

BLOSSOM GROUP IMPACT STATEMENT

We don't just support people. We stand with them. We fight for them. We grow with them. And we build what the system refuses to.

HEALTH IS WHERE WE START — BUT NEVER WHERE WE STOP

At Blossom, we don't separate physical health from mental health. We don't separate either from housing, benefits, grief, trauma, racism, or poverty. Because life doesn't work in compartments—and healing doesn't either.

So we've created something different. Not a clinic. Not a service. A **community-led health and justice ecosystem** rooted in culture, dignity, and love.

We've run **hundreds of sessions**—in dozens of languages—across every topic you can imagine:



Mental Health

- Depression, anxiety, trauma, PTSD
- Self-harm, grief, and emotional shutdown
- Intergenerational stress in migrant families
- South Asian women's silence
- Men's mental health stigma
- Youth peer pressure, bullying, and identity struggles
- Cultural trauma, historical erasure, inherited pain

"Blossom is the first place I said I wasn't okay—and nobody judged me." — Elaine, East London

Physical Health: Whole-Person Care

Comprehensive Health Support

We address the full spectrum of physical health challenges facing our community, always through a lens of cultural competence and deep respect for how different communities experience and understand health.

- Diabetes, asthma, arthritis, long COVID, cancer
- Women's health: PCOS, menopause, fertility, pain
- Elder health: memory loss, dementia, loneliness
- Men's health: prostate cancer, stroke, unspoken fears
- Nutrition in cultural context (not just kale smoothies!)

Public Health Campaigns

- "No Paan, No Shisha" initiatives
- Smoking cessation programs
- Diabetes checks and monitoring
- Vaccine support and education
- Disability inclusion work
- Chronic illness visibility

"They helped me change my diet—but kept my culture. I still eat with joy." — Chef Billu, now leading healthy food demos

Community Healing: Building Spaces of Belonging

True healing happens in community. We create brave spaces where people can process pain, find connection, and rediscover their strength through approaches that honor the whole person—body, mind, spirit, and story.



Bereavement & Grief

Bereavement cafés and grief storytelling circles where loss is honored and memories are shared in the languages and rituals that matter most.



Creative Healing

Creative therapy through music, writing, and movement—expression without words, healing through art and rhythm.



Spiritual Support

Interfaith spaces for spiritual support that respect all traditions and create room for sacred connection.



Trauma Circles

Trauma circles led by peers, not outsiders—healing guided by those who truly understand the journey.



Mental Health Radio

Mental health radio shows reaching thousands weekly, breaking stigma one conversation at a time.

"They didn't ask for a diagnosis. They asked if I'd eaten." — Refugee, Newham

By the Numbers: Our Reach and Impact

These numbers tell a story of consistency, commitment, and deep community trust. Behind every number is a person, a family, a moment when someone wasn't alone.

200+

Health & Healing
Sessions

Delivered across mental
health, physical health, and
community healing

30K+

People Supported
Through Togetherness Café
and direct services

5K+

Weekly Radio Listeners
Breaking stigma and building
connection through the
airwaves

90+

Wellness Sessions
Yoga, movement, and
mindfulness practices for
body and spirit

20+

Languages Spoken
Multilingual support
ensuring everyone can be
heard and understood

From GPs to grandmas, from counsellors to community cooks—we bring everyone in. Our strength is in our diversity, our reach, and our refusal to turn anyone away.

 HOUSING IS A HEALTH ISSUE. AND A HUMAN RIGHT.

Let's be clear:

You can't heal in a home full of mould. You can't parent from a hostel shared with strangers. You can't manage diabetes when your fridge is broken and you can't afford to cook.

You can't care for an elder with dementia in a third-floor flat with no lift. You can't show up for therapy when the bailiffs just took your TV.

And when people *do* try to get help?

They're told: "Go online." "Use the portal." "Wait your turn." "Appeal it yourself."

☐ What if you don't have internet? What if English isn't your language? What if your trauma has left you numb and voiceless?

The system creates barriers. We tear them down.



BLOSSOM FIGHTS YOUR FIGHT

We Stand Beside You

We don't pass the buck. We pick up the phone. We write the letters. We **walk with you** to the housing office. We **stand beside you** in meetings. We **translate the system**—and demand it speaks back.

We've Helped Hundreds:



Challenge illegal evictions

Standing firm against landlords who exploit vulnerable tenants



Get out of dangerous housing

Moving families from unsafe conditions into dignified homes



Force councils to fix damp, leaks, broken heating

Making authorities accountable for basic human needs



Secure disability-adapted accommodation

Ensuring accessibility isn't a luxury but a right



Protect vulnerable people from bailiffs

Intervening before eviction becomes homelessness



Navigate housing benefit cuts and appeals

Fighting the bureaucracy with expertise and persistence



Fight disrepair and neglect

Using evidence and pressure to demand justice



Translate letters and calls in over a dozen languages

Breaking down language barriers that keep people trapped



Win cases—because we didn't back down

Victory comes from solidarity and refusing to accept injustice

"The mould made my child sick. The council said it was 'just condensation'. Blossom took pictures, called the MP, got it sorted. They didn't just help—they made noise." — *Amina, mother of two*

"They kept sending me letters I couldn't read. Blossom sat with me, translated them, helped me reply. That's when the council finally listened." — *Gulpaari, refugee mother*



THE TRUNK THAT HOLDS US: TRUST

We're not just a drop-in. We're not just here when it's convenient. We're here when your fridge is empty, your landlord ignores you, your panic attacks come back, your children are hungry, your roof is leaking, your inbox is full of threats, and your head is full of fog.

And we're here the next day too. And the next.

Why?

❏ Because people don't need more forms. They need more [people who don't flinch](#).

Trust is built through showing up. Through consistency. Through proving that we won't disappear when things get hard. Through refusing to treat people as cases, numbers, or problems to solve.

Our community knows: Blossom doesn't leave. We root down deeper. We stay. We grow. Together.

THE BLOSSOM MODEL WORKS. BECAUSE IT'S REAL.

We don't do "services."
We do solidarity.

We don't do tokenism.
We do transformation.

We don't separate the personal from the political, the spiritual from the social, the pain from the power.

We see every issue **interconnected**:

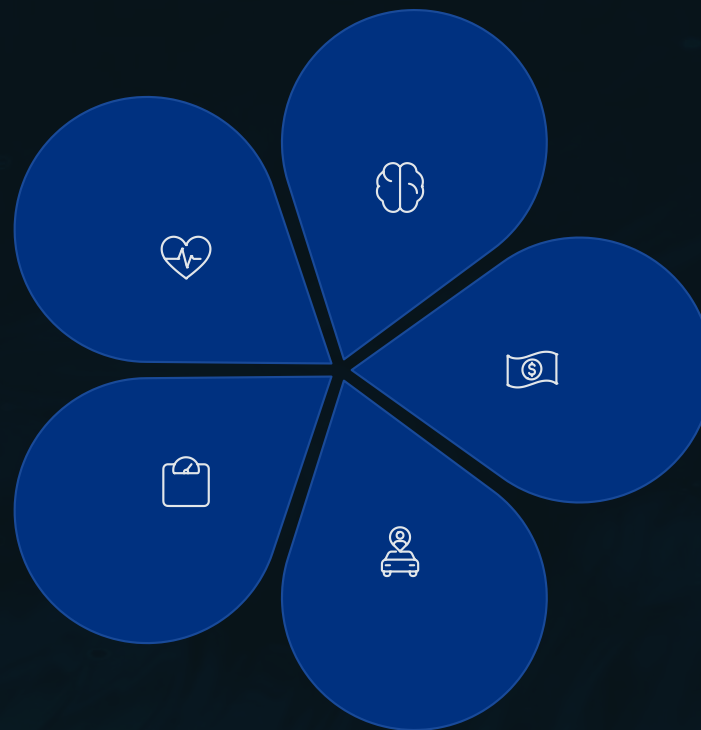
Health linked to housing

Trauma linked to racism

Mental health linked to migration

Poverty linked to policy

Loneliness linked to language



  Injustice is not a glitch. It's the system working as designed.

So we build something else.



THE IMPACT IN NUMBERS

This is what happens when you center community, trust lived experience, and refuse to give up on people. This is what solidarity looks like in action.

30K+

Families Supported

With food, housing, and
benefits

200+

Health Events

Community health and
mental health gatherings

5K+

Radio Listeners Weekly

Across Blossom & NuSound
Radio

1.5K+

Into Training

Learners accessing education
and skill development

800+

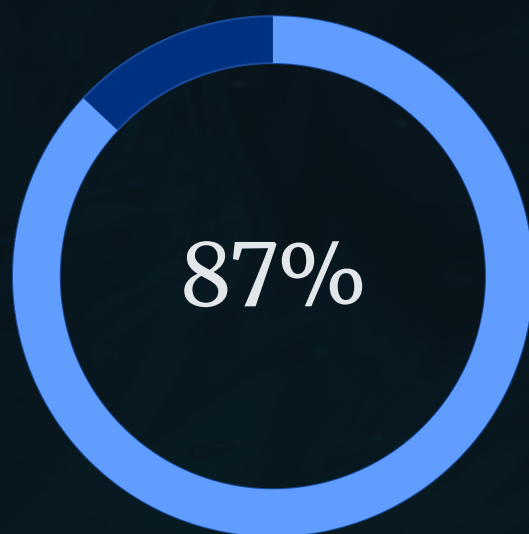
Into University

Supporting pathways to
higher education

700+

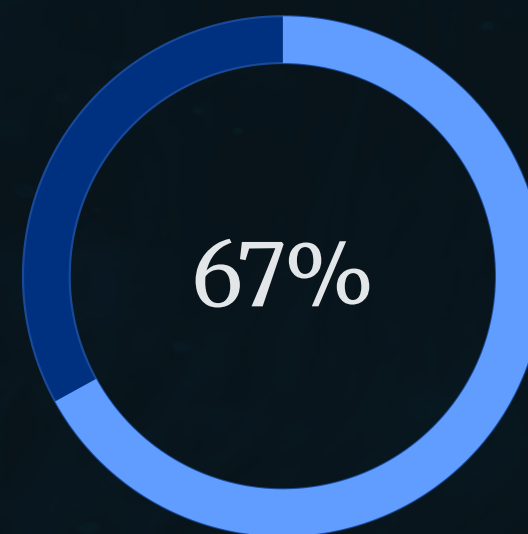
Into Employment

Building economic security
and opportunity



From Racialised Communities

Reflecting the people we serve



Women

Leadership and participation

100+ volunteers speaking 98+ languages, bringing the world's wisdom to East London and beyond.

OUR MESSAGE TO SYSTEMS, FUNDERS & PARTNERS

We're not here to fit your frameworks. We're here to rewrite them.

"You say communities are 'hard to reach'? We say: you weren't looking hard enough."

We invite:



Funders

Who want impact *with soul*—not just metrics, but meaning. Not just outputs, but outcomes rooted in dignity.



Partners

Who are ready to co-create, not control. Who understand that the best solutions come from the ground up.



Researchers

Who want real-life wisdom, not just data. Who value lived experience as the highest form of expertise.



Policymakers

Who are brave enough to centre lived experience and humble enough to listen before legislating.



Community Members

Volunteers, elders, carers, migrants, youth—the real experts in survival, resistance, and hope.

If you're ready to invest in real change—change that's messy, human, powerful, and lasting—we're ready to work with you.

OUR PROMISE

We will keep fighting.

We will hold your hand, read your letter, walk beside you, laugh with you, cry with you, call the council, write your appeal, feed you, connect you, and believe you.

We will **never** treat you like a problem to be managed.

We will **always** treat you like a person to be honoured.

Because we are not here to fix people.

We're here to remind
them: They were never
broken.

This is Blossom Group.

Health. Housing. Healing. Power.

And the door is always open.

You belong here.

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