

Media release

20 November 2008

Getting by with a little help from my friends...

A group of residents from Millfields Estate have embarked on a peer mentoring programme coordinated by the Tenants' and Residents' Association (TRA) on the estate.

Thanks to a funding grant obtained via Team Hackney, the TRA has set up the free 10-week course for local residents and it has so far proved popular across all ages. On completion of the programme, the participants will be certificated, trained mentors.

TRA Chair, Carol Jokhoo, said: "This course is all about extending a helping hand to people who have a passion for supporting and motivating others as well as for those people who need someone to confide in, to talk to and to be listened to."

The course is run by an independent, qualified lecturer and covers topics including self-development, building relationships, inclusion and participation, empowerment and emotional health.

Chereen Allen, from Millfields Estate, signed up for the programme on the advice of her mother who had completed a similar mentoring course.

"I have a passion for working with young people, especially vulnerable people, so the skills and knowledge I'm gaining through this course should help me to do just that."

To find out about involvement opportunities available on your estate, contact Hackney Homes' Resident Participation Team on 020 8356 7845.

Ends

Press queries to Susan Walsh on 0208 356 3528 or email susan.walsh@hackneyhomes.org.uk

Notes to Editors

- Hackney Homes is an Arms Length Management Organisation (ALMO) launched in April 2006 to manage the Council's social housing stock. Hackney Homes is led by a board which includes residents, councillors and independent representatives and is responsible for managing 22,000 tenanted properties and 8,000 leasehold properties in the borough. For further information visit www.hackneyhomes.org.uk
- Team Hackney is Hackney's local strategic partnership which is dedicated to improving the quality of life for everyone in the borough by bringing together the key people in the public, private, community and voluntary sectors.