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The Backbone Project

The Backbone Project is a preventative health and wellbeing pilot supporting staff and volunteers within the Community & Voluntary Sector.

Through our person centred, private and confidential health and wellbeing assessments, trusted conversations and early intervention approach, the project aims to better understand the pressures quietly affecting the people who hold communities together.

(NO PERSONAL INFORMATION IS SHARED WITH PARTICIPATING ORGANISATIONS)

Alongside practical health checks such as blood pressure, BMI and wellbeing assessments, the project will also gather evidence around hidden pressures within the sector, barriers to support, emotional strain and the value of preventative engagement.

At its heart, The Backbone Project is about recognising the people supporting communities also need supported themselves.



The project was developed through lived experience and long-standing involvement within the sector, recognising that many people supporting others are often carrying significant emotional, physical and organisational pressures themselves. Over six months, The Backbone Project will engage with **25 organisations** and **300 staff and volunteers**.

Whether you make the tea, look after your walking group, serve at the local foodbank, coach the under 10's, support groups, fight for funding, sit on the committee or a bit of it all. THIS IS FOR YOU.

The purpose of this pilot is **not to replace existing services or create another layer of pressure**, but to create safe, approachable opportunities for people to pause, reflect, understand their own health and wellbeing, and access early support where appropriate.

This is not about fixing everything overnight. It is about starting honest conversations earlier, building trust, understanding need more clearly and exploring what a healthier, more sustainable future for the sector could look like.

Care for you, not correction.

Phase 1 - Layer 1

Want to be part of the quiet shift?



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