

About Us

Inspire is a Mental Health Consortium made up of 8 partner organisations. We have been commissioned by the London Borough of Tower Hamlets and are working together to create and deliver a new and innovative range of Mental Health, Recovery & Wellbeing Services across the Borough.



Our Belief

We believe that mental health services should consult and involve local people to provide integrated services that promote good public health and wider social effect.



Involvement & Co-production Service

The Inspire Mental Health Consortium is made up of the following 7 partner organisations:



This service is delivered by the following Consortium partner:



Inspire Mental Health Recovery & Wellbeing Service | Central Office

Open House | 13 Whitethorn Street | London | E3 4DA

ICFPA03-1116

www.inspire-wellbeing.org.uk

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INVOLVEMENT & CO-PRODUCTION SERVICE

What is the service?

This service ensures that people can contribute to the on-going design, development and delivery of the Mental Health Recovery & Wellbeing Services across the Borough. People will be able to both provide and receive peer support in community based settings across Tower Hamlets.

This service will also support a variety of Service User led groups and Forums in the Borough, that give people the chance to have their voice heard.

Who is the service for?

Any resident 18 years+ of Tower Hamlets who is currently experiencing or who has experienced Mental Health issues, carers or anyone else that feels they would like to contribute to the development of services and be heard.

What can I expect from using the service?

- To have access to training and support that enables people to participate and further develop as individuals.
- To enable users of Mental Health Services to work with Health Professionals to set up, and co-produce services, working groups, projects and events.
- To champion co-production and joint working with voluntary and statutory sectors and the wider community as whole.
- The opportunity to participate in Service User led groups and Forums. This includes people from Black and Minority Ethnic Communities who may be at risk of exclusion and who might be socially isolated.

What are the expected outcomes if I take part?

- You will gain transferable skills that will support you to access employment, voluntary work or educational opportunities.

- Increased confidence and wellbeing and acknowledgement that you have made a valued contribution to wider community.
- Increased chances for you to participate, have a voice and influence the delivery of Mental Health Services in Tower Hamlets.
- That people that are socially excluded have the chance to contribute and take part.

How can I access the service?

You can self-refer to The Involvement & Co-Production Service or you may be referred by a Health Professional such as a GP, Social Worker or the Community Mental Health Team. All new enquires will be handled by the First Point of Access Service whose details are below.



You can telephone the First Point of Access Service by calling them on:

0330 0538122*

*Calls will be charged at local network rates. Charges from mobiles will vary. Please check with your network provider.



You can email the service at:

enquiry@inspire-wellbeing.org.uk



You can Live Chat online with a Support Worker on our website:

www.inspire-wellbeing.org.uk



You can write to us or visit our office at:

**Inspire Mental Health Recovery & Wellbeing Service
Central Office | Open House | 13 Whitethorn Street
London | E3 4DA**