

SMALL GRANTS

successful bids in 2006

funding to tackle issues of mental health
and social exclusion through volunteering



CAPITAL **VOLUNTEERING** REDBRIDGE

Capital Volunteering tackles issues of mental health and social exclusion by increasing supported volunteering opportunities in London.

We help organisations to enable people with serious mental health issues to volunteer in a wide range of settings, improving their confidence, skills, social networks and employability. We also help organisations to find and support volunteers to act as social sponsors or buddies to people with serious mental health issues.

As part of our first round of Small Grants we have commissioned the following organisations to undertake specific projects on behalf of Capital Volunteering:

Mellmead House Support Group

1 Year - Anxiety Care
Contact: Trish Mossey, email generalmanager@anxietycare.org.uk or telephone 020 8262 8891

Assertiveness and Confidence Building Programme

1 Year - Run-up
Contact: Christine Bullivant, email runupuk@hotmail.com or telephone 020 8970 5890

Volunteer Escorts for Older People with Dementia

1 Year - Dementia Resource Centre Partnership
Contact: Jim Phillips, email jim.phillips@redbridge.gov.uk or telephone 020 8708 9150

Thinkarts - Creative Arts Project

1 Year - North East London Mental Health Trust
Contact: Jacqueline Ede, email Jackie.Ede@nelmht.nhs.uk or telephone 020 8970 4043

Asian Mental Health Project Volunteers

1 Year - Redbridge Panjabi Sabhiachasrik Sabha
Contact Harloveleen Lakra, telephone 020 8478 4962 or 020 8553 2736

For further information, please contact the specific project directly, or contact: Project Co-ordinator - Duduzile Moyo at: Duduzile.Moyo@nelmht.nhs.uk or on: 020 8970 6011 (internal 4562).