

Independent Newham Users Forum (INUF) is a user led mental health charity. INUF provides advocacy service, recovery strategies and training opportunities to provide support and assistance to persons affected by mental health issues in the following categories: service users, survivors, carers and professionals.

INUF engages primarily with Newham based residents through activities, events, training, volunteering and workshops that build confidence, are socially inclusive and take place in an informal learning environment. INUF operates in an inviting and relaxed atmosphere within Ithaca House which serves the community as a safe haven where individuals can feel empowered, find their voice and improve on their every day quality of life.

INUF runs Ithaca House for the INUF members, but also extends the service of the building for office rent and room hire in order to support the flourishing community-based organisations in addition to several innovative social enterprises in the public sector. At any given time throughout 2010 Ithaca House has been the registered company address for at least twenty different organisations, providing long term room hire for an additional ten others.

One organisation in particular, British Urban Film Festival (BUFF), has been based at Ithaca House welcoming new and independent filmmakers to their very own film screenings to promote their films to a wider audience and support their career aspirations. INUF and BUFF have carefully managed to collaborate for the Black History Month celebrations in 2009 and 2010 with a film festival event at Ithaca House for INUF members and members of the public to attend an all day installation screening the best and brightest in regional and international talent. INUF is proud to welcome BUFF to Ithaca House and also extends our best wishes to the filmmakers and film enthusiasts that help our registered charity celebrate and commemorate Black History Month too.

Trevor Jones

Project and Volunteer Co-ordinator

Independent Newham Users Forum (INUF)