

**Helping the NHS to go Further**

# **ELFT Charity Annual Report 2023-2024**



## Foreword

In this, our second annual report, I am delighted to be able to highlight some of the projects and initiatives that the ELFT Charity has been able to support during the 2023/2024 financial year. The charity aims to provide opportunities to support our communities with innovative ideas and improvements that challenge inequalities - to go beyond what NHS services can usually do.

We have awarded £43,837 across 33 funding applications, with individual grants ranging from £150 to £9,000. Read on to find out how we were able to support flagship innovation, such as the Healthier Wealthier Families project, to smaller projects that nonetheless have far-reaching personal impact. We were especially proud to support the Trust's marking of the 75th anniversary of the NHS with two big celebratory events in London and in Bedfordshire.

In our second year of directly managing our funds, we have been able to consolidate the work of the Charity. Each story in this report reflects the passion and commitment of our teams, who have recognised a need and taken steps to make the case to address it. We make no secret of the fact that we favour bids that demonstrate initiative and innovation - and that seek to provide support and solutions in novel ways.

We are grateful to those who have donated to the Charity or made provision in their will or final wishes to support us in the past year. We appreciate and value all and every contribution.

As the Charity's new Chair, I want to thank Aamir Ahmed for his amazing work in getting the ELFT Charity established in its own right and steering it through its first period of awards and projects. Following on from this great start, I am excited to see what the next year brings and the continuing impact the ELFT Charity can have on our communities.



**Peter Cornforth**  
**Chair, ELFT Charity**  
**ELFT Non-Executive Director**

## Our Mission

ELFT Charity continues to pursue its operations by focusing on service-users. The three key priorities that we identified when we were establishing the charity are:

- Improving Social Networks.
- Improving Employment Prospects.
- Improving Digital Accessibility.

All services across the Trust have been encouraged to apply for grants. The above priority areas enable us to support a broad range of projects, all of which aim to improve the population health outcomes of our local communities.

There are around 1.9 million people across the seven boroughs that are served by ELFT and its facilities. Some of these areas have rapidly growing populations whilst being coupled with the highest rates of poverty in the country.

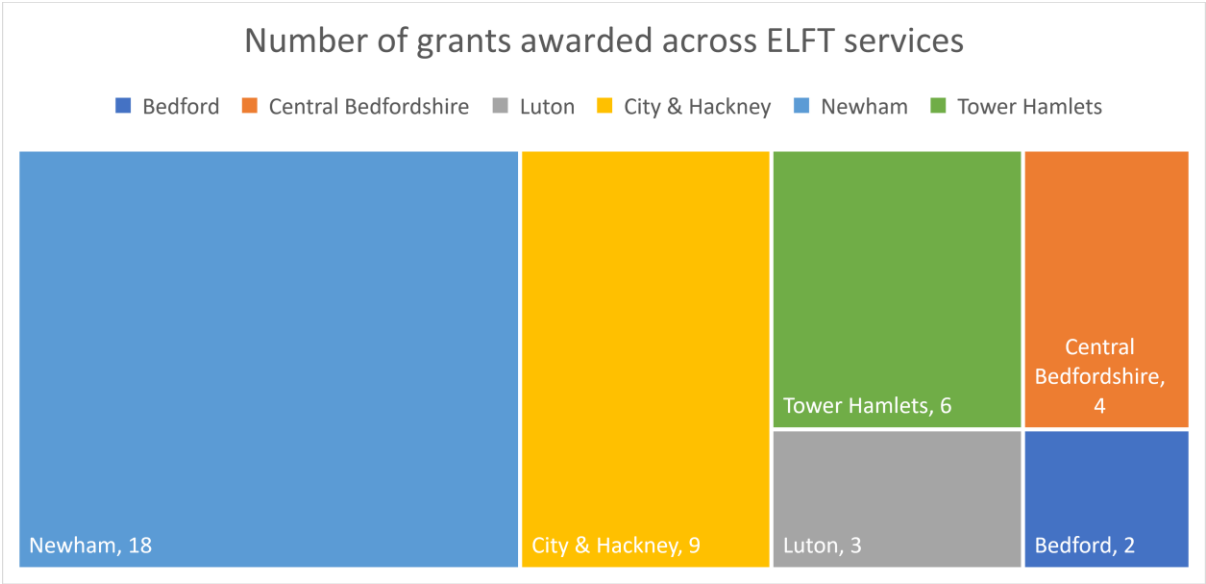
Use of ELFT Charity monies provides an opportunity for services to go further in their support of communities by promoting innovative ideas that challenge the healthcare inequalities. The success of the charity has been in the actions where it has gone above and beyond that which the Trust would ordinarily facilitate. Driven by the passion and commitment for the communities that we serve, each story shared in this report reflects the successes of the charity and those that have worked with us.

## Highlights from 2023-24

Applications totalling £43,837.37 were approved within the financial year and were distributed across 33 grant applications. Grant awards ranged from £150 to £9,000 with each of our seven boroughs having success.

Our funding awards are based on the applications that are received, therefore reflecting the needs of the local community and the manner in which they align with our charitable objectives.

Applications that demonstrate initiative, innovation, and a clear impact on addressing community needs are given preferential consideration. This approach ensures that funding is allocated effectively to initiatives that contribute meaningfully to our mission and objectives.

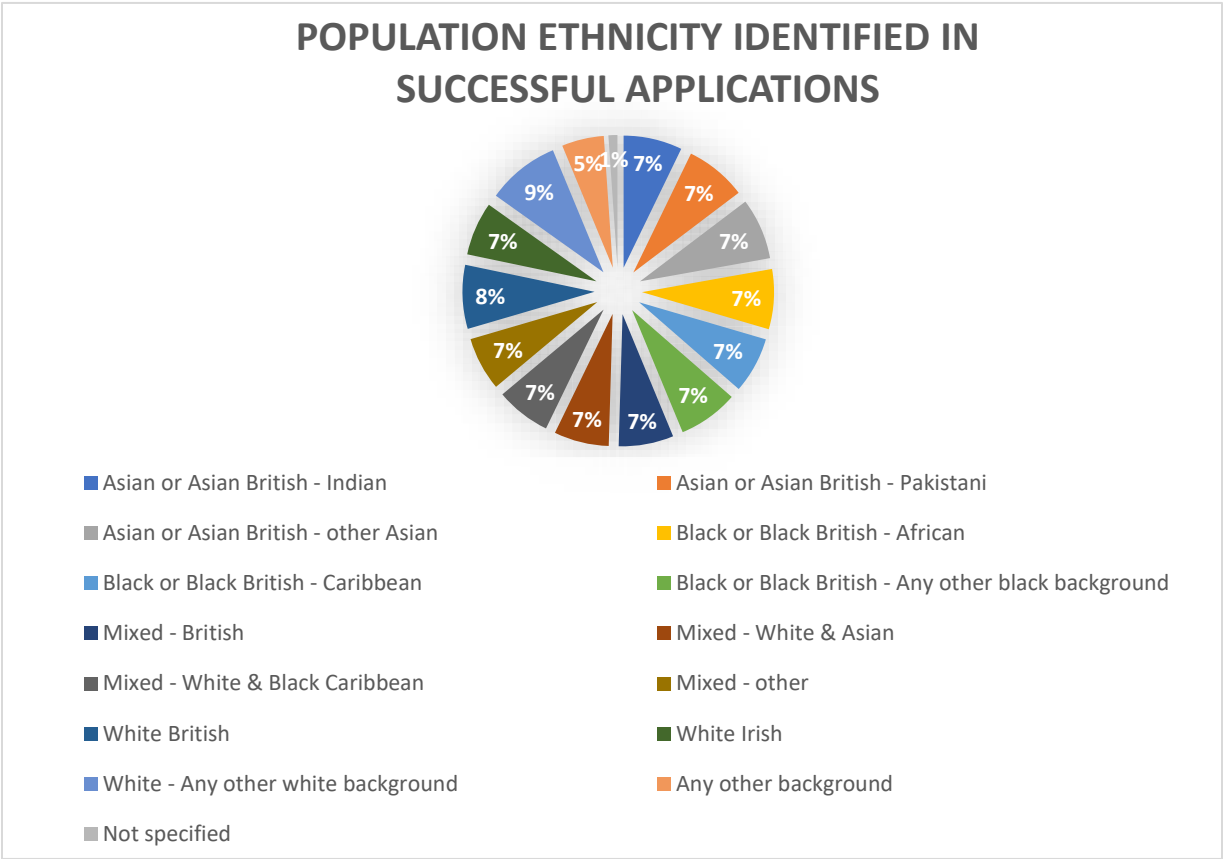
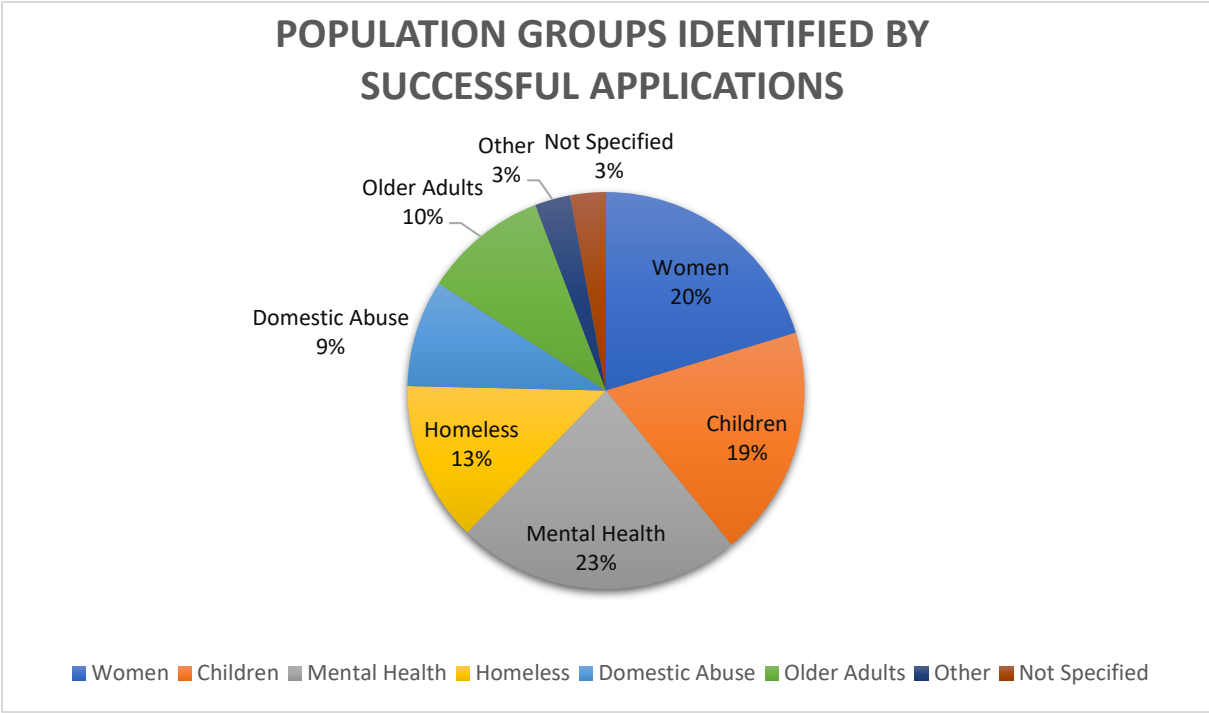


The charity’s funding opportunities have benefited a wide range of ELFT’s service users. It is important that the awarded funding is distributed equitably to ensure that people from ELFT’s diverse communities benefit. From a population health perspective, it is also important to recognise the impact that not receiving funding might have on the healthcare outcomes of certain under-represented groups.

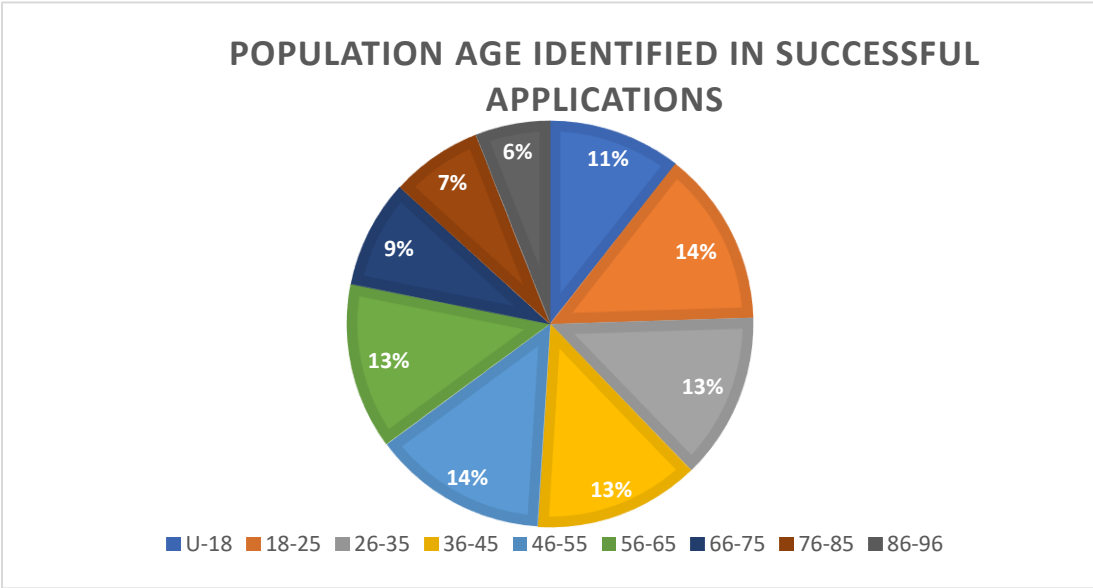
As part of the application, applicants are asked to estimate the number of people that will benefit from their bid for charitable funding. This provides the primary source of our equalities data. Additionally, all applicants are

required to complete an impact assessment form upon the completion of their project, allowing us to gather further insights into the outcomes and ensure accountability.

By analysing data on age, ethnicity, and specific community groups, the Charity can assess the effectiveness of its work in reaching diverse segments of the community and ensure a positive impact across all areas.



Over the past year, the majority of charitable funding has been allocated to service users affected by mental health issues. Not far behind are those identifying as women, or applications that seek to benefit children. Across age and ethnicity, the distribution of funding has generally been equitable. Many recipients belong to multiple demographic groups, demonstrating that the charity is effectively supporting a wide range of population groups and addressing their respective needs; for example, women from a range of age groups and ethnic backgrounds have been beneficiaries, highlighting the charity’s broad and inclusive approach.



## ELFT Charity Funded Projects

### Healthier Wealthier Families

In April 2023, the charity supported a pilot of the Healthier Wealthier Families programme in Newham. Healthier Wealthier Families is an approach that has been used in Scotland, Australia and Sweden to reduce child poverty by helping families with money worries. This is the first time it has been tested in East London.

With the charity’s support, financial assistance was co-located within ELFT’s Specialist Children & Young People’s Services (SCYPS) in Newham, an area with one of the highest child poverty rates in the country. Families with children who have physical disabilities are particularly vulnerable to financial hardship. This pilot therefore provided a targeted way of reaching families at high risk of poverty. In supporting families in accessing the benefits they were entitled to, the charity helped to reduce the negative impact of financial hardship on the health and wellbeing of the entire family.

Alongside financial support, the charity is funding a research team at University College London (UCL) to evaluate the effectiveness of Healthier Wealthier Families programme in its pilot phase. The research aims to understand how improvements in family income are impacting lives and identify opportunities for further refinement. Early findings from the first year are highly significant.

For example, between April 2023 and April 2024, 161 referrals were made for income maximisation support through SCYPS, resulting in maximized benefits worth £458,264 for 72 families. Preliminary interviews with service users have highlighted the programme's positive effects on self-efficacy, mental wellbeing, and family life, underscoring its transformative potential.



A teenager who uses a portable oxygen machine and an electric wheelchair says: *"Now I can actually spend money without thinking. How are we going to do this? Like I can sort things out on the same day. I can get a taxi and enjoy going out, because now I can go out with my family without feeling like a burden to everyone, or that they have to change their days to help me."*

A mum commented on the benefits of the co-location of financial support advice: *"If you have to take your child with you from place to place, it could be a bit daunting for them and stressful for the parents. Whereas if it's in the same place, they settle because they know they're not going anywhere else".*

Data from interviews with staff and service providers will be available on the ELFT website alongside the full publication of the evaluation. However, the pilot's success is already leading to conversations about how to support similar models of co-located support in ELFT and in ELFT boroughs, such as Tower Hamlets where Tower Hamlets Council is also funding Healthier Wealthier Families in children's centres.

### Practical Support to Improve the Health of Homeless People



The charity has continued to work closely over the past year with the Greenhouse Practice, one of the ELFT inclusion GP facilities to support some of the community's most vulnerable members. A series of events have been held to distribute hot food, toiletries and winter clothing to individuals experiencing homelessness or living in insecure accommodation. Although these events have a strong social focus, their primary purpose is to strengthen health and resilience.

They also provide crucial healthcare services including vaccinations and the opportunity for cancer screenings, addressing medical

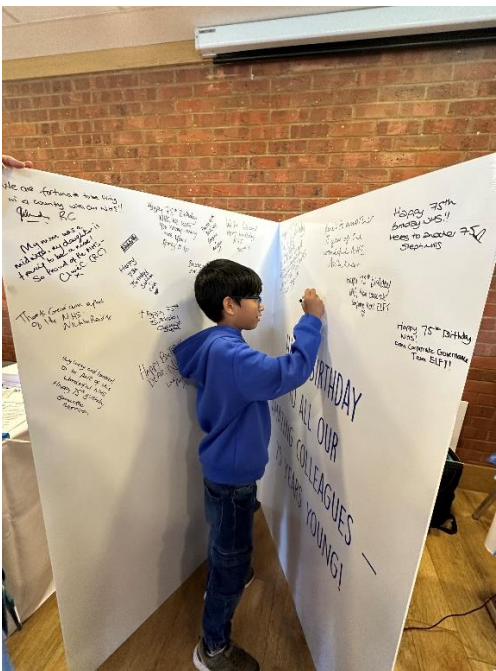
concerns that might otherwise go unmet due to unstable living circumstances. By creating a safe and welcoming space, these events have received positive responses, fostering trust and a sense of dignity among participants.

The Speaker of Hackney, Councilor Humaira Garasia was guest of honor at one of these events. She said: *"This means a lot for the community in Hackney. Today we can really feel the love and togetherness. The services ELFT provides are essential and the love you are providing today really goes a long way and it makes a difference in everyone's life who attended today."*



## NHS 75

The ELFT Charity supported celebrations for staff and local people to mark the 75<sup>th</sup> Anniversary of the NHS



## Expanding Horizons Theatre Trip



Funding that was provided by the charity enabled a group of teenagers with learning disabilities to attend a theatre production of Cinderella. Many of these children had never left Newham before due to their physical needs. This experience proved to be awakening for many reasons. The young people described the trip as positive and successful, and it sparked new interests and aspirations, encouraging them to challenge themselves and explore their potential. Having provided them with a newfound sense of confidence and belonging, two of the young people have become part of a community music programme. For the charity, supporting such life-enhancing opportunities has been deeply rewarding. Fulfilling opportunities like this can bring about wellness and happiness, and a sense of possibility that might not have otherwise been realised.

In an extract from a letter following the theatre trip, a parent said: *“The impact on my daughter was profound; she returned from the trip with newfound confidence and a sparkle in her eyes. Such experiences are invaluable for our special needs children, who often face limitations in participating in typical social activities”.*

## Apprenticeships for Forensic Service Users with Autism and a Learning Disability

Individuals with learning disabilities suffer from a divide between themselves and the general population when it comes to gaining employment. The motivation behind this project was to counteract these existing barriers and to help with the reintegration of service-users back into the community. Barriers often relate to what additional needs the participants might have. What this project did, however, was locate a provider of apprenticeships who could give 1:1 support to the participants. Concluding with the opportunity to earn an NVQ level 2 qualification, the project has enabled four service users to earn their accreditation whilst highlighting the general need for more effort to be made in counteracting societal constraints.

## Fundraising and Donations



The charity has seen more staff opt to donate the 'loose change' in their payslips each month. For example, if their payslip monthly total is £1500.76, their pay is rounded off to £1500 and the 76p would be donated to the charity. This initiative previously known as Pennies from Heaven has been rebranded as Microhive. Staff are offered this option when they join the Trust as a new starter, and reminders about the scheme are shared through communications throughout the year. The Charity re-launched this initiative in October 2023 and by December 2023, 114 staff had signed up. The number has now grown to over 300 participants demonstrating increasing support for this meaningful way to give back.

The charity was the grateful beneficiary of a sponsored walk carried out by a Bedfordshire family, the Bibbys, who wanted to raise money to thank the local dementia care team for their support of a family member following their diagnosis of dementia. A Tower Hamlets family also kindly donated to the charity following the death of a family member who had been supported by the Trust.



## Final Word - What Next for the ELFT Charity

I hope you have enjoyed hearing how the ELFT Charity has distributed money to assist staff in supporting families effectively. The ELFT Charity Grant Assessment Panel is consistently impressed by the imagination of staff in formulating thoughtful and insightful ways to make a difference to enrich the experience of others.

We have interesting plans for the Charity going forward. This includes holding a workshop in 2025 to review the Charity's objectives and consider if the aims of the charity remain congruent with the needs of our communities.

We have successfully registered the Charity for Gift Aid, which means that for every £1 donated, the charity can claim an additional 25p. We can claim some of this retrospectively too. This will maximise the value of contributions and help us do even more for the causes we support.

We have secured sponsored places for the London Landmarks Half Marathon happening in April 2025. An ELFT runner from each of our areas across the City of London, Hackney, Newham, Tower Hamlets, and Bedfordshire will have a place, and come together to represent the charity, raising vital funds to support its work. We will report on their preparation and training along the way, and encourage staff to cheer on our runners as they complete this iconic course.

I want to take this opportunity to thank those families, individuals and staff who have helped us to increase our funds to enable us to continue to support innovative and inspiring projects.

Thank you



**Tanya Carter**  
**Executive Director Lead, ELFT Charity**  
**Chief People Officer**



You can find out more about the ELFT charity online using the QR code or go to:  
<https://www.elft.nhs.uk/get-involved/elft-charity>

## Charity Trustees

East London NHS Foundation Trust (ELFT) is the charity's corporate trustee. Members of the ELFT Board serving as directors at the time of signing the annual report and accounts are:

Director name	Role
Eileen Taylor	Chair
Lorraine Sunduza	Chief Executive
Aamir Ahmad	Vice-Chair (London)
Dr David Bridle	Chief Medical Officer
Richard Carr	Senior Independent Director
Tanya Carter	Chief People Officer
Anit Chandarana	Non-Executive Director
Peter Cornforth	Non-Executive Director
Alison Cottrell	Non-Executive Director
Kevin Curnow	Chief Finance Officer
Prof Sir Sam Everington	Non-Executive Director
Richard Fradgley	Executive Director of Integrated Care & Deputy CEO
Philippa Graves	Chief Digital Officer
Prof Dame Donna Kinnair	Non-Executive Director
Sue Lees	Non-Executive Director
Claire McKenna	Chief Nurse
Edwin Ndlovu	Chief Operating Officer & Deputy CEO
Dr Amar Shah	Chief Quality Officer
Deborah Wheeler	Vice-Chair (Bedfordshire & Luton)

Members of the ELFT Board serving as directors during 2023-2024 were:

Director name	Role
Ken Batty	Senior Independent Director (until 31 October 2023)
Paul Calaminus	Chief Executive (until 20 August 2023)
Samanthi Gibbens	Interim Chief Finance Officer (until 16 July 2023)
Dr Mohit Venkataram	Executive Director of Commercial Development (until 30 April 2024)

### Charity Registered Address

ELFT Charity  
East London NHS Foundation  
Trust Headquarters  
Robert Dolan House  
9 Alie Street  
London E1 8DE

**Charity Number:** 1198337



**Helping the NHS to go Further**

# **ELFT Charity Annual Report 2023-2024**

