



Our Theory of Change



THE NEED

Communities across Tower Hamlets, Newham and Redbridge experience severe mental health inequalities driven by poverty, racism, insecure housing, unemployment and social isolation. Young people and racialised communities are disproportionately affected, while statutory services alone cannot meet the need.

ACTIVITIES

Anchor Model: Trusted community spaces providing early intervention, crisis prevention, recovery support and navigation.

NHS Settings: Community-rooted services embedded in NHS pathways, improving access and continuity of care.

Partners & Collaborations: Joint delivery addressing wider determinants of mental health.

Lived Experience: Peer leadership, co-production, workforce development and system influence.

OUTPUTS

High-volume of accessible community & NHS-based support, enabling increased levels of client satisfaction.

Service delivery at multiple community venues, addressing unique needs, long-established services, working in partnerships.

Services co-designed & led by lived experience.

Highly represented by volunteers & diversity across all teams.

OUTCOMES

Increased access to holistic & person-led mental health support in fixed sites, NHS Settings & community partnerships.

Reduced mental health inequalities for underserved & marginalized groups.

Growing partnerships with values-aligned collaborations. Local systems embedded through co-production, cultural humility, & trauma-informed care.

Co-designed services shaped by people with lived experience. Communities with lived experience empowered to influence how mental health support is designed. Creating relevant impactful services.

OUR VISION

Mental health inequalities are reduced. People are supported early, treated with dignity, and able to live well in their communities. Mental health systems are shaped by lived experience and rooted in community reality.

