

# SPOTLIGHT ON MENTAL HEALTH

LLOYDS BANK FOUNDATION  
England & Wales

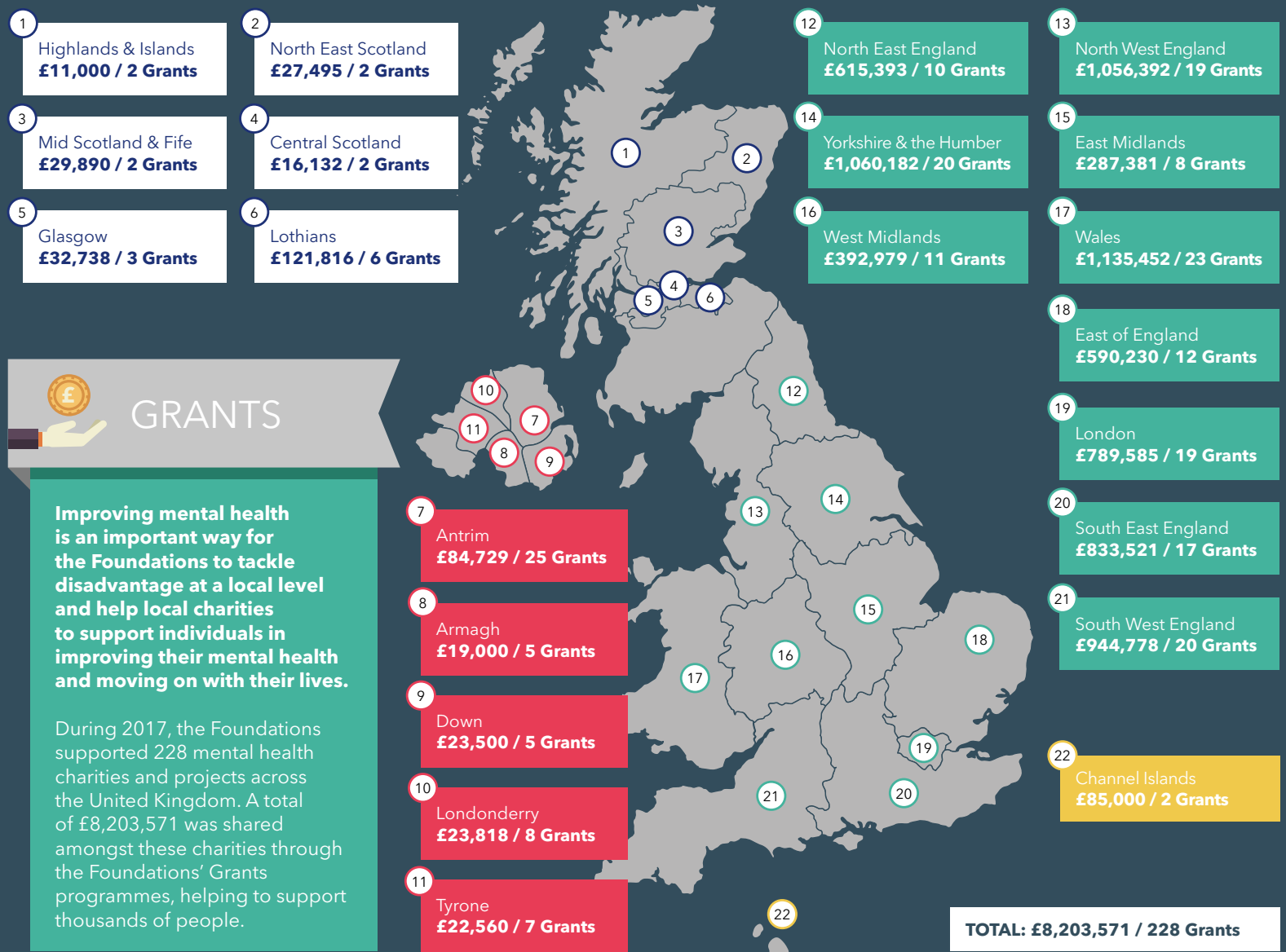
BANK OF SCOTLAND  
Foundation

HALIFAX FOUNDATION  
for Northern Ireland

LLOYDS BANK FOUNDATION  
for the Channel Islands

In 2017, Bank of Scotland Foundation, Lloyds Bank Foundation for the Channel Islands, Halifax Foundation for Northern Ireland and Lloyds Bank Foundation for England and Wales ("the Foundations") received £20.7 million from Lloyds Banking Group as part of the Group's commitment to Helping Britain Prosper. The Foundations donated these funds to charities across the UK through Grants Programmes and a Matched Giving Programme for Lloyds Banking Group employees.

**Spotlight on Mental Health** is the first in a series of 'Spotlights' highlighting some of the key issues supported by the Foundations. In 2017, across the UK, the Foundations provided over £8m of grant funding and almost £1m of Matched Giving to mental health charities and other charities delivering projects focussing on mental health, helping people to benefit from a variety of much needed local services and personal support.





## MATCHED GIVING

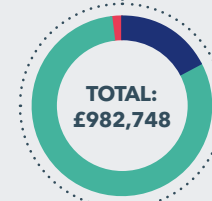
**Lloyds Banking Group employees overwhelmingly voted for its charity partner for 2017/18, choosing to support Mental Health UK - a network of four national charities who have come together to tackle mental illness across the UK; Rethink Mental Illness in England, Hafal in Wales, MindWise in Northern Ireland and Support in Mind Scotland. Fundraising has enabled Mental Health UK to launch the UK's first Mental Health and Money Advice Service.**

While the Group initially set out to raise £2 million for Mental Health UK in the first year of the two-year partnership, £4.8 million was raised by employees for their new Charity Partnership.

Employees submitted 3,067 claims through the Foundations' Matched Giving Programmes for Mental Health UK in 2017, claiming a total of £982,748 as a result of their fundraising efforts.

Employees went to great lengths, participating in activities such as bake sales, abseils, marathons and quizzes.

Value of Matched Giving for Mental Health UK

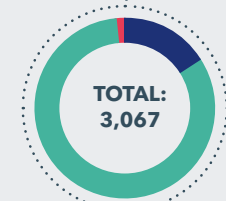


**BoSF**  
£168,820

**LBF EW**  
£796,534

**HFNI**  
£17,394

Number of employee claims for Mental Health UK



**BoSF**  
489

**LBF EW**  
2,529

**HFNI**  
49

**Note:** As Mental Health UK has no presence in the Channel Islands, colleagues instead chose to raise funds for Mind Jersey and Guernsey Mind, with 21 Channel Islands colleagues claiming Matched Giving of £7,015 for Mind in 2017.

## ✂ BANK OF SCOTLAND Foundation

**Bank of Scotland Foundation held their 2017 Annual Reception at the Scottish Parliament in December, focussing on Mental Health. Philip Grant, Chair, welcomed a keynote speech from Maureen Watt MSP, Minister for Mental Health, and talked about the work taking place across Scotland to support mental health charities.**

Falkirk & District Association for Mental Health (FDAMH) was one of the many charities that attended who have received a grant from Bank of Scotland Foundation. Established in 1981 to work with people and families experiencing the impact of mental illness, their 26 staff and around 100 volunteers provide a range of services, support and information.

In keeping with the theme of Mental Health, FDAMH's Freedom of Mind choir were invited to perform, helping guests get in to the festive spirit. The choir and

weekly vocal workshop are for people experiencing or recovering from mental health problems, their families, unpaid carers of people with mental health issues, as well as volunteers and staff from FDAMH. The workshop provides a supportive environment where people can relax, have fun and be helped through the benefits of singing.

The choir were a great success with guests and generated a lot of discussion about mental health throughout the night.

Jim Stewart, Business & Community Engagement Officer at FDAMH, attended the event and commented, "We were delighted that our Freedom of Mind choir were asked to perform at Bank of Scotland Foundation's Annual Reception at the Scottish Parliament. The support we have received from the Foundation has been pivotal to the success of the project that allows people experiencing mental health problems to benefit from participating in the choir, improving their physical, mental and emotional wellbeing and helping them develop confidence whilst learning new skills and techniques."



**Bath City Farm supports people with mental health problems to become active and valued farm volunteers. The volunteers gain skills, reduce their isolation and anxiety and improve their confidence and physical health.**

A three-year grant from Lloyds Bank Foundation for England and Wales supports the Farm to continue to offer volunteering opportunities in practical farming activities. Bath City Farm has also made the most of extra non-financial, tailored Enhance support offered by the Foundation to develop and strengthen its services. This has included support with strategic planning, access to a leadership development programme with other regional leaders and working with a Lloyds Banking Group Charity Mentor.

Helen, General Manager at Bath City Farm, says: "The Foundation's Enhance support is great. Amongst many things, we've had support in carrying out a feasibility study for our new café, and from that we were able to win a development grant to make these plans a reality.

"We've also taken the opportunity to be matched to a volunteer Charity Mentor from Lloyds Banking Group, which has been amazing. While I know the ins and outs of the farm, my finance knowledge needed a bit of development. I've since learnt how to forecast budgets and produce Trustee reports, plus our Mentor has even trained me on Excel so I can save time when doing this myself in future. It's actually given me a bit of a passion for budgeting, which isn't something I thought I'd say!"

**CHARITY MENTORING**

Charities funded by the Foundations are eligible for support from a volunteer Charity Mentor from Lloyds Banking Group. Where possible, charities are typically matched with a Mentor local to them. Both parties are encouraged to forge a relationship that works for them, so that they have an opportunity to share skills, gain expertise and get a fresh perspective on their working practice.



Russell, volunteer at Bath City Farm



**Formed in 1977, Guernsey Mind knows that everyone with a mental health condition has their own experiences and needs, not one approach fits all. By encouraging a better understanding of mental health issues within their community, Guernsey Mind makes it easier for people to get the right help, as early as possible.**

As a local affiliate of Mind UK they are able to draw on their resources and expertise. They believe in an individual's resilience and ability to recover if given access to the right support options, including self-help, talking therapies, medication and a supportive work and family environment.

In 2016, Lloyds Bank Foundation for the Channel Islands awarded the charity £46,000 over two years towards the salary of their Employee Wellbeing Service Manager.

At least one in six workers experiences common mental health problems, including anxiety and depression. Guernsey Mind's research shows work is the biggest cause of stress in people's lives, more so than debt or financial problems. Stress can stop people performing at their best, but the Employee Wellbeing Service is there to help.

Jo Cottell, Manager of Guernsey Mind's Employee Wellbeing Service, said: "Businesses with strong wellbeing strategies

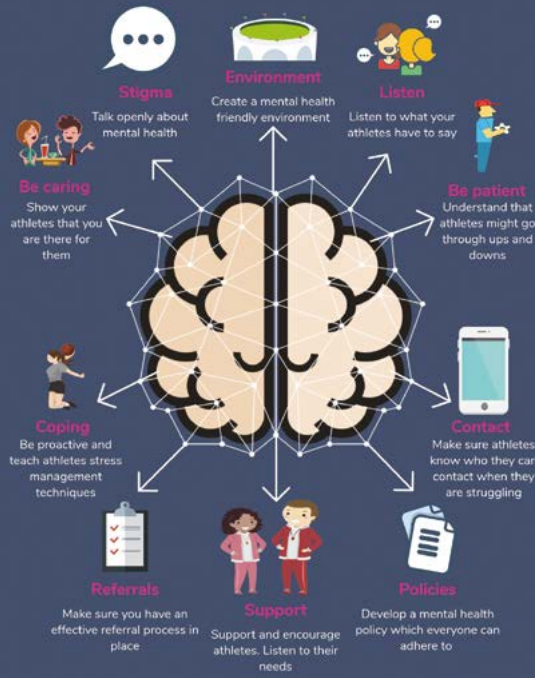
report improved attendance figures, higher morale and reduced staff turnover. We can help businesses take a proactive approach to supporting mental wellbeing by offering a range of consultancy and training services. Employers can contact us about a range of workplace mental health issues - training, advice, mediation, for example. The generous support from the Lloyds Foundation will help us continue to develop our Employee Wellbeing Service within the Islands."

**Tackling Awareness of Mental Health Issues (TAMHI) works with sports clubs, schools, youth clubs and gyms in and around Belfast to use sport to raise awareness of mental health and support the development of programmes that help tackle the social issues that negatively impact on wellbeing.**

The charity has steadily grown over the years, starting out as a project in 2011 working with 2 clubs before building up to 8 clubs in 2014 and then operating full time. They now work with 45 groups regularly and through customised resources support over 100.

Halifax Foundation for Northern Ireland supported TAMHI with one of their first grants in 2014, awarding £3,820 towards their 'Communities United of Mental Health' project. More recently last year, they received a further grant of £3,150 towards rent costs.

## HOW CAN COACHES AND SPORT CLUBS SUPPORT THEIR ATHLETES MENTAL HEALTH



**“The support from Halifax Foundation for Northern Ireland has been instrumental in our growth and has gone towards shaping, changing and saving lives.”**

**Joe Donnelly,**  
Manager, Tackling Awareness of Mental Health Issues



## PLANS FOR 2018

**Throughout 2017, the Foundations have made a real, tangible impact by helping small and medium-sized charities make a long-term difference to people by improving their mental health. The Foundations recognise that improved mental health can also help people to break out of disadvantage by perhaps entering education, finding accommodation, managing addictions or increasing basic skills.**

With one in four people in the UK experiencing a mental health problem, the Foundations are keen to help generate more of these positive transitions for people and as a result have agreed to continue their support for mental health.

In addition to funding mental health charities through existing grants programmes, the Foundations have

committed a further £1.6m of additional funding for mental health charities across the UK in 2018, helping to improve the quality of life of people experiencing mental health conditions.

The Foundations are proud to play a part in supporting charities that are essential to communities and society, helping to ensure that Britain can prosper.



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