



Would you like to be a part of our exciting community 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'
contact us: join the
LEAP Project and become a Peer Leader

Entry requirement:
Lived experience of mental health
service use – statutory or 3rd
sector
Live in Tower Hamlets, Newham or
Redbridge



Please contact the LEAP Team on
0207 510 1081
Or
Peerservices@mithn.org.uk

Free Peer Leader Training



Lived Experience Accessing Peers



Next Course start date,
please visit our
"LEAP Peer Leader Training"
web-page at:
www.mithn.org.uk



We provides a wide range of community services in Redbridge, Newham and Tower Hamlets.



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



Lived Experience Accessing Peers

Newham

Redbridge

Towe Hamlets

The project develops Peer Leaders and support new and existing groups.

The LEAP Project aims to:

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

This project offers

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



Peer Leadership Programme

Our Peer Leader Programme offers training and one to one personal development which will enable individuals to manage and facilitate their own community group.

Community Groups



Mental health Awareness



workshops



Volunteers are welcome