

TOWER HAMLETS

COMMUNITY SERVICES TRANSFORMATION WINTER PRESSURES FUNDING



Projects running:
March 22 - March 23



We care
We respect
We are inclusive

TOWER HAMLETS 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, which specifically address ethnic and racial inequalities.

GET IN TOUCH:

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



solace
women's aid



Solace Women's Aid is a leading women's organisation, that provides specialist support for victims of violence and domestic abuse. For more than 40 years they have supported women and children in London to build safe and strong lives enabling futures free from male abuse and violence.

The funding will be used to continue an ongoing programme - the IRIS services, which works in collaboration with GPs. They offer tailored training on domestic violence and abuse and provide support to DVA victims at an early stage.

Email: j.jutsum@solacewomensaid.org

Tel: 0207 619 1350

Website: <https://www.solacewomensaid.org/>

Osmani Trust is a youth and community organisation working to provide a range of youth, education, employment, health and sporting initiatives for young people and adults.

The funding will be used to deliver support to the Bangladeshi Community for people suffering from moderate to severe mental illness. Osmani Trust will work directly with 30 young people and 50 adults and provide mentoring, counselling, signposting and health and wellbeing activities.



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



Women's Inclusive Team is a charity who listen to, and provide a strong voice for Black and Asian communities. They work collaboratively with stakeholders, to address exclusion and improve access to appropriate services for communities who are impacted by higher levels of severe mental illness.

The funding will be used to deliver activities to address the lack of trust, fear and overall inequality experienced by Black and Asian Communities. They will work to provide 1,200 one-to-one sessions and 864 available group spaces.

Email: info@mindfulpeakperformance.com Tel: +44(0)7507 600 601
Website: <https://www.mindfulpeakperformance.com/>

A black-led youth mentoring organisation. Led by volunteers, the project uses mental health and resilience tools and techniques to support participant's journey 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/>

workingwell
trust



THE BIG
ISSUE

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
Website: <https://www.bigissue.com/big-issue-foundation/>

Lateef
PROJECT

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>