



**GREENWICH
HOSPITAL**

SUPPORTING THE ROYAL NAVY SINCE 1694



Supporting lives, funding futures

IMPACT REPORT 2024



WHO WE ARE

Greenwich Hospital provides funding to support Royal Navy and Royal Marines personnel and their families

Greenwich Hospital is the single largest funder of support for the Royal Navy (RN) community. We provide funding to meet the education, welfare and acute needs of our former and serving Royal Navy communities, enabling them to thrive during and after military service.

Understanding the challenges of Royal Navy life, we seek to address these through our funding streams, working closely with military charities and other organisations to deliver support where and when it is needed across the UK.

We focus on proactive and preventative interventions, such as life chance initiatives for families and young people, delivering positive change in people's lives. We are committed to improving health and wellbeing and enhancing social stability and mobility for personnel and their families, empowering people to thrive in and beyond military life.

Our distinct heritage

For over 325 years, Greenwich Hospital has worked to support the Royal Navy. Greenwich Hospital's founding principles placed the welfare and support of former and serving Royal Navy personnel and their families at the heart of its purpose, and that remains the case today.

Founded in 1694, Greenwich Hospital began as a home, or 'hospital,' for wounded, injured, and elderly Royal Navy sailors and their families. Today, it continues to evolve as an agile Crown body, leveraging its historic assets to provide vital funding for the Royal Navy community wherever it is needed.

TOTAL CHARITABLE FUNDING

£6.26m

SEPT 2023 – AUG 2024



Our mission is to support the Royal Navy community

DIRECTOR AND CHAIR'S INTRODUCTION

Increasing the impact of our funding

For over 325 years, Greenwich Hospital has supported serving and former Royal Navy personnel and their families and has evolved into a leading strategic funder across the naval sector. This year, we awarded over £6m in charitable funds, working with 80 organisations to address acute needs, deliver education and life opportunities, and provide welfare and quality of life support.

We are an ambitious organisation with a proactive and inclusive funding strategy that puts people first. We aim to provide preventative funding by anticipating the needs of our community before they become acute. Our *Meeting the Needs* research programme, launched with RAND Europe, will help us target funding to have the greatest impact.

There is an increasing focus on funding programmes to promote the health and wellbeing of serving personnel. The work of the Royal Navy Recovery and Resilience Margins Team is vital in this respect. We are committed to funding several new initiatives with them this year.

Our focus on improved life chances for the Royal Navy community is increasingly visible. We are delighted to have launched our *Sail Together* programme with the Royal Naval Sailing Association and the Andrew Simpson Foundation. This free programme has brought together over 400 young people to learn to sail on week-long courses at different locations around the UK. We will increase the number of places next year and provide onward development opportunities.

In addition, we have launched our national *Swim Free* programme to enable children and young people to learn to swim and develop their confidence in and around the water.

We have increased funding for education and training, working closely with the Royal Navy's Learning Development Organisation to ensure that serving personnel who want to improve their skills and qualifications can do so, and have extended bursary funding to young people.

To ensure Greenwich Hospital's funding reaches the Royal Navy community where it is most needed, we have developed partnerships with a number of delivery charities and organisations. We are proud to be part of this evolving and dedicated community.

The challenges we face today differ from those that led to the founding of Greenwich Hospital, but our underlying ethos remains unchanged. Our mission is to support the Royal Navy community, provide funding to meet its needs and deliver positive change that will enable individuals to thrive in and beyond military service.

DEIRDRE MILLS
Director
Greenwich Hospital

VICE ADMIRAL SIR MARTIN CONNELL KCB CBE
SECOND SEA LORD
Chair
Greenwich Hospital Advisory Board



WHAT WE DO

How we support the Royal Navy community

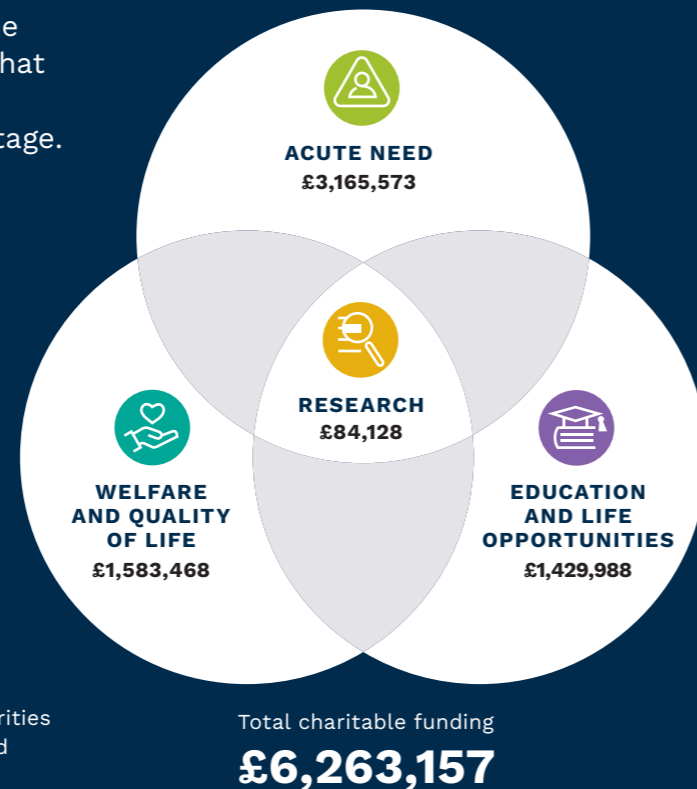
We fund and support projects to help the Royal Navy community thrive, ensuring that former and serving personnel and their families do not face additional disadvantage.

- ▷ Adopting a proactive and preventative approach to funding enables people to improve their quality of life.
- ▷ We prioritise funding that helps individuals and families regain a degree of stability in their lives and improve their health and wellbeing.
- ▷ Recovery and rehabilitation programmes for former and serving personnel are vital components of our funding strategy.
- ▷ Supporting serving personnel through education and training helps increase their life opportunities, as do our school and university education bursaries for their families.
- ▷ Our funding is needs-based, and adapting to emerging challenges is vital to our future funding strategy.

We partner with the Royal Navy and over 80 naval charities and other organisations to deliver targeted funding and report on its impact.

Our vision

A supported and thriving Royal Navy community.



ACUTE NEED

Helping individuals regain stability in their lives and access resources to address their issues.

- Recovery and rehabilitation to fulfil potential
- Prevent escalation of need or deterioration in health and support for those terminally ill
- Families in need, children with health, social or educational needs, or coping with bereavement
- Transition to civilian life (employment)
- Addiction



EDUCATION AND LIFE OPPORTUNITIES

Providing opportunities at different stages of life, with access to resources and training to help people thrive.

- Bursaries and top-up grants for children of serving or former RN personnel for schools and colleges
- Bursaries for apprenticeships and tertiary education and university
- Opportunities to overcome challenges of service life and connect with other young people



WELFARE AND QUALITY OF LIFE

Proactive and preventative funding support focusing on health and wellbeing.

- Combat loneliness/isolation and promote camaraderie
- Promote equality, diversity and inclusion
- Major infrastructure projects over £100K
- Sheltered housing for independent living



RESEARCH

Understanding the Royal Navy community's evolving size and needs are vital for future planning and grant making.

- To better understand needs
- More effective planning to meet both current and future needs

Our grants 2023-24



WELFARE AND QUALITY OF LIFE
£1,583,468

Welfare grants to organisations
£1,151,474

RN ships, units & submarines
£214,390

Sheltered housing provision
£217,604



EDUCATION AND LIFE OPPORTUNITIES
£1,429,988

Major grants to charitable organisations

Royal Navy & Royal Marines Charity (RNRMC) | £1,375,000
Block grant provision to address acute need

Royal Naval Benevolent Trust (RNBT) | £1,116,677
Regular charitable payments to former and serving personnel

Royal Naval Sailing Association (RNSA) | £335,000

Special Boat Service Association (SBSA) | £250,000

Seafarers' Advice & Information Line (SAIL) | £166,829

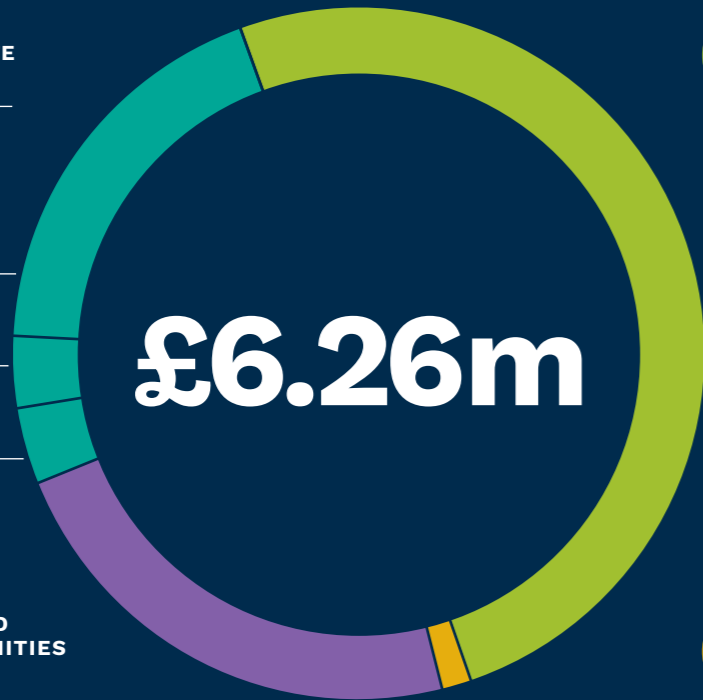
Note: the figures published in this Impact Report are unaudited at the time of publication



ACUTE NEED
£3,165,573



RESEARCH
£84,128



Number of grants 253

Charitable organisations 72

Ships and units 49

Individuals 59

Research 1

Educational 72

Universities 17

RN Learning Development Organisation 26

Royal Hospital School 21

Training to support transition 8

OUR PARTNERSHIP APPROACH

Working partnerships are vital to ensuring our funding reaches those who need it most

Our collaborations with the Royal Navy, Naval charities, and other organisations extend beyond financial support; they reflect our commitment to unity and teamwork. As a small team, we rely on our partners to play a crucial role in every aspect of our work.

Researching our future funding

We need clear evidence of need to contribute funding in the knowledge it will directly benefit those most in need. We are partnering with organisations that are able to provide this. These include RAND Europe, as well as those who commission research, such as the Armed Forces Covenant Fund Trust (AFCFT).

Increasing our capacity

Expanding our small charity team to manage every aspect of grant making would be inefficient when we have trusted partners with the expertise and capacity to handle the necessary assessments and commissioning.

Ensuring optimised grant making

We are responsible for ensuring that every £1 we donate delivers maximum impact, avoids duplicating existing work and aligns with the outcomes agreed with partners. We can compare what we do and measure effectiveness, identify trends, and change future funding streams.

Our principal partner is RNRMC. We also work with the Army and RAF Benevolent Funds and AFCFT.

Partnering for impact

Our funded delivery partners are more than just implementers; they are our 'eyes and ears' on the ground. They help identify needs, apply our funding and report on its impact while providing wraparound care on our behalf.

Our partners are the Naval charities, who work together to provide a joined-up service as well as support to our Royal Navy community. We also work closely with RN Family and People Support, the Royal Navy's welfare service.

Greenwich Hospital operates more effectively thanks to these partnerships, and we are proud to be part of this community of service. We appreciate the contributions of each partner and recognise their vital role.



Funding highlights 2023-2024

Grants were awarded to organisations addressing critical needs, enhancing welfare, and expanding education and life opportunities for the Royal Navy community.

ACUTE NEED

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|---|--|---|---|--|--|
| Royal Navy & Royal Marines Charity £1,375,000 Funding national support to address acute needs, delivered through benevolence charities. | The Royal Naval Benevolent Trust £1,116,677 Regular charitable payments to former and serving RN personnel and their families in need. | Seafarers' Advice & Information Line (SAIL) £166,829 Supporting a free national helpline offering money management and debt advice to the RN community. | The Royal British Legion £150,000 Supporting Admiral Nurses working with former RN personnel suffering from dementia. | Sailors' Children's Society £85,717 Funding to support eligible RN families in need. | Hounds for Heroes £51,500 Funding to support the acquisition, training and partnering of two assistance dogs for RN beneficiaries. |
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WELFARE AND QUALITY OF LIFE

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| Special Boat Service Association £250,000 Funding proactive and preventative welfare support and delivery. | Naval Children's Charity £141,747 Includes funding an outreach worker in Helensburgh and a project manager for the Life Chances Programme. | Forces Employment Charity £120,000 Funding two Op NOVA caseworkers (Devon & Hampshire). | Veterans Outreach Support £50,000 Funding towards VOS clinical services costs to support RN and RM veterans with mental health issues. | HighGround £42,862 Funding two Rural Experience Weeks and Horticultural Therapy sessions for RN personnel. | Ashington, Musselburgh, Marine Society, Milford Haven Sea Cadets £37,875 Funding contributions towards replacement minibuses. |
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EDUCATION AND LIFE OPPORTUNITIES

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| Royal Naval Sailing Association £335,000 Funding the Sail Together Programme to give children of serving RN families opportunities to learn to sail. | The White Ensign Association £113,351 A new Financial Wellbeing Manager and a Regional Support Manager for Scotland and overseas to support serving and veteran personnel. | Forces Employment Charity £100,000 Delivery of the Ex-Forces Employment Programme for RN and RM veterans. | Andrew Simpson Foundation £50,000 Swimming courses provided for children of serving RN and RM families, with a further 12,000+ courses to be rolled out during 2025. | Naval Families Federation £49,000 A new Head of Stakeholder Engagement has enabled the NFF to engage with Naval families. | Royal British Legion Industries £48,000 Delivery of Lifeworks employability programme for 30 RN and RM veterans. |
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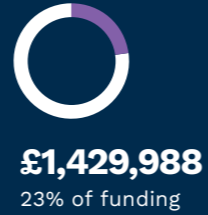
- **ACUTE NEED:** Helping individuals and families in crisis regain stability, recover, and access support
- **WELFARE AND QUALITY OF LIFE:** Supporting health, wellbeing and inclusion through proactive funding
- **EDUCATION AND LIFE OPPORTUNITIES:** Enabling growth through education, training, and support

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|--|---|--|---|---|--|
| Bowra Foundation £47,500 Critical support for RN veterans recovering from stroke and brain injuries. | Holidays for Heroes Jersey £43,000 Recovery and rehabilitation visits to Jersey for Hasler Naval Service Recovery Centre personnel. | RN Recovery & Resilience Margins, Portsmouth £34,850 Funding medically downgraded personnel to attend wellbeing retreats supporting rehabilitation and recovery. | Climb 2 Recovery £30,000 Supporting the recovery of seriously wounded RN personnel and veterans recovering from complex post-traumatic stress disorder. | The Centre for Veterans' Health at King Edward VII's Hospital £27,000 Three-year funding to enable 15 RN and RM veterans (5 per year) to attend the Veterans Pain Management Programme. | HorseBack UK £19,500 Armed Forces Equine Charity £18,000 Funding to support RN personnel and veterans suffering from life-changing injuries and/or post-traumatic stress disorder. |
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| Fares4Free £37,397 Supporting the RN community in Scotland with reliable transport for medical and social appointments. | Dame Agnes Weston's Royal Charity for the Naval Service (Aggies') £31,110 Contribution towards Aggies' annual conference and Storybook Waves project. | Fighting with Pride (FWP) £25,409 Continued employment of FWP's Community Team Manager and a Veterans Community Worker. | RMA - The Royal Marines Charity £25,190 Funding for training grants for medically discharged RM personnel. | The Not Forgotten Association £20,000 Funding activities to combat loneliness and isolation among RN and RM veterans. | Association of Service Drop-In Centres (ASDIC) £16,195 Supporting ASDIC hubs and drop-in centres working with RN and RM veterans. |
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A total of £214,390 in funding was allocated to personnel and projects on ships, in units, and to RN organisations to enhance facilities as well as promote wellbeing, improving quality of life during both service and deployment.

Funding education to widen aspiration and employability



Greenwich Hospital has a rich legacy of educational support for the Royal Navy community, from establishing an on-site school in 1712 to ongoing funding initiatives for serving personnel seeking to further their skills and education.

We introduced a financial wellbeing programme for serving personnel through funding to the White Ensign Association. We increased employability skills and access to job opportunities with funding to the Forces Employment Charity Ex-Forces Programme and fund X-Forces Enterprise to deliver self-employment advice and support. We are increasingly focused on expanding educational support to better meet the needs of families and young people.

Education bursary

Genevieve Marshall (right) is the daughter of a serving Royal Naval officer and joined the Royal Hospital School three years ago. Now in year 11, she boards at the school and is preparing for GCSEs.



“Royal Hospital School offers Genevieve the music and sport she loves, making her feel happy, confident, inspired, and academically challenged.

There are also other children with parents from Armed Forces backgrounds who understand the demands of service life. So, fortunately, she gets to share her experiences of military family life with them. Altogether, the school offers Genevieve everything she needs to continue thriving.”

Rae Marshall
Serving officer in the Royal Navy

University bursary

Ruby Toynton’s father served in the Royal Navy for 10 years as a Royal Naval Electronic Warfare Specialist and her grandfather also served. She is studying for a 4-year Computer Science (Cyber Security) degree with a placement year in Industry.

Ruby receives an educational bursary and explains the difference it has made to her day-to-day life.

“The bursary helps me afford the typical costs of student life, including rent, bills and food. It gives me added security in my finances and allows me to live without having to worry about any upcoming payments.”

Ruby Toynton
Undergraduate student at Newcastle University



THE IMPACT

21 bursaries to children of serving and former Royal Navy personnel to attend the Royal Hospital School

17 bursaries to children of serving or former personnel to study at university; Greenwich, Newcastle, Portsmouth and Trinity Laban Conservatoire of Music and Dance

26 bursaries to serving personnel towards the cost of a degree or an access course

8 bursaries for training to support transition to civilian employment

Life Chances Programme: Leaders Unlocked

Expanding horizons to enable Naval children and young people to thrive

Supporting children and young people from Naval family backgrounds goes beyond meeting essential needs. It’s about creating opportunities for development and enhancing social mobility to help address the unique challenges children from service families face.

This year, we contributed funding to the Life Chances programme developed by the Naval Children’s Charity (NCC) to support children’s learning and development. It enables young people to connect with others from similar backgrounds through new beneficial experiences that include adventure holidays, Tech Camp, Artwork and Leaders Unlocked.

Leaders Unlocked: An innovative strand in the NCC Life Chances Programme

Leaders Unlocked enables young participants to develop their leadership and debate skills by contributing to the design of the next phase of the NCC’s Life Chances Programme. As children of serving Naval families, they are shaping the programme, ensuring it reflects their needs and aspirations.

Funded by Greenwich Hospital, the project saw NCC collaborate with social enterprise company Leaders Unlocked, to run and develop the project exclusively for Naval families.

“My name is Helana, and my father served in the Royal Navy in communications. After my dad faced health challenges, our family was introduced to the NCC through Macmillan Cancer Support. This opened the door to an incredible series of experiences, beginning with a memorable, week-long residential on a ketch sailing boat with my sister.

Since then, joining the Leaders Unlocked team was a natural step for me. It allowed me to share insights into the lives of young people and highlight the support we can benefit from. I’ve had the opportunity to meet others with similar experiences and backgrounds, creating an amazing space for connection and understanding.

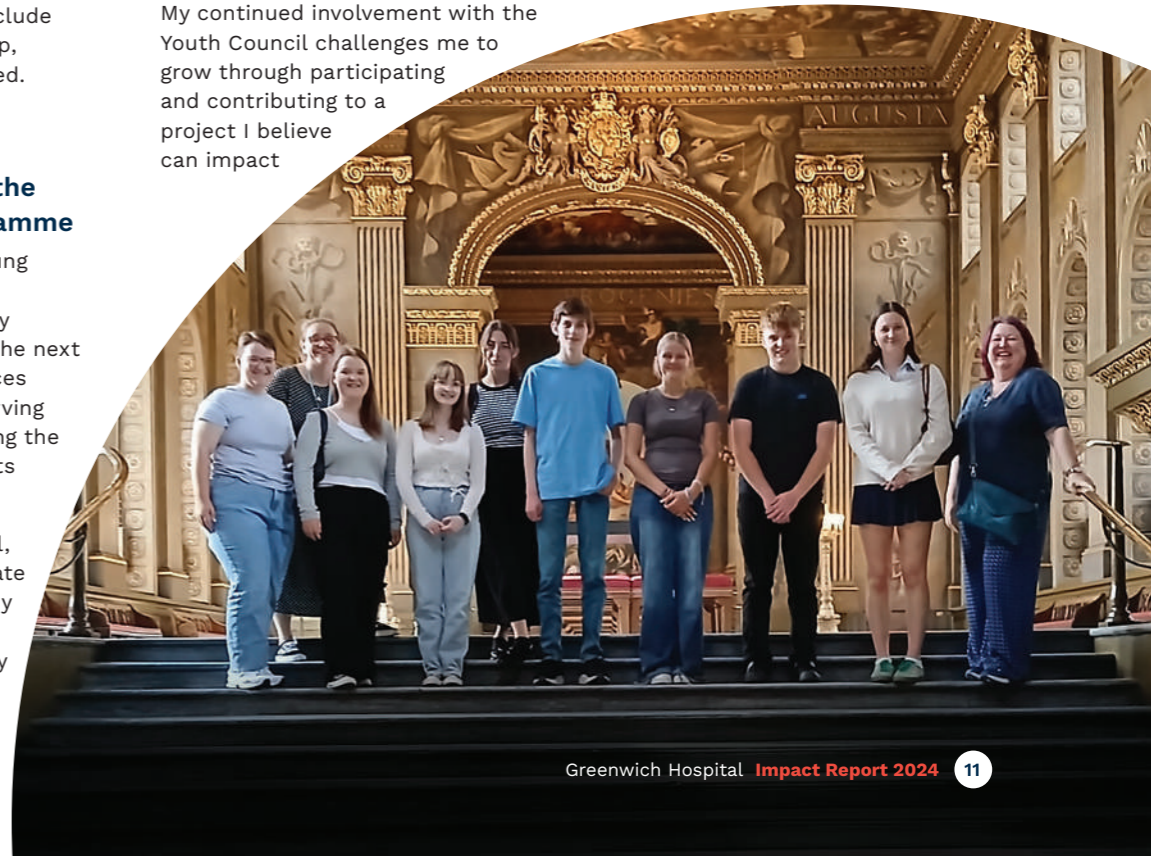
My continued involvement with the Youth Council challenges me to grow through participating and contributing to a project I believe can impact

other military families by helping the NCC and Greenwich Hospital gain a better understanding of our needs and extend their support to more families, just as they did for mine.”

Helana Gleave, 18
Participant in the Life Chances and Leaders Unlocked Programmes



▼ Meeting at the historic Old Royal Naval College, participants in Leaders Unlocked spent the day discussing the next steps for the Life Chances Programme





◀ October 2024 Half-term Sail Together course, Portsmouth ▶

“ Sam has absolutely taken to sailing and wants to carry on after his 10 free sessions are completed. He now has all the sailing gear and is totally committed!

If it wasn't for the Facebook post for the Easter Courses, Sam would never have discovered his love for sailing. Sam is now going to use sailing as a new sport for his PE GCSE subject. ”

Dionne Hibbs
Sam's mother and RN spouse

“ Day one of the course and Ben had met Lauren, his brilliant instructor and the rest of his 'crew' in a room of young people, all from serving RN families. For Ben, he may have met a few RN kids at homecoming or events, but this was different. This was his space with his new mates.

By Day 5, Ben had made firm friends, achieved his RYA Level 1 and 2 and Swim Safety, and had secured a great opportunity to attend 10 free sessions of sailing at the ASF Centre in Portsmouth.

Together, Ben and Sam have continued learning to sail and now sail together on Saturday mornings. It's got him off the sofa, off his phone and out on the water. He comes home exhausted and ready to raid the fridge. ”

Helen Ayers
Ben's mother, RN spouse and Sail Together Outreach Manager

Sail Together Supporting RN families

Our new Sail Together Youth Crew programme gets young people from Royal Navy families sailing.

Last year, we launched Sail Together, a four-year programme to deliver Royal Yachting Association accredited sailing to the children of serving personnel in partnership with the Royal Naval Sailing Association (RNSA), and delivered through the Andrew Simpson Foundation (ASF).

Sail Together is a training programme designed to teach young people how to sail in a fun and progressive way, enabling them to reap the physical and mental health benefits of water-based activities as they learn to work as a team while boosting their swimming and safety awareness.

Our aim in funding the programme is to instil a lifelong love for sailing and fitness in young people and develop life skills beyond sailing. Together, we offer courses at various locations across the UK, providing a range of residential and non-residential options. Making sailing accessible and inclusive for families helps encourage and support young people to get to know each other through outdoors-based sport while nurturing connections within the Royal Navy community.



THE IMPACT

2K+ Over 2,000 individual activity days

400+ More than 400 young people have taken part in the Sail Together programme

3 Established and delivered three week-long residential courses: Birmingham, Dorset and Helensburgh

7 Run across seven different locations since Easter 2024

5 Provided five family days across Portland, Portsmouth, Plymouth and Scotland

6 Attended six Royal Navy outreach events to engage with families and highlight the Sail Together Programme



Addressing acute needs within the RN community



Funding those in the Royal Navy community with acute needs is central to Greenwich Hospital’s mission. Through our partnerships with service delivery organisations, we aim to improve the health and wellbeing of our community by addressing the acute challenges that can undermine independence and dignity.

Our block grant funding to partners is crucial in supporting their work and addresses medical, social, financial and addiction issues.

This year, we funded the Royal Naval Benevolent Trust (RNBT) to support regular charitable payments to former serving personnel. Collaborating closely with the RNRMC, we fund RNBT to ensure that emergency funding reaches those whose needs require intervention and support across the UK and further afield.

Our funding to the Naval Children’s Charity and the Sailors’ Children’s Society contributes to their innovative work with Naval families and means that no family in need goes without essential support.

Former Seaman Pat

Pat joined the Royal Navy in 1999 as a seaman and served for six years. He served aboard HMS Gloucester for his first commission and later as an aircraft handler, serving on HMS Ark Royal and HMS Invincible, with time aboard RNAS Yeovilton and RNAS Culdrose for training.

Since leaving the Royal Navy, Pat has worked as a self-employed HGV driver but has faced challenges. The end of a relationship saw his mental health deteriorate and, due to financial difficulties, he moved back home with his mother as he was unable to afford his own home.

With financial support and guidance from RNBT, Pat is getting back on his feet and has undertaken a tower-crane course to help improve his earning potential. He is working on his debt issues and sees his daughter regularly.

THE IMPACT

Pat shared that the help he received from RNBT has allowed him to expand his horizons and earn a better living to support himself and his daughter.

Royal Navy widow Ann

Ann has faced considerable challenges since her husband, a Royal Navy veteran who served during the Christmas Island Nuclear Weapons trial, died. Living alone in a council-run flat, Ann, 86, copes with poor mobility and relies on a walking stick.



She has struggled financially since the death of her husband and, more recently, her son. Managing her finances alone has been tough but she has since qualified for a regular charitable payment from RNBT which guarantees her a minimum income to help her live more comfortably.

THE IMPACT

The Seafarers’ Advice & Information Line (SAIL) is helping Ann to apply for additional welfare support to improve her financial stability and quality of life.

Read more about the work of SAIL on page 16

The Royal Navy Recovery and Resilience Margins Team

Funding innovative wellbeing retreats to aid recovery for serving Royal Navy personnel



We support the work of the Royal Navy Recovery and Resilience Margins Team as they work with medically downgraded personnel on their path to recovery and rehabilitation.

Tackling the psychological stress that can come with a downgraded status is essential to helping personnel on their path to recovery and redeployment, which is rarely straightforward and can sometimes mean starting a new role and life outside of the military.

For the past two years, we have collaborated with the Recovery and Resilience Margins Team at HMS Drake to fund a unique retreat for personnel. The Thrival Instinct Experience, hosted at St Nectan’s Glen, Cornwall, is an innovative course developed by Rob Colley, an advanced yoga and breath coach specialist, to improve confidence, mental health and positivity.

With his 23 years of military service, Rob is acutely aware of the challenges personnel face and how best to support them. St Nectan’s Glen is the ideal location with all the correct stimuli to facilitate a wellbeing retreat.

The courses are transformative, challenging participants over a weekend to step out of their comfort zones through hikes, cold water immersion therapy, yoga, breathing techniques, and self-reflection on the journey to recovery.

“The course was a wealth of information condensed into just a few days, and I believe it had a palpable and positive impact on everyone who participated. Rob is an excellent teacher – non-judgemental, patient, skilled and personable. He is ideally placed to deliver these skills to a military audience.”

Lt. Cmdr. Samuel Balmond
A member of the Royal Navy Personnel Support Group Plymouth, who attended one of the Thrival Instinct courses.

“Course attendees participating in cold-water immersion therapy, led by Rob Colley, an advanced breath coach specialist

“The Thrival Instinct Experience includes hiking to help improve physical and mental fitness

Feedback from serving personnel attending the course is positive:

- “The experience was a once-in-a-lifetime opportunity. The programme is well thought out to help people address their recovery programme.”
- “There was an element of pushing out of your comfort zone to challenge ourselves. I was incredibly nervous about the cold-water immersion, but it turned out to be my favourite part.”
- “The retreat has been the best experience of my 18-year career. The location was tranquil and allowed for connectivity or disconnection. Rob was the most incredible facilitator – kind, accepting, and engaging. I just wish it was longer!”
- “This course has been the most valuable aspect of my recovery.”



Funding confidential advice and support for the RN community



Access to dedicated, independent advice from those familiar with the ups and downs of naval life makes a difference in people's lives when they are most vulnerable.

The Seafarers' Advice & Information Line (SAIL) provides free information and support to all members of the Royal Navy community, including partners of serving and former serving personnel, widows and their dependants.

Operated by Greenwich Citizens Advice Bureau, SAIL offers in-depth advice, advocacy and negotiation to those accessing the service. Their expertise in debt advice and support is trusted and reliable.

David was referred from the Veterans' Gateway, having served in the Royal Navy from 1978 until his medical discharge in 1982.

As a result of his injuries which left him wheelchair-bound, David

receives a War Pension and an Ill-Health Pension but no other income. He receives a package of care arranged through his local authority. As he does not reach his state retirement age until 2028, SAIL completed a welfare benefit check for him and supported David in applying for Universal Credit. He now benefits from an extra £114.01 per week and is entitled to reduced Council Tax. SAIL continues to support David.

“Without our support, David would have withdrawn his application for Universal Credit, yet with our reassurance and guidance, he succeeded. The additional income has made a huge difference to David's life.”

Michael Edwards (above left)
Manager, SAIL

▼ (From left to right) *Michael Edwards, Manager, SAIL, Jonathan Ball OBE, Director of Grants, Greenwich Hospital, Daniel Barrett, Senior Adviser, SAIL and Rose Atkinson-Park, Benevolence and Welfare Grants Manager, Greenwich Hospital*

SAIL key facts

- ▶ A national charity covering the UK
- ▶ Advice is free, confidential and impartial
- ▶ Holds the Advice Quality Standard, and the Financial Conduct Authority regulates its debt advice
- ▶ Personnel and families can contact SAIL via telephone or online, or a third party can refer them. Everyone who contacts SAIL has a dedicated adviser to help them with their case
- ▶ The advice line operates Monday-Friday, 10.00-16.00 0800 160 1842

THE IMPACT

1880+ clients were advised during 2023-24

333 new enquires from the Royal Navy, Royal Marines and Royal Fleet Auxiliary

193 referrals to SAIL from Chain of Command or another charity



Funding health and wellbeing support



£1,583,468
25% of funding

We provide funding to Royal Navy ships, units, submarines, and Royal Marines units, driving impactful welfare, educational, and recreational projects that support and uplift personnel.

We continue to fund activities that boost morale and foster resilience while working closely with key partners including the Special Boat Service Association, the Naval Families Federation and the White Ensign Association. By addressing evidenced needs and promoting social inclusion, we create pathways for fulfilling and stable lives during and after service life.

Flagship Performance

Flagship Performance is a healthy living and wellbeing project piloted on board the carrier *HMS Queen Elizabeth* to support the delivery of the Defence People Health and Wellbeing Strategy 2022-2027.

The programme equips personnel to manage their health while on board, promoting healthier choices and fostering a culture of wellbeing. It focuses on musculoskeletal, nutritional and mental health preventative care.

The goal is for sailors to complete their deployments healthier than when they started, thereby optimising performance and enhancing their quality of life at sea.

We funded a personalised guidebook written by Surgeon Lieutenant Commander Nat Roocroft, tailored for a warship environment and covering six performance pillars: sleep, daylight, movement, nutrition, mindset, and social connections. It offers practical advice for habit-



THE IMPACT

Key results from a survey of 300 personnel taking part in the Flagship Performance Project highlight its impact:

75% found the project beneficial for their health

71% believed it improved life at sea

91% accessed the 1,200 distributed guidebooks

267 health and wellbeing activities took place during the deployment

building and managing shift work while normalising proactive health management.

To address limited internet access, 1,200 hardback copies were distributed to crew members with extra copies placed in mess decks to ensure visibility and encourage use.

The programme's success has prompted Navy Command to plan a roll out for the *HMS Prince of Wales*-led Carrier Strike Group deployment in 2025.

Advocating for Royal Navy and Royal Marines families

Greenwich Hospital funds key role to better support Naval families

Established in 2003, the Naval Families Federation (NFF) exists to support Royal Navy and Royal Marines families.

NFF proactively advocates for Naval families to the MOD, Government, the Chain of Command and service organisations. As subject matter experts, they contribute to research and provide evidence to shape and influence policy affecting families' day-to-day lives.

This ability to influence and champion families is critical to the work of NFF. Having identified the need to reshape their policy team to respond to the

growing needs of families, the NFF approached Greenwich Hospital to fund the appointment of a Head of Stakeholder Engagement.

Addressing the core issue of separation is fundamental to the role and ensures other charities, schools and bodies such as the NHS understand that many Naval families do not live in base port areas and family dynamics can differ during deployments.

When it came to appointing someone to fill the role, the NFF recognised the value of personal experience. Who better than a serving partner with a deep understanding of naval life? Charlotte Jones (right), with her lived



experience, was appointed as Head of Stakeholder Engagement, bringing a wealth of knowledge and empathy to the role.

“My role is to share best practice, educate and highlight the need to consider Naval families, starting with their mobile lifestyle, the ups and downs of weekendening, flexible employment options for spouses and partners, the schools admissions process and dealing with separation issues.”

As a mother to three boys and with her husband still serving, Charlotte understands the challenges.

“I understand the impact of naval life on the family and am determined to present a balanced view, championing Naval families in all their diversity to enable them to thrive. It's why my role is so rewarding.”



◀ Families and friends gather at 815 Naval Air Squadron to welcome their loved ones back home after a long, successful deployment



Sheltered housing schemes

Supporting independent living

Understanding that safe housing is essential to wellbeing, Greenwich Hospital ensures former Royal Navy personnel and those from a naval background, their spouses, and widows aged 60 and over, have access to safe and comfortable homes.

With a focus on independent living, residents can live in properties based in Southsea, Greenwich, or Saltash.

Justin Tolentino, an experienced housing manager with CESSA Housing Association and CESSAC, oversees seven scheme managers across eight sites, ensuring high standards of support for all residents. He hosts regular bi-monthly coffee mornings at each site, chatting with residents and gathering their feedback.

Justin is dedicated to maintaining the strong sense of community and togetherness across the Greenwich Hospital sheltered housing schemes.

“Each scheme reflects the unique character of its residents, who influence decisions about things like decor and furniture. Both Greenwich Hospital and CESSAC want each place to feel like home.”

Our Greenwich Hospital sheltered housing schemes are special because of the shared naval history. Whether residents served or married into the Royal Navy, these common

experiences help bring them all closer together.”

Greenwich Place, one of the housing schemes, was opened in 1993 and boasts stunning views of the River Tamar. Facilities include a communal lounge, laundry, hairdressing salon, guest bedrooms, and easy access to local services in Saltash.

Maureen (above), a resident and former WREN, joined the Royal Navy at just 17 and served for four years, training at HMS Dauntless and working as an Officers' Steward. For Maureen, it was her first opportunity to travel, broaden her horizons and forge lifelong friendships.

Now 80, Maureen calls her one-bedroom flat at Greenwich Place home.

Coming from a family with strong naval roots, her pride is evident as she shares that her daughter served for 12 years, and her granddaughter is an RN nurse at HMS Drake.

With six children, 11 grandchildren, and great-grandchildren, Maureen jokes that Christmas can be expensive!

“I love it here – my flat is beautiful and perfect for one person. I have a view of the river, which I always look at. Growing up near the River Mersey, water has always been part of my life.”

It's truly home-from-home. I'm in a good place and I feel safe and secure. I have no regrets.”



Greenwich Hospital sheltered housing schemes key facts:

- ▶ Three sheltered housing schemes
 - Greenwich Court, Southsea
 - Greenwich Place, Saltash
 - Trafalgar Quarters, Greenwich
- ▶ Housing over 125 veterans and their partners
- ▶ 91 one- and two-bedroom flats
- ▶ Since 1988, the Church of England Soldiers' Sailors' & Airmen's Clubs (CESSAC) has managed the schemes



▲ Greenwich Place

Meeting the needs of our Royal Navy community



The UK Armed Forces are a sizeable and diverse community: **222,680** full-time and reserve personnel in 2023, of whom **31,760** serve in the Royal Navy and Royal Marines. In addition, there are an estimated **two million** former serving Armed Forces personnel.*

Increasing diversity within the Armed Forces creates demographic groups that experience service differently, in the context of rising geopolitical tensions, increasingly complex warfare and wider socio-economic pressures. These elements affect the needs of serving and former serving personnel and their families.

Research is undertaken at a tri-service level to inform Government and third sector support; however, it relies on samples from Army personnel and their families, leaving a gap in reliable data relating to RN and RAF communities.

Greenwich Hospital and the RAF Benevolent Fund have commissioned RAND Europe to undertake research within our communities and report in early summer 2025 to address this gap.

* UK Defence in Numbers 2023 (Ministry of Defence, October 2023).

AREAS OF RESEARCH FOCUS

A best estimate of the current size and demographic makeup of the community, with a projection out to 2040

Issues and challenges in day-to-day living, emotional and mental wellbeing, social and family relationships, education, employment and training, financial wellbeing and housing – and how these may change

What is the existing support and is it effective?

Identify potential gaps and barriers in accessing support

Identify recommendations for future service provision

Our future ambitions

Our funding approach is not just reactive but proactive and preventative, promoting life opportunities and enhancing the wellbeing and welfare of the Royal Navy community.

An accurate understanding of the community's evolving size and needs will help us adapt our future grant making policy by working with our naval partners to effectively plan and deliver support over the short and medium term out to 2040.

We aim to enable the Royal Navy community to thrive through funding support that adopts an evidence-based approach. Our support has to be sustainable over the foreseeable future and as effective and impactful as possible.

Our research partners



How we fund our grant giving

Greenwich Hospital's income comes from our property portfolio and financial investments.

All of Greenwich Hospital's directly held property and financial investments, and its sheltered housing provision, are managed by independent specialists who report regularly to the Director and Greenwich Hospital Advisory Board.

Property portfolio

The estates in the property portfolio are the Greenwich Estate, including Greenwich Market; the Northern Estates (comprising property in Northumberland, Tyne and Wear, and the Scottish Borders); the Holbrook Estate in Suffolk; and land in Essex owned by the Travers Foundation, a part of the Hospital Group.

Investments

The portfolio and funds are invested in companies focused on long-term growth and to provide a balance across different geographic areas, industries and asset classes. The portfolio is managed on Greenwich Hospital's behalf by Newton Investment Management.

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Ask us if we can help

We are here to help serving and former serving Royal Navy and Royal Marines personnel and their families. Contact us to find out how your organisation might benefit.

Greenwich Hospital, 3rd Floor, 1-2 Bolt Court, London EC4A 3DQ
+44 (0)20 7396 0150 | funding@grenhosp.org.uk | grenhosp.org.uk