

UPSKILL REACH

Make Some Positive Changes in Your Life!

Promoting inclusion and diversity, with support to access mental health and well-being opportunities, across Tower Hamlets' diverse communities.

How To Start?
Where To Go?
Who To Ask?

Upskill empowers and supports people who have been affected by emotional or mental health issues to move towards better health, well-being and sense of community.



workingwell
trust

At Upskill Reach, we think everyone should have the same chances, no matter their background, culture, race, or religion.

- We want to make Tower Hamlets more inclusive by helping people get into different educational, volunteering, and training programs. We aim to give individuals the skills and knowledge they need to do well in their personal and work lives.
- We also understand how important Mental Health and Well-being are for success. That's why we offer support to access mental health resources and opportunities. We understand that Mental Health can be a sensitive subject, so we want to make a safe and welcoming space for everyone.
- At Upskill Reach, we celebrate diversity and appreciate the unique strengths and experiences each person brings. We believe that by working together and helping each other, we can build a more inclusive and thriving community in Tower Hamlets.



Contact Details

Pritchard's Road Centre

Marian Place

London, E2 9AX

T: (020) 7 729 7557

M: 07951 189782

Karen@upskill.org.uk