

THE HORIZONS PROJECT

PUBLICATION SERIES

HP-001

Vision, Mission and Core Values

Small moments. Lasting change.

Version 1.0

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About This Publication

Welcome to The Horizons Project. This publication provides an introduction to the organisation, its purpose and the thinking that has shaped its development.

Horizons has been created to complement the excellent work already taking place across health, social care, housing, recovery services, probation, education and the voluntary sector. Rather than introducing another specialist intervention, it supports continuity of engagement with the help, advice and professional services that already exist around each person.

This publication explains why Horizons exists, the challenge it hopes to address and the principles that guide its development. More detailed publications within this series explore Momentum, governance, safeguarding and operational practice in greater depth.

A Developing Organisation

The Horizons Project is intentionally being developed in stages. We believe responsible organisations are built through evidence, reflection, professional discussion and practical learning — not by pretending to have every answer from the outset.

For that reason, this publication reflects the organisation's current understanding at the time of writing. As Horizons develops, its publications will continue to evolve through research, lived experience, governance review and constructive challenge.

This is not a limitation; it is one of our founding principles. As described throughout the governance publications, Horizons is intended to remain a learning organisation that develops responsibly as its understanding matures.

Why Another Organisation?

It is a fair question. Across our communities, thousands of dedicated professionals work tirelessly to support people through some of the most challenging periods of their lives. Counsellors, recovery workers, housing officers, probation practitioners, healthcare professionals, social workers, volunteers and community organisations all make an extraordinary difference to the lives of others every day.

The Horizons Project begins with a simple acknowledgement: they are not the problem. In fact, they are one of the greatest strengths our communities already possess. So why create Horizons? Because even the very best support cannot be everywhere at once. Appointments end, professionals move on to the next person, and life continues.

Sometimes the greatest challenge is not accessing support for the first time, but remaining connected to that support when life becomes overwhelming. A difficult conversation, an unexpected setback, an unopened letter, a missed appointment or a loss of confidence can all begin to interrupt progress.

These moments rarely happen while sitting opposite a professional. They happen during the ordinary hours and days in between. Horizons exists to help bridge that space — not by replacing existing services or providing specialist advice, but by helping people remain engaged with the support already in place.

The Challenge We See

People rarely disengage because they do not care. More often, life's complexities gradually distract them from the pathway they were trying to follow until re-engagement begins to feel increasingly difficult.

Support may already exist, and the desire to move forward may still remain. But fear, shame, uncertainty, exhaustion or practical barriers can quietly begin to erode momentum. By the time the next appointment arrives, the distance between where someone is and where they hoped to be can feel much greater than it did only a few days before.

The Horizons Project has been developed around a simple observation: change rarely happens during a single appointment. It is often built through the small decisions, practical actions and everyday moments that follow afterwards.

This understanding sits at the heart of Horizons and has shaped every aspect of the organisation's development. It also reflects the central premise of the Momentum philosophy: progress is often lost between appointments, rather than during them.

Supporting the Support Already in Place

One of the defining principles of The Horizons Project is that meaningful change is rarely achieved by one organisation working alone. People already receive support from skilled professionals across many different services, and Horizons exists to strengthen engagement with that existing support.

Sometimes that means helping someone prepare for an important appointment, encouraging them to attend when they are thinking about cancelling, or helping them organise paperwork, understand correspondence and overcome practical barriers that might otherwise prevent them from taking the next step.

Sometimes, with the individual's informed consent, it may involve helping them communicate something they would like to discuss with an existing professional. Rather than replacing that professional's role, the aim is to help ensure valuable appointment time can focus more quickly on what matters most to the individual.

We do not tell counsellors how to counsel, recovery workers how to deliver recovery, or housing officers, probation practitioners and healthcare professionals how to carry out their specialist roles. We work alongside them, within clear boundaries.

If Horizons can help an individual make better use of the support they already receive, then everyone benefits: the individual, the professional and, ultimately, the wider community.

Introducing Momentum

The philosophy that underpins The Horizons Project is known as Momentum. It is based upon a simple but powerful idea: progress is easier to maintain when people continue taking realistic, achievable steps, even during difficult periods.

Rather than focusing solely on major life changes, Momentum encourages attention to the ordinary decisions that help people remain connected to their goals, relationships and sources of support.

The public expression of this philosophy is currently being developed through Momentum Support Sessions. These are designed to complement existing professional services rather than duplicate them, providing practical, relational and non-clinical support during the periods between appointments, when everyday life continues and engagement can become more difficult to maintain.

The next publication explores Momentum in much greater depth, examining why it sits at the heart of The Horizons Project.

Building Responsibly

From its earliest stages, The Horizons Project has adopted a deliberate approach to growth. Before seeking external funding or public delivery, significant time has been invested in research, governance, safeguarding, publications, branding, website development and organisational planning.

This reflects a simple belief: trust should be earned before it is requested. Our ambition is not rapid expansion, but responsible development.

Every future stage of Horizons will continue to be guided by governance, competence, evidence and community benefit, rather than organisational growth alone. This approach is consistent across the Community Start-Up Pack, Founding Constitution and Funding Assurance Statement.

Horizons in Practice

Alex has an important appointment with a housing officer next week. Over the past few days, unopened letters have started to pile up and confidence has begun to dip. Rather than cancelling the appointment, Alex meets with a member of the Horizons team to organise the paperwork, write down a few questions and think through what they want to discuss.

The housing advice still comes from the housing officer. Horizons has simply helped Alex arrive prepared and make the most of that appointment.

Looking Ahead

The Horizons Project is working towards becoming a Community Interest Company dedicated to supporting continuity of engagement within communities. As the organisation develops, its publications, governance and operational practice will continue to evolve through research, evaluation, reflective practice and professional collaboration.

Our success will not be measured simply by the number of people we meet. It will be measured by whether more people remain connected to the support already available to them, whether professionals find that engagement is strengthened and whether communities become better connected through thoughtful, ethical and collaborative practice.

An Invitation

If you have reached the end of this publication, thank you. Horizons is not asking readers to accept every idea without question. Quite the opposite: we hope these pages encourage discussion, reflection and constructive challenge.

If they also leave you with one clear understanding, then this publication has achieved its purpose: The Horizons Project is not trying to replace the excellent work already taking place across our communities. It exists to help people remain engaged with that work, while working alongside the professionals and organisations who dedicate themselves to helping others.

That is the beginning of the Horizons story. We invite you to continue reading.

Continue Exploring

Continue exploring with the next publication.

HP-002 — Understanding Momentum

Explaining the philosophy of Momentum and why maintaining progress between appointments matters.

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