

# Community Development Workers Newsletter

Edition 3 July 2013

## Since the last newsletter...



Since the last newsletter in January, the Community Development Workers (CDWs) have been busy planning events for mental health awareness and equality and diversity week, delivering basic mental health awareness training sessions, working with community groups and carrying out research on taxi driver mental health.

The CDW team planned several awareness events which all took place between during the aforementioned week (running from May 13<sup>th</sup> to May and May 17<sup>th</sup>, 2013).

These events were held within our Trust hospitals, Blowich and Bushey Fields, in the local town centres of both Walsall and Dudley, and with the community based group with whom we work.

The team is still heavily involved in membership drives, in order to attain membership drives. in order to attain

members of the public to be part of the Trust. Members are needed in order for Foundation Trust status to be achieved. Numerous events have been attended by the team in order to boost numbers.

This included visiting and holding stalls at Odeon cinemas, attending health days at local colleges and fun in the park events.

CDWs are still working hard to reduce the stigma attached to mental health by delivering free basic mental health awareness sessions. These have helped people to recognise that they may need extra support and allowed them to understand that there is no shame in mental health.

At the end of February the team said goodbye to their Coordinator Roy McFarlane, who left the Trust. Until a new coordinator is appointed, please contact Gurwinder Paul Singh.



## Walsall Service Users Empowerment

Regular drop-in sessions at Walsall SUE have recommenced. A CDW arranged a diabetes awareness workshop, at which a diabetes nurse specialist was asked to give a presentation. Approximately 10 people attended, of which at least 5 had been diagnosed with diabetes, so this appeared to be a very worthwhile session.

As there were new members to the group, more mental health and wellbeing sessions were delivered, and a wider discussion on the high rates of suicide in males took place.

For mental health week the group designed posters which would help people understand about mental health and who it affects.

The group are now doing healthy lifestyle workshops run and led by the service users, each week they will decide on recipes to cook at home. They will share ideas, tips on healthy eating and losing weight and decide on their own personal targets on what they hope to achieve and ideas on how to achieve them. The group will ask for donations towards buying the food to produce the meals that the group will cook and share.

## Taxi Driver Mental Health

The CDW Team are conducting research into the emotional wellbeing of taxi drivers in the Dudley borough. They are asking drivers to fill in an anonymous questionnaire that looks at symptoms of anxiety and depression.

This research will be used to see if there could be more support provided to taxi drivers. Part of questionnaire asks Islamic drivers about how Ramadan affects their day to day work life.

The results from the research will be available in September. So far the results indicate there seems to be more feelings of worry and irritation than of depression. Also that fasting makes people feel happier.

# Equality, Diversity and Mental Health Week

From May 13th until 17th May this year, Dudley and Walsall Mental Health Partnership NHS Trust ran a series of events, activities and other learning opportunities to raise awareness of mental health and to highlight the importance of equality and diversity to the lives of both staff and local communities.

The activities were designed to raise people's awareness and understanding of equality and diversity and mental health issues. The hope is that this knowledge can be used to help ensure that the Trust maintains an environment that is fair, inclusive and respectful.

Dudley and Walsall Mental Health Trust (DWMH) support the Personal, Fair and Diverse Campaign and they encourage staff and community groups, to become 'Champions'.

A full copy of this report is available from the CDW Team.

## Walsall Saddlers Centre

The events here took place on the last day of this week. At this busy shopping centre we were allocated a sizeable area, where we were able to set up information stalls and welcome the public.

On the day of the event, Meena Patel from Time to Change kindly attended. Meena is the regional lead for Time to Change. Also present where the None Executive Director David Mathews.



After an initially slow start, a steady flow of public attended throughout the day. Many of those in attendance took part in the Equality and Diversity Quiz that was created to promote the day.



This quiz carried with it the opportunity to enter a prize draw, and win a gift voucher. On the whole this activity went well, and allowed participants to think about diversity.



A henna artist was again available to provide free hand art for members of the public. Overall the day proved to be popular with the community of Walsall, and around 50 people attended.

## Dudley Town Centre

The week started with an event that was held in Dudley Town Centre. This event comprised of information stalls and entertainment.



Also present on the day were a trained therapist, and a henna artist. To encompass the nature of the week, stallholders included Dudley Mind, Rethink, the Centre for Equality and Diversity, Dudley Borough Interfaith Network and the Health Exchange.

Due to the unpredictability of British weather, specialist marquees were erected, to provide cover for the stalls and the public.

Additional stalls were due to attend, however due to other commitments; they were unable to do so.



Throughout the day, members of the public approached stalls, and sought information on the topics at hand.

The trained therapist provided massaged to the neck, head, hand, back or feet, and was also able to offer a session of Reiki.



These sessions proved very popular, and a booking form had to be utilised, in order to maximise the number of people who could benefit from them.

Music was played during the course of the day, and this was

through means of a local DJ, Jagjeet

A Dhol (Indian Drum) player was also hired, who provided entertainment, and gave brief tutorials on how to play the instrument.

This was a good start to the events of the week, despite the weather and location, the turnout was good, and around 100 people attended.



## Hospital Events

### Bloxwich

This was a day packed full of fun with over 100 people attending. Patients, carers, family and staff all took part. Groups took part in an equality and diversity quiz where information could be shared. A Dhal player provided music and many people had a go at playing themselves. Amongst the dancing, people were offered to have Mehndi (henna) painted on to their hands. A staff member made a cake to promote Equality and Diversity, which was appreciated by all.



### Bushey Fields



This was an information day for Staff, Patients and Carers. There was an opportunity to speak with our Service Experience Team, who was available for the public to have direct access.

A stall from Dudley Mind gave out information about their services and departments

across the borough.

In addition art exhibition displaying work from current and past service users from Dorothy Pattison Hospital. Over 50 people attended and enjoyed the day.

## Shree Krishna Centre

The Shree Krishna Centre in Dudley is a day-care facility that accommodates Elderly Asian service users.



The group consists of both males and females, who regularly meet on a Tuesday and Thursday morning. A vast majority of the group are of a Gujarati origin, and mostly follow the Hindu religion.

Based on past events and activities at the centre, art and craft have been very popular. Through discussion with the group prior to this event, it was agreed that a one-off project, which related to Mental Health, Equality and Diversity would take place.

In preparation of the event, key words, Mental Health, Mental Illness, Equality and Diversity were translated into Gujarati (and Hindi). These would be made visible during the session, and act as inspiration for the group.



At the end of the session some beautiful, imaginative and inspiring pieces of work were made.

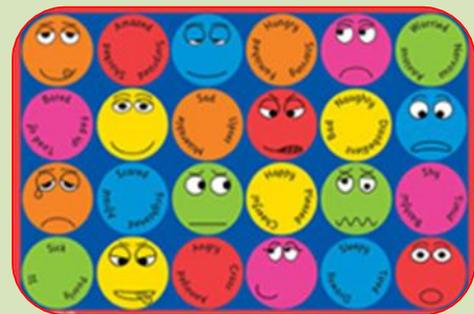
## Dudley Autistic Support Youth Group

Events were held at the disability youth club for young people with autism. There were two events; one at Russell's Hall Youth Club, known as Rockies (on Tuesday 14<sup>th</sup> May) and the other at Lower Gornal Youth Club, known as You & Me (on Wednesday 15<sup>th</sup> May). Both sessions took place in the evening between 5pm and 8:30pm.

At On the Tuesday evening at Rockies, the group were split into male and female groups of around 5-7 young people. On both days all groups were given the same scenario, in total we worked with over 40 young people across the two days with 5 different acts.

Before starting the activity, each person was asked to place themselves on the Emotions Interactive rectangular carpet which had many different emotions on and talk about how they were feeling, based around the emotions on the carpet. Many people stood on happy and positive emotions, some stood on anxious and worried emotions.

The groups were given a scenario to act out and they were able to add their own ideas to the outline of the scenario. The scenario given was based around a pupil at school, who was generally a happy person, very positive about life, very sociable and always quite happy in school and at home. The person then has a drastic change once moved schools, they begin to be very unhappy, doesn't socialise with other pupils, very unhappy at home and seems to be feeling sad all the time.



Each of the groups took a different angle on this, fighting within class, bullying, parents getting involved finding out what's changed and talking about the person going to counselling to get further help or seeing the school counsellor. At the end of acting out the scenarios each group were asked to stand back on the carpet and place themselves on an emotion that describes how the main character would have been feeling at some point in their act. They also discussed how they could help a friend who maybe experiencing the same things or having a change in mood.

# Walsall Housing Group

The CDW Team have been working alongside Walsall Housing Group (WHG), specifically to deliver some basic mental health awareness, to groups run by them.

## Active M8

This is a targeted for men over the age of 40 years who want to take part in physical activity.

As part of the programme, each week, different healthy lifestyles talks and workshops take place. After the hour of talks the group are then able to play a football.



Martin Berry from WHG approached the CDWs to offer a one hour session on raising basic mental health awareness, the 5 ways to wellbeing and keeping positive.

This session was delivered twice, once at the Blakenall group and then again with the Brownhills group, to over 20 men. The consensus from the evaluations was that all the men gained a lot from the session.

## Butcroft House

A basic mental health awareness session was delivered at Butcroft in Darlaston, to residents, all over the age of 65. This raised an understanding of mental health support available, and for one resident has meant they can finally accept help and support for their depression.

## Get Up and Go Project

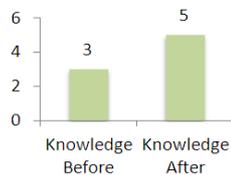
Similar to the training session that was delivered to



Active M8, a basic awareness session looking at common and severe mental health, wellbeing and stigma was delivered to this all female group.

Interesting discussions were had during the session, at the end of which many wanted to be more involved.

This graph shows the average knowledge of mental health before and after the session. Through participation, knowledge was increased.



## Training and Feedback

The team have delivered many training and awareness sessions to both professionals (Cultural competency and Prevent) and the community (basic mental health awareness).

The feedback received is very encouraging, and comments have included:

*'I'm glad I came to this. I now know how to get the right help'*

*'Very good session, informative to myself and others'*

# Faith and Mental Health

In March, a Faith and Mental Health Awareness session was organised by the Dudley Borough Interfaith Network, and the CDW Team.

After much planning, the training was offered to faith leaders and other agencies in Dudley, to equip them with skills and knowledge that could be used when working with members of the community.

The main aims of this training were to raise an understanding of the dichotomy between mental health and religion, and encourage religious and faith leaders to be more aware of the impact mental health has on individuals. These were fully met, and the session proved popular and successful.

**A full copy of this report is available from the CDW Team.**

## Personal Fair and Diverse Award

The Trust won a Certificate of Achievement for its commitment to delivering personal, fair and diverse services.

Equality and Diversity Lead Paul Singh was also awarded a Certificate of Achievement for his efforts to engage and encourage staff to promote the NHS Employers' Personal, Fair and Diverse campaign and help embed the values.



## Recognising Success Staff Awards

The CDW Team were nominated for the Everybody Counts Award this year. Unfortunately we were runners up. Our congratulations go to Employment Services Teams in Dudley and Walsall, who were the worthy winners.

## To Get in Touch

Contact details for each CDW are:

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## Goodbye Stephanie

Stephanie Ledgister will be leaving her post and the Trust in order to pursue a career in teaching. We would like to wish her all the best, and thank her for her dedication and her commitment to the role. She'll be missed.

