

EAST LONDON

COMMUNITY SERVICES TRANSFORMATION

WINTER PRESSURES FUNDING



**Projects running:
March 22 - March 23**



We care
We respect
We are inclusive

CHILDREN AND YOUNG PEOPLE MENTAL HEALTH PROJECTS

Please find a list of grassroots, local community, faith and user-led organisations, who have been awarded funding to run wellbeing projects for services users to access.



GET IN TOUCH:

For more information, service users and staff should contact the organisations directly via details below.



Ambition Aspire Achieve

“Making a difference, changing lives.”

AAA work with 750 disadvantaged, at-risk and vulnerable young people to deliver projects and activities via two East London based hubs and through outreach work.

Funding will enable the project to deliver mentoring, outward bound activities, disability specific programmes and employability and life-skills programmes. These will support up to 32 young people who identify as LGBTQ+, or who are exploring their gender identity and sexuality and have mental health needs.



Young & Inspired works with over 450 young people and families to assist them in overcoming poverty and adverse experiences to enable them to feel more empowered with the right knowledge and skills which will allow them to live happy and fulfilling lives.

The grant will fund an art & drama therapy project to engage and empower 70 young women and teenage mothers.

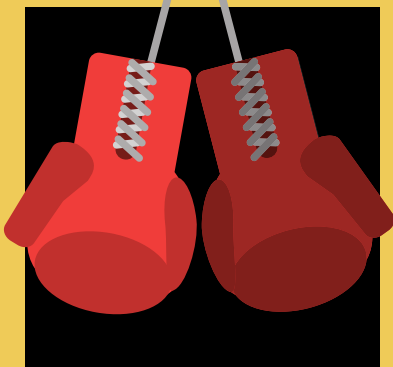
Email: info@youngandinspired.org.uk
Website: <https://www.youngandinspired.org.uk/>



Mindful Peak Performance is a not-for-profit enterprise dedicated to sharing a mindfulness-based approach to performance & transforming the image of mental wellbeing. They train elite athletes in mindfulness techniques who also and share their skills with disadvantaged young people experiencing severe mental illness.

Funding will allow the training of 60 young carers in non-contact boxing and to equip them in effective mindfulness skills.

Email: info@mindfulpeakperformance.com Tel: 07507 600 601
Website: <https://www.mindfulpeakperformance.com/>



Committed to tackling social inequality, the Paradigm Project helps to empower young people with and equip them with the skills and tools to overcome social barriers.

Working with 30 students alongside their teachers and parents, the grant will fund the 'My Next Steps Programme', which aims to support young people allowing them to flourish both socially and academically.



Email: info@paradigmproject.co.uk Website: <https://paradigmproject.co.uk/>



A black-led youth mentoring organisation. Led by volunteers, the project uses mental health and resilience tools and techniques to support participant's journeys from adolescence into adulthood. They aim to equip young people from black and marginalised communities, in overcoming barriers to their progression and widening their access to opportunities.



Funding will support a year-long project, designed to engage up to 200 young people aged 10 -18 from African, Caribbean and mixed heritage backgrounds.

Email: info@thementoringlab.co.uk Tel: 0208 158 8500

Website: <https://thementoringlab.co.uk/>



noa

Noa provides practical, emotional and therapeutic support to vulnerable adolescent girls from the Orthodox Jewish community in North-West London and Hackney.

The girls face complex challenges, stemming from traumatic life events, difficult home situations and/or mental illness. Many of these girls suffer from multiple, complex and interlinked issues. Consequently, the girls put themselves at risk of harm in a variety of ways. The culturally sensitive service is trusted by the girls and their families who have nowhere else to turn.

Working in conjunction with community organisations in Barnet and Hackney including local schools, charities and umbrella organisations such as Interlink, we also work closely with social services, CAMHS and other NHS services. Noa are the only organisation providing this level of holistic and individual support to girls from the Jewish community.

Email: info@noagirls.com Tel: 020 8731 7025 Website: <https://noagirls.com/>



NHS
East London
NHS Foundation Trust