



Community Development Workers Newsletter

Since the last newsletter...

Edition 6 October 2014

Since the last newsletter in April, the team have worked on a number of new initiatives, whilst continuing to support the communities of both Dudley and Walsall.

Mental Health and Wellbeing Awareness sessions have been delivered to a range of organisations and groups, including the Salvation Army, Migrant Support and Headway.

In May the team took part in Equality, Diversity and Mental Health Week, by organising a series of events, workshops and activities, to mark both of these weeks.

A special edition newsletter detailing the events in full was published in July 2014, however a brief account can be found below.

As part of Mental Health Week, the team also facilitated a community launch of 'Journey of Memory' in Walsall. This is a Trust produced DVD focussing on Dementia in Minority Ethnic Communities.

Stemming from this, similar awareness sessions were offered to different groups, including the Gujarati and the Chinese Communities in Dudley.

Numerous training sessions have been provided, including a 6 week wellbeing project in Walsall. Starting in September, the team supported the Shree Krishna Group in a project exploring Art and Mental Health entitled Kala Aur Kalank.

The team also had an opportunity to network with the Mayor of Walsall at an event in Palfrey.



Equality, Diversity and Mental Health Awareness Week

Following on from the success of these weeks in 2013, the CDW team again organised a series of events to mark these weeks in May. Activities and workshops to raise awareness of mental health and to highlight the importance of equality and diversity were offered to patients, staff and communities across Dudley and Walsall.

The activities were designed to enable individuals to gain information on a range of themes, as well informing them of local organisations that would be of benefit to them. In addition, various members of the Trust were available to answer any questions that were raised.

The events were a great success and the team were able to reach a large number of people.

A full report and special edition newsletter based on this, were released in July 2014, and these give further details of all the activities, events and evaluations that took place. This is available directly from the CDW Team.

Mental Health, Wellbeing and Dementia Awareness Training

Yadash Ka Safar - Journey of Memory

A launch of the Trust's DVD, on Dementia awareness, in minority ethnic communities took place at the end of Equality, Diversity and Mental Health Week. To follow on from this, three workshops have been delivered to communities and professionals.

Dementia Training Event

This event, which was aimed at professionals who work with minority ethnic communities, took place in May, during Dementia Awareness Week. Over 30 professionals attended, and presentations were delivered by Rashda Tabassum -Old Age Psychiatrist, Alison Hewson -Clinical Nurse Specialist and Carole Clarke -Dementia Advisor.



Shree Krishna Centre

This workshop was delivered to the Hindu Gujarati Community in Dudley.

The group themselves had requested the awareness workshop, as one of their members had recently been diagnosed with Dementia. After presenting the DVD, the group were given information on local services, and how to access appropriate help.

Chinese Community Association

CDW's, in partnership with the Development Officer for the Chinese Community at Dudley Council, and Dudley Dementia Services, organised an event to raise awareness of dementia within the Chinese Community.

The event, held at Valley Road Youth Centre in Lye, was very successful and more than 30 members of the community attended.

A Memory Nurse delivered a presentation on dementia which was translated into Cantonese and a video clip from the internet in Cantonese was also shown to the group. The group were very interested to learn about dementia and asked lots of questions.

Five Ways to Wellbeing

The CDW Team are all trained in delivering 5 Ways to Wellbeing awareness sessions, and these have been presented to groups across Dudley and Walsall.

Salvation Army Women's Group Lye

Two training sessions were delivered with Lye Salvation Army. The first training session was to a group of Asian Ladies who meet regularly on a Friday to gain help and support from the employment project.



The second session was to a mixed group who all have a long term health condition. The group meet to provide peer support to one another. The training was well received, with the group offering many of their own examples of the five ways, and how they practice them.

Headway Black Country

Headway provide services for people with an acquired brain injury, to their families and carers.

In June the CDW team delivered workshops to carers and service users of Headway Dudley.

Carers who attended thoroughly enjoyed the session and the evaluation forms showed that all the participants found the training useful.



The session for service users included the use of a Mandala kit, with a steadier paced delivery of the presentation.

None of the participants had been aware of the five ways to wellbeing previously, so found the session useful and engaging.

Headway Walsall invited a CDW to deliver a session to staff members.

This session was very interactive, and many who attended were able to share their experiences. It was well received and we were asked to return to deliver a session to the carers group in the near future.

'Very helpful and informative'

6 Week Mental Health and Wellbeing Sessions - Walsall

The CDW Team have constructed a free 6 week Mental Health and Wellbeing Course to be delivered in the Walsall locality. The aim of the course is to raise awareness of mental health, breakdown stigma and to promote local health and wellbeing services. By going out into the community we hope to enable BME communities and vulnerable group's accessibility to the course within a familiar setting.



Mahila Mandle Women's Association

We delivered our first series of sessions, to the Mahila Mandle Women's Association (MHWA). MHWA are a 50+ Asian Women's Sikh group who meet up to socialise for tea and chat every Tuesday morning at the Palfrey Community Centre.

The course was tailored to the group by implementing a Dementia awareness session and a Falls Prevention activity session. We also adapted our presentation to contain Punjabi translations and hired a Punjabi interpreter to ensure the group's linguistic needs were met.

The group have thoroughly enjoyed the course and feel they have gained a better understanding of mental health and the different free local health and wellbeing services that are available to them.

Further sessions have already been planned for Walsall Black Sisters and to a disability group run by St John's Church.



Mental Health Awareness

Migrant Mental Health

This session was provided to women from mixed nationalities, ethnicities and religions. In addition to raising awareness of mental health and wellbeing, group members had many questions on how to access mental health services, as an alternative to anti-depressants.

The team were able to answer these questions, leaving the group with the knowledge of how to get the right help from their GP and the Trust.

St. Thomas' Network

The CDW Team delivered a Mental Health Awareness session to a group of people who meet at St. Thomas's Network in Dudley. The individuals attend classes as part of Adult Community Learning, and the need for mental health awareness has been expressed for a number of weeks.

Working together with Jayne Little, Partnership Officer from West Midlands Police, the CDW's tailored a basic awareness session to encompass stigma, self-help and the 5 Ways to Wellbeing.

Around 20 people attended, and all thoroughly engaged with the session.

Feedback showed that all had found the session a useful investment of their time, and learnt something new by attending.

If you would like any more information, or know a group who would benefit from any of the training and awareness sessions offered, please contact the CDW Team.

Art and Mental Health



The Shree Krishna Centre, with support from the CDW Team successfully attained funding for a project exploring Art and Mental Health, 'Kala Aur Kalank'.

This initial session was delivered to the group and included the presentation of a mental health DVD, alongside a discussion on mental health, and how attain positive wellbeing.



The five ways to wellbeing were discussed, where many of the group reported to using alternative therapies, including yoga

and meditation. Evaluation showed that all participants found the event useful and informative.

Amblecote Christian Centre

The mental health of young people has been addressed by delivering sessions to specific groups, including the Christian Centre.

Members of this group took part in a training session to find out more about wellbeing and how to better manage their mental health.

Some of the feedback received included:

'I have found the training really interesting; I have learned some things I didn't know'.

Primary Care and Minority Communities – Seeking Help Early

Working in partnership with the Trust's Primary Care Gateway Service, the CDW Team worked on an event promoting Primary Care Services in minority communities.

Many different mental health agencies were also invited, including Dudley Mind, Rethink Mental Illness and Creative Support.



Over 80 individuals attended the event. Feedback showed that attendees had found this worthwhile, and were able to find out more about mental health, and how to access Trust services.

Medicine Management

Together with a Trust Pharmacists, the CDW Team delivered a medicines management talk at Halesowen Asian Elderly Association.

The event was well attended, with 40 members of the group benefiting from the information provided. The presentation was delivered in Punjabi, and focused on managing medicines as well as the link between physical and mental health.



Amber Community Radio

To raise mental health awareness within the Asian community in Walsall, and to promote the 6 Week Wellbeing Course, a CDW appeared on Amber Radio. Following on from the interview which received positive feedback, the Trust has been invited to deliver weekly mental health discussion slots, which are being considered.

DWMH Staff Award

This year the CDW Team were runners up for the Support Services Team of the Year Award. The team were recognised for their success in working with communities and supporting teams to work effectively in culturally competent ways.

The team would like to congratulate the winners of this award, the Service Experience Desk.



Community Satisfaction Survey

This survey was carried out by the Community Development Worker (CDW) Team in January to March of this year. The research asked the populations of Dudley and Walsall, a series of questions which related to their involvement with and knowledge of mental health services. The key aims of the survey were to establish whether the CDW's have been effective in working with community groups, and to see if there were any gaps in mental health services in both boroughs.

The community satisfaction survey has allowed the CDWs to examine the views, opinions and knowledge of individuals from the communities of Dudley and Walsall.

The findings will allow the team to look at any gaps that were observed, and work on reducing these during the next year.

Overall community groups and individuals are more aware of mental health services, of how to access them, and where to get more information, when compared to the findings of the Gap Analysis in 2012.

Recommendations to address these gaps include:

- More cultural awareness training for staff
- Additional mental health and wellbeing sessions delivered to community groups
- Include information on availability of interpreters, when presenting to community groups

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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