



# Community Development Workers Newsletter

Edition 4 December 2013

## Since the last newsletter...

Since the last newsletter in July, the Community Development Worker (CDW) team have been working across both Dudley and Walsall, carrying out a range of projects, initiatives and work.

In addition to the Mental Health awareness sessions delivered by the team, training on the Five Ways to Wellbeing is now also offered to community groups.

Other training sessions the teams are involved with are Cultural Competency and Prevent training, which are both presented to staff.

The team have attained many new Foundation Trust members, from the various events and drop-ins they attend.

Work continues with Trust services, and the CDW team support clients,

as well as promoting access to information, through the use of interpretation and translation services.

In September Kuldeep Singh was successfully appointed Senior Community Development Worker. Two new workers have also been recruited to the team, and are due to start working with the Trust in January 2014.

The team celebrated World Mental Health Day in October by carrying out a number of different projects, and in November, the CDWs facilitated the launch of Reflections, a collection of testimonies collected from the African Caribbean Community.

The CDW Team will be carrying out a BME satisfaction survey in early

2014, in order to ascertain what gaps there are in services, so please take part in this if you can.

Other than that the entire team would like to wish all of our readers a great festive period.



## 5 Ways to Wellbeing

The Five Ways to Wellbeing were developed by the New Economics Foundation, based on government research. The five ways were a way of showcasing key findings, and if practiced regularly, the 5 Ways can improve a person's wellbeing.

**Connect** with others, families, friends, colleagues at home, work in your community

**Be Active** go for walk or run, dance, exercising makes you feel good

**Take Notice** be curious, notice your surroundings, look around

**Keep Learning** try something new, rediscover an old interest

**Give** do something nice for another, smile, volunteer

## Taxi Driver Mental Health

In May, the team began a piece of research looking at the mental health of taxi drivers in the Dudley Borough.

For 3 months local firms were approached and drivers asked to complete a questionnaire which looked at anxiety and depression levels.

In addition they were asked whether or not, (if Muslim) they were fasting, and what impact this had on their mood, as well as establishing their length of service. It was hypothesised that those drivers with less experience would have higher levels of anxiety and depression. With the completion of each questionnaire, the driver was presented with a self-help guide on Stress and information on how to access more help if required.

The results indicated that more experienced drivers; with a longer service record had higher levels of both anxiety and depression.

This may have been due to a number of factors, and the full report, along with recommendations that were made is available from the CDW Team.

## World Mental Health Day

Each year October 10<sup>th</sup> marks World Mental Health Day. To celebrate the day this year, the CDWs teamed up Lifestyle Services to hold a stall at Manor Hospital. The theme for this year was 'Mental Health and Older Adults'. Very often older people have been overlooked when it comes to mental illness, which includes common mental health problems such as anxiety and depression, and organic mental health conditions such as Dementia.



The emphasis was placed on this theme enable the public to have an understanding of mental illness in later life, and find out how to better support older people.

A wealth of information on various mental illnesses and wellbeing was available, and the stall garnered a great deal of interest.



The team also held a stall at a Dudley Library where members of the public were able to get information on mental health and wellbeing. In addition, the CDWs were involved in a multi-media project, creating a video on the effects that mental health has on BME groups.

## Prevent

### To stop people becoming terrorists and supporting terrorism

Prevent is one of the four parts of the Government's counter terrorism strategy, named CONTEST. The other areas are Pursue, Protect and Prepare.

The aims of Prevent are to respond to the ideological challenge faced from terrorism and extremism.

Training is offered which provides practical help to prevent people from being drawn into terrorism and ensure they are given appropriate advice and support.

Prevent also works with a wide range of sectors (public, private and voluntary) where there may be risks of radicalisation.

Awareness of the Prevent strategy within NHS trusts is being raised through the delivery of a workshop entitled Health WRAP. The training is aimed at aimed at any NHS staff to make them aware of their role in preventing radicalisation of vulnerable people.

All Trust staff will receive this training which is facilitated by the CDW team, with many teams having already received it.

## Reflections

### Celebrating Black History Month

The Reflections Project began in 2011, as part of a series of celebrations, to mark Black History Month.

It is a collection of testimonies which illustrates the experiences of members of the African Caribbean Community in Dudley, when they first arrived in the UK from the Caribbean. It details the changes they have seen, the hostility they suffered and difficulties they faced, when migrating.



It also shows some of the positive experiences associated with moving to the United Kingdom.

In addition to collecting these experiences, a visit to the International Slavery Museum in Liverpool was organised, where members of three groups involved with this endeavour were invited to attend.

The three groups were the New Testament Welfare Association, the African Caribbean Carers Group and the African Caribbean Befriending Group, all based in Dudley.



The visit to the museum highlighted some of the barbarism of the Transatlantic Slave Trade, and was an emotional, shocking and informative experience for those who attended.

In addition to the negative sentiment, the skills of the enslaved Africans were demonstrated in beautiful artefacts, such as Kente fabric.

Black History Month takes place in October in the UK, and is a celebration of the past, present and future of African Caribbean Communities. It aims to recognise, raise awareness and promote culture and heritage.



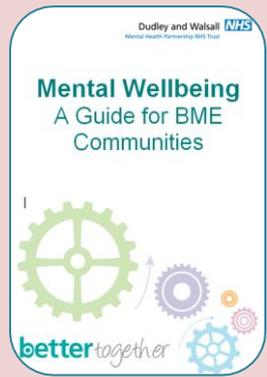
Black History Month 2013 was celebrated by holding an event, to launch Reflections. The event was opened by Glyn Shaw, who gave a speech highlighting

the importance of Black History Month and its origins. The day was well attended, and positive feedback was received.

**If anyone would like a copy of 'Reflections, please contact the CDW Team.**

# BME Wellbeing Guide

The CDW team have compiled a mental health wellbeing guide specifically aimed at Black and Minority Ethnic communities.



The guide contains a snapshot of common mental health problems, with simple but effective guides on how you can manage these conditions. The guide covers depression and low mood, stress, anxiety and panic attacks. It also looks at relaxation techniques

The guide is set to be launched in early 2014, where it will be freely distributed to members of the community across Dudley and Walsall

This resource will be made available in different languages and alternative formats.

If anyone would like a guide, or any more information, please contact one of the team.



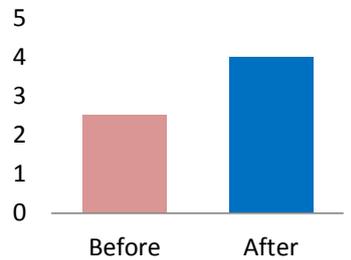
# Delivering Training

The team continue to provide training for community groups and professionals.

## Basic Mental Health Awareness

Since July, the team have delivered basic mental health awareness sessions to many groups across Dudley and Walsall. These have included the Shree Krishna Centre, Sandwell College, and groups run by Walsall Housing.

This graph illustrates the average knowledge of mental health before and after the delivery of an awareness session. As a whole, the group showed an improvement in from 2.5 out of 5, to 4.



## Cultural Competency Training

In addition mental health awareness, the team also deliver Cultural Competency Training, predominantly to staff. This involves an introduction to culture, and incorporates faith, alongside exercises referring to the Trust's Cultural Guide and Toolkit.

A session was delivered to newly qualified nurses recently, which received very positive feedback.

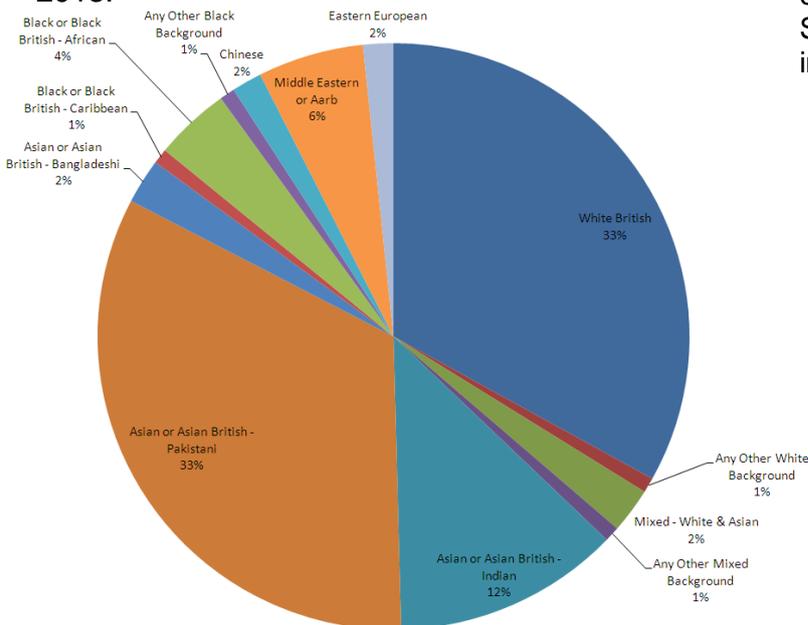
The team are hoping to offer these sessions to external professionals in the near future, however if a member of Dudley and Walsall Mental Health Trust staff would like a session delivered to their team, please contact us.

The team are arranging dates for sessions next year, which individuals will be able to book onto via ESR.

# CDW Client Breakdown

The clients we work with on an individual basis are from a range of backgrounds. To illustrate the diverse communities we have helped in the past, please see the chart below.

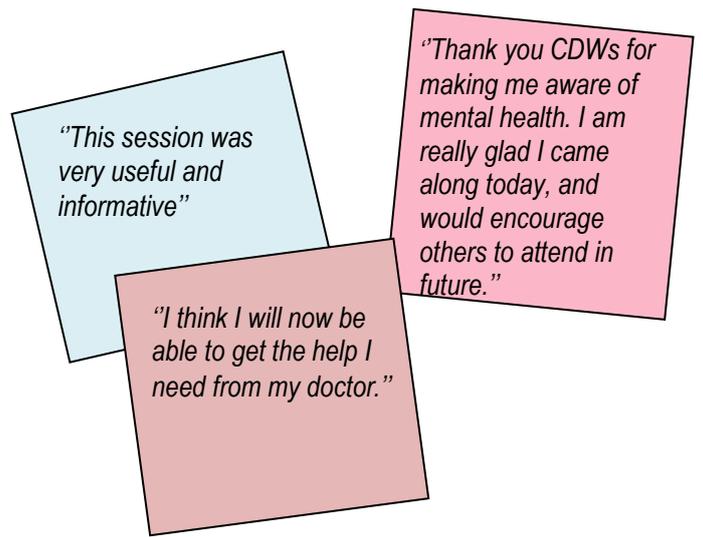
The data used is from January to December 2013.



# Feedback

After each session is delivered, feedback is recorded via evaluation forms.

Some of the positive statements that have been made include:



# NHS Jobs and Trust Vacancies

NHS Jobs is the dedicated online recruitment service for the NHS. The vast majority of NHS vacancies are advertised on the website daily. So if you are looking for a career in the NHS - or you are already working within it but are considering changing roles - this site should be your first port of call.

Once you have registered, you can search and apply for NHS jobs online, and take advantage of many useful features, including 'jobs by email', which means you will automatically be emailed any relevant vacancies. You can also save job details and applications, and track your progress online.

When applying, ensure you review the person specification and outline in your application how you meet the set requirements. Once submitted, your form is stored on NHS Jobs, and can be amended for future applications, without having to re-enter educational and employment detail.

Please note that recruiting managers do not view personal information completed in the form, such as name, gender, ethnicity, disability, age or sexual preference, when short listing for interviews. The only consideration to appointing candidates is an assessment of qualifications, work experience and skills and knowledge relevant to vacancy you have applied for.

To register on NHS jobs please visit [www.jobs.nhs.uk](http://www.jobs.nhs.uk).

## Work for Dudley and Walsall Mental Health Trust

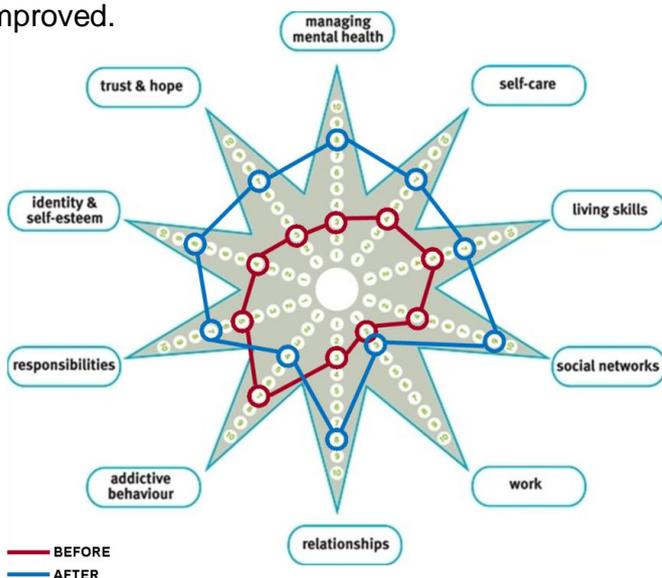
In January 2014 be sure to keep an eye out for various administrative and clerical vacancies advertised on NHS jobs within the Trust.

## Working with Clients

The role of a community development worker is diverse, and in addition to working with community groups, the team work alongside Trust services, where a vast majority of the team's referrals come from.

However, we also take self-referrals and the Recovery Star below details the experience of one client, who made contact with the team, after a mental health awareness session was delivered to his group.

The diagram shows that after CDW intervention, the individual scored more highly, and their wellbeing was improved.



## Citizens Advice Bureau

A member of the CDW Team works alongside Walsall CAB, and through this joint working has learnt much about debt and welfare benefits, in addition to becoming aware of housing related issues, employment, marital issues and consumer rights.

This knowledge has been used when working with Trust clients, and the worker is able to offer advice when we hold drop-in clinics and at awareness events.

## CDW Projects in 2014

In 2014, when the CDW team will be back up to full capacity, many more projects and pieces of research will be carried out.

Some of this work will include:

- Research into the mental wellbeing of new arrivals communities
- Work on suicide prevention with targeted groups
- A BME satisfaction survey, to gauge the impact of mental health services in these groups
- The delivery of mental health awareness sessions with additional groups, including Dudley Asian Womens Network
- More partnership working with Lifestyle Services

## And finally

The Community Development Workers would like to wish all of our readers a Merry Christmas and a Happy New Year.

## To Get in Touch

Contact details for each CDW are:

**Kuldeep Singh** Senior CDW **07766 368 373**

**Lorien Hays** **07766 252 782**

**Michelle Raouf** **07766 421 207**

The Team are based at:

**Netherton Health Centre**

Halesowen Road

Netherton

Dudley

DY2 9PU

Tel: **(01384) 366517** or **366518**

