



Illuminate press release

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Illuminate and Anchor Hanover join forces to support staff mental wellbeing

Cambridgeshire mental health charity Illuminate has been appointed by Anchor Hanover, England's largest not for profit provider of care and housing for people in later life, to provide specialised mental wellbeing coaching and training for managers in a new programme to support them and their teams.

This support is being offered to 106 managers across the organisation and builds on services Anchor Hanover already provides to help support employee wellbeing and mental health. The care and housing provider has a Colleague Advice Line and a Health Assured website which staff can access to support their physical and mental health. By partnering with Illuminate they continue to acknowledge the importance of recognising and valuing mental wellbeing.

Sam Greenley, Illuminate's co-founder said: *"We are absolutely delighted to be able to support Anchor Hanover's managers with their own mental wellbeing and to help them develop the skills to manage the mental health of their teams. ."*

Sam Leonard-Rawlings, Head of Organisational Development, Anchor Hanover said:

"This is a great partnership with Illuminate. We have similar aims and common thinking about the importance of maintaining good mental health in the workplace. Our amazing people are the cornerstone of Anchor Hanover, working tirelessly to improve the lives of older people. It has been a hugely challenging year for all of us and we know the impact that has had. By working with a specialist charity we want make sure our workforce are given the support and tools they need to maintain good mental health."

"At the same time, as supporting their people, by choosing us as a charity, rather than a commercial partner, Anchor Hanover allows us to do more in our community - all the profits generated go straight into achieving our mission to improve mental health and reduce stigma." Maria Varallo, Illuminate co-founder, added.

Even before the current crisis, research by [Deloitte in January 2020](#) put the cost of poor mental health to UK employers (from sickness absence, reduced productivity and staff turnover) at £45 billion a year, or around 5.8% of average salary.

Notes for editors:

www.illuminatecharity.org.uk

for more information please contact: Maria Varallo on 07974 952724

About Illuminate

We are unique as a charity in using a combination of development tools to support people both to overcome the challenges of poor mental health and maintain good mental health.

We are also passionate about challenging stigma in talking about and addressing mental health, particularly in the workplace.

Our Vision

Our vision is that anyone experiencing poor mental health has access to the coaching and training support they need to help them lead meaningful lives, particularly at work

We believe that good mental health and good work are interdependent. Ensuring people thrive, particularly in the workplace, means creating a workplace culture that talks openly about mental health and ensures people get the support they need to maintain good mental health.

Our Mission

We providing coaching and training to improve mental health and reduce stigma across Cambridgeshire. We do this in three ways:

- by supporting unemployed adults to manage their mental health and build their confidence to enter the workplace; and
- by supporting employers with training and coaching to create open work cultures that proactively benefit the mental health of their people
- by creating opportunities for individuals out of work and employers to learn from one another

About Anchor Hanover

Anchor Hanover began more than 50 years ago and today is England's largest not-for-profit provider of housing and care for people in later life. It provides retirement housing to rent and to buy, retirement villages and residential care homes, including specialist dementia care. In total, Anchor Hanover serves more than 65,000 residents in 54,000 homes across almost 1,700 locations. Its residential care services employ the majority of the 9,000-strong workforce, providing services to residents at 114 care homes. Anchor Hanover operates in more than 85% of local councils in England. For more information visit

www.anchorhanover.org.uk.