT 2025



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 2025–26, we made significant progress towards that mission. With thanks to Livewell Southwest's continued annual contribution of £100,000, we launched Tranche 7 of our large grants programme, prioritising grants that address mental and physical ill-health, reduce loneliness, and support groups facing the greatest local health inequalities.

This year also saw the introduction of childhood obesity as a new strategic focus area, alongside our continued priorities of women's health inequalities and children's mental health — areas where Plymouth experiences disproportionately poor outcomes.

We welcomed four new trustees to our board – John Napton, Trevor Smale, Paul Soley and Jack Harvey – each bringing valuable professional expertise. John Napton was also appointed Vice Chair. Their induction, alongside a refreshed trustee training programme and updated Charity Commission and Companies House articles, has strengthened our governance for the years ahead.

Through powerful partnerships with local charities and grassroots organisations, the Foundation supported a wide range of initiatives across Plymouth's PL1 area and beyond — from tackling health inequalities and reducing isolation, to supporting recovery and investing in early intervention.

Every grant awarded contributes to a wider vision: a healthier, more connected future for our communities.

Alongside this, our fundraising momentum continued to build. Runners took on both the London Landmarks Half Marathon and the Plymouth Running Festival for the Foundation, while local businesses rallied their communities behind our cause.

This report celebrates the achievements of the past year and looks ahead to an important milestone: our tenth anniversary and £1 million in cumulative grant-giving, both arriving in 2026–27.

£100,000

**ANNUAL CONTRIBUTION FROM
LIVWELL SOUTHWEST**

123 APPLICATIONS REQUESTING £901,237

25 GRANTS AWARDED

BENEFITTING 21,600

PROJECTED BENEFICIARIES

Board of Trustees



Fundraising



Grants



Strategy

During 2025–26 two trustee-led subgroups provided additional oversight: a Fundraising Subgroup, chaired by Rachel Marshall, and a Grant Management Subgroup, chaired by John Napton.

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.



Thank you Morris

After many years of dedicated service, the Foundation said a heartfelt thank you and farewell this year to trustee Morris Watts, who stepped down from the Board as he moved into retirement. Morris helped establish the Foundation back in 2017, and his experience, insight and steady commitment were invaluable during its early years of growth.

Before joining the Foundation, Morris built an extraordinary 31-year career with Devon and Cornwall Constabulary, rising to Chief Superintendent and serving as Plymouth's Senior Police Officer, where he helped establish the City Strategic Partnership.

He went on to become Plymouth's Domestic Abuse Partnership Manager, leading a city-wide strategy for supporting survivors and helping establish SEEDS, a lived-experience forum that later received national recognition. Morris also served as a trustee with Harbour and as a Non-Executive Director for Livewell Southwest CIC between 2011 and 2021.

Throughout his time as a Foundation trustee, Morris brought this same deep commitment to community wellbeing, helping guide the Foundation as it grew its grant programmes and supported organisations working to reduce isolation, improve wellbeing and prevent ill health.



"Thank you, Morris, for everything you have given to the Foundation and to the communities we serve."

**Chris Davies,
Chair of Trustees**

Trustees, staff and partners alike have benefited from his calm leadership and genuine passion for making a difference in people's lives.

While the Board will miss his presence, everyone at the Livewell Foundation wishes Morris a long, happy and well-deserved retirement.



Grants

Core Objectives

Improving health and wellbeing

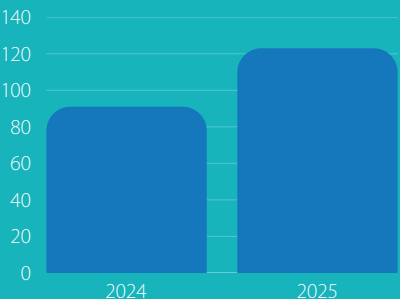
Reducing mental and physical ill health

Tackling social isolation

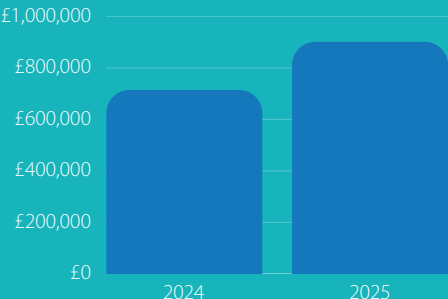
New: Tackling childhood obesity

Demand Growth - 30% increase

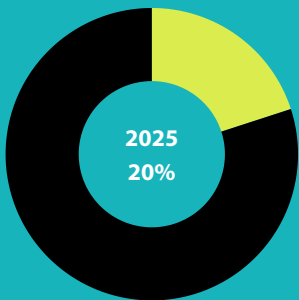
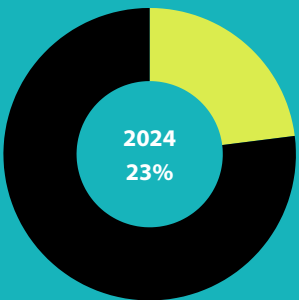
Number of applications



Value of funds requested

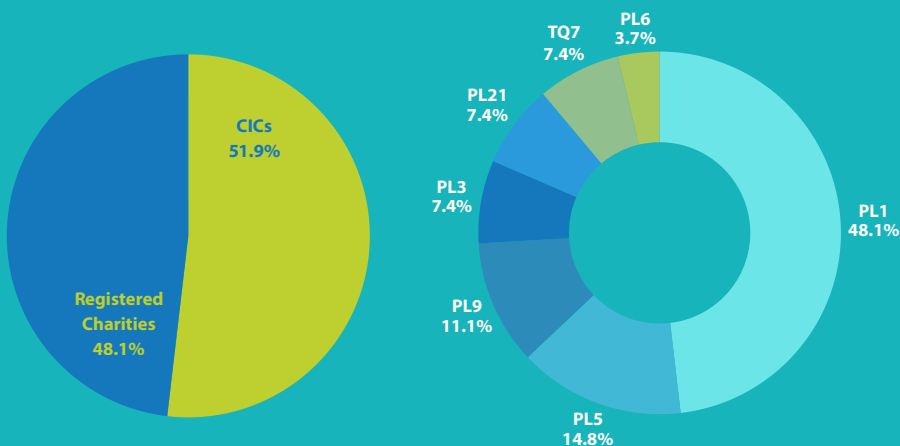


Applications receiving funding





Who We Reached



Beneficiaries Funded

Women & girls	Children & young people
Refugees & asylum seekers	People experiencing homelessness
Carers	General public
Older people	People living with disabilities

Community Impact



Gifted Women

Unlocking doors to employment for women overcoming multiple disadvantage



£10,000
grant awarded



35
women supported



The Project

Gifted Women's programme supports women rebuilding their lives after experiencing multiple, intersecting barriers — including homelessness, domestic abuse, mental ill health and problematic substance use.

Livewell Foundation funding helped deliver the Flourish Programme, a 12-week trauma-informed employability course covering communication, self-esteem, self-care and interview preparation, alongside weekly social and employability drop-ins, work experience placements with more than 40 local employers, and one-to-one support with practical barriers such as transport, clothing and digital access.

This year also saw the launch of Kaleidoscope, a dedicated space for women of colour navigating additional intersectional barriers.

The Impact



43% of women moved into paid employment within 18 months



58% completed a work experience placement



40+ local employer partners



"When I first attended Gifted Women I was still wearing my armour, but the women accepted me straight away and helped me take that armour off... Gifted Women is much more than just women looking for work. It's the first place I laughed from genuine happiness."

One participant, described arriving with no trust and unable to make her own decisions after years of coercive control. She has since completed the Flourish programme, become a peer mentor, and is now training as a teaching assistant. "I can see a future and I'm building my own future," she says. "I know where my life's going now."



Trevi

A dedicated outreach service for young women aged 17–25.



£10,000

grant awarded



52

women supported



The Project

Trevi's Young Women's Outreach gives women aged 17–25 across Plymouth a dedicated point of contact, building trust through flexible, low-pressure communication.

The Livewell Foundation grant funded recruitment to expand the outreach offer, introducing therapeutic courses on emotional regulation and trauma, alongside two dedicated 18–25 women's spaces offering art, journaling and games.

The service also strengthened engagement with schools, colleges and universities, and expanded evening opening hours to widen access.

The Impact



63.8% of young women supported live with a physical or mental disability or long-standing health condition



Over half have experienced or are currently experiencing domestic abuse



31.3% live within lowest 10% of Index of Multiple Deprivation (IMD)

Young women told Trevi that having a service tailored to their specific age group helped them feel less "in between" children's and adult services, and gave them an advocate who understood that their age and experience shouldn't sideline their support needs. Feedback consistently showed the project helped women feel safe, heard and supported.

One young woman, newly relocated to Plymouth and in acute crisis, was kept safe by the service while she waited for further mental health support to become available — engaging in therapeutic art activities and a twice-weekly young women's space that connected her with peers who shared similar experiences.



Mindful Art Club

Weekly mindful art sessions for women experiencing mental health challenges and recovering from substance misuse



£8,097
grant awarded



The Project

Delivered in partnership with Greenspace Community Hub, Gifted Women, Sunflower Women's Centre and Leadworks Projects CIC, Mindful Art Club ran weekly sessions combining a group check-in, ten minutes of guided meditation, and an accessible art project.

The year built to a public exhibition at Leadworks in Stonehouse, showcasing artwork created entirely by participants alongside live music and personal stories shared on the night.

The Impact



Mood consistently improved across every session, tracked using a visual mood scale



Lasting friendships formed within the group, alongside signposting that increased women's awareness of wider local support



A public exhibition that boosted participants' confidence and gave their work — and their stories — a public platform



"I've been fighting for therapy for years. Some things in life are only meant to be said to a professional, like a therapist. So while I was on a waiting list, I showed up at Mindful Art Club. I cried. I identified with people. I got the warmest welcome from Emma and Peggy. I left having not felt the one thing I thought I would encounter: judgment. My life has improved in so many ways because of mindful art."



"I love the group because I feel welcomed and relaxed... If I have had a bad week, I leave feeling good, happy and refreshed. This group has been a lifeline to me and has affected my whole family in a positive way."



2026 Applications Open

In October, the Foundation officially launched Tranche 7 of its large grants programme at an event hosted by Womble Bond Dickinson at Ballard House, bringing together local charities, community leaders and stakeholders to celebrate the impact of previous funding rounds and explore future opportunities for collaboration.

The event reflected on another successful year for the Foundation, which supports community-led projects that improve health and wellbeing, reduce social isolation and prevent ill health across the region.



In 2023–24, The Livewell Foundation received a £100,000 annual contribution from its sister organisation, Livewell South West, allowing it to award 21 grants projected to benefit over 10,200 people in Plymouth and South West Devon.

Chair of Trustees Chris Davies opened the event, sharing the Foundation's journey towards two major milestones — its 10th anniversary in 2026 and reaching a total of £1 million in local grant giving.



"We're proud to have supported so many brilliant organisations making a difference on the ground. This event is about celebrating that work — but also about making sure that applying for funding feels accessible, encouraging, and achievable for everyone, from grassroots projects to well-established charities."

**Chris Davies,
Chair of Trustees**



WATCH



Livewell Legends

As we look to close the gap between the funding our communities are asking for and what we're currently able to give — a gap of nearly £800,000 this year alone — we've made growing our fundraising a real priority as part of our strategy.

Just a year ago, Greg never imagined he'd be lacing up his trainers again — let alone taking on a 10k in support of The Livewell Foundation.

In August 2025, after completing a long run, Greg was suddenly hit with severe pain in his left foot. What first seemed like a minor setback quickly became something much more challenging. Weeks of rest turned into months of uncertainty, with no clear diagnosis despite multiple appointments.

Simple, everyday activities became difficult. Walking was a struggle. Even jobs around the house felt like a challenge. For someone who had come to rely on running — not just for fitness, but for managing his lung condition, sarcoidosis — it was a huge blow.



"It was a bad time, I genuinely thought my running days were over."

Greg, Livewell Legend

But, with support from the podiatry team at Livewell Southwest, things began to change. Expert advice and the right care helped him slowly but surely get back on his feet.

And then came a turning point. "After seeing podiatry, I was back to steady running within a couple of weeks. Entering the 10k made me realise — I can do this."

"I'm a slow plodder," he says. "It'll be well over the hour mark... but that doesn't matter. Taking part is the biggest thing for me."

Now, Greg is taking on the Plymouth 10k not just for himself, but to give something back.

Running alongside him is his wife Tracy — in Greg's words, "a great motivator (even if I can't quite keep up with her!)." Together, they're turning a difficult chapter into something incredibly positive — fundraising to support others and "pass it on" to people who might one day need the same help.

Thank you both for your determination, your positivity, and for choosing to give back to The Livewell Foundation in such a meaningful way.





"Livewell have been amazing at getting my foot repaired.

The support I had was excellent.

Raising a few pounds is the least I could do."

Greg, Livewell Legend



What's next?

The year ahead marks an important milestone as the Livewell Foundation approaches its tenth anniversary and exceeds £1,000,000 in cumulative grant funding awarded to local communities. Our key strategic priorities continue to be:



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



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.



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The Livewell Foundation

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