

ELFT Grant Summaries

Newham

Resources for Autism - £78,246.

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 understand barriers to accessing services, offer safe spaces of support and raise awareness on the intersection between various mental health conditions, autism and BAME.

The Lateef Project - £83,800.

The Lateef Project are an Islamic counselling service who focus on the mental health of the Muslim community using a faith-based evidence-based therapeutic approach.

The funding will be used to secure three part-time senior counsellors with diverse skills who can provide primary mental health care to Muslim communities across the three boroughs. They will also use this funding to support the development of a sustainable service in the area which will integrate within local NHS provision and local Muslim communities

The Big Issue Foundation - £21,094.

The Big Issue Foundation are a London based, registered charity that aim to connect big issue magazine sellers to the vital support and specialist services that enable them to a better future.

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 delivery of up to 4 mental health wellbeing days.

Age UK East London - £72,815.

Age UK East London are a London Charity who support 16,000 East Londoners using person-centred programmes to improve their 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.

Subco Trust - £56,120.

Subco Trust are 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.

Tower Hamlets

Solace Women's Aid - £99,619.

Solace Women's Aid are a leading women's organisation that provide specialist support for those affected by violence against women and girls.

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

Women's Inclusive Team - £60,620.

Women's Inclusive Team are a charity who listen to and provide a 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.

Osmani Trust - £68,468.

Osmani Trust are 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.

Working Well Trust - £40,951.

Working Well Trust support people who are suffering from a mental health illness with a focus on employment and training.

The funding will be used to support 90 people with serious mental health issues through peer support groups. The focus will be on employment and career goals and supporting people with access to work experience, volunteering and placement opportunities.

.