



Annual Report

2023 - 2024

www.nhstayside.foundation

NHS Tayside
**Charitable
Foundation**



Empowering Health & Wellbeing in Tayside

Welcome

Welcome to our Annual Report for 2023/2024.

This is our opportunity to share with you why NHS Tayside Charitable Foundation exists, what we want to achieve, what we are doing to meet these goals, and the difference we have made to the community of Tayside, patients and their families' lives.

NHS Tayside Charitable Foundation is a Registered Scottish Charity (SC011042) which supports NHS Tayside hospitals and services. It is supported by donations and legacies from patients, their relatives, the public and other organisations. The fund makes a significant difference to patients and their families across Tayside and the new strategy launched in November 2023 has already increased awareness and improved communication of the funding on offer and opportunities for fundraising activity.

A key part of this was to create a set of values to work to: -



Kindness

Positively influencing the way we see ourselves and others, as well as how others see us



Fairness

Giving people hope and a fair chance, and ensuring there is equity of opportunity



Inclusion & Diversity

Greater engagement and support for everyone in our community



Integrity

Making good and evidence based decisions to deliver our vision



Empowering

Providing our services and communities with the support they need to grow and thrive



Inspiring

Encouraging innovation and new ways of working/living

A Message From Our Chair

As we conclude an impactful year for 2023/24 at NHS Tayside Charitable Foundation, it is with great pride that we present our end of year report.

Despite the challenges posed by the ongoing global health crisis, we have continued to uphold our commitment to supporting the healthcare needs of our community. Through strategic fundraising efforts and prudent financial management, we have achieved significant milestones and made meaningful contributions to enhancing patient care within NHS Tayside.

Paramount in this work has been commitment to transparency and community engagement. We have actively sought feedback from patients, staff, trustees and stakeholders to ensure that our new initiatives align with the needs and priorities of the community. Through regular communication and outreach efforts, we have fostered a sense of ownership and pride among our supporters which helped to create our vision: -

A key Highlight was the relaunch of the Charity on 30th November 2023 where over one hundred people from across the Tayside community joined us to celebrate and learn about the Foundation's new funding programme. The feedback and positivity received from this event has been remarkable and we would like to extend our sincere gratitude to all our donors, volunteers, partners, and supporters who have contributed to the success of the NHS Tayside Charitable Foundation. Their generosity and dedication have been instrumental in advancing our mission, and we look forward to continued collaboration in the years to come.

Looking ahead, we are committed to building upon our successes and furthering our impact in the coming year. We will do this by continuing to identify innovative ways to raise and distribute funds, collaborate with stakeholders and support initiatives that promote excellence in healthcare delivery.

By staying true to our mission and values, we are confident that we can continue to make a meaningful contribution and impact aimed at making a difference in the lives of patients and families served by NHS Tayside.

Lorna Birse Stewart
Chair - NHS Tayside Charitable Foundation

**‘People live better
and longer lives in Tayside’**



Our Offer

Throughout 2023/24 the Charity has created a new offer based on a series of audits, reviews and engagement with stakeholders. This alongside the existing offer has made for a very exciting year with lots of opportunities. The current offer includes:-

1

Fundraising

There has been a focus on supporting fundraisers, donors and legacies while growing the overall network. The physical premises managed by the charity have also been refreshed while the gift shop having an improved offering and the hub becoming a one stop shop of support.

2

Partnerships

Working with partners, services and local organisations has been essential since the relaunch. The charity will continue building new networks and relationships to improve overall health offers in Tayside.

3

Presence

A key development has been improving the communication and marketing of the charity. The team have also worked hard to improve processes, create a new website and grow the social media channels.

4

Funding

Working with partners, services and local organisations has been essential since the relaunch. The charity will continue building new networks and relationships to improve overall health offers in Tayside.

Highlights of the Year

- A new Charity Chief Officer was recruited and started on 15th May 2023.
- A review of temporary posts was carried out with permanent positions being offered to create security and sustainability in the charity.
- A development session was held in June 2023 that led to the rebrand and relaunch of the charity on 30th November 2023.
- A new strategy was launched on 30th November 2023 outlining the vision, mission, priorities and funding programme.
- Alongside the new strategy, a Communications Plan, Ethical Policy, and Fundraising Plan was launched.
- Through a grant from NHS Charities Together procured Marketing and Communications support which has significantly increased our engagement across Tayside.
- A new Governance Plan was developed to underpin the new charity and planned works.
- Audit Reports and Audit Follow Up Reports are now part of the work plan of the committee. The committee have made significant improvements to ensure the audit actions are being delivered.
- A new Investment Advisor was put in place to increase the impact on the Investment Portfolio. This was also followed up with an Investment Workshop on 15th February 2024 to help develop more understanding in this area.
- A new website and social media presence was launched in March 2024 to increase the awareness of the charity and our offer.
- Online presence – stats and engagement.
- We received STV Coverage of the Douglas Ansell Living Legacy.
- Growth of the brand.

Throughout 2023/24 the Charity has created a new offer based on a series of audits, reviews and engagement with stakeholders. This alongside the existing offer has made for a very exciting year with lots of opportunities. The current offer includes:-



Innovate

Groups can apply for funding between £500 and £25,000 (maximum of £20,000 for two years and a maximum of £25,000 over three years) to establish innovative projects to tackle issues affecting our community.



Prevent

Groups can apply for funding between £50,000- £100,000 over 3 years (max £250,000) to help support the priorities focused on prevention.



Invest

NHS Tayside colleagues can claim up to £500 for fundraising activities generating over £1,000 to help deliver the charitable priorities.



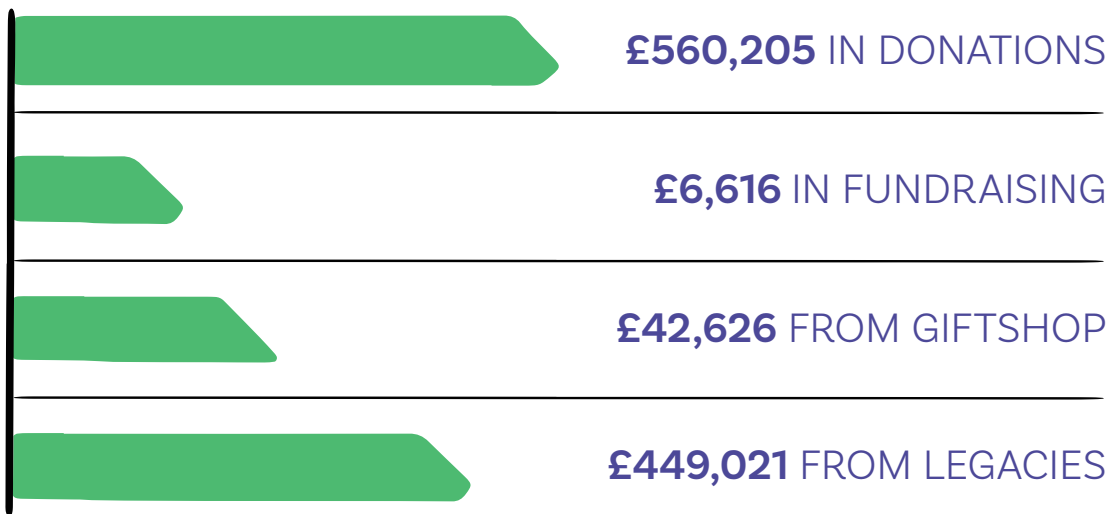
Support

The Foundation support programme includes providing signposting to other funders, partnership opportunities and links to key organisations across Tayside and beyond.

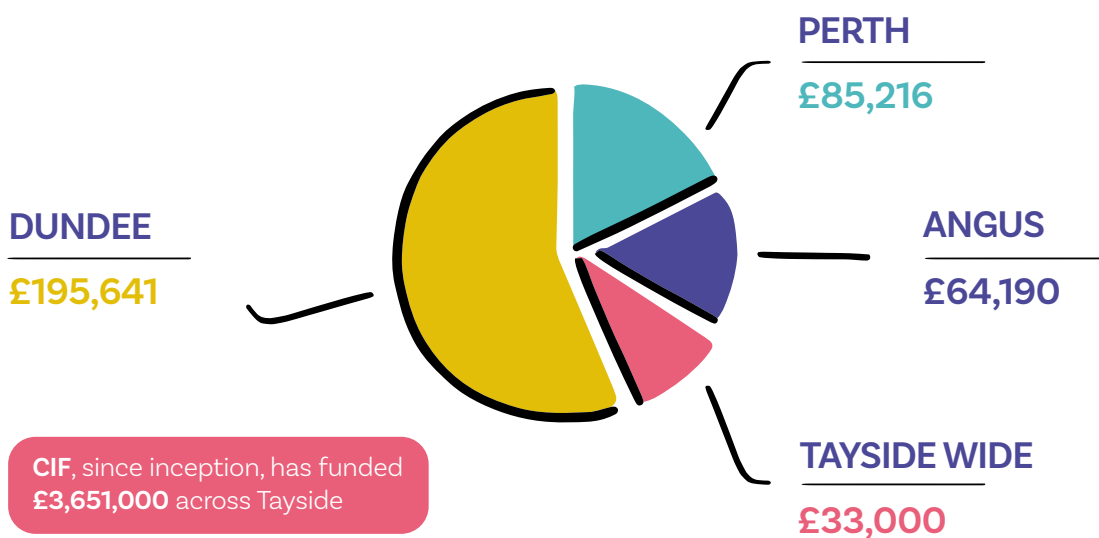
1st April 2023 - 31st March 2024

TOTAL AMOUNT FUNDED

£1,608,967

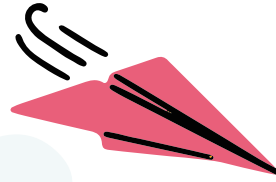


COMMUNITY INNOVATION FUND (CIF)



48

SESSIONS
WITH APPLICANTS



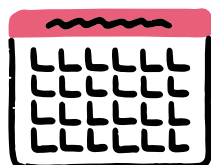
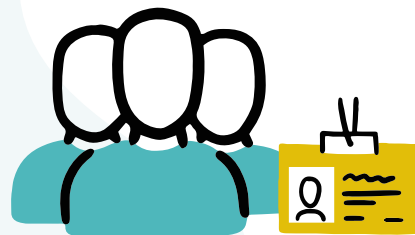
ENQUIRIES
RECEIVED

428

93 JOBS SAFEGUARDED OR GENERATED



11 VOLUNTEERS IN 2023-2024



WITH **1737.5**
HOURS WORKED

Our Vision, Mission and Objectives

In 2023 we refreshed our vision, mission and strategic objectives to better reflect our role and ambition as an organisation. Here is a reminder of the Vision, Mission and priorities we were working towards in 2023/24:

Our mission:

Enabling healthier lives for everyone in Tayside by informing, funding and supporting our partners to improve health outcomes for people in their communities.

Our vision:

‘People live better and longer lives in Tayside’

Our priorities:

- ✓ **Unlocking** Health Innovation
- ✓ **Tackling** Obesity
- ✓ **Contributing** to Environmental Sustainability
- ✓ **Improving** and Supporting Physical and Mental Health
- ✓ **Reducing** Substance Use
- ✓ **Promoting** Child Health



Strategic Objectives:

Over the past 12 months the Foundation has worked to develop the funding and fundraising offer, connected with partners across the region, focused the funding to be a force for good and launched the new funding programme which is underpinned by local data and needs.

Fundraising

- Legacy Donations
- Campaign Donations
- Gift Shop & Hub
- Corporate Sponsors
- Events

Partnerships

- Community Benefit Gateway
- Funders Network
- Regular Webinars
- Chamber of Commerce Member
- Linking with Third Sector Partners

Force for Good

- Investments
- Endowment Network
- Patient Journey
- Impact Assessments
- Good Practice
- Presence

Funding Programme

- Innovation Hub: Dragons Den
- Full Governance Review
- Scientific Advisory Panel
- Marketing and Promotions

Elder Voice



Some of the elderly who, due to their age, ill health, disability or lack of transport, might otherwise struggle to attend NHS medical appointments.

Connecting older people with volunteers, the charity also offers a befriending service and lunch club aimed at breaking down barriers and inequalities around older people, supporting independence, improving mental health and wellbeing, and fostering social connections.

With the funding meeting the administrator's costs, Elder Voice has been able to continue its work and meet the 'monumental' growth experienced since Covid-19.

Maggie one of the project leads said, "Because we are working in small, rural communities, all of our services require transport and that comes at a cost. If older people cannot rely on public transport or struggle to access it, it affects their health and wellbeing. The services we provide not only allow people to attend their NHS appointments but keep them connected, part of society and active members of their community.

"As well as our befriending club and lunch club, we also hold events. For example, our Summer Concert highlighted the skills and talents of some of the people we support, from a choir and duets to guitar playing and poetry. Seeing the emotions of the families who could see the difference our befriending programme had made was wonderful.

"Without our projects, so many people might slip into depression, isolation, even malnutrition. So, the funding we have received has made a huge difference to the

Elder Voice is a local charity helping older people maintain independence. Tackling loneliness, isolation and malnutrition, the Blairgowrie-based charity offers a voluntary transport service.

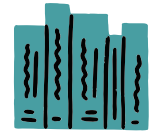
ongoing work of Elder Voice and every single person we support, as well as their wider circle of friends and family who see the knock-on benefits every day."

Looking ahead, Elder Voice is looking to grow its service offering, particularly around sustainable transport. Having recently taken delivery of an electric vehicle, the charity is now looking at sustainable and fully inclusive transport, including E-bikes and rickshaws, as well as encouraging more walking and cycling. The charity's aim is to create a community transport hub for everyone, not just older people.



For more information visit <https://www.eldervoice.org.uk>

Education & Training Fund



Matt

Podiatrist

Perth Royal Infirmary & Community Based Work

Course: British Sign Language (BSL - Level 3)

How this programme has helped your personal development?

Whilst working in the clinic a deaf patient attended with a BSL interpreter. It was the first time that I had met a profoundly deaf patient in the clinic. After speaking with the patient through the interpreter, and learning some BSL signs, I was interested to learn more.

My training started in 2016 and I gained my Level 1, 2 & 3 BSL certificates in 2017/18/19; the course provided me with a greater understanding of the deaf community, especially within an NHS environment where it can often be difficult to communicate concerns and needs.

How this programme has “added value” to the organisation?

It has added value by opening my eyes to how difficult it can be for the deaf community to communicate. Especially at a time when they may be more stressed or concerned with both their medical condition and inability to express themselves to untrained staff.

How will you share your own learning with others in your team and/or across the organisation?

If there is a deaf patient attending the clinic, there is a strong possibility that the patient will be referred to myself. In addition, I can assist staff members who have a query relating to deaf culture and advise on how to assist any deaf or hard of hearing patients.

Any other comments?

The Education Training Endowment Fund helped massively. My intention is to continue with my BSL studies by moving on to the next level which in the long run will benefit the organisation.

I will be approaching the Endowment Fund to hopefully help with costs, beyond that I'm not sure, possibly train as an interpreter.

How would you rate the course?



- The course enhanced my own personal development.
- The course has benefited the team/my work in the team.
- The course has benefited the wider organisation.

Ninewells Community Garden



Nestled within the enchanting arboretum of Ninewells Hospital in Dundee, Ninewells Community Garden promotes physical activity and healthy lifestyles through community gardening.

In this serene environment, horticulture is actively enhancing wellbeing, providing therapeutic benefits and supporting rehabilitation efforts.

In a post-COVID world, Ninewells Community Garden sought to develop the facilities to improve the health and wellbeing of Ninewells Hospital staff and patients, specifically creating a permanent, environmentally designed pavilion which reflected the Leaf-Room structure already in the garden, alongside the appointment of a dedicated facilitator.

Today, thanks to the funding and despite many unexpected hurdles, the Leaf Pavilion now stands proudly within the garden. With its leaf-shaped roof reflecting the structure of the Leaf Room, the Pavilion was opened by one of its user groups, the outdoor yoga instructor and participants, in September 2023.

Working together for a common cause, the NCG Wellbeing Coordinator significantly raised awareness of the facilities and activities offered through the garden with strong, long-term relationships established across countless NHS Tayside departments.

Meanwhile, the garden is now home to a range of popular wellbeing activity sessions from yoga and Pilates to storytelling, arts, crafts, and ceramics, which are enjoyed by patients, staff and the wider community.

Mary continued “By providing an accessible and inclusive environment, we are making a significant impact on community spirit, sparking new partnerships and friendships. The environment we have created has proven health benefits,

from reducing stress and anxiety to improving sleep and physical activity. We are proud and delighted with what we have achieved here thanks to the funding from NHS Tayside Charitable Foundation.”

Looking ahead, the Ninewells Community Garden team aim to continue reducing the severity and impact on the health and wellbeing of staff and patients, either because of COVID or from working in a post-COVID pressured environment. They also hope to extend participation by staff and patients of all ages and abilities in accessible and inclusive garden-related activities and provide a comfortable outdoor environment that offers opportunities for quiet reflection. In addition, the team hope to build its evidence base, guiding future healthcare strategies in the use of gardens and gardening as a non-medical, social prescription. The garden is free and open to all, seven days a week.

For more information visit <https://ninewellsgarden.org.uk>

Education & Training Fund



Mairead

Nurse Emergency Department
Ninewells Hospital

Course: MSC Nursing (Leadership, Quality & Governance)

How this programme has helped your personal development?

I started the Masters Pathway from just one module; I really enjoyed studying again after quite a few years away from university. I continued to do all four modules as it gave me confidence academically.

How will you share your own learning with others in your team and/or across the organisation?

I have used my experience to encourage my colleagues to pursue further learning as I believe it has a direct impact on our patient care.

I am dedicated to the Emergency Department and intend on using my further knowledge to enhance my practice.

I am grateful for the funding that allowed me to finish my studies. Not having the financial burden while studying was a great relief. The endowment fund has given me access to further education and an enthusiasm for learning again. I am delighted to have achieved my educational goal.

How this programme has “added value” to the organisation?

Leadership is an integral part of our organisation. I intend to demonstrate a transformational leadership style which is proven to be the most productive, which in turn has proven to have a positive impact on patient care.

How would you rate the course?



- The course enhanced my own personal development.
- The course has benefited the team/my work in the team.
- The course has benefited the wider organisation.



Our Inclusive Community



Capability Scotland's 'Our Inclusive Community Project' ('OICP') aims to relocate the homes of sixty disabled adults from an existing residential care site at Upper Springland in Perth.

Through OICP, Capability Scotland have created a welcoming and thriving new community at the city's Bertha Park, where the people they support can live as independently as possible, realise their potential and live fulfilling and healthy lives.

The mock-up flat is fully accessible to residents and day service users and has motivated staff, residents and their families to engage in one-to-one interviews or group work relating to the development. As a result, over 1100 comments and suggestions have been received relating to adaptations that could be made to everything from layout and furniture to accessibility, technology, communications and equipment.

While initially starting with conversations about the space, the process has also sparked conversations around hopes and aspirations for the future, like entertaining friends and mixing with other residents, not forgetting the more practical issues like the appliances they might need to be as independent as possible.

Steve Malone, Principal Architect at Architecture and Design Scotland, added, "Good placemaking and user-led design is at the core of our work. For this project, there was a great opportunity to engage with key users at the beginning of the process and to involve them in helping to shape the designs at an early stage".

Capability Scotland is currently testing various digital technologies (environmental controls and health monitoring sensors) using the mock-up. In terms of knowledge transfer and building awareness, various organisations such as Perth & Kinross Social Care

Partnership, Kingdom Housing, Digital Health & Care Innovation Centre, Leonard Cheshire, and MOBIE, together with pupils from Perth High and Bertha Park High schools, have visited the unit which was also featured on STV News.

George Clarke, Founder of MOBIE, said, "Inspiring young talent to help define the communities of the future is a real passion of mine. Creating communities that are innovative, beautiful, genuinely sustainable, and transform the quality of people's lives is why we run these challenges."



The success of the mock-up studio has helped Capability Scotland attract funding to develop a full prototype studio. This research project will be managed by Built Environment Smarter Transformation (BE-ST), with work starting in early 2024. The prototype will be tested by academics and the charity's service users. If successful, it is hoped the plan will help form the construction template for the sixty new studio units.

For more information visit <https://oicp.capability.scot>

Education & Training Fund



Sonja

Associate Practitioner
Kings Cross Hospital

Course: MSC Counselling

How this programme has helped your personal development?

Training to be a counsellor has taught me enhanced listening skills in my team, in order to help people better understand their lived experiences and their emotions.

The course has helped me develop self-confidence, self-awareness and importantly, reflection. Looking back, I have explored the impact of my practice in the helping relationship.

As an associate practitioner, I provide practical and emotional support to patients in community settings, many of whom are homeless or living through chaotic situations, for example; through substance misuse, experiencing domestic violence or poor mental health.

Through continuous personal development, I can provide a holistic service with a goal towards the enablement of each person; encouraging self-worth and a willingness to explore all options.

How this programme has “added value” to the organisation?

The course has been invaluable towards establishing professional competence in health and social care. I believe that this training has added value to my work within NHS Tayside, with the use of positive engagement with patients and collaborative work with colleagues and partner organisations to improve person centred care.

How will you share your own learning with others in your team and/or across the organisation?

I have had the opportunity to utilise my learning with colleagues in my team and across the Health and Social Care Partnership. Partnership working within the NHS, which for me includes working closely with the homeless outreach team, the substance misuse team and GP surgeries across Tayside, has highlighted the need for continuous personal development.

Colleagues have noted my enhanced skills when assessing and monitoring patients whom present in crisis, either in person or over the phone. I am advised that my de-escalating skills and attempts to calm a distressed individual are carried out in a calm and professional manner.

I am also an advocate for Health Behaviour Change training at NHS Tayside and hope to work with the training and development department in the future to deliver this programme.

How would you rate the course?



- The course enhanced my own personal development.
- The course has benefited the team/my work in the team.
- The course has benefited the wider organisation.

Bill Douglas Living Legacy



In June 2023 Mr Bill Douglas reached out to us looking to donate to the Foundation. His donation was based on the care he received by a ward sister in 1950 at Dundee Royal Infirmary. This enabled us to create a new template of how we worked with people who wanted to give a donation to a specific service.



Our process included five clear steps:

Introduction and fact finding

Link to the appropriate service and clinicians

Development of funding proposal

Presentation of Legacy

Delivery of proposal







A key element following this process was delivery of the outlined proposal, this helped to build trust and promote the work underway. The funding elements agreed for this legacy included:

Laser Treatment Room for neonatal Retinopathy of Prematurity (ROP): Amount Approved £20,000

ROP is a blinding condition that affects very premature, low birth weight babies and for which there is a highly successful treatment, laser surgery. This must be done as an emergency procedure, under general anaesthetic by a paediatric ophthalmologist. In Tayside 3-4 babies per year require treatment but this is expected to rise with the increased survival rates of extremely premature babies.

Respiratory devices: Amount Approved £50,000

In NHS Tayside babies can require to be resuscitated in several different maternity and neonatal facilities. Resuscitation could be optimised by replacing existing equipment in some areas with devices which are more accurately able to titrate and monitor medical gases in the neonatal unit and Dundee and Perth Community Midwifery Units (CMUs).

Maternity and Neonatal Garden project: Amount Approved £20,000

Our vision is to provide a seamless journey of care for families in Tayside. This involves focusing on key shared ambitions such as continuity of carer, family centred care and a unified perinatal service. The Neonatal Unit at Tayside Children's Hospital was recently thoroughly upgraded and our vision now is to create an innovative outdoor space that would provide families with the opportunity to reflect, refresh and reconnect during their time in hospital.

Douglas - Ansell Annual Neonatal Nursing Award: Amount Approved £10,000

Mr Douglas approved an award of £500 per year for 20 years. This will be for excellence in neonatal nursing care. The award will be presented on 12th December each year to tie in with Mr Douglas's birthday. He will be invited to the presentations.

The full story can be viewed at:
<https://www.youtube.com/watch?v=YBDSIZvmChO>

Looking Ahead

As we reflect on our mission to enhance patient care and wellbeing within NHS Tayside, the Charitable Foundation embraces the challenges and opportunities that lie ahead in the coming year. Over the next 12 months, we are dedicated to continuing our steadfast commitment to supporting innovative healthcare initiatives, improving facilities, and enhancing services for the benefit of patients, their families, and the community at large.

In the months ahead, the NHS Tayside Charitable Foundation is committed to:

1. Investing in Patient Care:

By funding crucial projects and initiatives that prioritise patient comfort, treatment, and overall wellbeing, we aim to make a positive impact on the lives of those under the care of NHS Tayside.

2. Enhancing Healthcare Facilities:

We will work towards enhancing healthcare facilities across Tayside through our funding programme, ensuring that patients receive the treatment they need where they choose to receive it.

3. Development of the Fundraising Programme:

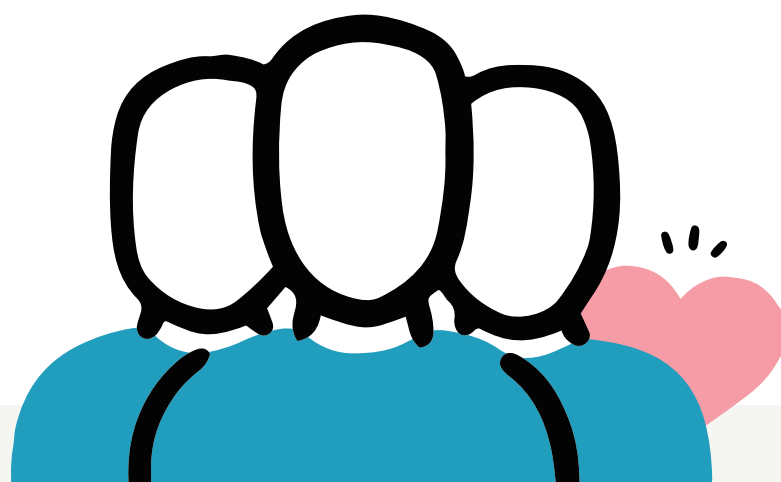
Encouraging the growth of a fundraising community for the Foundation which will increase our funding offer. This includes the refit and relaunch of the shop and hub in Ninewells Hospital.

4. Delivery of the Funding Programme:

Building on the launch in December 2023 there is a lot of learning and refining of the funding programme based on the learning from the initial funding round. This will improve the customer journey and increase the impact of the funding distributed. A key element of this is an Impact event scheduled for August 2024.

5. Building a Volunteer Network:

People are a big asset of the Foundation and we aim to continue to develop our volunteer network across the whole of Tayside. This year the Volunteer offer will be launched and a focus on growing this network alongside our third sector colleagues.



An underpinning priority for the Foundation is team development, as there have been significant changes and additions to the staff team there will be investment in training and education for the Foundation team to enhance the experience of working with us.

Over the next 12 months, the NHS Tayside Charitable Foundation remains committed to supporting our community's health and well-being through compassionate care, hospital based services, innovative programs, and vital resources. Together, we will continue to make a positive impact on the lives of patients and their families, ensuring that everyone receives the quality healthcare they deserve.



NHS Tayside

**Charitable
Foundation**



Financial Information 23/24

Financial Statement

Within this financial statement is an overview of income and expenditure by the Charity. The key areas of spend include the following elements:

1

Staff Benefit Fund:

Provides funds to support and recognise staff in the organisation

2

Funding Programme:

Newly launched and is focused on prevention and innovation

3

Education and Training Fund:

Provides funds for non-core educational opportunities and training

Net Worth and Movement On Funds

The overall financial position of NHSTCF at 31 March 2024 is a financial net worth of £35.9m. The fund has increased by approximately £2.4m during the current financial year. This is shown in the table below:

Type of Fund	31/03/24
	£,000
Unrestricted Funds	19,062
Restricted Funds	16,869
Total	35,931

Total incoming resources arising in the year of £1.7m reflect a combination of donations and gifts, legacies and investment income. Resources used in the year on charitable activities and governance totalled £2.1m.

Expenditure

Unrestricted Funds

Trustees awarded funding to a variety of projects during financial year 23/24. Some examples include:

Patients:

- Christmas present and party food for Christmas Day and New Years Day - awarded **£22,000**.
- The 'Get Out Get Active' project was awarded **£414,036**.

Research:

- 'An Evaluation of the Limb-Related Complications of Injecting Drug Use' - awarded **£20,000**.

Other:

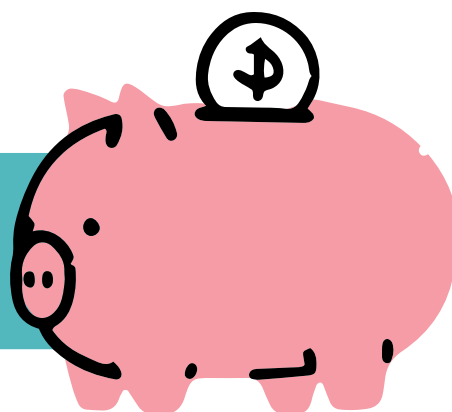
- Maggie's Dundee - awarded **£16,500**.

Restricted Funds

Patient's Expenditure:

- Reducing Day Care Theatre Cancellations - awarded **£178,386**.
- Laser Room for Special Care Baby Unit - awarded **£19,282**.
- Optimising medical gas delivery for babies requiring resuscitative interventions in maternity and neonatal settings across Tayside- awarded **£53,884**.
- Scalp Cooler for Oncology Ward - awarded **£15,954**.

A full breakdown of the Foundations finances is available on the **OSCR Website**:
<https://www.oscr.org.uk/>



NHS Tayside

**Charitable
Foundation**

Empowering Health & Wellbeing in Tayside



www.nhstayside.foundation

