



# Social Impact Report

2019 – 2020

# Our mission



## For stronger communities

We work to develop sustainable partnerships with people and places to create a platform for real, lasting change.

Creating better connected, independent and sustainable neighbourhoods, through empowering people to achieve their full potential.



# Our story

Welcome to Torus Foundation's Social Impact Report for 2019/20.

As the charitable arm of Torus, the North West's largest affordable homes provider, Torus Foundation partners with communities to build better futures together.

Everything we do strives to help people transform their lives by opening doors. On a broader, community-wide basis, we work to tackle significant social and economic issues, address deprivation, promote inclusion and support sustainable, thriving, cohesive communities.

Torus Foundation, then, is all about opportunity – opportunity to grow, opportunity to achieve and opportunity to succeed.

Our five 'focuses' provide a clear framework for delivery. Each is underpinned by a rationale, which is constantly reviewed to ensure that projects remain relevant and continue to create a positive impact over time. There is a significant interdependent relationship between the five focuses and many of the people we support benefit from multiple projects.

This year, our teams reached even more people, delivering a spectrum of services in partnership with communities and tackling local and regional challenges head on - working closely with Local Authorities and a range of partners to deliver sustainable change.

The year's key achievements are showcased throughout this report.

## Our areas of focus



### Young people

Providing a safe environment and activities for young people



### Employment

Supporting people into jobs and training opportunities



### Go Digital

Helping people to get online



### Money Matters

Assisting people with money and benefits



### Health & Wellbeing

Providing health and wellbeing activities



# Part of Torus

An ambitious growth and regeneration Group – and the North West’s largest provider of affordable homes – Torus is committed to unlocking potential and creating thriving and sustainable communities with a focus on Liverpool, St. Helens and Warrington.

Profits generated by Torus through such activities as commercial contracting and construction are donated via Gift Aid to the Foundation, for reinvestment into initiatives that bring people together and change lives. This ‘social entrepreneur’ business model provides a platform from which we grow sustainable social projects.

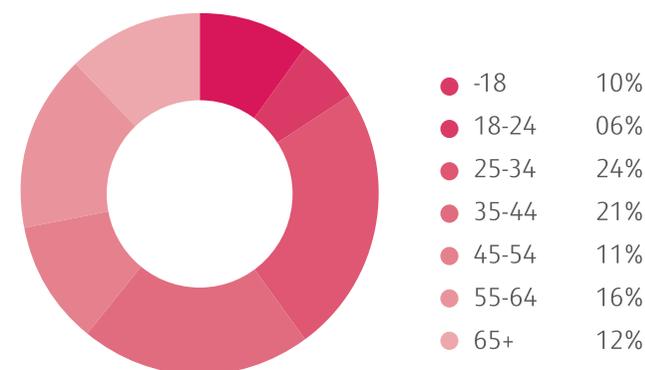


## Listening, changing, improving

Engaging actively with the people who take part in our projects to gather feedback helps us shape and evolve our services. We consulted 216 customers in 2019/20:

- 98% either satisfied or very satisfied with our services
- 69% female
- 31% male
- 23% BAME
- 74% Torus tenants

Ages



15% had received long-term support from the charity for over three years.

Source (Torus Foundation Customer Survey, 2020)

# How we work

## Inspired by people, place and partnership

Every project we develop and manage begins with a clear understanding of local context. We start by gaining essential insight and by reaching out to customers, communities and partners. This makes sure we use available resources wisely – and empower people and places. It also means that project delivery can change over time based on the feedback and ideas we receive.

### Projects are:

1. **Iterative** - launched and then refined and reshaped as needed to maximise impact
1. **Co-operative** – built on the principle of voluntary, trust-based engagement
1. **Co-designed** – developed collaboratively with people and places, based on listening, engaging and responding to need. We will always look to co-design in partnership with local authorities, sector innovators and community interest group, and seek to maximise external funding streams wherever possible.



# Where we work

We focus our activities on areas in which Torus owns or manages social and affordable rent properties. Every project strives to improve the quality of life and wellbeing for customers – supporting all members of the household with a particular emphasis on people who are younger, older or vulnerable.

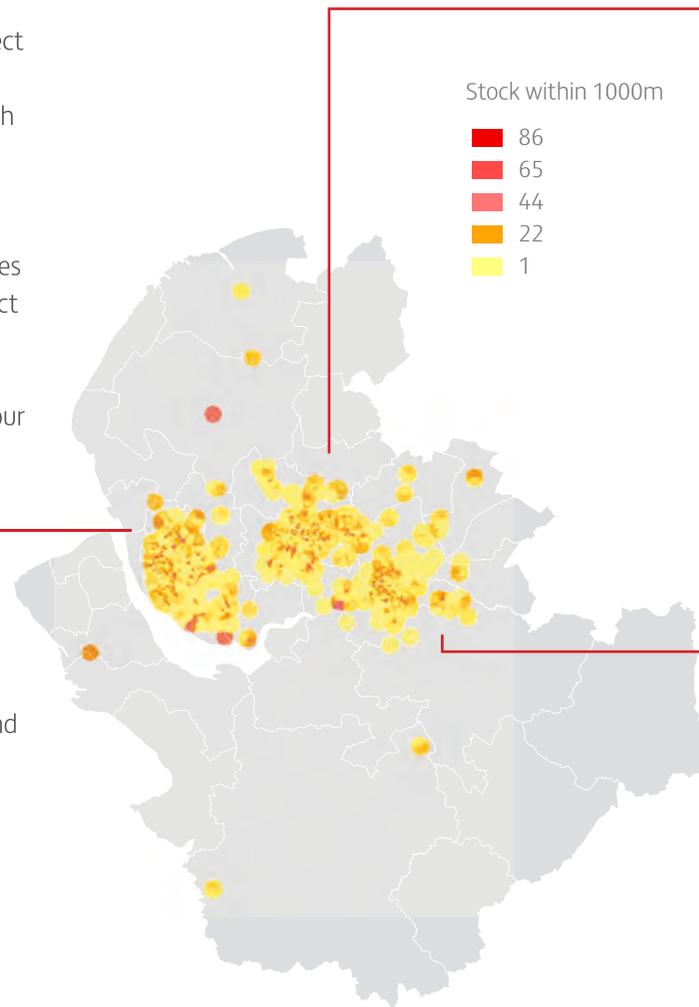
Neighbourhoods in each area have very different challenges and strategic priorities. These differences mean that project delivery inevitably varies community by community.

By targeting interventions where there is need, we focus our efforts on achieving the biggest positive impacts.

## Liverpool

Liverpool has seen extensive regeneration in recent years, especially around the city centre, but this is set against a wider context of deeply-entrenched deprivation in some areas. Our work is designed to tackle barriers to success and aligns to the priorities of our partners in the Liverpool City Region (LCR), Local and Combined Authorities.

- Population 498,000 / 4th out of 317 Local Authorities for poverty in UK
- 67.3% in employment / 75.8% UK Average
- 11.5% no qualifications / 7.5% UK national average



## St Helens

St Helens' relative deprivation ranking has deteriorated since 2015. There are now 29 Lower Street Output Areas (LSOA's) within the borough that fall within the 10% most deprived LSOAs nationally. In recent years, Local Authority policies have focused on the themes of health, children's services and social care – the Foundation tailors projects to support these objectives.

- Population 92,000 / 27th out of 317 Local Authorities for poverty in UK
- 8th out of 317 Local Authorities for worst health outcomes
- 10.6% of the population have no qualifications / 7.5% UK average

## Warrington

Warrington has high levels of inequality, with affluent areas alongside pockets of high deprivation where the majority of Torus stock is located. We work to support the growth and regeneration priorities of Warrington Borough Council. This includes tackling concentrated unemployment and health challenges.

- Population 210,014 (mid 2019) / stark inequalities between richest and poorest wards
- Ageing population and ageing working population
- Life expectancy slightly below UK average / a gap of 9.8 years for males, and 11 years for females (JSNA, 2017/18)

(data taken from combination of latest census / ONS / NOMIS)

# 2019/20 highlights



## Young People

**77,912**  
visits to  
FireFit Hub

**443**  
average weekly Youth  
Zone visits at FireFit Hub

**2,604**  
school holiday camp  
daily visits

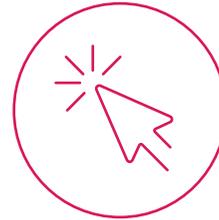


## Employment

**651**  
people supported into  
employment

**1,201**  
people engaged with the  
employment and skills service

**617**  
people supported to train  
and gain new skills



## Go Digital

**1,141**  
people completed a digital  
inclusion training course

**844**  
people attended  
digital hubs



## Money Matters

**£4.99 million**  
financial gains  
for customers

**£90,522**  
funding awarded to  
community groups



## Health & Wellbeing

**2,411**  
people attended health and  
wellbeing sessions

**599**  
health and wellbeing  
sessions offered

**243**  
customers in sheltered housing  
schemes regularly engaging in  
positive wellbeing activities

During 2019/20 our fundraising activity also grew:

**£3.34 million** grant funding awarded

**£514,569** match funding generated

**£362,968** in-kind funding generated

**£7.9 million** delivered in social value

**Every £1 spent created £8.05 in social value\***

\*Robust, externally verified social value measurement tool developed by HACT enables Torus Foundation to convert social outcomes into monetary values, based on how much they increase an individual's well-being.



## Money Matters

Torus Foundation works with customers to help improve their financial situation, by providing financial information, grant support and access to affordable loans. Additionally, the charity supports customers to manage their debt and finances.

Torus Foundation also supports customers with Universal Credit cases across all three heartlands. Advice ranges from low level claim support to complex appeals for disability benefits.

## Key Impacts

**£4.99 million**  
financial gain unlocked for 1,462 customers

**1,449 people**  
supported through donations made to local foodbanks

**£30,000**  
invested in perpetuity to grow and finance affordable loans for 26 tenants

Number of children classed as living in poverty



National Avg.  
1 in 6



Warrington  
1 in 8



Liverpool  
1 in 3



St. Helens  
1 in 5

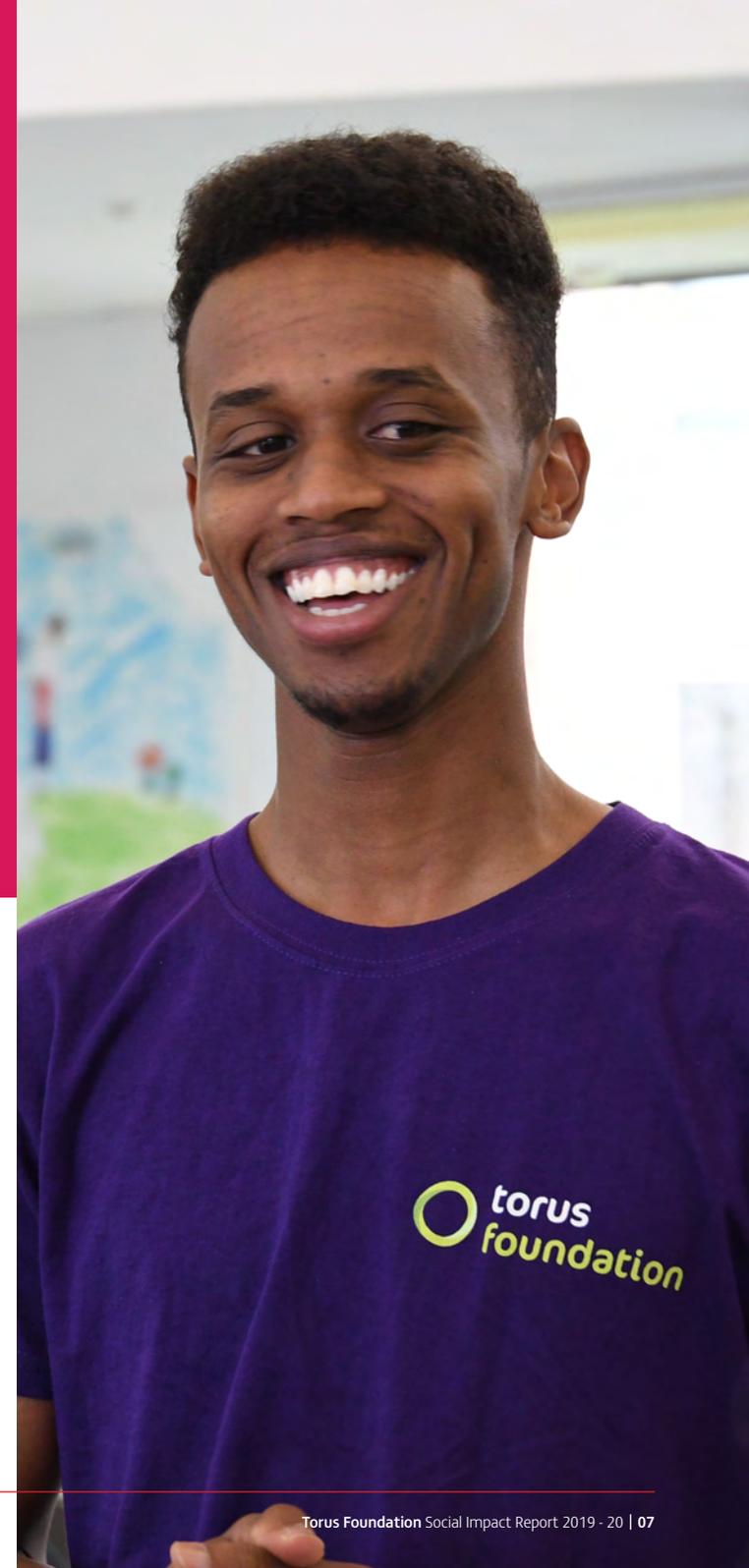
Source (Nomis 2015)

Families relying on tax credits to top up low wage



**1 in 5** Liverpool City Region

Source (JRF, 2017 'Inclusive Growth in Liverpool City Region')





# Highlight Projects

## Raise

One of our key partners, an independent charity which offers free, confidential advice and training around welfare benefits, debt and money management for Torus customers in Liverpool.

*“As a result of a successful partnership with Torus Foundation, we’ve been able to have a greater reach in supporting some of the most vulnerable people within our society. It’s vital that such relationships flourish to continue the help being delivered to maximise customers’ income and ensure they have enough money for life’s essentials. It’s evident that both of our organisations go that extra mile to guarantee people are safe and well, and together we can continue making a real difference to people’s lives.”*

Emma Cook, Chief Officer Raise.

## Project Impacts

**£4.99 million**

in total financial gain unlocked for customers

**1,462**

customers supported

**25% increase**

in financial gain for customers compared to 2018/19, equating to £1 million



## Fuel Saving

An advocacy service for vulnerable people experiencing significant issues with their energy provider. The service includes detailed investigation into complex cases covering fuel debt, energy use and ombudsman cases.

## Case Study

Torus Foundation helped Torus tenant Mrs Jones challenge a backdated bill for £1,300 sent from her energy supplier due to an error on their part. The bill covered 18 months’ worth of charges; however, back bills for any gas or electric used can only be back dated for 12 months.

In addition to successfully getting the debt cleared the team were also able to organise a Warm Home Discount payment of £140. Mrs Jones achieved an annual saving of £350 by switching energy suppliers. In total Torus Foundation helped to save Mrs Jones £1,790.

## Project Impacts

**100**

people supported with energy and fuel advice

**£12,250**

gained for tenants in reduced energy costs and debt write off





## Wargrave Big Local

The Big Local Trust was established by Local Trust and the Big Lottery Fund with a National Lottery grant of nearly £200 million, supporting 150 communities in England. Big Locals are resident-led community regeneration programmes. We have acted as the Local Trusted Organisation for Wargrave Big Local Partnership, helping Wargrave Big Local create the Wargrave Hub which launched in November 2019.

Torus Foundation manage the lease of a property in Alder Street, St Helens. The property had fallen into disrepair and as directed by the Wargrave Partnership, Torus Foundation stepped in to project manage the building and compliance works to enable the building to be brought back into use.

*“Working with Torus Foundation has helped us to be the successful and focused organisation we are - their advice is always worth listening to and we really appreciate having a good friend that shares our values and ambition for our community.”*

Louise Forshaw, Chair of Wargrave Big Local Partnership



## Community Investment Fund

Funding local initiatives and giving people the opportunity to lead community projects helps to empower local neighbourhoods. Constituted groups and charities across our heartlands had the opportunity to apply for funding from the Foundation for small funds of up to £3,000 that would benefit Torus communities.

Torus Foundation provided £2,500 towards the £20,000 needed to fund ‘The Twins’ project at Toxteth Town Hall. Two high efficiency boilers were installed, fondly named ‘The Twins’, allowing the many important community activities to be carried out in a warm, comfortable setting.



## Project Impacts

130

awards

£90,522

funding awarded

£265,443

match funding generated through the project



## Go Digital

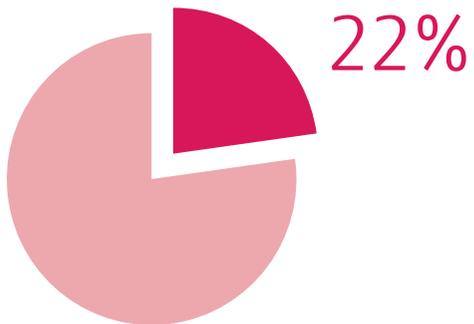
Torus Foundation is committed to increasing the number of digitally included households. Our digital hubs provide free, informal digital skills training and have a huge impact on our customers' ability and confidence to navigate tasks such as Universal Credit claims, CV writing, job search, housing allocations, switching utility providers and learning new skills.

## Key Impacts

**1,141**  
people completed a digital inclusion training course

**844**  
people attended digital hubs

UK households that do not have an Internet connection



Source (ONS 2017)

Adults who have never used the Internet



Source (ONS 2017: Internet users in the UK)





# Highlight Projects

## Include IT Mersey

IT Mersey is a project funded by the National Lottery Building Better Opportunities (BBO) Fund and the European Social Fund (ESF). Torus Foundation has been a key delivery partner since April 2017 and in April 2019 received a further £52,797 to extend the project’s lifespan.

The project provides basic IT training required to help people to enter the labour market. The project is delivered in partnership with St Helens Chamber of Commerce, and Halton and St Helens Voluntary and Community Action.

During 19/20 we continued our work with Syrian refugees. Torus Foundation offered specialist tailored group sessions which included a translator to overcome communication and language barriers. The BBO and ESF funding provided help with childcare costs which enabled members of the same household to attend together as well as individuals.

*“I learned things on this course which I couldn’t do back in my native country such as online banking and GP services.”*

Mo, Participant



*“The course gave me confidence to interact and engage with others. I really enjoy going to my class especially with the support of an Arabic speaking interpreter.”*

Hanan, Participant

*“Working in partnership gives us a shared sense of ownership and common goal across all project team members, to help socially and digitally excluded people to move on in life, with committed, proactive and professional people – at all levels - who really care about the families we support.”*

*“We have created an extremely positive working culture. We have a clear understanding of each other’s roles and effective cross-partnership communications all of which have led to excellent performance”.*

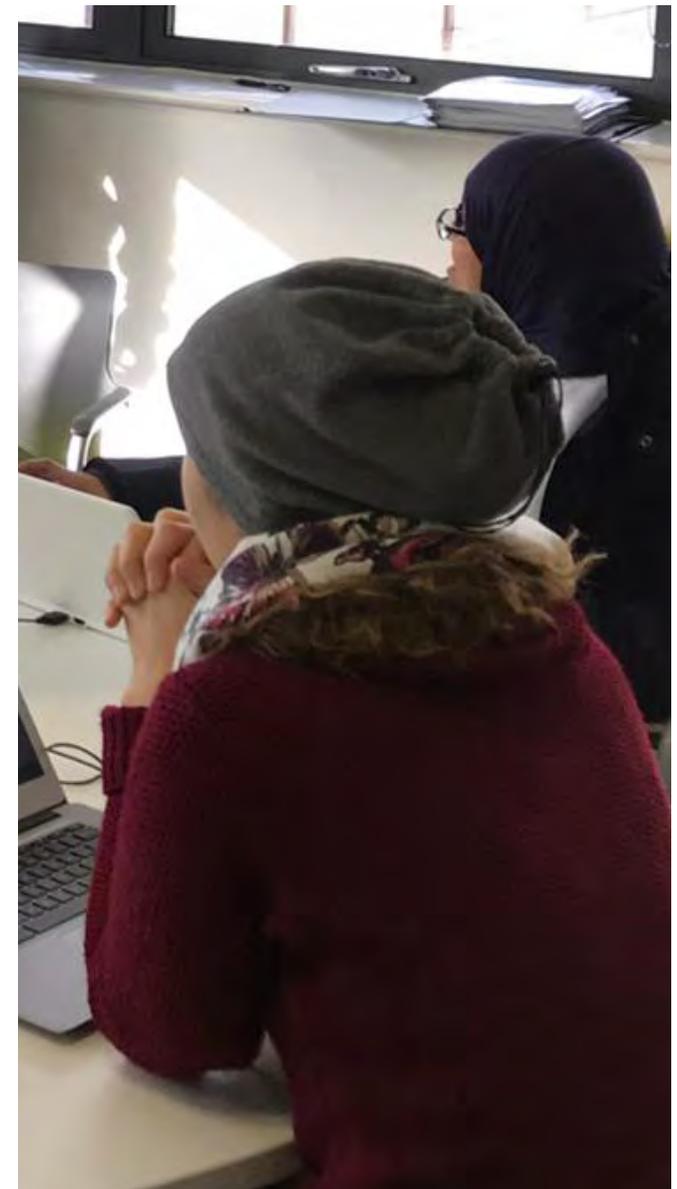
Helen Barker, Quality Manager at VOLA

## Project Impacts

**56 people**  
completed the Learn My Way course

**21 people**  
supported into employment

**10 supported**  
into further training





## Digital Champions

During 2019/20 we recruited additional Champions to volunteer at our Digital Hubs. A total of 22 Digital Champions promoted and supported people through their learning at the digital hubs. As part of their continuous development, our volunteer Digital Champions received ongoing support in their important role.

*“Never in my wildest dreams did I think of becoming a Digital Champion volunteer... But I’m glad I did and I’m really enjoying it. My role has given me a great sense of achievement by helping those who desperately want and need to improve their digital skills.”*

Russell, Digital Champion

*“I often have doubts about my ability but since becoming a Digital Champion volunteer, I realised I can help people just as much as I needed help. The encouragement and support I received from Torus Foundation really boosted my confidence and self-esteem. My volunteering journey has taught me a lot about people and communication skills. I can now approach and talk to people more freely.”*

Victoria, Digital Champion

*“After becoming a Digital Champion volunteer, I realised my experience gained from the Include-IT programme and my passion for helping people have allowed me to aim for a career in teaching. I have since enrolled on a Teaching course and hope to embark on the career ladder soon.”*

George, Digital Champion

## Everton Development Trust (EDT)

Torus Foundation commissions and works in partnership with Everton Development Trust to deliver Digital Hub sessions and European Computer Driving Licence training across Liverpool. EDT delivered ten digital hubs in a variety of community sessions including FireFit Hub and several Torus sheltered housing schemes. They also supported the Digital Champions project, helping to train and support our volunteers building their confidence.

*“We are proud to be a longstanding partner of Torus Foundation; we share values that focus upon achieving the very best of positive outcomes for our communities, and we’ve always been impressed by their commitment to projects - epitomising effective partnership working through being willing to listen, proactively supporting and constantly striving to achieve genuine impact.”*

Andy Williams, Chief Executive Everton Development Trust





# Employment

Employment is an important function linked to good health, overall wellbeing and better life chances. Employment can be a powerful means of lifting people out of poverty.

By providing personalised pathways and opening doors to work experience and training, we helped people develop work-ready skills and find employment.

## Key Impacts

**651**  
people supported into employment

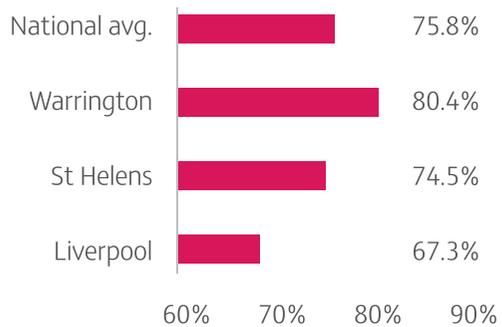
**1,201**  
people engaged with the employment and skills service

**617**  
people supported to train and gain new skills

**66**  
people provided with valuable work placement opportunities

**79**  
people helped to build new skills through volunteering within Torus communities

Employment levels by local authority



Working age population with no qualifications



Source (NOMIS 2019)





# Highlight Projects

## New Leaf – Warrington

New Leaf, led by Torus Foundation, is a partnership-based approach supporting people who are furthest from the labour market in Cheshire and Warrington move towards or into employment education or further training.

A Cheshire and Warrington wide economic inclusion project funded by the European Social Fund (ESF) and the National Lottery Community Fund (NLCF) under the Building Better Opportunities (BBO) programme. In 2016 New Leaf was awarded £10.67m for a three-year programme, extended by a further 18 months with additional funding of £3.25m to focus on supporting those furthest from the labour market.

*“I was at a crossroads and I started thinking about what I wanted to do with the rest of my life. I didn’t want to go back to working in warehouses.”*

New Leaf Participant

*“New Leaf mentor kept me on track and always moving towards my next milestone. She helped me to see the reality of my dreams and how I could get there. There were some knockbacks, but her support meant that I could keep focused. As a result, I have been able to totally change my career.”*

New Leaf Participant

The purpose of the project is to facilitate long lasting changes that impact people’s lives into the future.

3973 people were helped to get closer to work, including:

- 2,165 people with a disability\*
- 183 from BAME communities
- 796 aged 50 and over
- 982 over 12 months unemployed
- 984 ex offenders
- 1,572 living in the 20% LSOAs

\*over half of participants on the programme

### Project Impacts

**584 people**  
moved into work

**31 people**  
progressed into volunteering

**370 people**  
were helped into training and education

**458 people**  
actively job searching

**160 people**  
participated in work placements

### Sustained Impact

**81%**  
were still in employment

**21%**  
of those receiving education were working

**30%**  
of job search participants were working

*(based on a random sample of former participants and asked them questions about their current work status).*

**new leaf**  
a torus foundation service





## Women into Construction – St Helens and Warrington

Working in partnership with St Helens Chamber of Commerce and local employers the programme offers women innovative engagement, advice and guidance, work experience and training to support women into sustainable employment within the construction industry.

*“The programme helped with my confidence and gave a better understanding of the construction industry.”*

Ella, Women in Construction Participant

*“The group of ladies that I’ve been part of have worked so well together, making sure we supported each other all the way. We feel empowered realising what we’re capable of.”*

Helen, Women in Construction Participant

*“Torus Foundation and HMS have taken some fantastic steps to improve diversity in the construction workforce and to introduce career options to residents that they may have never thought were open to them. Attracting a more diverse range of candidates to construction careers increases the overall size of skills people entering the workforce and can encourage more diverse and inclusive thinking at work.”*

Wendy Osborn, Partnerships Manager for CITB, LCR



## ILM Access to Work

ILM Access to Work is part-funded by the European Social Fund and the Youth Employment Initiative. The ILM is a six-month paid training placement with mentoring support which enables participants aged 16-29 to build experience and skills. As a delivery partner in Liverpool, Torus Foundation recruits people who are currently not engaged in employment or training and matches them with employers to generate opportunities.

*“The ILM programme was not just about gaining employment for me. The funding I received allowed me to complete training and gain a qualification which will support me in my future career. This opportunity has set me up for life – I feel in a much better position now as I know I have a lot to offer employers. It has opened up so many doors for me, having a job has enabled me to buy a house and provide for my family”.*

Jack aged 24, ILM participant





## Young people

Child poverty exists across our heartlands and is one contributor towards poorer health and life chances.

Torus Foundation delivers a wide range of services aimed at giving young people the best possible start in life. Unlocking opportunities to inspire young people and empower them through youth-led delivery.

## Key Impacts

**77,912**

visits to FireFit Hub

**443**

average weekly Youth Zone visits

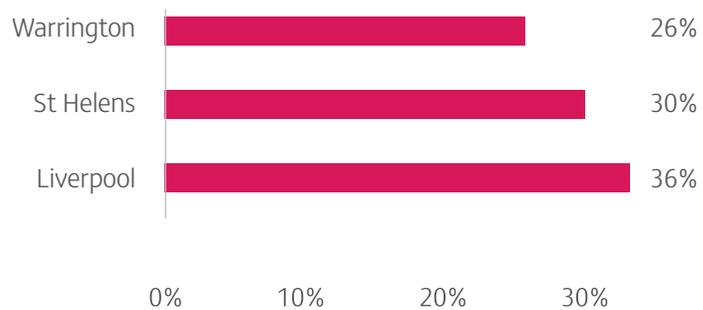
**2,604**

school holiday camp daily visits to FireFit Hub supporting 319 individual young people

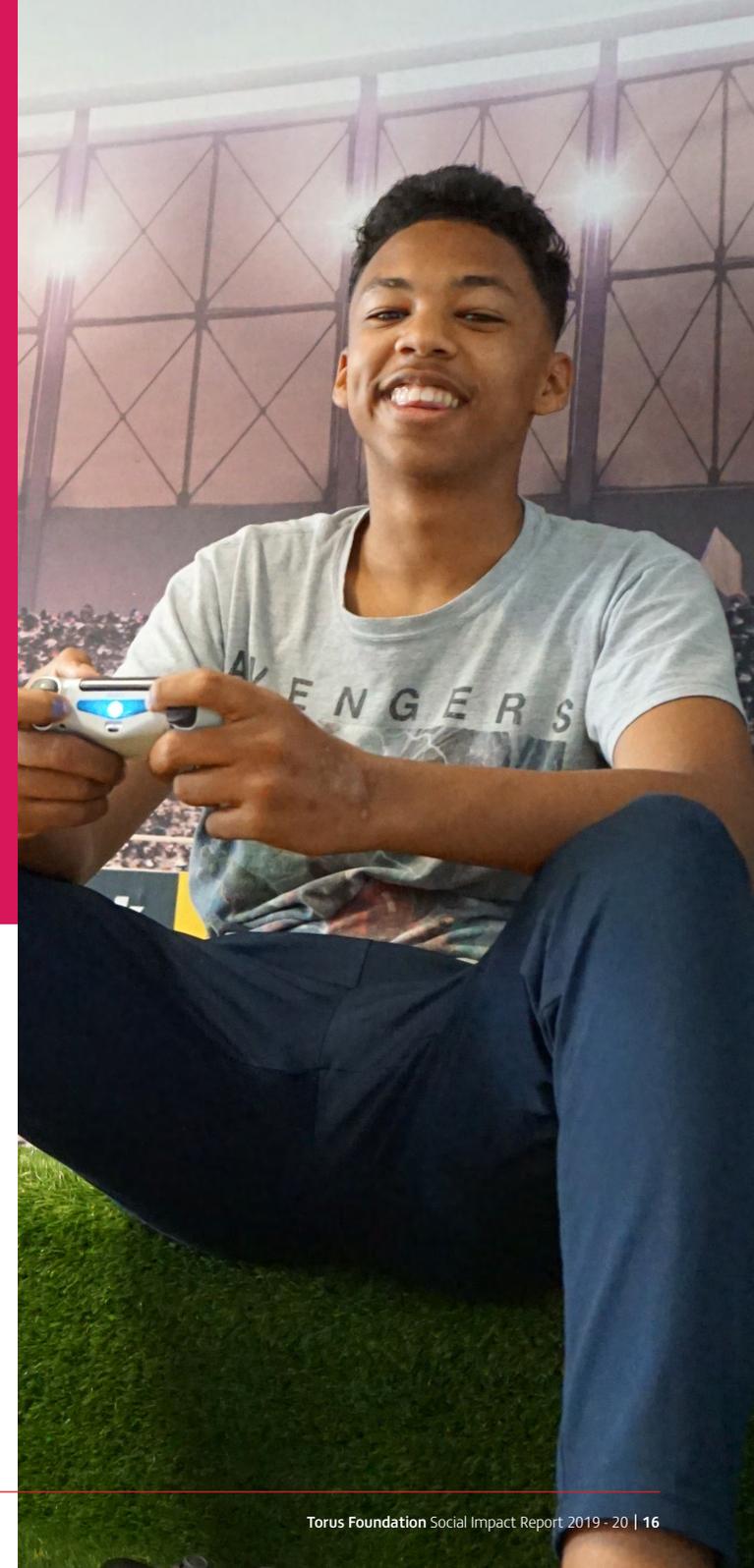
**10**

breakfast Clubs delivered across Liverpool and St Helens, supporting 543 children

Child Poverty by Local Authority 17/18



Source: Estimates provided by End Child Poverty and University of Loughborough





# Highlight Project

## FireFit Hub

FireFit Hub is part of Torus Foundation's youth offer and Liverpool's only Super Youth Zone, a youth and community hub providing open access provision seven days a week. Inclusive, affordable sport, music and cultural activities are delivered from the centre. Our committed team of youth workers, sports coaches, fitness instructors and mentors inspire members and the broader community to reach their full potential.

A space where members are inspired to explore new activities and succeed, our aim is for every person that uses FireFit Hub to feel:

-  SAFE
-  HEALTHY
-  THEY BELONG
-  RESILIENT
-  HAPPY
-  TALENTED



## Our Members

- 1,704 members
- 20% adult members
- 36% junior members (aged 6-10)
- 44% senior members (aged 11-21)
- 32% female
- 68% male
- 74% BAME

## Project Impacts

- 77,912 visits to FireFit Hub
- 443 average weekly Youth Zone visits
- 840 volunteer hours
- 48 Sister Hub sessions, incl. 1,268 individual visits
- 141 Restart sessions, incl. 1194 individual visits





## Growth in Impact

654

more visits over the year compared to 2018/19

177

more members engaged compared to 2018/19

843

more school holiday camp visits

*“With the support of staff, I’ve been able to lead on some sessions for the younger members. This has enabled me to demonstrate and develop my leadership skills.”*

Rawia, Youth Volunteer (aged 16)

*“At FireFit Hub, the young people get to create their own social network. They meet new people from different backgrounds, they learn new cultures and create their own cultures as well. It’s a place they can feel comfortable and be accepted.”*

Malcolm, Volunteer (aged 23)

*“Through sport, training schemes, events and mentoring FireFit Hub gives young people and very often vulnerable young people a chance to become involved and have a sense of belonging in the community. Belonging to a team and a group with values and standards that is a clear steer away from crime. This group help create paths of improved behaviour, lifestyle changes and activeness.”*

Inspector Geoff Stewart, Merseyside Police

## Youth Voice

Young people are at the heart of delivery; our Youth Board help make key decisions on activities being run from the Hub. Over the past 12 months the Youth Board have led on a significant number of changes and activities across the centre including:

- Leading consultation with peers to review and identify new activities to be delivered as part of the youth programme
- Consultation with youth members to feed into decisions

- Re-designed our Chill Zone to make it a more relaxing and calming environment to support emotional wellbeing of young people
- Supported applications for grant funding, inputting ideas and developing concepts

*“The Youth Board gives me a chance to make FireFit better. We all have a chance to make decisions like what activities and trips happen.”*

Ellie-Mae (aged 12)





## Streets Outreach

Engaging children and young people in positive activities, delivered on the street with the aim of encouraging young people to join local youth provisions and stop them turning to crime or becoming involved in risk taking behaviours. This project was funded by Merseyside Violence Reduction Partnership.

### Project Impacts

648

contacts made over 24 weeks

109

young people engaged

22

referrals made for further support

## Case study

Through the work of FireFit Hub's Outreach Team, staff were aware of a female teenager who was potentially at risk of being involved with knife crime, either as a perpetrator or a victim. It was also believed that one of her relatives was potentially linked to carrying knives/ blades. While working away from the Hub out in the community, Outreach staff fostered a positive relationship and encouraged her to take part in the 'Carry Love' knife crime project being delivered by Back on Track at FireFit Hub. On the condition a staff member and friend could accompany her for moral support, she agreed to attend the sessions.

To help maintain trust, the team member made changes to their shift pattern so they could attend the sessions with her. After two sessions, her confidence was growing and she stated she was happy to continue attending without the added support of the Outreach staff. Both of the teenagers have attended every one of the sessions and also provided a valuable contribution sharing their ideas, experiences and feedback during their time with the initiative. In addition, the girls have also been attending FireFit Hub outside of project times, with no behaviour issues and actively participating in sports and activities at the centre.

This year, FireFit Managers presented at a conference led by Merseyside Police Crime Commissioner; 'Reducing violent crime within Merseyside, the role of the sports sector' sharing successful projects aimed at tackling youth violence and theory of change for our youth work approach.

*"I have seen how the dedication and support of the staff in the hub has impacted positively on the young members of the community. The work that FireFit Hub has completed over the last twelve months has, I believe, been a massive impact on the community in reducing anti-social behaviour and even serious violent crime."*

PCSO Matthew Stemp, Merseyside Police





## Sports Hub

A project aimed at creating positive pathways for young people, diverting them from crime and violence. Young people, split into two cohorts aged 6 - 10 and 11 - 16 years, designed a personalised sports programme. Throughout the project, participants developed core skills including teamwork, respect and communication. The project helped young people to build connections with staff and peers. This project was funded by Merseyside Violence Reduction Partnership.

### Project Impacts

198 individual young people engaged

1,921 attendances over 12 weeks

73% BAME engagement, 7 participants with a disability

30 referrals from external agencies and outreach



## Case Study

Sixteen year old Amir\* is adapting to life in Liverpool following the journey with his family from Kuwait. Amir is an asylum seeker who braved the trip travelling by a small engine boat along with 35 other people. Already being able to speak Arabic, Turkish and Greek, English was now his 4th language. Amir was referred to the Sports Hub project as he wasn't engaging in any local provision and was identified as someone at risk of becoming involved in crime.

Amir has attended 29 Sports Hub sessions and has shown particular interest in football and taekwondo. He's also even given roller-skating a go. To begin with, Amir would often become angry and frustrated if he didn't win a game or something didn't play out how he wanted it to. It was evident Amir was finding it hard to communicate his feelings. Assistant Sports Manager, Anthony said

*"We worked closely with Amir to help address his challenges and he's since demonstrated an improvement in both communication and teamwork skills. Amir is now comfortable sharing his skills with others, in particular focusing on helping other participants to improve with taekwondo and gymnastics."*

Amir comments, *"FireFit was here for me when nothing else was."*

Supporting agencies have remarked that there has been a positive change in Amir's behaviour and how he interacts with others.

(\*name changed for privacy)





## Café Recharge

Tackling food poverty to ensure young people and the wider community can access low cost or free, healthy food on a regular basis at FireFit Hub. Thanks to a grant of £10,000 from Medicash Charitable Trust, we were able to kick-start our café project. Launching in August 2019, we have hired a full-time chef and purchased kitchen equipment needed to open the café.

The space has been designed with our youth members, serving nutritious meals from just £1 at our Youth Zone and providing free lunches throughout our school holiday camps.

### Project Impacts

**4,721**

meals served in total

**2,300**

free lunches at our school holiday camp

**200**

young people participated in cooking workshops



## Key Partner

FireFit Hub has become a FareShare member which saves good food from going to waste.

We estimate the value of this donation (in the first 6 months of delivery) to be £6,000 which has enabled us to keep our costs down and young people in food poverty.



## Restart

A programme aimed at adults who are inactive and who may face barriers. FireFit's Fitness Instructors work with participants to engage in movement and physical activity, reduce social isolation and loneliness, while improving both physical and mental health. This year Recharge handled 383 referrals from the Red Cross partnership that supports refugees and asylum seekers to attend, helping them to integrate into their new communities and improve their physical and mental wellbeing.

### Project Impacts

**1,194**

individual visits

**383**

referrals from Red Cross





## Health & Wellbeing

Dynamic approaches are needed to improve health outcomes in our communities. Torus Foundation strives to reduce health inequalities for customers with services shaped around local need and provision.

Health and Wellbeing sessions cover a broad range of activities which are primarily focused on improving physical or/and mental health. During 2019/20 Torus Foundation more than doubled the number of health and wellbeing sessions offered compared to 2018/19.

## Key Impacts

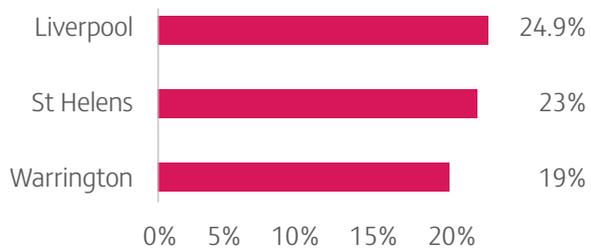
**2,411**  
people attended health and wellbeing sessions

**599**  
health and wellbeing sessions offered

**117**  
youth health bursaries offered

**243**  
customers in sheltered housing schemes regularly engaging in positive wellbeing activities

Prevalence of obesity at year 6 - children



Source: Public Health England 2018-19

Healthy life expectancy

Local Authority	Female	Male
Liverpool	59.6	59.2
St Helens	58.4	57.8
Warrington	63.9	64.9
North West	62.2	61.2

Source: ONS 2015-2017





# Highlight Projects

## St Helens Community Wellbeing

Working in partnership with St Helens Local Authority Sports Development Team, we have delivered regular physical activity sessions at local community centres. Activities have included keep fit, walking groups, healthy eating, first aid and personal development courses. Engagement has been extremely high and we have had real success working within this community.

*“Through the partnership with Torus Foundation, our team has been able to reach new audiences with our inclusive activities, that target inactive families who may not access traditional services. We’ve seen the level of engagement increase over time as others have witnessed how their friends and family are benefitting from attending classes.”*

Gemma Ireland, Sports Development Officer & Adult Participation Lead, St Helens Council’s Sports Dev. Team

*“I didn’t have much belief in myself before joining, but the classes have brought me back to being me and not just ‘Mum’. I even do the exercises at home so I can stay motivated which is something for me and to also help keep up with my young daughter.”*

Sam, participant

## Project Impacts

135 sessions delivered

116 individuals engaged

## Older Peoples Activities

2019/20 we were awarded a grant from the National Lottery Community Fund which enabled us to extend our services to support vulnerable, socially isolated older people. We offer a range of creative sessions alongside health and wellbeing classes in housing schemes across Liverpool.

Falls are a major concern for the elderly population and Liverpool has reported high levels of falls. Our sessions include balance and strength exercises alongside activities to stay mobile, helping to prevent falls.

Through the project we have recruited 18 new ‘Community Connectors’ living in the sheltered schemes who advocate for the project and enhance engagement.

*“The exercises are getting easier every week and I have seen an improvement in my balance, activities like balance classes and crafts help with socialization.”*

John, Balance Class



## Project Impacts

243

customers in sheltered housing schemes regularly engaging in positive wellbeing activities’

142

sessions delivered with 1083 overall attendances

18

Community Connectors have been recruited





## Warrington Time to Change

Torus Foundation work in partnership with Warrington Borough Council and Warrington Speak Up on a flagship programme, Time to Change.

Time to Change aim to help change the way people think and act around mental health issues. Our dedicated staff are involved in supporting the project by meeting Time to Change champions, recruiting volunteers and talking to the public to challenge the stigma surrounding mental health, including representation at events and launch days.

Two recent events where we participated were the World Mental Health day in October 2019 and more recently the Time to Talk Day Too in February 2020.

*“Time to Change Warrington have benefited greatly from the support and time from Torus foundation. The network of Torus foundation has provided us with the ability to spread the campaign’s message of Challenging Stigma and Discrimination within mental health to areas we would have otherwise struggled. We have had the support of the foundation at many of our public facing events and this has been instrumental in forming the fantastic working relationship that exists today.”*

Jayne Hoarty, Mental Health Engagement Worker,  
Speak Up Advocacy Hub

## Project Impacts

300

meaningful contacts during Time to Talk Day

17

people attended sessions at Time to Talk Day event



## Partnerships

As a strategic partner to Liverpool, St Helens and Warrington we work closely with local and devolved authorities to support the delivery of community-based change.

In 2019/20 we built on our existing network of partnerships and enhanced our presence within key networks to create the best possible opportunities for local people and communities, open doors and deliver impactful change.

By working creatively and flexibly to maximise every opportunity, we can do more together.

If you would like to find out more about how you could directly impact any of our projects, from funding support to volunteering, we would love to hear from you.

call 0300 123 5809

email [partnerships@torusfoundation.org.uk](mailto:partnerships@torusfoundation.org.uk)





**call** 0300 123 5809  
**email** [info@torusfoundation.org.uk](mailto:info@torusfoundation.org.uk)  
**web** [www.torusfoundation.org.uk](http://www.torusfoundation.org.uk)

**twitter** @TorusFoundation  
**facebook** /thetorusfoundation

Torus Foundation is a part of Torus  
The Torus logo, consisting of a white circle with a gap at the top, followed by the word "torus" in a bold, white, lowercase sans-serif font.