



Community Links Autumn Impact Report.

September 2022 to August 2023.





Who are we?

Community Links is a hub tackling health and social inequality in East London and beyond. Working alongside the community, our range of advice, youth, skills and health programmes help people of all ages to reach their full potential. From our base in Canning Town, we use our local knowledge to advocate for positive national change.

Community Links is proud to be part of Catch22, a national charity and social business.

Our Mission

Our mission is to eradicate the health and social inequalities that can limit individual and collective potential.

Our Vision

Our vision is a society in which everyone can thrive because they have a good people around them, a safe place to live and a purpose in life. These 3Ps people, place and purpose – drive and connect all of our work.

Our Values

We are driven by our dreams and judged by our delivery. Our values of compassion, collaboration, empowering others and curiosity run through everything we do.

Achievement and Vision

Foreword by Elizabeth Booker, Chair, Community Links Advisory Board and Chi Kavindele, Director of Community Links



We are immensely proud to write this at the end of a busy year, where we can reflect on so much positive work. The work of Community Links has touched the lives of close to 100,000 people in Newham and beyond.

Much of this year has been coloured by the much-publicised cost-of-living crisis. This crisis impacts our clients and service users disproportionately due to entrenched health and social inequalities such as poverty, unemployment, low salaries, long term health challenges and so on. In addition, although the acute phase of the pandemic is over, we are still bearing its lingering after effects – in particular the mental health challenges experienced by young people and adults brought on and exacerbated during the pandemic, which will take many years to overcome.

As you read through the report, we invite you to note how our services are increasingly working in a joined up and interconnected way internally. This is important because the notion of ‘deep value relationships’ – which has driven the approach to our work – is predicated on our ability to take a person-centred approach which puts

service users first. This means not simply bouncing service users from organisation to organisation in a transactional way - we know from experience that attrition rates are high and engagement is low when this happens. Instead, our specialised but holistic approach allows us to help clients in several ways under one roof so to speak, building trust and promoting long-term engagement through meaningful relationships. While deep value relationships have been our mainstay for years, the approach is showing renewed results as service users are able to access one programme such as the foodbank, but then be referred to advice services and mental health support for example.

None of what you read in this Impact Report would be possible without the input and contribution of so many, not least our funders to whom we are immensely grateful. Their willingness to work with us and engage as we adapt to the changing needs of the community is very much appreciated. Their trust is also something we do not take for granted.

This is why in the next year we are looking forward to deepening our programmatic relationship with others in Newham, and with other Catch22 services, bringing yet further expertise and specialist support to our local communities.

Newham: a borough of opportunities...

Newham, a borough in the inner East of London, and the home of Community Links for the last 45 years, is undergoing significant redevelopment and investment.

Large scale infrastructure projects, including the Silvertown Tunnel and the Elizabeth Line are transforming the area's links to the rest of London and beyond. The Royal Docks Enterprise Zone, representing an investment of around £8bn by 2037, is forecast to create 60,000 jobs and 25,500 new homes and is on track to become London's first Living Wage Place¹.

... and challenges

Yet Newham also faces persistent, and in some ways, worsening issues around poverty and inequality. The Trust for London reports the following statistics;

- 44% of children in the borough are judged to live in households in poverty, (compared to 35% across London boroughs and 12% in Richmond Upon Thames).

- For adults and children, the poverty rate of 36% is the worst of all London boroughs (which have an average rate of 27%) this is mirrored by the highest rate of income deprivation.
- Newham has the highest level of premature mortality - those dying under 75 years of age - at 385 per 1,000 people (compared with an average of 316 per 1,000 across all London Boroughs)
- Evictions and homelessness acceptances are significantly higher than the average across all London boroughs, with 4.46 repossessions and 1.92 homelessness acceptances per 1,000 households (compared with an average of 2.42 and 0.74 per 1,000 households respectively across London boroughs).
- Rough sleeping and people living in temporary accommodation are more than double the average rate across London; 428 compared to 214, and 48.3 compared to 16.2 respectively.
- The out of work benefit rate (16.7%) is higher than average and 1 in 3 residents in work earns less than the Living Wageⁱⁱ.

Governance and Finance

In February 2021, Community Links merged with our parent body, Catch22, a national not-for-profit business with a social mission. Importantly, this fully preserved Community Links' name, branding and, above all, its founding vision and values.

The role of safeguarding Community Links' legacy, and its commitment to Newham, resides with our Advisory Committee. The Board is made up of local people from all walks of life with a shared interest in Newham and East London, a passion for Community Links and a belief in the power of our work to shape the lives of service-users for the better. This year, the Advisory Board met three times in September, December, March (the July meeting was postponed).

Income and expenditure

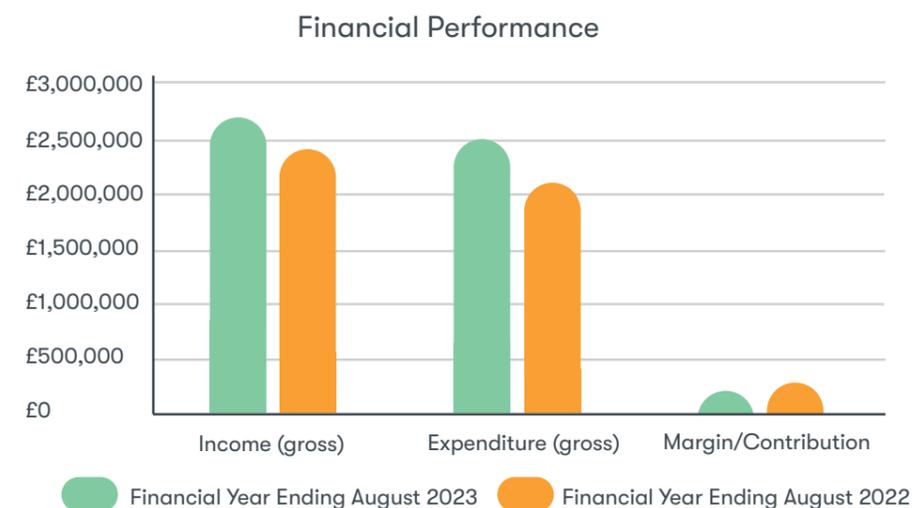
(to 31st August 2023)

Community Links remains responsible for raising its own budget which is ringfenced, meaning all funds donated go towards our work in the community. Every pound we raise is important to us and we carefully plan how we use resources to get the most impact.

Our income (gross) to August 2023 is forecast to be £2.7m (£2.4m in FY22), with total expenditure (gross) of 2.5m (£2.08m in FY22).

The difference (gross margin) of approximately £200,000 goes towards our shared support services which we receive as part of Catch22 (HR, IT, Finance, Governance, Communications, Legal, strategic income generation etc.).

	Financial Year Ending August 2023	Financial Year Ending August 2022
Income (gross)	£2.7m	£2.4m
Expenditure (gross)	£2.5m	£2.1m
Margin/Contribution	£200k	£300k



*Due to the timing of this report, these figures are unaudited and based on monthly management accounts covering September 2022 to July 2023.



105 Barking Road

We are privileged to call 105 Barking Road in Canning Town our home. It is a tremendously symbolic building which we have occupied on a long lease from the Council since 1991, after fundraising to restore it from disrepair. The building has hosted none other than Sylvia Pankhurst, who along with her sisters and mother Emmeline, founded “the suffragettes” – the campaign to get women the vote in the early part of the 20th century. Other prominent social reformers who have spoken at 105 Barking Road include Keir Hardie, Daisy Parsons, George Lansbury and Bertrand Russell.

Documents in 1893 describe the vision of the Public Hall at 105 Barking Road as “Built by the people, for the people”. Over 100 years it has been a centre of social action: responding to immediate need and promoting social reform. In times of war and flood it has served as a refuge, feeding and housing those made homeless.

Today, 105 Barking Road is used by Community Links and colleagues from across Catch22 and other charitable services for the community to seek help, access free advice, education, training, access the foodbank, attend dance classes and weekly pensioners’ bingo or simply to sit down in relative warmth and comfort.

Records show that approximately 19,000 members of the community entered 105 Barking Road in the past year. This is in addition to a further 5,000 phone calls we receive from members of the public seeking to access our services and being signposted to others who can help.



Our Work

1

Youth & employment

We use our state-of-the-art music and media recording Studio, college provision and our peer-to-peer mentoring programme to help young people realise their full potential.

2

Health

We increase bowel, breast and cervical cancer screening participation and increase awareness about the signs and symptoms of cancer amongst vulnerable groups.

3

Advice

We provide free debt, housing, social welfare and legal advice.

4

Community

Our digital skills course, our community support programme for those suffering from serious mental illness and our emergency food support service, all address some of the key challenges that can hold people back. Our art and culture programme nourishes individual and community life.

5

Policy and Influence

We apply the learning from our local work to influence positive national change through contributing to thought leadership and having a presence in valuable networks and bodies.

1. Young People: building skills and resilience

With over a third of its residents under the age of 25, Newham has one of the youngest populations of any area in Englandⁱⁱⁱ. While this is, in many ways, one of the borough's greatest strengths, its young population face significant barriers to realising their full potential. Our Youth Programmes are focused on More than Mentors, Links Studios and Links Media College.

Newham has one of the youngest populations in England, with a median age of 32.3 years compared to 35.6 in London and 40.3 years in the UK. 0-25 year-olds account for 37% of the Newham population^{vi}.

A higher proportion of the borough's 16- and 17-year-olds are classed as NEET (not in education, employment or training) than the London average^{iv}, though Newham pupils in education are performing better than the national average^v.

The number of people in Newham involved in county lines criminal exploitation is estimated to be amongst the highest of any local authority in London^{vii}.

More than Mentors

In the last 12 months, 113 young people have completed this innovative 14 week, psychologically-informed, clinically-supervised peer mentoring programme. The programme which is delivered in secondary schools and community settings, takes an early action approach to supporting the mental health and emotional well-being of young people.



Links Studio

66 young people aged 11 to 19 have attended music, media and creative sessions in the Studios over the past year (resulting in almost 800 accumulative attendances between them). We are proud to report that approximately one quarter of the young people are referred to us via the Newham Multi Agency Collective. This is a partnership with our local NHS Trust, connecting organisations and services able to allocate support to young people on the CAMHS (Child and Adolescent Mental Health Services) waiting list through a range of creative therapies and psychosocial support programmes.

Links Studios highlights of the year have included;

London Fashion Week 2023

We were the charity partner of luxury sustainable fashion brand GENT London for their 'Origins Collection SS23' runway event as part of London Fashion Week 2023. Proceeds raised during the event were re-invested into supporting the Studio, and the event provided a platform for one of our young musicians to perform a self-written and produced song.

Newham Heritage Month

Twenty young people took part in the Newham Dictionary of Culture project, part of Newham Heritage Month and delivered in partnership with the Culture Within Newham team (part of a consortium led by Community Links and covered elsewhere within the impact report). The podcast project focused on the question 'what does culture mean to you?' with the young people curating seven podcast episodes in which they chose to interview their local cultural heroes. As the podcast hosts, they interviewed two rappers, a DJ, a drummer, a dancer, and two restaurant owners to learn how these creatives got to be where they are now. The result is a stunningly honest and inspiring conversation about creative ambition that shows that no dreams in life are out of reach. Scan the QR code to listen to the podcast and watch the event video.

Alexander McQueen

Young people from Links Studios created instrumental background music to accompany a video produced for the late fashion legend Alexander McQueen's blue plaque unveiling in Newham. The video celebrated Alexander McQueen's extraordinary creative contribution to the borough where he attended college and worked with a local arts organisation.

The Mayor of London & the Propel Fund

We were delighted to be awarded funding through The Mayor Of London's New Deal For Young People to extend the delivery of mentoring support to help young people through our programme of personal and creative mentoring at Links Studios.





LINKS MEDIA COLLEGE

Launched in May 2022, the College offers free, part-time fully accredited qualifications in English, Maths, Music Technology and Customer Service to 16- to 19-year-olds in need of alternative education provision. With a focus on employability and personal development, we work with each student to design a programme that fits their interests and ambitions.

23 students, across two cohorts, took exams this academic year with some impressive results;

100% pass rate for Music Technology

84.6% pass rate for English Writing

100% pass rate for English Speaking & Listening

71.4% pass rate for Customer Service

84.6% pass rate for English Reading

56.7% pass rate for Maths

Case Study - Sammy

Sammy's story shows how Links Media College, Links Studios and our mental health and wellbeing expertise allow us to join-the-dots effectively for the young people we support.

16-year-old Sammy was home-schooled for 7 years before attending Links Media College in February 2023. She lives at home and helps care for her father who is disabled and requires full-time care. Being a carer from such a young age had a big impact on Sammy's social skills and overall confidence. She's a talented, but very shy guitarist, singer and artist.

Sammy disclosed to the Links Media College team that she self-harms and suffers from poor mental health. Using our established relationships, we referred her to the Children and Adolescent Mental Health Service (CAMHS), for 1:1 support from the Council's Mental Health in Schools Team. This has had a life changing positive impact on Sammy; improving her resilience and giving her the tools to coping with stressful situations.

At the College, as well as English and Maths classes, Sammy took part in structured Employability, Enrichment & Pastoral sessions (EEP) which included CV and Cover letter writing skills alongside substance misuse, sexual health, and mental health & wellbeing workshops. As a result of her time with us, Sammy greatly improved her social skills, speaking and listening skills and has a much-improved understanding of the options and support available to her in life.

Sammy had a 94% attendance at Links Media College - a major credit to her considering her caring responsibilities. Sammy achieved qualifications at Level 2 (equivalent to GCSE grades A to C), in English and Music Technology, and got an offer from an established arts & music college to study Music Production.

In addition to Links Media College, Sammy is a regular participant at Links Studios. She recently took part in the Newham Dictionary of Culture project by creating an album cover artwork for the project. She's keen to volunteer as a Studio Assistant in the future.

“

When I first joined Links Media College, I was a very nervous and anxious person as well as having little to no confidence at all. However, after a few weeks I started to warm up and started talking to other students and teachers. One of the teachers, Amanda, was also a massive help to me. She was someone I could talk to if I was upset or if I had any trouble. She was there to take time out to sit down with me to talk about whatever I had problems with, which also boosted my confidence about things. I started making friends and socialising more with people, especially in the Studio. Not only was I making friends, but I was also improving and getting better in Maths and English, which was the original reason of me going there.

I developed a passion for music production, and now I am furthering my love for making my own music by going to study a level 3 music production course thanks to the teachers who helped me get into the college I wanted to get into. Now that I have finished Links Media College, I feel more confident about myself and who I am, and I feel less scared to socialise with people and to hang out with them. In addition, I feel as if my future has been shaped more than it was before.

”

2. Health: tackling inequalities

Good health – both physical and mental – is critical to our mission of ensuring that individuals and communities can reach their full potential.

Focused on early cancer diagnosis and awareness, our health programmes recognise that people living in the most income deprived areas of England are 20% more likely to have a late cancer diagnosis, that smoking related cancers are three times higher in the most deprived populations and that socio-economic status significantly impacts access to health information, as well as practical and emotional social care and support^{viii}.

More than 30,000 extra cases of cancer in the UK each year are attributable to socio-economic variation and survival is worse for the most deprived groups^{ix}.

People from more deprived populations are less likely to recognise signs and symptoms of cancer than those in the least deprived^x.



Our work includes...

Population Awareness

outreach across six East London boroughs with information about cancer risk factors, early diagnosis, and support.

Screening Improvement Facilitators

supporting 296 GP practices and primary care networks across 14 boroughs in West London, seeking to reduce inequalities and variation in the uptake of the three NHS adult cancer screening programmes.

Cancer Screening

contacting NHS Patients across London and encouraging them to take part in the national bowel and breast cancer screening programmes.

We are on track to contact over 70,000 NHS patients across our three programme areas:

Cancer Screening Projects Sept 2022 - Aug 2023	Areas of London	Number of people contacted
Bowel screening	South-East, North-East, North Central, North & South-West	41,720
Breast screening	South-West, West	15,450
Population awareness	North East	13,330
Total		70,500

3. Advice

In the last year, we worked with a total of 1,536 members of the community (an increase of 18.6% on the previous year). We helped clients generate an income through additional welfare benefits and addressing their debts to a tune of just over £2 million during the year. Much of the additional welfare benefits income will be repeated year-on-year.

Advice area	Number of clients
Welfare benefits and form filling	705
Legal advice (housing, consumer & legal)	422
Debt advice	410

Our youngest client was 16 years old and our oldest was 67.

6.7% of Newham residents claim out of work benefits, compared to 5% across London and just 3.9% across England^{xi}. In December 2020, amidst the pandemic, Newham had the highest number of benefits claimants in London and the largest absolute increase (at 226%) in claimants since March 2020^{xii}.



Our work includes...

Last financial year, we received funding to provide an open door, welfare advice service from the Greater London Authority's Advice in Community Settings grant programme.

Specifically helping clients in local foodbanks, we lead a consortium of five local organisations with the aim of making individuals aware of their rights and ability to access the full range of benefits and tax credits to which they are entitled. The partnership has also enabled us to reach more marginalized and vulnerable client groups such as;

- Asylum Seekers with no recourse to public funds
- International students with restricted visas to access emergency welfare support
- Rough sleepers
- Pensioners.

Through the Advice in Community Settings project, we have managed to help 295 clients of whom almost 70% had never accessed advice services previously. 65.8% consider themselves disabled and 50% speak English as a second language. In total, the project has helped achieve estimated financial gains of £261,000.

Case study - Darren

Darren, a 67-year-old single man, living in a council property in Newham came to us after he received a letter threatening him with an eviction notice for rent arrears of £1,600. He was understandably anxious and worried as he had no income and savings of only £700 which he had been living off since his 66th birthday – which was when all his benefits stopped.

Darren explained that he had always felt the world was too much for him and he had isolated himself, staying at home. He had never held down a job and was a full-time carer for his disabled parents. After both parents passed away, Darren suffered from depression and claimed various benefits. However, all his benefits stopped when he turned State Pension age. Darren wrongly believed he would not get a State Pension because he had not worked.

We supported Darren to claim backdated State Pension of £10,500 and a monthly pension

income of £830 monthly. To help with his housing costs, we supported Darren make a claim for Housing Benefit and Council Tax to pay his rent and council tax liability. Darren also qualified for Attendance Allowance, a disabled benefits for people over 65 years of age. He will receive an award of £295 monthly and top- up income of £3,500 on top of his pension credit.

Overall, we helped Darren gain a staggering £34,317.72 which he was entitled to.

Above all, Darren's capacity to manage his living expenses and maintain his rent account has been greatly improved with our support. He can better manage his mental health issues without the worry of losing his home. When Darren returned to Community Links for a follow up appointment, he presented differently than before. He was smiling and able to look the adviser in the eyes. He seemed like a weight had been lifted from his shoulders.

4. Community: belonging to something bigger

We strive to break down the social and health inequalities that too often limit individuals' ability to fulfil their potential. By empowering local people with the tools they need to overcome challenges, we can strengthen communities from the ground up. And we know that the

social connections, sense of belonging, support and acceptance that come from being part of a strong community are critical to mental wellbeing and resilience.



Community Clicks

80% felt digital tools were a vital support in the first months of lockdown. 37% of adults use digital tools to manage their physical health and 25% for their mental health^{xiv}.

In 2022, we launched a new digital skills programme for residents in Newham aged 50 and over. With twice weekly sessions, the Community Clicks programme aims to build participants' day-to-day digital skills, such as making online doctor's appointments, using online banking services, online shopping and connecting with friends and family online. At the end of the course, participants are given a tablet, so that they can continue to use their newly acquired digital skills.

Our sixth cohort started in September 2022, with 30 learners. We are pleased to report that 90% who started the programme were with us until the final graduation in December 2022. Across the cohort, learners started with a 33% digital confidence rating, increasing to 67% by the end of the course.

A particular highlight of the programme has been a partnership with "NHS Digital Champions" ensuring that our learners gain specific skill in how to understand and navigate the new digital healthcare within the NHS.

Community Clicks has been an eye opener to the digital world for me, as a pensioner who has never used a tablet before.

Case Study - Matthew

Matthew suffers from a mental health illness and was referred to Community Links' Community Connectors for support with homelessness. We helped Matthew to secure temporary accommodation via a Homelessness Prevention and Advice Service (HPAS) application and referred him internally to Community Links' specialist advice service who secured him an enhanced level of PIP. Following a bout of depression after his guitar – his "best friend" – was stolen, we helped Matthew to successfully apply for a Personal Health Budget to buy a new guitar providing him with much hope during difficult times.

Community Connectors

In June 2022, working alongside partners at charities Aston Mansfield and Mind in Tower Hamlets and Newham, Community Links expanded the Community Connector team with ten colleagues providing holistic wraparound support to patients suffering from serious mental illness.

In 2017, 23.9% of adults living in Newham are estimated to have been diagnosed with common mental health disorders. At just over 64,500 people, that's the highest of any London borough^{xv}.

In the last year, we helped 800 NHS patients suffering from serious mental illness. We are seeing increased awareness of and access to services that support social and economic progression, higher reported levels of positive mental, physical health and life satisfaction amongst service users and greater interconnectivity between voluntary and health

sector services in Newham.

Some statistics;

- 27% of clients need help with housing and benefits.
- 15% of clients are supported through finding positive activities to help with their mental health.
- 11% of clients need help with social isolation.
- 11% of clients are struggling to pay their utility bills.
- 7% of clients need help with finding employment.

Case Study - Sarah

Sarah who also suffers from Serious Mental Illness (SMI) was referred to the Community Connectors to address feelings of isolation, in part caused by her inability to speak English confidently. Our team enrolled her in ESOL classes at the local library, accompanying her to the first class, and later signed her up to Community Links' Community Clicks programme which tackles digital inclusion and isolation.



Community Foodbank

Originally intended as a service that offers short-term, emergency support to individuals while we helped to address their wider challenges, demand for our weekly walk-in foodbank has remained steady year-on-year, with between 250 and 290 service users a month over the past two years. This year, we have managed to distribute over 8,500 bags of food to over 3,000 service users, estimating that just over 2,000 children have benefited from our service.

Our foodbank provision also benefits from its connection to our wider range of services. Linking foodbank users to professional advice services can help them to overcome some of the challenges that first necessitated their use of emergency food parcels. Generous donations and our relationships with Morrisons, the Newham Food Alliance and the Felix Project currently enable us to provide a range of fresh produce.

Culture Within Newham

Winter 2022 saw the launch of a new arts and culture programme for Newham, called Culture Within Newham. Shaped with people and embedded in the communities of Newham, Culture Within also celebrates that creativity sits within every single one of us.

Funded by Arts Council England, Royal Docks Enterprise Zone and Newham Council, the programme is an investment in the local cultural infrastructure of the borough. It not only develops opportunities for people to experience and take part in cultural activities, but also helps to build the skills and confidence for them to take ownership of Newham's cultural possibilities. The programme is strengthened by having community-led organisations such as Caramel Rock, Faithful Friends, and the National Cricket League on its consortium board, in addition to the University of East London and Community Links as the consortium lead.

The programme specifically targets those Newham residents who least engage with arts or cultural activities and who often do not think of themselves as creative people. The programme's mission is to unleash the creative potential of all Newham residents and celebrate culture and imagination as a shared power. As a result, all activities are fully co-created with local residents, partly through a formal Community Voices Panel, as well as through a wide range of community-led facilitation approaches that are central to every single project.

Dictionary of Culture

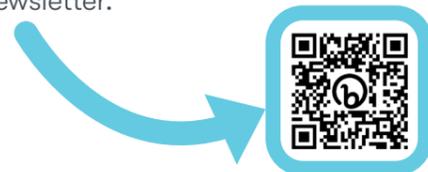
A flagship project this year was the Newham Dictionary of Culture, a podcast shaped entirely by 11-19 year olds from the Links Studios for Newham Heritage Month. This is covered under the Links Studios section of the Impact Report.

Smoosh

A second highlight of the financial year was the delivery of a rip-roaring music and dance street parade called SMOOSHI, run in collaboration with Paraorchestra and Plaistow South Big Local. Designed as a radically inclusive event that celebrated musicians, dancers and also audiences with a wide diversity of abilities, the parade moved through the streets of Plaistow to bring the colourful celebration of culture to the doorsteps of those who were not used to finding opportunities to engage with the arts in their direct neighbourhood.



Being a very young programme, Culture Within has focused much of its first year on making connections in the borough. It has engaged with more than 500 people directly as project participants, and with over 15,000 people indirectly as audience members, both in person and online. It has a busy second year ahead, with projects including three new public art commissions, an urban gardening club, food-themed immersive cinema screenings, a documentary photography project with Central and Eastern European migrants, the production of a new mural design for a primary school, an exhibition to celebrate African art and culture, queer performances at various Newham markets, workshops to give young people pathways into creative careers, as well as the development of a creative reminiscence cook book. And that is likely not even half of it. Stay in the loop by signing up to the Culture Within newsletter.



5. Policy and Influence

For a period this year, we were honoured to take the rotating chair of the campaign to make Newham's Royal Docks area into a Living Wage Place. The campaign is part of a coalition of local public, private and third sector bodies which aims to increase accredited Living Wage Employers in the Royal Docks by 50%, securing a pay rise for over 3,000 employees. In the longer-term, we want to see a Real Living Wage paid as a minimum by all businesses based in the Royal Docks area and across the Borough as a whole.

Witnessing the impact of in-work poverty on our community day-in-day-out, means the opportunity to affect far reaching policy change that could improve the life of thousands of Newham residents is one that we are determined to seize.

The campaign's work was honoured with the esteemed 'Living Wage Places Champion' award in recognition of our commitment to promoting and implementing the Living Wage at a ceremony in Manchester in June 2023.



Footnotes

- i <https://www.livingwage.org.uk/news/royal-docks-seeks-excel-living-wage-place>
- ii <https://www.trustforlondon.org.uk/data/boroughs/newham-poverty-and-inequality-indicators/>
- iii <https://www.newham.gov.uk/downloads/file/3607/cyp-jsna-august-2021>
- iv <https://compostlondon.org.uk/wp-content/uploads/2021/11/Key-Newham-Statistics-2021-1.pdf>
- v <https://www.newham.gov.uk/downloads/file/3607/cyp-jsna-august-2021>
- vi <https://www.newham.gov.uk/downloads/file/85/evidencebriefingyouthsafetyinnewham>
- vii <https://www.macmillan.org.uk/assets/health-inequalities-paper-april-2019.pdf>
- viii https://www.cancerresearchuk.org/sites/default/files/cancer_inequalities_in_the_uk.pdf?_gl=1*1qe_j2e9*_ga*MTMwMzU5MDk2NC4xNjYwMzEyMzQx*_ga_5873672GNN*MTY2MDMxMjMOMC4xLjEuMTY2MDMxMjMINS4ONQ..&_ga=2.204197520.1081155735.1660312341-1303590964.1660312341
- ix https://www.cancerresearchuk.org/sites/default/files/cancer_inequalities_in_the_uk.pdf?_gl=1*1qex_j2e9*_ga*MTMwMzU5MDk2NC4xNjYwMzEyMzQx*_ga_5873672GNN*MTY2MDMxMjMOMC4xLjEuMTY2MDMxMjMINS4ONQ..&_ga=2.204197520.1081155735.1660312341-1303590964.1660312341
- x <https://www.trustforlondon.org.uk/data/out-work-benefits-borough/>
- xi <https://www.trustforlondon.org.uk/data/benefit-claimant-change-during-the-covid-19-pandemic/>
- xii £19bn a year in unclaimed welfare benefits
- xiii <https://www.goodthingsfoundation.org/wp-content/uploads/2021/08/Good-Things-Foundation-2021---Digital-Exclusion-and-Health-Inequalities-Briefing-Paper.pdf>
- xiv <https://www.newham.gov.uk/downloads/file/76/mentalhealthneedsassessment>
- xv <https://www.livingwage.org.uk/news/royal-docks-seeks-excel-living-wage-place>

www.community-links.org

COMMUNITY LINKS **catch 22**
Proud to be part of