

ELFT Grant Summaries

Hackney

Claudia Jones Organisation provides holistic, therapeutic and practical support to marginalised Caribbean and African heritage women and their families. Since the start of the pandemic the charity has seen an 120% increase in demand for its services. The funding will support 105 children and young people, women and their families in 1 to 1 counselling and group activities.

Peninim £11,790

Peninim supports orthodox Jewish adult women with physical disabilities and long-term medical conditions, through the provision of social, leisure & sporting activities that promote social inclusion and reduces loneliness & isolation. The award provides funding costs of Peninim's Case Worker – a new position introduced to support women to access wider support.

MRS Independent Living £13,927

MRS Independent Living works primarily with older people, people with disabilities and people with mental health challenges to stay independent, active and connected to their communities. Funding will support a Therapeutic decluttering service to provide support for people with Hoarding Disorder, as part of a mental health multi-agency partnership.

Volunteer Centre Hackney £46,522

Via specially delivered programmes, catering to speakers of over 80 languages, the Volunteer Centre provides trained volunteers to a wide variety of community groups to support and befriend socially isolated residents. Funding will support the recruitment of an additional member of staff for their Community Supporters programme to cope with a tenfold increase in referrals since the onset of the pandemic.

St Mary's Secret Garden £23,576

Uses horticulture, gardening and nature to engage with disabled and health disadvantaged residents, to promote wellbeing and reduce social isolation. Funding will help pay for the core costs of a part time Horticultural Therapist who will work with up to 32 people.

CYP East London

Mindful People Performance CIC £13,930

Mindful Peak Performance CIC train elite athletes in Mindfulness, who share their skills with disadvantaged young people experiencing Severe Mental Illness Funding will allow the training of 60 young carers to train them in the fusing of Mindfulness skills with non-contact boxing training.

Ambition Aspire Achieve £17,754

AAA work with 750 disadvantaged, at-risk & vulnerable young people to deliver projects and activities via two east London based hubs and via outreach work. Funding will enable a project to deliver mentoring, outward bound activities, disability specific programmes, employability and life-skills programmes to 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 £32,225

Works with over 450 young people & families to assist in the overcoming of poverty & adverse experiences, to empower with knowledge and skills to allow people to live happy & fulfilling lives. Grant will fund an art & drama therapy project to engage and empower 70 young women & teenage mothers.

Paradigm Project £60,400

Committed to tackling social inequality, Paradigm Project empower young people with skills and tools to overcome social barriers. The grant will fund the My Next Steps Programme, which focuses on the transition between primary and secondary school. Through delivery to students, teachers, and parents the aim of the programme is to identify risk and vulnerability at the earliest stage then equip students to flourish both socially and academically.

The Mentoring Lab. £23,735

A black-led youth mentoring organisation. Funding will support a yearlong project designed to engage up to 200 young people aged 10 -18 from African, Caribbean and mixed heritage backgrounds. Led by volunteers, the project uses mental health & resilience tools to support participant's journeys from adolescence into adulthood.