

Theme 4 – Investing in Public Services

Scheme A - Physical and Mental Health Wellbeing of Older People

ID	Organisation	Project	Geographical Area Served	Annual Grant Amount	Officers Notes	RAG rating
8969	Age UK East London	Activity Buddy	Boroughwide	£25,000	<p>In this reporting period the project has supported 19 clients matched to date.</p> <p>Monitoring demonstrates the project will achieve expected outcomes.</p>	Green
Short Description	Our tried and tested, volunteer-led Activity Buddy scheme uses both 1:1 and group sessions to support older people to build the trust and confidence to get out into the community, connect with others and become more active and informed.					
Progress Update	<p>In this reporting period the project has supported 19 clients matched to date.</p> <p>88.2% of clients report feeling less isolated and lonely from the 19 matched.</p> <p>78.9% on average state that they feel that they feel more included and integrated in their community from the 19 matched.</p> <p>89.4% of all participants access wider support and services</p> <p>76.4% of all participants are more physically active</p> <p>Outcomes/Case study</p> <p>As a result of the successful match and the plans for regular outings with her matched volunteer, the client MC feels much more positive about the future. She is now looking forward to participating in social activities again and is particularly excited about the prospect of attending the activity club.</p> <p>The client MC mentioned that having volunteer EC visit breaks up the week and as Volunteer EC is retired is more flexible with visits. There has been a marked improvement in the client’s MC overall wellbeing. She reports feeling less isolated and more connected to her community. The anticipation of social interactions and regular outings has significantly lifted her spirits. Both the client MC and her family have noticed a positive change in her mood and the MC continues to give positive feedback.</p>					

ID	Organisation	Project	Geographical Area Served	Annual Grant Amount	Officers Notes	RAG rating
8826	Asian People's Disability Alliance	Can you See Us - Standing Up for Older People	Spitalfields and Banglatown; Weavers; Bethnal Green West (formerly St Peter's); Bethnal Green East (formerly Bethnal Green)	£20,000	Monitoring demonstrates the project will achieve expected outcomes.	Green
Short Description	This is a Daycare & Development Project for Older women with Disabilities and long-term Health Conditions. By supporting their physical, emotional, social, and environmental needs, we may improve the quality of life for older persons with impairments and health issues.					
Progress Update	<p>The APDA's project relating to the physical and mental wellbeing of older people continues to thrive, with 62 participants registered during the last quarter of the 24/25 FY. Key highlights include 45 people (target at least 18) reporting an increase in understanding their health conditions, and an increase in their ability to make health choices including 50 participants reporting (target at least 18) reporting improved physical and mental health.</p> <p>During this period the organisation provided:</p> <ul style="list-style-type: none"> * Culturally specific dance and movements exercises * Arts and crafts sessions * Disseminated information and advice for residents attending sessions * Held an information stall at Mile End Stadium for Disabled residents * Provided 2 sessions per week for Women to improve their health and wellbeing <p>No challenges or barriers to delivery reported and organisation provided a:</p> <ul style="list-style-type: none"> * Provided a budget monitoring report * Monitoring evaluation form with photos * Photo of event 					

ID	Organisation	Project	Geographical Area Served	Annual Grant Amount	Officers Notes	RAG rating
9073	Community of Refugees from Vietnam - East London	Vietnamese and Chinese Lunch and Social Club	Boroughwide; Island Gardens; Blackwall and Cubitt Town; Poplar; Limehouse; Lansbury; Mile End; Bromley South; Bromley North; Bow West; Bow East; Shadwell; Whitechapel; Stepney Green; Bethnal Green West (formerly St Peter's); Bethnal Green East (formerly Bethnal Green)	£25,000	<p>During this reporting period the project has supported 53 members, improving their health and wellbeing and reducing their isolation.</p> <p>Monitoring demonstrates the project will achieve expected outcomes.</p>	Green
Short Description	The Vietnamese & Chinese Lunch Club (VCLC) provides healthy food, a lunch club, a range of social activities and promotes healthy living in all forms for older people in the London Borough of Tower Hamlets.					
Progress Update	<p>During this reporting period the Vietnamese and Chinese Elderly Luncheon Club has provided a variety of activities from gentle dexterity games to invigorating Tai Chi sessions, table tennis, and ballroom dancing which promote health and wellbeing; helping members stay active and energized.</p> <p>The project emphasises the importance of healthy eating and lifestyle choices and strives to empower members to take charge of their well-being and embark on a journey towards improved health.</p> <p>In the past three months, the club has witnessed a surge in engagement because of warmer weather, with approximately 52 members actively participating in activities.</p> <p>The project provides opportunities for members to learn about the health conditions that affect them and how best to deal with them through arranging informative sessions, health screenings and workshops.</p> <p>The project reduces isolation for those living on their own or who are housebound through its volunteer outreach programs, engaging them in social activities, transportation services, technology training, and home visits to ensure that no member feels alone or disconnected.</p>					

ID	Organisation	Project	Geographical Area Served	Annual Grant Amount	Officers Notes	RAG rating
9004	East London Mosque Trust	The Senior Citizens Project	Whitechapel; Bethnal Green East (formerly Bethnal Green)	£25,000	In this period the project has supported 64 participants in regular project activities which have included onsite activities and trips to external venues. Monitoring demonstrates the project will achieve expected outcomes.	Green
Short Description	The Senior Citizens Project at East London Mosque supports elderly men and women over 50 to tackle loneliness and isolation and improve their health and well-being through social activity, exercise, and awareness sessions in a culturally sensitive space and gives access to a healthy meal through a health cafe.					
Progress Update	<p>During this reporting period, the activities that took place for both groups (men & women) were co-produced with them. Participants wanted to do more outings and be with nature. As a result, trips to Key Gardens, Holland Park, Sky Gardens in Canary Wharf and Victoria Park were arranged. For some of the women it was their first time travelling on trains and using the DLR.</p> <p>These outdoor trips and outings have helped the mental and physical wellbeing of the beneficiaries by improving their mood, improving their confidence, helping them to be more active and reducing feelings of stress.</p>					

ID	Organisation	Project	Geographical Area Served	Annual Grant Amount	Officers Notes	RAG rating
8868	English National Ballet	Dancing East	Canary Wharf; Blackwall and Cubitt Town; Poplar; Limehouse; Lansbury; Shadwell; Whitechapel; Spitalfields and Banglatown; Weavers; Bethnal Green East (formerly Bethnal Green)	£25,000	Monitoring demonstrates the project will achieve expected outcomes.	Green
Short Description	Dancing East is English National Ballet's programme of creative ballet classes for participants aged over 50 living in Tower Hamlets and is designed to improve physical and mental wellbeing through dance in community centres across the borough.					
Progress Update	<p>Extract from Monitoring Return: "- Dancers from the Sundial Centre presented their creative work that they had developed over the 8-week spring term, inspired by Rhapsody in Blue. This was the first time that participants had requested a sharing opportunity, highlighting the growth in confidence of the dancers.- Feedback from across our Dancing East community centres has continued to demonstrate the need for this activity. Participants describe our programme as ""a lifeline"", and ""a chance for them to meet and speak to likeminded people"". Where appropriate, we have streamlined activity to meet the demands of each centre's timetables and we have looked at artistic content and set-up to ensure the programme remains relevant, artistically challenging for the participants and creatively innovative."</p>					

ID	Organisation	Project	Geographical Area Served	Annual Grant Amount	Officers Notes	RAG rating
8942	Globe Community Project	Wellbeing for Elders	Bethnal Green West (formerly St Peter's)	£39,903	<p>During this reporting period the project has supported 30 registered participants who reported positive feedback as a result of participating in project activities.</p> <p>Monitoring demonstrates the project will achieve expected outcomes.</p>	Green
Short Description	<p>A powerful mindfulness-based programme serving over-60s at risk of severe loneliness and isolation in Tower Hamlets supporting them to increase connection with others and themselves and lead richer, more active and fulfilling lives. Participants improve their resilience using proven tools to improve awareness and agency over thoughts, emotions and behaviour.</p>					
Progress Update	<p>During this quarter the project delivered a Level 2 course at the Sundial centre, held its first steering group meeting at Create Place, and held a special day for older Bangladeshi women. Level 2 course: it was small with 5 attendees, but saw 100% attendance, and all met the KPIs with 100% positive feedback.</p> <p>Steering Group: a diverse group of six, kept small to allow space for future graduates to join. The group discussed ToR, hopes, ideas for activities. They were happy to have a budget to plan fun activities. They discussed how they could be ambassadors for the programme and how the project could support them. They also would like better communication and sense of next steps when they finish a course; for GCP to keep in touch, and let them know what else is available from GCP.</p> <p>Bangladeshi older women’s special day: this day was highly successful. The project hired a female outreach worker, an interpreter, and the event took place at the Harford Multicentre which was best located. The project put a lot of resource into outreach and recruitment, materials, a hot lunch, and giving plenty of space to share about their lives and connect. 25 women came, most were widows whose children are out working, don’t speak much English and are very isolated. Their whole life has been about other people, and they loved having the space for themselves. All engaged fully in discussing ups and downs of ageing, wellness, and making wellbeing boxes.</p> <p>Of the 21 who completed an evaluation form, all marked their experience as a 10 (loved it). There was considerable enthusiasm for more, and the project intends to run a 6-week course for them in the future.</p>					

ID	Organisation	Project	Geographical Area Served	Annual Grant Amount	Officers Notes	RAG rating
8973	Island House Community Centre	SENIORS	Boroughwide	£25,000	Monitoring demonstrates the project will achieve expected outcomes.	Green
Short Description	The Seniors Project addresses loneliness and isolation in older people within Tower Hamlets through regular initiatives covering physical and mental health, social needs, and practical skills. Extending our existing programme will increase the range of social and health activities available to improve mental and physical health amongst the over-fifties.					
Progress Update	<p>The project continues to excel with some KPIs exceeding targets e.g. 25 attendees reported improved health (original target 12) and 35 people reporting reduced isolation (original target 27).</p> <p>Overall, the report indicates that the organisation is really pleased that attendances across the activities have increased from 260 to 338 this Q. Sessions were slightly up from 42 to 46 and all activities are going well and meeting their key indicators.</p> <p>No concerns raised by monitoring officer and a finance report, a case study, and sample evaluation forms were submitted as evidence.</p>					

ID	Organisation	Project	Geographical Area Served	Annual Grant Amount	Officers Notes	RAG rating
8903	Neighbours In Poplar	Bengali Women’s Holistic Project	Island Gardens; Canary Wharf; Blackwall and Cubitt Town; Poplar; Limehouse; Lansbury	£25,000	Monitoring demonstrates the project will achieve expected outcomes.	Green
Short Description	Following extensive research by NIP, we have discovered that there is a lack of community provision for local elderly Bengali women. We therefore, propose to outreach to local elderly Bengali women residing in the E14 area to attend and take full advantage of the many services and activities from NIP.					
Progress Update	<p>During this quarter, the Bengali Women's Holistic Project engaged with 14 Bengali women over 50 years old residing in E14, with 5 from Isle of Dogs and 9 from Poplar. Our primary focus was reducing isolation, enhancing digital inclusion, and improving mental ill-being.</p> <p>They hosted an Eid Party for over 25 Bengali women, featuring free massages, henna, and a catered lunch. This event fostered community spirit and provided a culturally significant celebration, which enhanced social wellbeing and mental health for the attendees. The women expressed immense joy and gratitude, highlighting the event’s success in reducing feelings of isolation.</p> <p>The digital support and inclusion efforts were extensive, with 17 instances of digital assistance:</p> <ul style="list-style-type: none"> - Claiming carer's allowance, resulting in a weekly benefit of £81.90. - supported 5 clients with housing issues by liaising with local authorities and housing associations to resolve bidding, adaptation, and repair issues. - completed 8 housing benefits and council tax reduction forms. - supported 3 individuals in claiming pension credit. - Assistance was also provided for 2 Freedom Pass and 60+ applications, which enabled better mobility and access to services. - supporting 3 clients migrating from legacy benefits to Universal Credit, including ongoing digital support to manage their online journals. This support was crucial due to the language barriers and lack of digital literacy among the clients. <p>Financial support and benefits provided this quarter included</p> <ul style="list-style-type: none"> - helping 2 clients with Attendance Allowance applications, one of whom has been awarded the lower rate of £72.65 per month. - completed a successful Blue Badge application - two medical priority forms for clients with mobility issues. - Conducting 4 Turn2us benefit checks ensured that clients received all entitled benefits. - assisted 3 clients in obtaining a 50% reduction in their water bills and priority listing for additional support from their supplier. - supported individuals with parking permit and passport applications, facilitating greater independence and mobility. 					

ID	Organisation	Project	Geographical Area Served	Annual Grant Amount	Officers Notes	RAG rating
8632	Shadwell Trust	Bridging the Gap	St Katherine's and Wapping; Shadwell; Whitechapel; Stepney Green	£25,000	The project has supported 43 beneficiaries this quarter improving peoples' health and wellbeing and reducing peoples' isolation and loneliness. Monitoring demonstrates the project will achieve expected outcomes.	Green
Short Description	Bridging the Gap will provide access to physical activity and mobility sessions to older people. The activities will be delivered from Tarling East Community Centre in partnership with Sonali Gardens, Linkage Plus and Tower Hamlets Community Housing. We also plan to run social club and activity classes for older people.					
Progress Update	<p>During this reporting period, the project has delivered art classes for older people (primarily attend by older women from Bangladeshi backgrounds), walking football sessions for 50+ at Marners School and social club drop-in sessions at Sonali Gardens.</p> <p>Outcomes and KPIs achieved during this period include:</p> <ul style="list-style-type: none"> - 43 older people who participated on the project reported improved mental wellbeing - 32 older people who participated on the project reported improved physical wellbeing - 43 older people who participated on the project reported feeling less socially isolated. 					

ID	Organisation	Project	Geographical Area Served	Annual Grant Amount	Officers Notes	RAG rating
9032	SocietyLinks Tower Hamlets	Growing Together	St Katherine's and Wapping; Shadwell; Whitechapel	£40,000	Monitoring demonstrates the project will achieve expected outcomes.	Green
Short Description	A health and mental wellbeing improvement programme targeting older people through tackling loneliness, inactivity and isolation. The project will reduce digital isolation to give older people greater access to services and convenience and imbed strategies to improve intergenerational relations through a volunteering scheme with local young students.					
Progress Update	SocietyLinks are exceeding targets, and the project continues to excel with 23 beneficiaries (target 21) reporting increased participation in physical activities and 21 beneficiaries (target 18) reporting having confidence to use basic features on a digital device independently. In addition to this, according to the report the Digital Divide project has been extremely successful following a change in their approach to delivery. Initially, the project attempted to teach the older people technological fluency and computer literacy, however, following initial hesitation from users, the project now focuses on assisting with any problems they have with technology. Instead of being able to teach them new things they do not want to learn, they approach the charity with problems they face using digital devices and staff assist them by fixing their problem and demonstrating the solution, so they can solve the issue themselves independently if the issue occurs again.					

ID	Organisation	Project	Geographical Area Served	Annual Grant Amount	Officers Notes	RAG rating
8956	Somali Senior Citizens Club	“Granby Hall Seniors’ Club”	Boroughwide; Bethnal Green West (formerly St Peter's); Bethnal Green East (formerly Bethnal Green)	£25,000	During this reporting period, the project has supported 98 Somali older residents by providing them a mixture of cultural, social and health and wellbeing activities. Monitoring demonstrates the project will achieve expected outcomes.	Green
Short Description	Granby Hall Seniors’ Club will promote health and well-being of vulnerable local elders, particularly, but not exclusively, from the Somali community living in Tower Hamlets experiencing social isolation, economic deprivation and reduced independence by providing a programme of health and developmental activities at our Granby Hall Centre.					
Progress Update	<p>During this reporting period, the project has helped Somali elders who are most vulnerable to adverse health outcomes to gain more control over their health and to live a healthy lifestyle. The project removes the barriers that prevent people from engaging in self-management behaviours by providing them with the knowledge and resources they need to make informed decisions. This includes outreach, access to health information, including emotional and mental well-being, communicating living well post Covid, social connection through social and cultural events. In collaboration with local community organizations and NHS health, the project delivers culturally sensitive series of sessions for all elderly participants.</p> <p>During this reporting period, the project has provided assistance and signposted participants who want to get extra support such as housing and benefit advice. The weekly advice sessions were held to assist participants with their inquiries and to provide advice and information to assist them with any concerns or questions they may have regarding the cost of living. The project has assisted eligible beneficiaries in claiming government assistance for their cost of living, including assistance with utility bills such as gas and electricity, as well as directing and advocating on their behalf to relevant organizations in order to eliminate debt.</p> <p>The project has delivered cultural activities: The Somali designed mind game has always been a popular part of culture, rituals, and socialising for men. The traditional social story and peer to peer support is also a popular session for ladies also some of Somali dancing was done for enjoyment and self-expression. This has brought people together in an effort to stay fit while also having fun and enjoying themselves.</p> <p>The Good Moves Weekly exercise sessions were delivered in the community centre. The course supports people with long term health conditions to give them practical skills and knowledge on healthy eating, portion size and keeping fit. This was delivered by a partner organisation, with the aim of improving physical and mental benefits including: improved heart and lung condition as well as increased muscular strength.</p>					

ID	Organisation	Project	Geographical Area Served	Annual Grant Amount	Officers Notes	RAG rating
8864	St Hilda's East Community Centre	Over 50's Feeling Good	Boroughwide; St Katherine's and Wapping; Shadwell Weavers	£25,000	During this reporting period, the Feeling Good project has continued to offer older residents a variety of activities including, Chit, Chat Chai, seated exercise and yoga. Monitoring demonstrates the project will achieve expected outcomes.	Green
Short Description	The aim of Over 50s Feeling Good is to provide a programme of activity for older people which allows them to experience joy through taking part in exciting and challenging activity, fostering social connections, and improving their physical and mental health in an environment that is comfortable, safe and inclusive.					
Progress Update	<p>During this reporting period, the Feeling Good project has continued to offer older residents a variety of activities across the week including; Chit, Chat Chai, seated exercise, dancercise, yoga, bingo, walking group and strength training. This quarter also included further work through the successful partnership work with Sadler's Wells. This involved 12 weeks of rehearsals leading up to a spectacular performance at Sadlers Wells Theatre. Feeling Good participants also got the chance to showcase their performance at St Hilda's East 135th Anniversary event in April, and again at the Sadlers Wells Take over of Queen Elizabeth Park in Stratford.</p> <p>Feeling Good are part of a 6 week well-being programme, run by Globe Community Centre. Weekly sessions at St Hilda's East, are designed to give participants the tools and methods for better management of the ups and downs of life over 60. Participation levels are good with 10-12 people attending each week.</p> <p>Feeling Good took part in a free health clinic provided by Tower Hamlets Public health team as part of the spring covid booster campaign. People were able to chat with a GP, have a free blood pressure checks and a covid boosters if eligible. Also, a 'Falls, trips and accidents' discussion took place, where service users had a detailed chat with NHS staff about what kind of challenges they face when travelling.</p> <p>Feeling Good's collaboration with Gateway housing continues to blossom, with Bingo and Karaoke sessions gaining more members. Feeling Good hopes to expand this to other schemes within the Gateway Housing service.</p> <p>The Feeling Good project has a small group of local volunteers, that continue to help out with coffee mornings, organising the physical space and some admin support/data input.</p> <p>Outcomes achieved include: 100% of the 33 people who participated in the focus group reported improved physical health 100% of the 33 people who participated in the focus group reported improved social connections and sense of community. 100% of the 33 people who participated in the focus group reported improved wellbeing "</p>					

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9002	Tower Hamlets Friends and Neighbours	Befriending for Isolated Older People	Boroughwide	£25,000	During this reporting period the project has supported 167 beneficiaries. Monitoring demonstrates the project will achieve expected outcomes.	Green
Short Description	A free befriending and advocacy service for older people experiencing loneliness and social isolation in Tower Hamlets through one-to-one befriending visits in people's homes, group outings enabling people to meet others in a similar situation, and telephone befriending for additional support particularly at times of crisis.					
Progress Update	<p>During this reporting period the project has supported 167 beneficiaries who have broadly experienced a reduction in loneliness and increased social connections and participation, as a result of project activities and outings.</p> <p>37 isolated older people who took part in project outings this quarter report that the outings have made a positive difference to their outlook.</p> <p>30 older people reported feeling more confident in dealing with everyday situation.</p> <p>There has been significant developments in professionalisation and development of the organisation. THF&N have secured additional funding from the Postcode Lottery for one year as well as Mercers Company for three years.</p> <p>THF&N have introduced a new monthly Get Together for Older People at the Bernie Cameron Centre, which has on average between 20-30 attendees. These are proving very popular. Transport and lunch is provided and has been fundraised for separately. As a result 2 individuals have been referred to the monthly Get Together, instead of having them wait a long-time for a Befriender. The waiting list for assessments has shortened, and a new protocol has been established of new referrals being responded to within 10 working days.</p> <p>The biggest challenge during the quarter has been the migration of THF&N database from a bespoke provider to Beacon. This is now complete, but has resulted in delays in back office management including reporting to funders.</p>					

ID	Organisation	Project	Geographical Area Served	Annual Grant Amount	Officers Notes	RAG rating
9052	Wapping Bangladesh Association	Active Plus - Wapping BME Older Person's Day Club	St Katherine's and Wapping; Shadwell	£25,000	The Wapping active plus project has supported 80 older beneficiaries this qtr. Project has improved their health and wellbeing and has reduced peoples' isolation and loneliness. Monitoring demonstrates the project will achieve expected outcomes.	Green
Short Description	WBA’s Older Person’s Healthy Living Club is a community-based day club run at the Wapping’s Youth Club that will a Lunch Club Programme and a variety of social and cultural socialisation activities that bringing improvements to the physical and emotional well-being to vulnerable Bangladeshi and BME older people.					
Progress Update	<p>Wapping active plus project has 80 people registered which include 40 males and 40 females. The project delivers three lunch club sessions (health & wellbeing sessions) every week. Activities include running machine exercises, walking sessions, health awareness sessions including complementary therapy sessions.</p> <p>The project carried out a feedback survey at the end of June 2024 to complete the 3 months (April 2024-June 2024) project evaluation. The following outcomes were achieved:</p> <ul style="list-style-type: none"> _ 95% reported improved physical health _ 96% reported improved mental health and not feeling isolated as much _ 95% reported increased knowledge on health awareness and healthy eating _ 85% reported making new friends as a result of attending lunch club/health & wellbeing sessions. 					

ID	Organisation	Project	Geographical Area Served	Annual Grant Amount	Officers Notes	RAG rating
8979	Zacchaeus - Methodist Church in Tower Hamlets	Zacchaeus Health and Wellbeing for Older People	Bow East; Bethnal Green East (formerly Bethnal Green)	£25,000	During this reporting period, the Zacchaeus project has delivered a range of health and wellbeing activities to reduce isolation and promote healthier lifestyles. Monitoring demonstrates the project will achieve expected outcomes.	Green
Short Description	Zacchaeus aims to provide a range of wrap around/holistic offers of advice, information, access to benefits, support groups and health, social and therapeutic sessions to reduce isolation for older people. Aiming to promote healthy lifestyles, increase opportunities for physical activity participation, working towards a better mutual understanding of different cultures.					
Progress Update	<p>During this reporting period, the Zacchaeus project has supported 98 beneficiaries.</p> <p>The project has delivered a range of health and wellbeing activities to reduce isolation and promote healthier lifestyles. Sessions delivered in this quarter include Exercise to Music (26 members) and Creative Art sessions (18 members) have been held at the premises in Bow Road. At the premises in Bethnal Green, Zacchaeus delivered Chair Based Exercise sessions (27 members), Garden Project (3 members) and Complementary Therapy sessions (31 members). The sessions were advertised through local networks including the social prescribing teams, E2, E3, E1 breakfast meetings, and through project newsletters which were emailed and posted to over 550 members in June 2024.</p> <p>During this time the project has supported older people, some of whom suffer poor levels of physical and mental health, have limited access to services and are vulnerable and isolated. Through the provision of physical activity sessions and health information workshops, members are able to develop an understanding of their health needs as a group but also as individuals.</p> <p>The work of the project has made a real difference to the individuals attending by reducing isolation, increasing social networks and promoting wellbeing. The users have shown increased self-esteem and confidence and now recognise the benefits of physical activity as well as healthy eating.</p> <p>KPIs achieved this quarter include:</p> <ul style="list-style-type: none"> - 37 people/members reported improvements to their physical and mental health wellbeing. - 13 members have engaged in more than 1 physical activity session in the reported period. 					

Scheme B - Physical and Mental Health of Residents

ID	Organisation	Project	Geographical Area Served	Annual Grant Amount	Officers Notes	RAG rating
8857	Body & Soul	You Are Not Alone	Boroughwide	£25,000	This project contributes towards the scheme 4B outcome of residents being in a better position to manage health conditions and make healthy choices. Monitoring demonstrates the project is on track to achieve KPI objectives.	Green
Short Description	A suicide-prevention programme for young people (aged 16-30) most at risk of suicide in Tower Hamlets, addressing increasing demand and complex needs, particularly among marginalised communities that have been disproportionately affected by the pandemic and rising cost of living.					
Progress Update	<p>This quarter the project supported 21 young people from Tower Hamlets. 10 of these are new members that joined in the reporting period. They have all accessed Pre-Commitment Sessions and engaged in the first stage 24-week Dialectical Behaviour Therapy (DBT) skills group. It is too early in their YANA journey to claim an improvement in their mental health. Seven participants who joined before this quarter continue to be engaged in their DBT skills group.</p> <p>Four Tower Hamlets participants have completed this stabilising phase of YANA have gone on to benefit from all aspects of the project. These participants are engaging in workshops and volunteering opportunities. None of them are receiving therapeutic support through the project at this stage. 100% of these have already achieved 60% or more of their life worth living goals. 100% of these participants report:</p> <ul style="list-style-type: none"> • improved wellbeing. • more skills to cope when life gets hard. • reduced self-harm. • improved emotional regulation. <p>No Tower Hamlets participants have died of suicide in this period. However, one participant did attempt suicide in the early stage of engagement on the project.</p>					

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8905	Bromley By Bow Centre	Connect for Health	Mile End; Bromley South; Bromley North; Bow West; Bow East	£25,000	The project is on track towards the annual target of supporting 50 unique people in the April 2024 to March 2025 year.	Green
Short Description	Working alongside local self-employed sessional leads (physical activity coaches, artists, and facilitators) to support residents to participate activity sessions. Sessions are designed to improve health and connection and include both broad open access activities and those targeted at specific audiences.					
Progress Update	<p>In this quarter this project provided 16 unique people opportunities to try new things to support their health and wellbeing, resulting in 119 attendances. Sessions ranged from physical activities, wellbeing and social sessions and included opportunity to co-design future activities. Venues include local GP practices, Mile End Stadium, and the Bromley by Bow Centre. To date the project has supported 47 people with 40 group sessions, resulting in 374 attendances.</p> <p>Participant quotes:</p> <p>“The only time I get peace is when I come here. I forget everything else. When I walk out the gates, I start remembering this and that. In here, I put my phone on silent, it’s protected time.”</p> <p>“Since I've been coming to this group, I’ve felt more settled. “</p>					

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8947	Canaan Project	Canaan Project: Young Women's Mentoring	Island Gardens; Canary Wharf; Blackwall and Cubitt Town; Mile End	£25,000	Monitoring demonstrates the project has met KPIs and is predicted to achieve expected outcomes.	Green
Short Description	A mentoring programme offering 1-1 support for young women with the aim of seeing them flourish, have broadened horizons and raised aspirations.					
Progress Update	<p>During this period, the project worked with fourteen different young women in a mentoring capacity. Five young women received 1:1 mentoring, and the remainder attended group mentoring at Canary Wharf college. Two regular mentees gave a short presentation at the organisation's annual showcase with eighty guests. A flexible approach to sessions enabled the project to accommodate work experience, school trips and exam revision. Two participants are being prepared to end sessions as they are moving on to different educational establishments, on to university, the other, who has not been in school for the past 8 months, accepted a college place to study for her GCSEs from September 24.</p> <p>Positive participant feedback demonstrates:</p> <ul style="list-style-type: none"> • Eighty percent reported an increase in confidence. • Eighty percent reported feeling better about themselves. • Seventy percent said they felt more able to ask for help. • Ninety percent reported feeling more positive about their future. <p>Staff training on Adverse Childhood Experiences to be a more trauma informed organisation. Staff also attended a workshop on developing reflective practice. The organisation secured funding to send one mentor on a therapeutic mentoring training course.</p> <p>The organisation has been awarded a Silver Quality Mark by London Youth demonstrating the high quality of the services they deliver.</p>					

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8858	Carers Centre Tower Hamlets	Building Resilience and Resourcefulness for Unpaid Carers	Boroughwide	£25,000	Monitoring demonstrates KPIs need more clarification and scope to predict the project will achieve expected outcomes in terms of unique users benefitting. No concerns with delivery. Officer to meet with organisation to achieve this.	Green
Short Description	Carers provided with a range of therapies, respite, and learning opportunities including, wellness days; art and creative activities; practical workshops on how to maintain a healthy lifestyle; and courses delivered by professionals to develop the skills required to effectively manage their caring role; and look after themselves.					
Progress Update	<p>Between 1st April and 30th June 2024 21 12 sessions took place at the London Buddhist Centre, resulting in ninety-six attendances from twenty-one unique unpaid carers. Sessions included meditation, peer support, socialising and connecting, and community eating. Sadly, a regular carer who attended passed away and the carers with the London Buddhist Centre facilitator co designed a special tea lighting remembrance session to reflect on their friendship with this much-loved carer.</p> <p>Nineteen out of twenty-one carers completed the journey of change evaluation and stated they are highly satisfied with the provision. Evaluation from participants demonstrates:</p> <ul style="list-style-type: none"> • Carers stress was reduced by 10%. • The feeling of being less isolated and less lonely increased by 22% • Carers physical wellbeing increased by 67%. • Carers emotional wellbeing increased by 50%. • Carers felt that they had more me time increased 7%. <p>Although most project indices had a positive outcome the importance of wellbeing decreased by 5% and talking to carers, they acknowledged that they are far more aware of what to do around wellbeing improvement and they are aware this is a work in progress.</p>					

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8736	Council Of Mosques - Tower Hamlets	Council of Mosque Healthy Mind, Healthy Lifestyle Reach	Boroughwide	£25,000	Monitoring demonstrates the project will achieve expected outcomes.	Green
Short Description	This healthy living project aims to improve the physical and mental health and wellbeing of BAME residents through a programme of community events, practical workshops and one-to-one health support, advice and information that will raise awareness of health risks, illnesses and diseases most profound amongst the borough’s BAME communities.					
Progress Update	<p>The Council of Mosque Healthy Mind, Healthy Lifestyle Reach Project ran the following health orientated activities for this quarter: To improve the physical and mental health of residents in May 2024. The new programme of physical activities with a purpose of promoting the uptake of physical activities for residents who never engaged in physical activities, to provide a taster sessions to demonstrate the physical and emotional benefits of undertaking in physical activities. They ran taster sessions focused around exercise and fitness, badminton, indoor football, light running and some team activities.</p> <p>Output: During Quarter 2 we delivered a total of 17 sessions providing 34 hours of physical activities and 255 Participants took part in the programme.</p> <p>Outcomes and Impact - The participants taking part reported: Increased in self-esteem and gave a boost to their mood, improved their sleep quality and energy; Enjoyed taking part in the exercise and fitness - some for the first time; Participants said they felt happier and wanted to do physical activities more regularly in their own time.</p> <p>They facilitated a Healthy Living Workshop and Coffee Club Sessions through 7 Mosques in Tower Hamlets. The 7 Mosques engaged in the programme were: Baitul Aman Mosque; Shahporan Mosque; Darul Ummah Mosque; Collingwood Street Mosque; Ford Square Mosque; Bishops Way Mosque</p> <p>The Health Project Adviser provided presentations on different aspects of having a healthy life focused on healthy diet and nutrition, benefits of physical activities, hygiene and personal care, raising awareness of mental health illness and some of the detriments of poor health such as effects of smoking, drugs, alcohol, lack of physical activities. The sessions had a question and answer session with participants raising queries, matters impacting their health and emotional wellbeing.</p> <p>To better understand the health conditions, the Project ran a Health Feedback Questionnaire Survey amongst the participants taking part in the Healthy Living Workshop and Coffee Session. Over 85% who responded o the survey cited type 2 diabetes as the most significant or common health conditions faced by the local residents followed by hypertension (55%) and Chronic Heart Disease (40%). The participants raised growing concerns around cancer and that more residents were being diagnosed now compared to 10 years ago.</p> <p>They used Diabetes as a discussion theme during this quarter as it was more commonly raised by the residents and provided bilingual Diabetic Information (in both Bengali and English) distributed through small group works through the mosque, also sent digitally through WhatsApp and other social Media apps including email as well. The information provided was easy to follow and easily understood by the residents.</p>					

ID	Organisation	Project	Geographical Area Served	Annual Grant Amount	Officers Notes	RAG rating
8932	deafPLUS	Improving the Health and Wellbeing of the deaf and hard of hearing community	Boroughwide	£40,000	Monitoring demonstrates the project is on track to achieve KPI objectives.	Green
Short Description	A borough wide health and wellbeing project that addresses health inequalities for deaf and hard of hearing residents, addresses their mental health issues and enables them to make healthy lifestyle choices.					
Progress Update	<p>Twenty-one people took part in an enhanced range of regular project activities in the period, benefitting from a variety of wellbeing workshops. There has been no dropout rate this quarter, as the project saw an increase of client engaging with the services since March, demonstrating an increased positive engagement with project activities. Co-design activities have taken place to inform project activities from September. This quarter the project focused on participants rights as deaf individuals, including information on seeking help if needed. Feedback highlights that participants consistently have feelings of relief and belonging.</p> <p>100% of the 11 participants who engaged in Horizon22 activities in this period, reported improved health and wellbeing. Participant quote - ""Riveting experience. Fully uplifting and enhancing"".</p>					

ID	Organisation	Project	Geographical Area Served	Annual Grant Amount	Officers Notes	RAG rating
8940	elop (East London Out Project)	Tower Hamlets LGBT+ Support	Boroughwide	£25,000	Monitoring demonstrates the project is on track to achieve KPI objectives.	Green
Short Description	LGBT+ Community Support to enhance peer networks, lessen isolation and provide mental health crisis prevention support. Two facilitated social support groups targeting older people, people with mental health needs or other disabilities, and LGBT asylum seekers, and one to one mental health support providing individual mental health crisis prevention support.					
Progress Update	<p>Thirty-two unique participants took part in regular project activities in the period, benefitting from the project groups at Toynbee Hall, and for eight individuals' mental health support. The project has promoted both groups and have had four new members attend the social support group. A new project worker started on the 24th of June. Sessions of both groups included opportunities to review activities and co-design future sessions. Four volunteers continue to be involved in supporting the groups.</p> <p>Sixteen people attended the social support group that provided 13 sessions this quarter. The over 50's group continued to have had eight people engaged with between 2-6 people attending the 13 sessions provided in this period. Sessions included LGBTQ+ pride awareness days that took part in this period as well as general social activities. Quote from user: 'I really enjoyed the session and enjoyed the opportunity to be with other LGBTQ+ people like me, as I do not have many LGBTQ+ friends outside of the group'.</p> <p>Twelve participants provided feedback this quarter with 100% reporting increased wellbeing and mental health, and increased confidence and empowerment.</p> <p>All those receiving mental health support reported improved confidence in managing their mental health. Each service user who completed a plan provided positive feedback about how they found the experience. "</p>					

ID	Organisation	Project	Geographical Area Served	Annual Grant Amount	Officers Notes	RAG rating
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8966	Mind in Tower Hamlets, Newham and Redbridge	Our Voices Sakinah	Boroughwide	£25,000	Monitoring demonstrates the project is on track to achieve the overall aim and objectives for the lifetime of the project. KPIs to be reviewed at the monitoring meeting 18 July.	Green
Short Description	A co-produced, community-based project for diverse Muslim women to come together to support each other's mental health and wellbeing through creating a network of safe spaces. The project supports women to have a greater voice and access services that promote positive mental health.					
Progress Update	<p>In this reporting period Our Voices Sakinah has continued to run two groups benefitting seventy-two women, one located in Whitechapel and the other in Bow. In response to co-designed events with participants activities have been expanded to include trips, walks, and creative workshops. External partners have been approached to provide clients with a richer, more diverse experience. The project has also supported clients access welfare benefits, support with DV, other social activities, employment support and volunteering opportunities. 70% of participants engaged in project evaluation activities. This demonstrated:</p> <ul style="list-style-type: none"> • 100% had not accessed mental health services prior to accessing the project. • 100 had a positive engagement with project activities. 					

ID	Organisation	Project	Geographical Area Served	Annual Grant Amount	Officers Notes	RAG rating
8663	Positive East	One-to-one counselling for residents living with HIV and poor mental health	Boroughwide; Whitechapel	£16,222	Monitoring demonstrates the project will achieve expected outcomes.	Green
Short Description	People living with HIV in the UK are at increased risk of anxiety and depression compared to the general public. Poor mental health can lead to non-adherence to antiretroviral therapy and reduced retention in HIV care. We will provide one-to-one counselling supporting people living with HIV in Tower Hamlets.					
Progress Update	Currently, 10 Tower Hamlets residents are undertaking one-to-one counselling. They have 10 qualified counsellors who are available to support people living with HIV (PLWHIV). During the past quarter, counsellors were given access to training on HIV: Discrimination in the workplace, Chemsex, and Overdose Awareness Training.					

ID	Organisation	Project	Geographical Area Served	Annual Grant Amount	Officers Notes	RAG rating
8843	Sister Circle	Healing Conversations	Boroughwide	£36,403	Monitoring demonstrates the project is on track to achieve annual KPI objectives.	Green
Short Description	Healing Conversations provides minoritised mums of pre-school children/survivors of gender-based violence with complex needs with specialist, culturally competent, trauma-informed counselling delivered in community settings, in multiple languages. The project improves mental health, connects women to wider sources of support essential to health and wellbeing, and reduces health inequalities.					
Progress Update	<p>Fifty-eight one to one counselling sessions have been delivered this quarter benefitting seven clients. Both new bilingual trainee counsellors are now matched and actively engaged in therapy sessions with clients. Both are supported in their role and receive fortnightly supervision from our Clinical Lead Counsellor.</p> <p>Nine new referrals received. Two comprehensive assessments have been completed leading to two beneficiaries starting therapy. One referee decided not to engage at this stage. The remaining are still part of the assessment process. Outreach to engage with more referring organisations has taken place.</p> <p>The organisation has invested in developing the project by creating a safe and welcoming space conducive the therapeutic experience in their premises to deliver sessions and engaging a bilingual Admin & Support Worker to be the first port of contact for women seeking to access counselling. This worker has undertaken some outreach work with potential vulnerable clients.</p> <p>Six of the seven women actively engaged in counselling completed base line KPI's.</p>					

ID	Organisation	Project	Geographical Area Served	Annual Grant Amount	Officers Notes	RAG rating
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8747	The Shadwell Community Project	Grow, Eat, Cook! Children's Café Project	Shadwell	£25,000	Monitoring demonstrates the project will achieve expected outcomes.	Green
Short Description	We will provide access to free healthy meals for children especially from low income and ethnic minority backgrounds in Tower Hamlets. We will provide weekly sessions where children grow, cook and eat meals together in a supportive, active environment and increase their health, fitness and wellbeing.					
Progress Update	<p>In this period they delivered 13 full activity sessions with 233 visits by registered children and young people at the adventure play ground. These sessions included gardening, arts and crafts, bush crafts, fire pit cooking and free play on the structures. They provided freshly 233 cooked meals for 145 different children. 7 children visited regularly, at least 10 times over this period.</p> <p>It has been a very challenging time due to staff absence due to illness and the compulsory demolition of several structures by Tower Hamlets after a playground inspection which led to repairs needing to be completed with some demolition and closures of the site due to health and safety issues. They have done their best to open as best we could under very difficult circumstances.</p> <p>The allotment is looking brilliant this quarter and is producing plenty of food for the young people and they have done three consultation exercises since November which are feeding into our future plans and activities. They have also received new funding and produced a short film to promote our services which is attached to this report and helps describe the impact we have on participants from their point of view to gain more public support.</p>					

ID	Organisation	Project	Geographical Area Served	Annual Grant Amount	Officers Notes	RAG rating
8939	Tower Hamlets Parents Centre	Women’s Health Matters	St Katherine's and Wapping; Whitechapel; Stepney Green; St Dunstan's; Spitalfields and Banglatown; Weavers	£25,000	Monitoring demonstrates the project will achieve expected outcomes.	Green
Short Description	The Women’s Health Matters Project in Tower Hamlets will improve the Physical and Mental Health of over 1050 disadvantaged Women in Tower Hamlets, by developing their knowledge, providing Fitness and Nutrition Activities and enhancing their Access to Services.					
Progress Update	<p>During the Quarter, they delivered the following services as follows;</p> <p>A) Tea/Coffee Morning - a two-hourly Session per week for 12 weeks (attended by 12 beneficiaries)</p> <p>B) Walking Club - a one and half hour to two hourly Session for 12 weeks (attended by 15 beneficiaries)</p> <p>C) Advice and Information Service Drop-In Session - a three hourly Session per week for 12 weeks (attended by 20 beneficiaries)</p> <p>D) Healthy Eating Workshop - a one hourly two Workshops, attended by 25 women.</p> <p>The Drop-in Sessions delivered aimed at improving understanding of the beneficiaries of Health Issues and to sign post them to other Services of the Parents Centre and other Agencies. The Workshops delivered discussed and explained the issues like eating plate, portion sizes and how to read food packaging labels to make healthier choices, eating more carbohydrates, proteins and less sugar and salt.</p> <p>The Health Worker had continued to undertake Outreach within the locality; Local Schools, outside School Gates and distributing Leaflets to local Agencies, the Idea Store and other local Community Centres in order to maintain an increase the attendance of beneficiaries in the Services provided.</p> <p>The Activities delivered were evaluated through a Questionnaire and sometimes verbally, which showed that the Provisions were successful and effectively impacting the lives of the beneficiary women. The beneficiary women reported, having attended these Provisions, they improved their Physical and Mental Health, by exercising more and eating Healthy food. They also reported that they were managing their Health conditions like Diabetes, Obesity and Hypertension and were able to access Statutory Health Services. They reported that they were better informed of negative impacts of harmful behaviours and more able to manage their Health.</p>					

ID	Organisation	Project	Geographical Area Served	Annual Grant Amount	Officers Notes	RAG rating
8667	Toynbee Hall	Playful Tower Hamlets - Nurturing Bodies and Minds	Spitalfields and Banglatown	£25,000	Monitoring demonstrates the project is on track to achieve KPI objectives.	Green
Short Description	Creating edible gardens in underused areas of East London, the project connects children to nature, tackles food poverty, and improves physical and mental wellbeing. The project provides outdoor play activities, forest school and weekend gardening sessions for children and their families.					
Progress Update	<p>During this reporting period the project engaged with 180 participants, (155 children, 25 parents, and 5 carers), through delivering the following activities:</p> <ul style="list-style-type: none"> • Weekly direct access Play sessions at Christchurch Gardens, Spitalfields working with Christchurch School, Brick Lane and the local community benefitting children, parents, or carers, as well as the local community. • Thursdays Art, Play and Gardening workshops in partnership with Canon Barnett School working with a variety of children in school. • Weekly art club at Toynbee Hall, E1 for children of parents who attend and volunteer at the Food Bank with a regular attendance from 10 children aged 2-11years. <p>In this period 43 children were surveyed.</p> <ul style="list-style-type: none"> • 100% of children asked strongly agreed with the statement ""I enjoy the activities we do here."" • 100% of children asked agreed with the statement ""I am more active and play more now."" • 88% of children asked agreed with the statement ""I feel stronger and healthier since I started coming here."" • 84% of children asked strongly agreed with the statement ""I feel happier and less worried now."" <p>30 children engaged in evaluation activities about improved family relationships. 81% agreed with the statement ""We talk more and get along better at home now.""</p> <p>""This is such an important offer for our school and community. It really helps with community cohesion and is an offer we hope will continue into the future because it gets more and more families out and playing together and is an inspiration. We never really know what you will bring and do each week and it's just great, our families and children get so much from it"" - Parent.</p>					

ID	Organisation	Project	Geographical Area Served	Annual Grant Amount	Officers Notes	RAG rating
8850	Vallance Community Sports Association	SEND Health & Wellbeing Project (Young People)	Boroughwide	£25,000	Monitoring demonstrates the project will achieve expected outcomes.	Green
Short Description	A programme of weekly sports and physical activities and a social club for young people (8-25 years) with special educational needs and disabilities for the purpose of increasing sports participation, improving health and wellbeing (including mental health), and reducing loneliness, isolation and exclusion.					
Progress Update	<p>During this quarter, the Physical and Mental Health program for young people with disabilities participating in sports activities has made substantial progress and achieved significant outcomes. Here are some key highlights:</p> <p>Achievements:1. Increased Participation: A noticeable increase in participant engagement, with more young people with disabilities actively taking part in sports activities. 2. Skill Development: The young participants demonstrated improvements in physical fitness, sports skills, and overall well-being through regular training and sessions.3. Community Integration: The program played a crucial role in fostering social connections and community integration for individuals with disabilities.4. Positive Feedback: Continuous positive feedback from the participants, indicating high satisfaction levels and the beneficial impact of the program on their physical and mental health.</p> <p>Significant Outcomes and Impact:1. Improved Physical Health: The young participants showed enhanced physical health indicators, such as increased strength, stamina, and flexibility.2. Boosted Mental Well-being: Positive impacts on mental health were observed, including reduced stress, anxiety, and improved mood among participants.3. Enhanced Self-esteem: The program contributed to boosting self-confidence and self-esteem among individuals with disabilities.4. Empowerment: The young participants reported feeling empowered, motivated, and more independent as a result of their engagement in sports activities.</p> <p>Influences on Project Delivery:1. Staff Training: Ongoing staff training and development played a crucial role in ensuring high-quality program delivery and participant support.2. Community Support: Collaborations with local organisations, volunteers, and community partners provided additional resources and assistance for effective project delivery.</p> <p>These achievements, outcomes, and influences have collectively contributed to the success and positive impact of our Physical and Mental Health program for young people with disabilities engaged in sports activities during this quarter.</p> <p>Project Description and Service Delivered this quarter:The SEND Health & Wellbeing Project (Young people) offered a weekly tailored multi-sports and physical activities sessions across the spectrum of needs (low/medium to high/complex). The purpose of this initiative was to enable those with learning disabilities to live healthier and active lives.</p> <p>The Weekly activities: (i) Dedicated weekly Multi-sports sessions for young people (10-16 years) with disabilities (Wednesday 10m to 12pm) at Beatrice Tate Specialist School.(ii) Inclusive* Football Session for 8–15-year-olds – (Fridays 5:30pm to 7pm) at Mile End Leisure Centre & Stadium(iiii) Inclusive* Indoor healthy activities session for 8–16-year-olds – (Sundays 10am to 12pm) at the Hason Raja Centre</p> <p>*disabled and non-disabled young people participating together. On Wednesday 5th June 2024 was the 14th Annual Disability Sports Day Festival at the Mile End Stadium. Over 150 participants with SEND young and Old attended.</p>					

ID	Organisation	Project	Geographical Area Served	Annual Grant Amount	Officers Notes	RAG rating
8962	Working Well Trust	Upskill Choices	Boroughwide	£25,000	Monitoring demonstrates the project has met KPIs and is predicted to achieve expected outcomes.	Green
Short Description	The project engages and supports people who have been affected by emotional or mental health issues to take steps towards improving their own health wellbeing and community involvement. Clients will work with project staff to identify pathways within the community to wellbeing, training and volunteering opportunities and to develop skills essential for wellbeing and future employment.					
Progress Update	<p>120 support sessions have been provided engaging 50 Upskill Choices participants from Tower Hamlets to access education on self-care, healthy lifestyles peer support crises and cost of living support. Twelve residents accessed wellbeing activities and other support this quarter. In addition, this quarter thirteen residents have accessed lifelong learning opportunities and a further eight people have secured volunteering opportunities.</p> <p>Of the twenty people surveyed this quarter 90% reported a positive engagement with the project with 65% reporting improvement in wellbeing, and 75% reporting improved community connection. Twelve clients surveyed reported improved mental health via client feedback and evaluation survey.</p> <p>A survey looking at exclusivity was conducted by participants via face to face, telephone, and electronic means and feedback in general was positive. Project development ideas to increase access to project activities included access to translation and interpreting services, and access to face-to-face support from other sites in the borough.</p>					