

CITY & HACKNEY



East London
NHS Foundation Trust

COMMUNITY SERVICES TRANSFORMATION WINTER PRESSURES FUNDING



Projects running:
March 22 - March 23



We care
We respect
We are inclusive

CITY & HACKNEY 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.



Claudia Jones Organisation

Helping you to a better future

Over 30 years supporting individuals and families | Registered Charity No: 1078145

The Claudia Jones Organisation provides Holistic & therapeutic family support as well as practical help for marginalised women and families, primarily of Caribbean or African heritage. Coping with a 120% increase in demand since the start of the pandemic, funding will support 105 young and adult women and their families in one-to-one counselling and group activities.



Email: info@claudiajones.org Tel: 020 7241 1646

Website: <http://claudiajones.org/>



M.R.S Independent Living works primarily with older people, people with disabilities and individuals with mental health challenges. They provide practical help to people who need support so they can live safely and well within their homes, enabling them to stay independent, active and connected to their communities.

The funding will support a therapeutic decluttering service to provide support for people with Hoarding Disorder, as part of a mental health multi-agency partnership.

Email: Services@mrsindependentliving.org Tel: 0330 380 1013
Website: <https://www.mrsindependentliving.org/>



St. Mary's Secret Garden

growing together - well-being through gardening



St Mary's Secret Garden uses horticulture, gardening and nature to engage with disabled and health disadvantaged residents, to promote wellbeing and reduce social isolation, offering a safe space where they can get hands-on experience of gardening, gain a sense of inclusion and benefit from horticulture and other ecotherapy activities. This helps those in need combat isolation, develop valuable employment skills, gain qualifications and contribute to a greener, healthier, happier community.



Funding will help pay for the core costs of a part time Horticultural Therapist who will work with up to 32 people.

Email: info@stmarysgarden.org.uk Tel: 020 7739 2965
Website: <http://www.stmaryssecretgarden.org.uk/>

A black-led youth mentoring organisation which is led by volunteers, the project uses mental health and resilience tools and techniques to help support the participant's journey from adolescence into adulthood.

They aim to equip young people from black and marginalised communities, to overcome any 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/>

workingwell
trust





Via specially delivered programmes, catering to speakers of over 80 languages, the Volunteer Centre in Hackney, provides a range of trained volunteers to a wide variety of community groups with the aim of providing support to socially isolated residents.



Funding will support the recruitment of an additional member of staff to cope with a tenfold increase in referrals since the onset of the pandemic.

Email: lauren@vchackney.org Tel: 020 7241 4443 Website: <https://www.vchackney.org/>

Peninim supports adult Orthodox Jewish women with physical disabilities and long-term medical conditions, through the provision of social & sporting activities such as games, crafts, singing and dancing.

PENINIM

This helps to promote social inclusion and reduces loneliness & isolation that many experience.

This award funds the cost for a project manager & consultant for one year



Email: fundraising.peninim@gmail.com



The funding will develop partnerships with statutory and mental health services, enable specialist training and awareness in mental health for staff, provide specialist support for the Roma Community, provide 1:1 support for up to 40 beneficiaries experiencing mental ill health, and deliver up to four mental health wellbeing days.



Email: laura.bugby@bigissue.com
Tel: 0207 526 3445
Website: <https://www.bigissue.com/big-issue-foundation/>



Islamic Counselling at the Heart of the Community

The counsellors provide a virtual service to Muslim residents in Newham, Tower Hamlets and Hackney.

Contact for more details
<https://www.lateefproject.org/services>