


Contact us:

 If you are interested in becoming a Peer Leader

 If you are interested in group activities

Would you like to be a part of our exciting new project?

Would you like to be part of a team to successfully deliver groups in the community?

Are you interested in training to improve your skills?

Are you interested in promoting and raising awareness of mental health?

If 'yes' - come and join our exciting new project!

Be part of the LEAP PROJECT!



Contact us for more details about this project



Please contact the LEAP Team on 0207 510 1081 or email us at [charles.omadden@mithn.org.uk](mailto:charles.omadden@mithn.org.uk) [peter.rogers@mithn.org.uk](mailto:peter.rogers@mithn.org.uk)

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leap

LEAP PROJECT

Newham Tower Hamlets Redbridge

Lived Experience  
Accessing Peers

The LEAP Project supports Peer Groups and Peer Leaders

Mind in Tower Hamlets and Newham provides a wide range of community services in Newham and Tower Hamlets.



We are pleased to bring to Tower Hamlets, Newham and Redbridge communities, the LEAP Project.



Newham Tower Hamlets Redbridge

This is an exciting project that will develop Peer Leaders and support new and existing groups.

The LEAP Project is a new development which will:

- Recruit, train and support Peer Leaders
- Promote and develop group activities
- Support existing community groups
- Raise Awareness and promote wellbeing



Please register your interest at:  
Tel: 0207 510 1081  
Email: [info@mithn.org.uk](mailto:info@mithn.org.uk)

## This Project Offers



A Peer Leader is someone who is willing to dedicate time and experience to help others in their mental health recovery.



### Peer Leadership Programme

The Peer Leader Programme will offer training and qualification to support individuals to have an active role in their community. e.g. become a peer group leader.



### Community Groups


The Leap Project has staff and resources to support existing groups.



If you would like to start up your own group, we can help you.



### Mental Health Awareness



We will work with organisations and communities to raise their awareness of mental health across Tower Hamlets, Newham and Redbridge.