

NEWHAM

COMMUNITY SERVICES TRANSFORMATION WINTER PRESSURES FUNDING



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



We care
We respect
We are inclusive

NEWHAM 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.

Resources for Autism is a specialist autism charity working to support families concerned about the lack of support and resources for autistic individuals who experience mental health challenges and/or isolation.

The funding will be used to support 259 BAME individuals to navigate barriers to accessing services, offer safe spaces of support and help raise awareness on the intersection between a variety of mental health conditions, autism and Black and minority ethnic individuals.



Email: twiggy@resourcesforautism.org.uk **Tel:** 020 8458 3259

Website: <https://resourcesforautism.org.uk/>



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

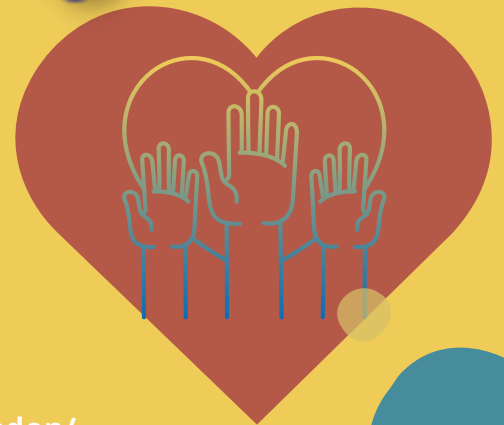
The counsellors provide a virtual service to Muslim residents in Newham, Tower Hamlets and Hackney.

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



Age UK East London is a London charity supporting 16,000 East Londoners, using person-centred programmes, which are designed to help improve their health and wellbeing.

The funding will aim to reach 240 clients and volunteers in delivering in-person wellbeing activities through a buddy system and through weekly activity sessions such as peer support, walk and talk sessions and mindfulness.



Tel: 0208 981 7124 Website: <https://www.ageuk.org.uk/eastlondon/>



Subco Trust is an organisation working to meet the health needs of vulnerable Asian elders in Newham through stimulating activities, services and support.

The funding will be used to provide support for Asian elders who suffered from COVID-19 and winter pressures. A befriending support service will be established, weekly support and activities groups will be created, an information and advice service will be developed as well as monthly sessions for carers.



Email: admin@subcotrust.org.uk Tel: 020 8548 0070 Website: <https://www.subcotrust.uk/>