



Community Development Workers Newsletter

Edition 8 October 2015

Since the last newsletter...

The Community Development Worker Team have worked on numerous projects and initiatives, and supported a vast array of clients, either directly, or through other Trust services, during the last few months.

Equality, Diversity, Human Rights and Mental Health Week took place in May, and events and learning opportunities were held across Dudley and Walsall to mark them.

The sessions at Primary Care drop-in sessions have continued, well past the initial 6 month trial.

Community Creations has continued to grow and will run past 20 initial weeks until at least the end of the year.

Pyari Sangat in Walsall celebrated its first birthday, and summary of this along with some other recent projects

can be found on page 2.

The Art and Stigma project in Walsall came to a close, with the pocket size Gujarati information cards now available from the Centre.

A project looking at mental health and homelessness was carried out, leading to further work with this group.

This includes a regular drop-in. Drop-ins focusing on mental health were also held at libraries, allowing the public to gain a vast array of information on conditions, self-help and how to access services.

Working with Trust recruitment, workshops were set up. Clothe bank collections were also arranged across Trust sites.



Equality, Diversity, Human Rights and Mental Health Week

From May 11th until May 17th, the Team ran a series of events, activities and workshops 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 enable individuals to gain information on a range of themes, as well as informing them of local organisations that would be of benefit to them.

A full newsletter highlighting all events was published in May 2015, and can be found at www.dwmh.nhs.uk/cdw

Welfare Drop-ins Primary Care

The CDW Team started working alongside the Primary Care Team based at Kingshill Centre, to provide monthly drop-ins to individuals who access their service.

The drop-in is aimed at individuals who are suffering from a mental illness and may need additional support with completing forms, making a benefit claim or finding out what benefit they may be eligible to claim.

Service users are able to book an hour session with a CDW team member each month, through their CPN or by phoning the Kingshill reception.

The booked sessions started in 2014 and have been very successful, proving to be of great benefit to those who have attended.

The Primary Care team has been very supportive of these sessions and comment that it is working very well for the service users so far, with Clinical Lead for the team commenting: '*The welfare sessions provided have been a welcomed addition to our service and is valued by service users and staff alike...*'

Pyari Sangat – Happy 1st Birthday

Pyari Sangat celebrated its 1st Anniversary in September.

DWMHPT and Pathways for Life marked the occasion by organising a special event for the group. Walsall Mind and Body delivered a meditation and aromatherapy workshop on how to manage pain and Central Therapies provided the ladies with mini head, shoulder and hand massage treatments.

Our own group members showcased their skills in producing beautiful hand Mehndi art for their group members and bringing in home-made culinary delights.



We also provided mindfulness activities which included a 'Gratitude Tree' which enabled event goers to use colourful post-it notes to display what they are most grateful for and a 'Happy Jar' to deposit what makes them smile. We also provided inspirational quotes as gestures for event goers to take home.

Our main feature showcased Pyari Sangat's past years' memories on a specially mounted display board and we also showcased a collection of displays with culturally appropriate mental health awareness messages.

After the team's effort of blowing out our 1st candle and indulging in some delicious birthday cake each Pyari Sangat member was individually presented with a token of affection that included a gratitude card, photo's of our joint memories and a rose.



“Coming to a group makes me happy”

Community Creations

Working with St Pauls Church, the team secured £2000 worth of funding from the Near Neighbours grant fund for some money to establish a much needed support group in the Halesowen area. Successful in securing over £2,000 and this is how the community creations project started.



The aim of the community creations project was to encourage women from all backgrounds to come together to share and learn new skills, make new friends and

improve their wellbeing. In particular it was hoped that the group would help to reduce isolation and improve community cohesion

The project was officially launched in March with a very successful first session, where over 30 ladies attended.

Community Creations is open to women from all backgrounds and will meet once a week on a Wednesday. It was hoped that the group would be a relaxed, informal and a safe place for women to meet and learn new skills.

The project was set out to run for 16 week, until the end of June 2015.

Although the original time scale for the project has now expired, as the group enjoy meeting up, the



church have said that the group can use the hall free until the end of the year. The group will therefore continue to keep meeting. This sustainability of the group is an excellent outcome for the project, and means that there will be a provision in the community beyond funding constraints.

Jenny's Story

Jenny started attending the group from mid March 2015.



After initially being a bit shy, she started learning how to create a pattern to sew a dress for herself. Jenny attended regularly and week on week you could see how much her confidence grew. When she had completed sewing her

dress, you could see how much Jenny's self-confidence and esteem had grown.

Kala Aur Kalank

The Shree Krishna Elderly Day Care Centre, with support from the CDW Team, was awarded funding from Public Health (through the Small Grants Fund).



This enabled the delivery of an art and mental health project, which aimed to reduce stigma around mental health, and increase awareness of mental health problems, introduce symptoms and where to get help.

A refresher session on mental health awareness and stigma was delivered to the group to start off the sessions. Adult Community Learning sourced and funded a local artist to facilitate, and through previous discussion, the theme for the art was determined to be a religious deity. The group had identified faith and religion as something they turned to in times of crisis.

To measure the wellbeing of the group, a Warwick-Edinburgh Mental-Wellbeing Scale (WEMWEBS) was given out to the group on the first session, with an average score of 43.7.



During the course of the project, a variety of art methods were employed including mosaic, traditional and dot painting. All members of the groups were able to work on the project, creating the finished piece together.



Following on from the completion of the art project, a pocket sized mental health information leaflet was created. This foldable resource contains information on some common mental health

conditions, a relaxation method, 5 Ways to Wellbeing and how to access Trust services.

These pocket guides are available from the centre directly, and the original artwork is also on display there.



WEMWEBS was used at the completion of the project and the score showed an improvement in wellbeing, going from 43.7 to 48.9.

Mental Health and Homelessness

As a starting point to carrying out mental health awareness with Saltbrook Place, a research project was carried out exploring the mental health needs of this population.

The aims of the project were to:

- Identify the gaps and barriers to the Homeless community and the barriers that prevent access to local mental health services
- Highlight stigma related to mental health in the homeless community
- Raise awareness of the issues faced by the community
- Increase access to mental health services.

The focus of this research report was to highlight the difficulties experienced by homeless mentally ill people. The overwhelming difficulties faced were GP access. Many felt their GP wasn't responsive enough especially if they had registered with new practices. Additionally, financial issues were common, and there was often a tough choice of attending appointments at hospital or buying food.

The recommendations made from this report included:

- Mental health awareness sessions to staff and service users
- Regular drop in session/ focused sessions on mental health and well being
- Information on mental health/self-help to be provided to clients.

Library Drop-In, Need to Know



The CDW team have restarted drop-in sessions which take place at various libraries across Dudley.

The first of these sessions took place in Halesowen and was extremely successful. A wide range of information and

resources were available and passers-by were keen to find out about mental health services available locally. The self-help guides proved very popular, in particular the ones around depression and stress.

CDW Report 2014-2015

The team's annual report, highlighting the projects and initiatives undertaken during the past year, can be found on our website

www.dwmh.nhs.uk/cdw, or directly from the team.

In addition to past work and successful interventions, it includes future priorities for the team, a summer of these can be found on the following page.



NHS Recruitment and Clothes Bank

The CDW team worked with HR Recruitment to deliver a talk to service user's at Accord Housing's Learning Lab, which is a service that helps job seekers to gain employment through CV and job application support and a volunteer work programme. A presentation was delivered around mental health awareness which challenged stigma and perception. This was well received as the group engaged well and shared their own experiences.

In addition, the team set up a Clothes Bank at various Trust sites, in Dudley and Walsall, for a trial period. The clothes bank provides good quality used clothes free of charge to anyone in hardship, who are referred from local agencies.

The Bank is also unique because it is run entirely by Time for Real members who are claiming employment support allowance or (ESA), this supports people who are too ill to work at the moment and have very low self-esteem.

Tina Dalton, Transformation Officer for Caldmoreaccord commented "We use the clothes bank as a platform for people to engage, build social skills needed to improve health and confidence. Many people engaging with our team have access to other support such as learning basic computing and internet skills which helps them to stay independent and works towards them reaching their potential and identifying skills not identified by themselves because of low self- esteem".

Feedback and Recognition

In July, following some support offered to a client, who needed advice for her son, a positive compliment was made to the Trust's Service Experience Desk:

"I recently sought advice regarding my 14 year old son's anger issues. Kuldeep Singh was very kind and helpful. He gave me lots of useful advice and websites to visit. My son is now going to get the help he needs. I just wanted to say that Kuldeep helped me a great deal."

In addition to the feedback received by the team for the various projects and initiatives, in June the CDWs were nominated for a national ENEI Community Impact Award.

"Congratulations It's great to see Dudley and Walsall Mental Health Partnership Trust being shortlisted...at the enei Awards 2015 – well done. I look forward to continuing to support you via the NHS Employers Diversity and Equality Partners programme."

Other feedback has included:

"I enjoy coming every week, meeting people and learning new skills. The group is so welcoming and relaxed."

"I enjoyed learning about the different ways we can improve our mental health"

"This session was very thought provoking."

"I have learnt a lot by attending."

CDW Projects in 2015-16

Upcoming projects include:

Dudley

- An event to mark Black History Month
- Bengali Women's Wellbeing group
- A Polish wellbeing group
- Mental health drop-ins in Dudley Libraries

Walsall

- World Mental Health Day, Multi-faith Training
- A Health and Wellbeing Drop-in

To Get in Touch

If you would like to talk to a Community Development Worker, please call the team on **01384 366 517** or **01384 324 646**, email cdw@dwmh.nhs.uk or visit www.dwmh.nhs.uk/cdw

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