



News release
16 June 2020

New partnership to help customers' mental health in lockdown

Catalyst has partnered with Skillsmax to offer free, independent mental health support to customers through the Covid-19 lockdown.

Catalyst has been supporting its customers and communities through the pandemic with additional wellbeing calls, financial advice and activity packs. This latest partnership is designed specifically to support customers' mental health and help those who may be feeling worried, anxious or isolated due to lockdown or in general.

Through Skillsmax, Catalyst customers in any location can access free, confidential advice over the phone seven days a week, and speak with their highly trained and experienced support team.

Skillsmax is a not-for-profit social enterprise, and to help boost funds at this initial stage of our partnership, Catalyst has awarded a £2,000 grant from its 'Coronavirus Voluntary Sector Support Fund.

Catalyst's Director of Community Investment, Sahil Khan, said:

'We're thrilled to announce our new partnership with Skillsmax to help customers who may be struggling with their mental health.

'Catalyst is committed to supporting the mental health of its customers, and Skillsmax have the specific skills to help us do that. We encourage our customers to use this service and talk to somebody if they're feeling anxious or worried.'

Lynne Johnson from Skillsmax told us:

'We are pleased to receive the grant from Catalyst to help our remote support activity. Covid-19 is directly responsible for new and changing needs, leaving many people with increased support requirements around coping with change, isolation, having a purpose and addressing impacts on well-being. We look forward to supporting Catalyst customers and enabling them to make a positive step forward.'

If you're a Catalyst customer, you can speak with one of the Skillsmax team on call 0800 464 7042 (Mon-Fri; 9am-5pm)

For help and support about your tenancy or finances, call Catalyst on 0300 500 6262 (counties) 0300 456 2099 (London) or speak with a member of your local team.



NOTES TO EDITORS

More information on Catalyst

Catalyst is a one of the leading housing associations in London and the South East with 34,000 homes and 1,200 employees, having merged in December last year with Bedfordshire-based Aldwyck Housing Group.

We are experts in placemaking and developing tenure-blind neighbourhoods, with a strategy in place that will see us build up to 1,300 quality new homes each year. Our approach to creative design, effective urban planning and high-quality development is underpinned by our long-term interest in our neighbourhoods. By adopting a stewardship role, we ensure that the places we help to create are well maintained, look great and remain desirable and affordable places to live. A prime example of Catalyst's work is our flagship regeneration project in North Kensington, Portobello Square.

Catalyst Communities, our social and economic investment arm, helps our communities grow with bespoke neighbourhood strategies that help deliver initiatives such as youth mentoring projects, after school homework programmes, exercise classes and much more. We also deliver an individual offer to our most vulnerable residents, with services such as financial inclusion courses to help people with their money, parenting support classes for young families and employment courses for those out of work.

www.chg.org.uk

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