

Charitable Donations



2018



Our purpose is to improve access to healthcare, making it easy for the many, for the long term.

We have supported 13 national charities during 2018 and this is just a snapshot of the work we are supporting. _____



Macular Society

It can be difficult to come to terms with macular disease.

Finding out you may lose your central sight and adapting to changes in your vision can be extremely difficult to deal with. After diagnosis many people struggle to cope with their emotions and often feel shocked, upset or isolated.

Sometimes it helps to speak to a professional counsellor, who is trained to listen, and will help you talk through your feelings and find ways of dealing with them.

We are funding Macular Society's counselling service expansion, which builds on our previous donation that supported their telephone befriending service.

British Tinnitus Association

Since 1979 The British Tinnitus Association have been supporting the 1 in 10 people in the UK affected by permanent tinnitus, a condition which causes people to hear noises inside the head or ear. Tinnitus can occur at any time of life but is significantly more common in older people. There is no current cure so information and support are vital to helping those suffering.

Simplyhealth has supported the British Tinnitus Association with their helpline a vital service for those suffering with the condition.

They offer emotional support, signposting and information to those new to tinnitus and unaware of relevant NHS services, those already on long NHS waiting lists who have become anxious, and those who have exhausted NHS options and are still struggling. Stress and anxiety worsens tinnitus so their support is really important to helping those who are worst affected.



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**British Tinnitus
Association**



Carers Trust

Simplyhealth is supporting two projects being run by the Carers Trust.

Young Carers in Schools

A free England-wide programme that makes it as easy as possible for schools to support young carers, and awards good practice. Run jointly by Carers Trust and The Children's Society, they are working with schools to share good practice, provide relevant tools and training, and to celebrate the great outcomes that many schools achieve for young carers.

My Mental Health

A new 3-year project aiming to tackle the mental health inequalities experienced by young and young adult carers aged 5-24. The project will empower this vulnerable group with confidence, communication skills and resources to support their mental wellbeing and improve their life chances.



DHST

In the very fast moving and performance driven field of dentistry, dentists may sometimes experience stress at work.

As such, dentists (just like everyone else) are at risk of developing a substance abuse problem such as an alcohol or smoking addiction.

As it stands, the exact number of dentists suffering from an addiction problem and/or mental illness is unknown. What we do know, however, is that high levels of stress at work can have a negative effect on emotional wellbeing and mental health, which is why the profession must continue to place importance on staff welfare. After all, with the right help and support, such a risk could be completely avoided.

Luckily, there is help available for those dentists who need a hand with getting over an addiction. The Dentists' Health Support Programme, which is managed by the Dentists' Health Support Trust (DHST) offers them an opportunity to remedy their problems, get their life back on track and, where possible, back into practice.

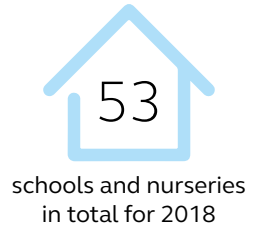
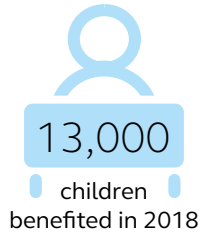
We have helped them with increasing awareness of the support they offer and the production of a handy helpline card.



Teeth Team

Teeth Team is a national school based tooth brushing, fluoride varnish and education programme originated in Hull, East Yorkshire in 2010. The programme which offers dental assessments and oral health education in schools in areas of severe social deprivation where the risk of dental disease and dental neglect is highest.

the biggest reason for 5-9 year olds going into hospital for treatment under general anaesthetic is tooth extraction



RVS

We are supporting the Home from Hospital project in Basingstoke following the success of our previous donation to the Swindon Home from Hospital programme. RVS proved that the model reduced re-admissions in Swindon from 90% to 7%. As a result of this reduction the local authority has taken this project on enabling it to support the same service in Basingstoke.



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ROYAL
VOLUNTARY
SERVICE



Over The Wall

We are supporting camps for carers of children with a serious and life limiting illness.

Carers of sick children are far less likely to identify themselves as 'carers' than those caring for a spouse or an elderly relative. They see their role as simply that of 'parent', despite the huge extra challenge that comes with caring for a seriously ill child. This means they are also far less likely to consider that they themselves may need help and support.

Over the Wall's Family Camps offer whole family units much needed respite from the challenges, fears and frustrations of daily life. Family Camp is an opportunity for carers to truly relax and recharge, spending quality family time together. Medical volunteers provide all the necessary clinical care and support for their children. Families are able to access and enjoy activities not normally available to them and, crucially, to meet and spend time with other families and carers who understand the issues they are facing.



“It was stress free and full of fun. We were able to recharge our batteries and enjoy time together without the distractions of work, appointments, housework and routine.

We all benefitted. We came away with a really positive attitude, ready to take on whatever Crohn's throws at us next!”

Family Camper, 2017



Penny Brohn

For 37 years, Penny Brohn UK has recognised that health isn't just one dimensional. Although physical health is important, there's a lot more going on. To be resilient and to function as well as possible, they encourage people living with cancer to pay attention to their mental, emotional and spiritual health in addition to physical health.

We have supported Penny Brohn with the development and expansion their Teenage and Young Adult Living Well course for 12 months:

The living with the Impact of Cancer Courses are for parents and carers of teenagers and young adults with cancer. These courses provide participants with the tools to effectively self-manage the healthcare of both their children, and themselves, whilst dealing with cancer

Helping up to
48
families living
with the impact of cancer



Auditory Verbal UK

We are funding with two auditory verbal therapists who help children with cochlear implants to speak and hear. Therapists also continue to provide emotional and practical support to parents and families making initial enquiries about AVUK's programme.

The Auditory Verbal Therapy approach is play-based and equips parents and carers with the tools and techniques to maximise their deaf child's speech and language development.

A huge
inflatable
balloon of
help, hope
and real
progress





Brainwave

Brainwave helps children with disabilities and additional needs to achieve greater independence. They work to improve mobility, communication skills and learning potential via a range of educational and physical therapies.

The children they work with have a range of conditions including autism, cerebral palsy and genetic disorders such as Down's Syndrome. Our donation has supported the physiotherapist at their centre in Bridgwater in Somerset.



The Rainbow Trust

Rainbow Trust supports families who have a child with a life threatening or terminal illness and need bespoke support.

The Rainbow Trust pairs each family with a dedicated family support worker who becomes a constant person to help them face and make the most of each day by providing expert, practical and emotional support when they need it. Having someone to turn to in the chaos of a child's life threatening or terminal illness makes a huge difference to how the family manages. We have funded a family support worker to carry out this important work.



**RAINBOW
TRUST**
SUPPORTING FAMILIES
WITH A SERIOUSLY ILL CHILD





Down's Syndrome Association

We're helping support older people with Down's Syndrome

There are a number of important issues facing people with Down's syndrome and their family carers as they age. Adults with Down's syndrome are developing dementia in higher numbers and from a younger age, therefore appropriate diagnosis and post diagnostic support needs to be in place. Studies have shown that more than half of people with Down's syndrome, will have developed dementia by the time they reach 50.

People with Down's syndrome often struggle to access appropriate support when they develop dementia, which is why early recognition and diagnosis is crucial. Someone with Down's syndrome is unlikely to fully understand a diagnosis of dementia or what it will mean for them. People with Down's syndrome and their families need to be told of the diagnosis in a sensitive, non-threatening and accessible way and so there needs to be a range of readily available resources.

Simplyhealth are supporting the Down's Syndrome Association to produce a comprehensive new resource. It guides professionals supporting a person with Down's syndrome who is developing dementia through all relevant stages of the condition and gives practical advice relating to how best to support the person and their family.



The Childrens Trust

The majority of children that the children's trust care for both at the National Specialist Centre and in the community experience significant muscoskeletal disorders and difficulties following their brain injury.

Issues such as mobility, pain and physical ability are viewed by the children and their families as the most important goal in their rehabilitation journey.

During their time at Oak House, within the Centre, which is about 4-6 months they have bespoke rehabilitation programmes. To maximize the benefits of the therapies they need to have opportunities to practice new skills whenever they can and currently have nowhere to do this.

The Children's Trust are creating a youth zone a modern relaxing space where they can practice their skills, play music and games and develop a real sense of independence and help them reconnect with the world around them.



