

HEALTH MATTERS

The newsletter of The WPH Charitable Trust – A charity supporting health related projects for individuals, groups and organisations across Coventry and Warwickshire



DR SUE EXON CHAIRPERSON OF THE WPH CHARITABLE TRUST

I was a full time GP in Coventry joining The WPH as a trustee in 2020 and was privileged to take over the role of Chair of the Trust in July 2023.

The Board of Trustees is made up of medical and non-medical members where their complimentary skills allow informed discussion of a wide range of applications.

These vary from single pieces of equipment to building adaptations to activity opportunities in special care, health care provision and medical research projects.

The Trust is a very valuable resource for the people of Coventry and Warwickshire where even the smallest amount can mean a lot to people with health care are struggling to manage.

The organisation is very conscious of the long- term difficulties that the pandemic has placed on individuals, families and organisations, especially charities whose fundraising activities have been seriously

curtailed. Coupled with the current global economic and political tensions it is clear how much funding for many is needed even more than ever.

We strive to reach out to as many people in the area as we can. We continue to inform health care professionals, those delivering social care, organisations such as Citizens Advice and many other agencies who deal directly with people who might benefit from our funding, with our remit to support health related projects.

If you do feel anyone that you know may have need for our role as a potential source of funding we are very happy to consider all applications.

JAMES GIVEN NEW LEASE OF LIFE AFTER CARDIAC ARREST

The WPH Charitable Trust has donated £2500 in order to help improve the quality of life for a Leamington man left unable to speak after a cardiac arrest.

James W was left with a brain injury which caused severe physical disabilities and difficulty in verbally communicating with others following the attack.

He was transferred to the Leamington Rehabilitation Hospital and when eventually his voice regained some sound, he could only communicate in such a low volume that others had to attempt to read his lips to understand him.

He was also unable to write as he could not hold a pen and had to resort to using

the thumbs up or thumbs down signs to communicate with those around him.

However, the loan of an Allora communication device from the Speech and Language Therapy department proved a game changer for James, allowing him to communicate far more easily with his family and carers.

The department then applied to The WPH Charitable Trust, to provide funds to buy the machine.

It is a robust device with large keys allowing him to type his thoughts, and for others to hear his messages as well as read them on a screen.

Verity Stokes, Speech and Language therapist at Leamington Rehabilitation Hospital, said “James’s inability to easily communicate with those around him left him feeling not just frustrated but also isolated. Thanks to the grant from WPH he now has full-time use of an Allora

device of his own which is allowing him to integrate more in his community and has given him a whole new lease of life.”



You Can Flourish Awarded £2,500 By The WPH Charitable Trust



A charity to improve emotional and social wellbeing among 11 to 18-year-old girls in Warwickshire has been awarded £2,500 by the WPH Charitable Trust.

Now in its eighth year, You Can Flourish was the brainchild of Charlotte Bevan and Kirsten Friend, who with their backgrounds in youth work and primary and secondary education, noticed a growing number of girls held back by anger, anxiety, low self-esteem and other issues.

The pair were witnessing an increase in the number of girls faced with challenges such as self-harming and failing to build and maintain friendships.

“Grants like these from WPH are vital. It equates to 12 very intensive sessions for five girls, so it goes a long way and makes a big difference to our capacity. We are always trying to ensure we are sustainable in the long term, and the funding from WPH will enable us to continue providing crucial frontline support.”

Charlotte Bevan

Such problems were compounded by insufficient professional support for those who had failed to meet certain criteria, or the support that was offered addressed immediate issues but failed to resolve root causes such as low self-esteem.

Flourish was established to offer more than a ‘sticking plaster’ – intervening at an earlier stage with the aim of preventing the need for further intervention later down the line.

The threshold for support for statutory services now is higher than five years ago. As a result, Flourish is helping girls with these needs e.g. problems caused by social media, with young girls often lying awake until the early hours.

The pandemic had a devastating impact, with a 125% increase in referrals to Flourish. Before the pandemic, around one in three young people were living with some form of social, emotional or mental health issue. But, spending the lockdowns isolated from friends and surrounded by family who were also dealing with their own problems and therefore unable to offer adequate help has increased the numbers even further.

In addition, the lockdowns caused young girls to miss out on two years of social

and emotional development, so they now find it more difficult than previous generations to manage friendships.

Academically, they are achieving, but fewer are thriving. So, while they are making the grades in the classroom, many still believe they are not good enough and are struggling to envisage a bright future.

The budget for this year was £240,000 to fund Flourish’s one-to-one mentoring group courses, workshops and online hubs across 13 local schools. The services have been built around the advice of girls who have previously benefited from Flourish to ensure continued improvement.

Last year 188 girls benefited.



WARWICKSHIRE YOUNG CARERS RECEIVES £10,000 FROM WPH

Warwickshire Young Carers has over 1,000 children and young people on its books who care for a relative, neighbour or friend. The charity provides targeted support and respite opportunities for six to 25-year-olds who live in the county.

Services include helping to reduce inappropriate care, and a signposting service on wider services and support

available, in addition to guidance and practical help in managing their education, university and career aspirations.

The charity needs £186,000 a year to meet core costs. Any extra money is used to expand its wide range of activities which can include days out, meals or bowling.

