


<p style="text-align: center;">Grants Determination (Cabinet) Sub-Committee</p> <p style="text-align: center;">10th July 2017</p>	
<p>Report of: Denise Radley Corporate Director of Health and Adults Services</p>	<p>Classification: Unrestricted</p>
<p style="text-align: center;">Mental Health User Led Grants Programme Recommendations</p>	

Originating Officer(s)	Carrie Kilpatrick
Wards affected	All wards
Key Decision?	Yes
Community Plan Theme	A safe and cohesive community

Executive Summary

In 2016/17 the Tower Hamlets Mental Health User Led Grants (ULG) programme was approved to fund 31 user led groups to provide social and therapeutic activities that promote social inclusion, well-being, and independence for people with mental health problems aged over 18. User led groups are at the heart of the Council's strategy to develop services that give more choice and control to service users.

Approval for individual 2016/18 grant awards was secured at the Commissioners' Decision Making Meeting on 12th April 2016, where the following recommendations were endorsed:

- The award of 31 small grants to independent user led groups at a total value of £90,838 per annum.
- Awards on the basis that there will be no right of appeal against the refusal of a grant and that grants approved must clearly state the purpose for which the funding is being given.
- That the awards are made for a 12 month period, renewable for a further year dependent on performance.

In line with the recommendations a review was conducted at the end of quarter 4 to inform continuation of the awards for year 2 of the programme (2017-2018). The review has focused on ensuring that the grant is administered and managed in line with both the original grant terms and conditions and the financial regulations of the Local Authority more widely and that the groups remain sustainable for year 2. Criteria for review is listed as:

- Submission of quarterly financial accounts, demonstrating appropriate spend, and use.

- Submission of quarterly activity and outcome information demonstrating appropriate use.
- Engagement in facilitated training sessions to increase the resilience and capacity of the groups and to develop the skills of peer facilitators.
- Submission of an activity and financial plan for 2017-18, based on the original grant award.

The review concluded that:

- 24 groups had met all the required conditions and are providing a beneficial and well utilised service.
- 4 groups have closed or not accessed the initial funding due to, in the main, ill health. These groups were initially awarded £10,791 from the grants programme.
- 2 groups have achieved affiliate status and are now operating independently of grant funding. The grant total in this category amounts to £6,539.
- 1 group was unable to comply with the timely submission of required paperwork or reasonable attendance at the facilitated engagement sessions and therefore did not meet the requirements of the grant conditions.

In total the review identified an allocated £21,565 for the 2017/18 grant programme. The reduction from 31 groups identified in the 2016 grants process to 24 operational groups in Year 2 puts at risk one of the founding principles of the Mental Health Strategy to deliver our collective aspirations by experts by experience.

As such the £21,565 underspend has been made available in 2017-18 to enable successful groups to develop and expand their offer of peer led provision and guarantee their future sustainability. The 20 existing compliant groups were given an opportunity to revise their grant requests for 2017-18 based on potential and sustainability of their group offer. This approach was agreed with the understanding that any changes to the original award decisions would need to be approved via the Councils Grants Determination Sub-Committee. It was also agreed that the original limit of £5000 would not be exceeded by any additional funding.

5 successful applications to increase original grant requests have been received. It is worth noting that these applications were in the main from the groups who received the lowest amounts in the 2016/17 grant award. The applications were scored against the following criteria by a panel including the Service Manager for Community Mental Health Services, ELFT's People's Participation lead and the Mental Health Joint Commissioner:

- Additional plans to deliver the 5 outcomes in 2017/18 which necessitated further funding;
- Outcomes and service user feedback which evidenced impact in 2016/17 against the 5 outcomes;
- Evidence that the funding would be used to make the group more secure in the future and develop its sustainability.

All five groups performed satisfactorily in these categories and the panel were able to recommend additional funding.

Recommendations:

Grants Determination (Cabinet) Sub Committee is recommended to authorise the increased awards for the Mental Health Grants Programme which totals an additional £16,672 for the 2017-2018 year of the programme. The individual groups and renewed allocations are listed below:

	Additional Funding	Original funding	Total 2017/18 grant amount
Cool to Believe	£3,310	£1,690	£5,000
Peace of Mind	£3,576	£1,424	£5,000
Upbeat	£3,576	£1,424	£5,000
Mindfulness photography	£3,576	£1,424	£5,000
Performing arts and cinema group	£2,634	£2,366	£5,000
Total	£16,672		

1. REASONS FOR THE GRANT PROGRAMME

- 1.1 User Led groups deliver preventive services which increase wellbeing and keep people out hospital.¹ They are effective value-for-money ways of keeping people well in the community.² Local JSNA data supports the success of the Tower Hamlets preventative approach in keeping people with mental health problems well in the community thus preventing more acute and costly care and support needs.
- 1.2 Mental Health user led groups are becoming increasingly popular year on year, as they enable service users to take active control of meeting their own needs, to be innovative and creative in doing so, and to develop new skills and knowledge in the process. Service user engagement and coproduction provides many benefits such as:
 - Intrinsic value for the individual involved, for example, increased confidence in social situations and reduced social isolation;
 - Increased capacity of services; by using service users' lived experience, time, skills, resources and networks we are providing a higher amount of higher quality services; and

¹ Repper, J and Carter T.(2011). 'A review of the literature on peer support in mental health Services.' Journal of Mental Health, August 2011; 20(4): 392-411

² http://www.centreformentalhealth.org.uk/news/2013_peer_support_workers.aspx

- Monetary value; preventing more acute needs arising and so reducing the use of expensive crisis services.³

Annual funding of the user led groups has proved to be immensely beneficial to the large majority of service users who use the groups, with service users reporting that they feel very positive about their involvement in either facilitating groups or being an active member.

1.3 The Mental Health User Led Grants Programme enables us to meet key priorities stated within the Tower Hamlets Mental Health strategy to:

- Reduce stigma and discrimination by offering alternatives to traditional segregated services;
- Support people to take control of their lives;
- Ensure that people are able to access support easily; and
- Promote service user involvement in developing and improving services.

1.4 A high proportion of the funded user-led groups have been established over the past eight years, with the firm foundation that they actively encourage and promote healthy lifestyles, focus on health promotion and endorse a positive outlook on the lives of service users through physical exercise and alternative therapies. The purpose of the grants scheme to:

- Increase numbers of people with mental health problems involved in delivering services and/or activities
- Increase number of people in user group leader/involvement roles achieve personal goals and aspirations
- Increase levels of peer support available in community settings

1.5 The groups are designed to deliver a series of co-produced outcomes:

- I feel more supported because of the group.
- I feel more positive about the future because of the group
- I feel less socially isolated because of the group
- I feel I have developed because of the group.
- I can better manage my mental health problems because of the group.

1.6 Reviewing the programme at the end of year one has been necessary to account for the changing circumstances of a number of the groups and the resulting reduced allocations. It is recognised that a number of these groups remain in their infancy and that we need to adopt a flexible approach to supporting them as the success of the groups grows. It is also acknowledged that at the start of the programme in 2016, no one group was granted the full amount of their application due to the over subscription at this time.

³ http://www.neweconomics.org/page/-/publications/Co-Production_web.pdf

2. ALTERNATIVE OPTIONS

- 2.1 The alternative option is to retain the grant amounts at their original allocated values in 2016. However, this is not recommended for the reasons listed above. The user led group grant schemes continues to be an innovative approach for enabling peer groups to support recovery and improve well-being for participants. The grant scheme assists groups to reach up to 1000 members each year.

3. BACKGROUND

- 3.1 The Tower Hamlets Mental Health user led grants programme funds user led groups to provide a wide range of social and therapeutic activities to promote social inclusion, well-being, and independence for people with mental health problems aged over 18. A significant proportion meet out of usual office hours, including evenings and weekends and so provide social support when other services are not available. They provide targeted support to a wide range of communities across the borough including some of our most vulnerable and hard-to-reach communities.
- 3.2 User led groups are at the heart of the Council's strategy to develop services that give more choice and control to users. In particular the Health and Wellbeing Board Strategy places a significant emphasis on the fact that service users have told us that they want more choice and control over service development and delivery.
- 3.3 To qualify for a grant, groups have to be led by a person or people with a mental health problem. When a group of service users have ideas on how their social care needs could be better or more creatively met, they have the opportunity to apply for funding to realise their ideas in practice. The mental health user led grants budget is held by the Adults and Health Services Directorate within its Mental Health Commissioning budget. For the 2016/18 programme grant applications were requested for a maximum of up to £5,000 per group.
- 3.4 Applicants were requested to demonstrate how the grant would be used to address the listed criteria:
- a. Support residents of Tower Hamlets with identified mental health needs aged over 18.

- b. Be led by mental health service users.
 - i) Existing funded groups: to demonstrate performance (track record) of being a user-led group.
 - ii) New groups: to demonstrate experience or aspiration for being a user-led group.
- c. Provide peer support, therapeutic or social activities.
- d. Provide a quality service to an active membership.
- e. Priority to be given to groups that provide activities that take place out of hours.
- f. Priority to be given to groups that target users who are currently under represented in the overall funding scheme.
- g. Priority to be given to groups who demonstrate a commitment to the agreed outcomes and outputs.
- h. Priority to be given to groups who demonstrate a commitment to sustainable development.

3.5 An evaluation panel was convened to carry out interviews and agree recommendations at the end of the evaluation process. This consisted of:

- A member of the Mental Health and Joint Commissioning Team
- The Community Options Service User Involvement Project Worker
- The Senior Operational Lead from Adult Mental Health Services, and
- A service user representative.

With approval for individual 2016/18 grant awards secured at the Commissioners' Decision Making Meeting on 12th April 2016 where the following recommendations were endorsed:

- The award of 31 small grants to independent user led groups at a total value of £90, 838 per annum, in line with the individual decisions detailed in appendix one.
- Awards are on the basis that there will be no right of appeal against the refusal of a grant and that grants approved must clearly state the purpose for which the funding is being given.
- That the awards are made for a for 12 month period, renewable dependent on outcomes performance for a further year.

(see appendix 1 for full details of the individual grants)

4. REVIEW OF 2016/17 GROUPS

4.1 A review took place in January 2017 in order to inform Year 2 funding for the programme. The review focused on: financial and qualitative evidence; attendance at quarterly training sessions, and; satisfactory budget and activity plan for 2017/18. The process took place through a desktop review which looked at training records, submission dates, and notes from the face to face meetings with Community Options where outstanding issues had been identified throughout the year. Conclusions of the review are as follows.

- 24 groups have met all the required conditions and are providing a beneficial and well utilised service.
- 4 groups have closed or not accessed the initial funding due to, in the main, ill health. These groups were initially awarded £10,791 from the grants programme.
 - ✓ BSAMG (£2,944)
 - ✓ Health and Fitness (£3,062)
 - ✓ Mind Wanderers (£2,031)
 - ✓ Sunday Lunch Club (£2,754)
- 2 groups have achieved affiliate status and are now operating independently of grant funding. The grant total in this category amounts to £6,539.
 - ✓ Hush (£4,739)
 - ✓ Aspire 2 (£1,800)
- One group (Ocean Somali Women's Group) was unable to comply with the timely submission of required paperwork or reasonable attendance at the facilitated engagement sessions and therefore did not meet the requirements of the grant conditions. Furthermore, they did not take up the opportunity to meet with Commissioners or Community Options to develop a recovery plan for 2017/18 funding therefore are unable to access future funding. Their grant total is £4,235.

4.2 Overall the review identified a reduction in the number of groups from 31 to 24. The financial consequences of this reduction are a predicted underspend for the 2017/18 programme of £21,565. The reduction in the number of groups puts at risk one of the founding principles of the Mental Health Strategy; the delivery of our collective aspirations by experts by experience.

4.3 Several groups have informed us as part of the review process that the 2016/17 reduction in individual grant award levels against their original bids was putting their continued viability at risk. The award allocations determined in 2016/17 were based on a VFM exercise which used cost per person per session. Some of the groups have remodelled to increase attendance and as such are delivering high numbers of sessions to high numbers of people based on an

initial amount that was calculated using historic poor attendance. This success has only been made possible through group reserves. Because of the robust implementation of financial requirements these reserves are now no longer available.

5. 2017/18 PROGRAMME RECOMMENDATIONS

- 5.1 In order to enable successful groups to continue delivery, the existing compliant groups have been given the opportunity to revise their grant requests for 2017-18 based on the potential and sustainability of their group.
- 5.2 In the week commencing 20th February all successful groups were invited to amend their original grant application and apply for additional funding. Groups were reminded that the total annual maximum amount was £5,000 therefore the additional funding could not increase their total funding beyond this limit. They were informed that they would be scored against the following areas:
1. How they would use the extra money to deliver against the following outcomes (5 marks):
 - increase support for people with mental health problems particularly at times that no other services are open;
 - increase hope (for example, positive thoughts for the future, levels of motivation, activities and goal planning);
 - decrease social isolation;
 - develop skills; and
 - improve mental health
 2. How they could demonstrate previous impact against the 2016/17 outcomes using evidence from the 'individual outcomes questionnaire' and other service user feedback. (5 marks)
 3. How they would use the additional money to make the group more secure in the future and develop its sustainability? (5 marks)

- 5.3 6 applications to increase original grant requests from successful groups were received. One group was ineligible as this group was already receiving maximum funding from the grants programme and was informed as such. It is worth noting that the 4 applications were from the groups who were receiving the lowest amounts in the 2016/17 grant award.
- 5.4 A panel was formed to score the applications against the above identified criteria. This panel was made up of the Service Manager for Community Mental Health, ELFT's People's Participation lead and a Mental Health Joint Commissioner.
- 5.5 The panel individually scored each group against the criteria resulting in a panel total out of 45. The panel were able to recommend additional funding to all of the groups that applied.

	Additional Funding	Original funding	Total 2017/18 grant amount
Cool to Believe	£3,310	£1,690	£5,000
Peace of Mind	£3,576	£1,424	£5,000
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Mindfulness photography	£3,576	£1,424	£5,000
Performing arts and cinema group	£2,634	£2,366	£5,000
Total	£16,672		

6. COMMENTS OF THE CHIEF FINANCE OFFICER

- 6.1 Tower Hamlets Mental Health User Led Grants (ULG) programme helps fund social and therapeutic activities that promote social inclusion, well-being, and independence for people with mental health problems aged over 18. User led groups are at the heart of the Council's strategy to develop services that give more choice and control to service users and could help keep people out of hospital.
- 6.2 Following a review of how these ULGs performed in 2016/17, approval is sought for grant funding in 2017/18. The financial risks to LBTH is minimal considering the £5,000 funding cap on individual ULGs and it appears the service delivery objectives are being met based on the review outcome. The funding for this grant will be met from within Adults Mental Health budget in 2017/18.

7. LEGAL COMMENTS

- 7.1 Whilst there is no strict legal definition of grant, a grant is in the nature of a gift and is based in trust law. However, grants are often given for a purpose so it is sometimes unclear whether a grant has been made or the arrangement is a contract for services.
- 7.2 There will be many grants which are made by the Council for the purpose of discharging one of its statutory duties. However, as a grant is in the nature of a gift, it is considered there must be some element of discretion on the part of the Council as grantor as to whom a grant is made to and whether this is made. If the Council is under a legal duty to provide a payment to a specific individual or organisation, and cannot lawfully elect not to make such a payment, then that should not amount to a grant.
- 7.3 In this case, the Council is not under a legal duty to make the payments and as the payments are discretionary, they are therefore considered to be grants.
- 7.4 There is a need to ensure that the Council has the power to make the grants in question. In that regard, the proposed grants are supported by the Council's general power of competence. Section 1 of the Localism Act 2011 gives the Council a general power of competence to do anything that individuals generally may do, subject to specified restrictions and limitations imposed by other statutes.
- 7.5 When considering whether to approve the grant, consideration should be given to the arrangements in place to ensure that the power that is exercised is consistent with its best value arrangements. The Council is obliged as a best value authority under section 3 of the Local Government Act 1999 to "make arrangements to secure continuous improvement in the way in which its functions are exercised, having regard to a combination of economy, efficiency and effectiveness" (the Best Value Duty). Paragraph 9 below considers this in further detail.
- 7.6 When implementing the scheme, the Council must ensure that no part of the funds issued represents a profit element to any of the recipients. The inclusion of profit or the opportunity of making a profit from the grant or third parties indicates that the grant is really procurement activity and would otherwise be subject to the Council's Procurement Procedures and other appropriate domestic and European law. This would mean therefore, that the Council would have failed to abide by the appropriate internal procedures and external law applicable to such purchases.
- 7.7 When making grants decisions, the Council must have due regard to the need to eliminate unlawful conduct under the Equality Act 2010, the need to advance equality of opportunity and the need to foster good relations between persons who share a protected characteristic and those who do not (the public sector equality duty). A proportionate level of equality analysis is required to discharge the duty and information relevant to this is contained in the One Tower Hamlets section of the report

8. ONE TOWER HAMLETS CONSIDERATIONS

- 8.1 An original driver of the programme was to target individuals with mental health support needs from vulnerable and hard to reach communities. Some communities have high levels of mental health problems but because of stigma and a lack of culturally appropriate services often only access services at point of crisis. The aim of this programme is to provide accessible, preventative services which harness the resources of the communities and to prevent mental health problems from escalating.
- 8.2 Attendance at the user led groups reflects the diversity of the Borough. This is a result of the policy to encourage service users from these communities to lead their own groups that both meet culturally specific needs and are accessible to their community networks.
- 8.3 A number of areas outlined within 'A healthy community' are endorsed and promoted through the funding of the user-led groups. A high proportion of the existing funded groups promote healthy eating, alternative therapies and physical exercise which clearly evidences positive effects on group members this in turn has enabled members to look at their lifestyles holistically and improve, enhance and develop other areas of their lives which have a direct impact on their mental wellbeing.
- 8.4 There have also been a number of members who have felt confident enough to cease attending the groups and who have progressed onto volunteering and training opportunities. This not only gives confidence to the member/s who have moved-on and progressed, but also to existing members who may see this as direct encouragement and an insight into opportunities which they may not have necessarily have known about prior to being a group member.

9. BEST VALUE (BV) IMPLICATIONS

- 9.1 The best value duty is a duty to "make arrangements to secure continuous improvement in the way in which its functions are exercised, having regard to a combination of economy, efficiency and effectiveness." The Mental Health User Led Grants Programme demonstrates economy and efficiency in that it will significantly improve and increase the range and quality of services.
- 9.2 The Mental Health User Led Grants programme delivers a high volume of support within a limited envelope. At a cost of £ £90,838 the programme presents good value for money in terms of the quality and the volume of services delivered. This is demonstrated in the:
- Number of workshops delivered by the programme;
 - Number of people who attend these workshops;
 - Choice and variety of different workshops and activities available;

- Ability of the groups to offer services for hard to reach communities;
- Capacity to include people with multiple and complex needs; and,
- Geographical distribution of groups in relation to need in the borough.

9.3 User Led groups deliver preventive services which increase wellbeing and keep people out hospital. They are effective value-for-money ways of keeping people well in the community. Local JSNA data supports the success of the Tower Hamlets preventative approach in keeping people with mental health problems well in the community thus preventing more acute and costly care and support needs.

10. SUSTAINABLE ACTION FOR A GREENER ENVIRONMENT

10.1 The proposals within the report do not specifically contribute to a sustainable environment nor identify any environmental implications.

11. RISK MANAGEMENT IMPLICATIONS

11.1 The increased focus on outcome, independence and sustainability within the programme as a whole is a challenge for some of the service user groups with its accompanying increased responsibility. We mitigate this risk by:

- Coproducing the mandatory outcomes and measurements with the groups to agree reasonable requirements
- Providing a tiered level of support from the Recovery and Wellbeing service that will develop sustainability within the groups and capacity to access alternative funding
- Supporting the introduction of any new monitoring mechanism and the attainment of the quality assurance standard
- Providing training and skills development courses at the Recovery to support the pathway for group leaders

12. CRIME AND DISORDER REDUCTION IMPLICATIONS

12.1 By promoting and supporting recovery focused activities, the proposals seek to enable people to achieve their full potential encouraging participation in meaningful activities and reducing risk of criminal activity and anti-social behaviour.

13. SAFEGUARDING IMPLICATIONS

13.1 Through the safeguarding training and ongoing support this programme is building understanding and capacity within the mental health service user community. This will enable them to better manage safeguarding issues amongst peers who otherwise may not have engaged with mainstream services. All support and training will be driven by Tower Hamlets Safeguarding strategies and procedures.

Linked Reports, Appendices and Background Documents

Linked Report

- List any linked reports

Appendices

- List any appendices

Background Documents – Local Authorities (Executive Arrangements)(Access to Information)(England) Regulations 2012

Officer contact details for documents:

Or state N/A

Appendix 1: 2016/17 and 2017/18 Grant Recommendations

Name	16-17 grants recommended	17-18 grants recommended
Aspire 2	£1,800	0
Asumjwe	£3,900	£3,900
Boyaan and Go	£3,269	£3,269
BSAMG	£2,944	0
Burcham Street Gardeners	£2,500	£2,500
Café Nia	£4,351	£4,351
Cool To Believe	£1,690	£5,000
Evening Music Group	£2,500	£2,500
Expressions with Art	£4,800	£4,800
Feel Good Friday	£4,321	£4,321
Handy Crafts	£2,971	£2,971
Health fitness Group	£3,062	0
HUSH	£4,739	0
KUSHI	£1,971	£1,971
Melody Makers Music Group	£3,169	£3,169
Mind Wanderers	£2,031	0
Mindfulness Photography	£1,424	£5,000
New Start Pamper Group	£3,111	£3,111
Ocean Somali Womens Group	£4,235	0
Peace of Mind Group	£1,424	£5,000
Performance Arts & Cinema Club	£2,366	£5,000
Phoenix	£3,000	£3,000
Sohba Taiba (Good Friendship)	£2,750	£2,750
Sunday Lunch Club	£2,754	0
Thai Boxing Fighter Academy	£5,000	£5,000
The Song Birds	£3,995	£3,995
Time to Talk Peer Support	£2,810	£2,810
UPBEAT	£1,424	£5,000
Urban Rambling	£911	£1,424
Vietnamese Mental Health Society	£3,596	£3,596
Voices Within	£2,020	£2,020
TOTAL	£90,838	£53,919

Appendix 2: Panel Scoring

Cool to Believe

Cool to Believe	
total	35/45

Peace of Mind

Peace of Mind	
	39/45

Upbeat

Upbeat	
	39/45

Performance Arts & Cinema Club

Performance Arts & Cinema Club	
	40/45

Mindfulness Photography

Mindfulness Photography	
	38/45

Appendix A: user led group activity details

	Name of Group	Community focus of group	ACTIVITIES			Meeting Time
			Primary Base [post code]	Activities at Primary Base	External Activities if any	
1	Aspire2	All TH citizens	E5 5EU	Support people diagnosed with agoraphobia, depression and anxiety-based disorders	Meals; motivational trips;	Mondays; 1.30pm-3.30pm
2	Asumjwe	Female - African Caribbean TH Citizens	E3 4DA	Afro-Caribbean Women. Discuss Women's issues Health and Craft work activities.	MH awareness events; events stall on healthy eating; cinema; partnership working with Women Environmental Network and Mosaada for single homeless women	Monday - Usually 2pm; Some outings.
3	Boyaan and Go	Bangladeshi Women				
4	Café Nia	African-Caribbean - TH citizens	E3 4DA	Afro-Caribbean support group. Various activities, including cooking	Cinema/Theatre/museums; day trips; cultural themed events; African markets	Tuesday, 1500-1900hrs
5	Evening Music Group					
6	Cool to Believe					
7	Expression with Art	All TH citizens	E14 3BN	Art based activities for people with mental health needs	Visits to museums and galleries	Wednesday 6.30pm occasional weekends
8	Feel Good Friday	All TH citizens	E3 5ED	Discussion & Express feelings to enable decision making	None	Friday 0900-1600hrs
9	H.U.S.H [Hidden Universe of Self-Harm]	All TH citizens	E14 8JT	24/7 Telephone advise/support; Group support for individuals who self-harm; 0900-1700hrs Library on self-help; Provide training on self-harm to other	Social outing; community events	Friday - 1600-1700hrs & up to 1900hrs

				organisations; hospital visits; outings/social events; awareness raising		
10	Handy Crafts	All TH citizens	E3 5ED	explore and use Creative talents i.e. jewellery making, art paint, craft making	visit exhibition/craft fairs; social meals	Thursdays 1030-1430hrs and occasional activities on weekends
11	Health Fitness Group	All TH citizens	E2 9PJ	Physical exercises and team working	Outdoor cycling, healthy eating eateries; sports events; trips	Monday 10:30am-12:30pm Plus various other activities
12	KUSHI	Female - Bangladeshi / Indian - All TH citizens	E3 5ED	Asian Women support Group, message, baking, outings and; Art & Craft; zumba; discuss health matters/eating well	Beano trips; faith festivities; spa/massage; outings;	Mondays - 10:30 – 1pm
13	Melody Makers					
14	Mindfulness Photography	All TH Citizens	E3 4DA	Use of photography to enhance social interaction, reduce isolation. Regular outings and training provided in various aspects of photography.	Exhibitions and shares work in different locations in the community	Friday 10am - 1pm
15	Muay Thai Boxing	All TH citizens	E3 4DA	Keep-fit & Self- defence; socialise; fundraising	Demonstrations and activities at various events around the borough	Monday - 3.00 – 5.00
16	New start Pamper Group	Female - All TH citizens	E3 5ED	Use recovery model to prevent isolation and depression	Spa trips; meals; beauty shows; day trips	Tuesday; 1015-1300hrs
17	Peace of Mind	Bangladeshi Men	E3 4DA			
18	Performance Arts & Cinema Club	All TH citizens	E2 6JY	Planning meetings	Peer support; break isolation talks; outdoor activities; watch films, plays, theatre and socialise.	Depending on film days and times
19	Phoenix	All TH citizens	E3 5ED		Peer support for people who self harm	

20	Sohba Taiba (Good Friendship)	Arab Residents	E3 3LL	Arab Community - peer support, social integration. Cooking, Baking and sewing	Trips and activities around the borough	Thursdays and Sundays
21	Muay Thai Boxing	All TH citizens	E3 4DA	Keep-fit & Self- defence; socialise; fundraising	Demonstrations and activities at various events around the borough	Monday - 3.00 – 5.00
22	The Song Birds	All TH citizens	E1 7AJ			
23	Time to Talk	All TH citizens	E3 5EU			
24	UPBEAT	All TH citizens	E2 0EA	support service users with experience of criminal justice system. Support with mental health and involve members in social activities	Visits to exhibitions, events and places of interest	Weekday afternoons
25	Urban Rambling	All TH citizens	Various depending on walk route	Various depending on walk route	To support members to get fit and active through walking and learn about local history.	Thursday 5.30pm and Sunday 3pm
26	Vietnamese Mental Health Society	Vietnamese TH citizens	SE1 2XF	Health eating and cooking,	Various outings	Thursday afternoon and occasional weekends
27	Voices Within	All TH citizens	E3 5EU			