

# Community Development Workers

## Newsletter

Edition 7 February 2015

### Since the last newsletter...



Since the last newsletter in October, the CDW Team has undertaken several new and existing projects and initiatives.

In Dudley, the Diyya Project was supported in a series of workshops looking at wellbeing, and some mental health awareness was provided to a class at The Coseley School.

The Art and Mental Health project with the Shree Krishna Centre is now nearing completion, and will be featured in the next issue.

Baking & Wellbeing sessions have started back up with a group who meet at Summit House.

October saw the team taking part in various events to mark World Mental Health Day.

In Walsall, the team has continued to support the Pyari Sangat Support Group, and further groups (focusing on Males and New Migrants) started in January.

The launch of a new Café, Mind Matters was supported, and Wellbeing Workshops were delivered at Alumwell Sure Start and Walsall Black Sisters.

Additionally, after a presentation on Mental Health at Aisha Mosque, additional sessions on a range of topics have been requested.

A volunteer has been supporting the team in Walsall weekly, and her aid has been greatly appreciated.

Finally the CDWs would like to wish everyone a prosperous 2015.



### Religious Artefacts to Wards

Through the delivery of Cultural Awareness Sessions, the lack of religious items present on Trust wards was highlighted.

Working together with the Equality and Diversity lead, the CDWs identified the varied religions present on wards. Then through consultation with religious leaders, the team obtained prayer books, mats and other artefacts that could be kept on each ward, increasing accessibility to patients. When presenting the boxed items to wards, a member of the CDW Team indicated correct usage and storage, though brief presentations to staff.

The religious items have received positive feedback from patients who are now able to pray, should they wish to, in their own rooms.

If anyone would like any more information, please contact the CDW Team.



### Black Country Food Bank

Similar to the donations made across the Trust last Christmas, in December the CDWs facilitated a collection for the Foodbank, and to mark World Human Rights Day.

The response to the initiative was tremendous, following collection points being set up in both Dudley and Walsall.

When delivering the items to the distribution centre, volunteers at the Foodbank said they were 'overwhelmed at the generosity of staff from the Trust'.



The team would like to thank everyone who donated items for this worthy cause,

and a regular collection will be arranged.

# Community Projects and Awareness Sessions

## Beauty Within

The Community Development Worker team supported Diyya, a community project in Lye, to make an application to Dudley Public Mental Health's Small Grant Fund. It had been identified, that there was a lack of local services available to the group, and in turn this was having a detrimental effect on the wellbeing of some of the girls.

After speaking with the young people, the girls said that they would like to learn more about and improve their own wellbeing by learning nail art and beauty techniques. The group were successful in securing just under £1000, to run the 6 week 'Beauty Within' course.

The course started on in October, and has been a great success with over 20 young people aged 11 - 16 attending every week. As well as learning about different nail art techniques the young people learnt about the 5 Ways to Wellbeing and how to develop emotional resilience.

Pictures taken of the nail art were used to design bookmarks, based on the 5 Ways to Wellbeing. A full report of the project and its findings are available from the team.



## Aisha Mosque

The CDW's presented to a ladies group who meet at this Mosque in Walsall. Often, females in this community are unable to share or talk about their conditions, in the presence of males. Having a specific female only event eliminated this issue.

The team's first volunteer, Sunita Bhatti also helped to deliver the presentation by using culturally appropriate examples whilst interpreting.

This presentation focused on stigma and discrimination, as mental health is still a very taboo subject amongst Asian communities. We were pleased to receive a very welcome response and positive feedback from the group, and the ladies were fully engaged throughout.

Over 50 ladies attended, and as a result, future work with the mosque is planned. Please contact Anita Chumber, CDW, for more information.

## Wellbeing Workshops



In Walsall, the Team have constructed free 4/6 week Mental Health and Wellbeing Courses. The aim of these is to raise awareness of mental health, breakdown stigma and to promote local health and wellbeing services. Sessions have been delivered to:

### Alumwell, Sure Start Centre

Where we covered sessions on the 5 ways to Wellbeing, mental health awareness and suicide awareness. We also arranged a laughter yoga session and talks from Lifestyle services. Feedback from the course was positive. All participants found the course informative and there was interest in further courses and projects.

### Black Sisters Collective

Several sessions were delivered to a mental health support group. Sessions were specifically adapted for the group to deliver mental health awareness in an engaging and creative way; this included group discussions about shared experiences and a flip chart activity exploring mental illnesses and ways to improve mental health. We also arranged talks with the Diabetes awareness team and Voiceability.

## Summit House Support

In October, the team delivered a mental health awareness and wellbeing session to staff at Summit House. This organisation empowers individuals from vulnerable communities in Dudley.

In addition to this training, a project working with Dudley Mind and funding from Public Health, was carried out in January.

If you would like more information on 'Need to Knead', please contact Iram Maan of the CDW Team.



## Pyari Sangat

The CDW team established Pyari Sangat, an Asian Mental Health Support group, in 2014. The group was set up specifically for Asian women to address language barriers and cultural needs, within this community, who live with a mental health illness.



The group was inspired by a local who attended one of our events during Mental Health Awareness Week in May 2014. The client had suffered with a mental health condition and felt through her own experience that it was common for individuals from this community to feel isolated, due to stigma and perceived shame.

An event was held at Birchill's Sure Start Centre to promote mental health awareness and the idea of setting up a support group for women was suggested. The group would allow women to share their experiences, in a safe and confidential environment, where they didn't feel judged or stigmatised, with the aim to increase overall wellbeing.

Working together with Pathways 4 Life (an initiative Of Age UK Walsall and Accord Housing), a number of individuals expressed interest in attending. A successful launch of the group took place in September 2014.

For this first meeting the primary objective was to establish that any agenda for the group would be influenced by the group itself, and to generate an open discussion to explore suggestions for the weekly sessions. The group decided that they would like to know more about the different types of local health and social services that were accessible to them specifically.



Throughout the weeks a number of planned sessions were held. These included a culturally aimed self esteem session, yoga laughter, a falls prevention seated exercise activity and talks presented by a number of representatives from local organisations.

Diwali was celebrated in October, by lighting candles and incorporating arts, crafts and henna.

In 2015 we are now looking to set up an official constitution so we can start applying for funding to explore possible projects, activities and outings.

Some recent feedback from attendees has included: *'I've really enjoyed attending the group, learning new things each week, meeting new people and seeing them grow. I feel honoured to be a part of the group', 'Having groups like these encourage people like me with arthritis and depression to feel motivated to leave the house', 'It's great to get of the house and meet with people and learn new things' and 'It's nice to feel cared about'.*

For more information, please contact Anita Chumber.



## World Mental Health Day

The team supported Lifestyle Services at an event in Walsall. This took place in a busy shopping centre, and a large number of people were able to get mental health information from a range of stalls.

In Dudley, an event, organised by the CDW for Engagement and Experience, was held in Priory Park. The event was well attended and the CDW's were able to interact with a large number of individuals from the local community. Many of those who attended also made pledges on how they wish to eliminate mental health stigma.



Other events the CDW's supported included health events, which took place at libraries in Dudley. These proved popular with the local library customers, and information was given out to a number of people.

Also available at select venues was the Emergency Poet, who 'prescribes' poetry on prescription.



## NHS Leadership Recognition Awards

Tracy Cross CDW Engagement and Experience recently won a Regional NHS Recognition Award for the work she has carried out with the Trust's Experts by Experience, in the category of NHS Patient Champion of the Year.



Tracy has helped the EBE's to shape services through drop-in sessions and ward visits. This award automatically nominated her for the national awards.

CDW Manager and Equality & Diversity Lead Paul Singh also won an award at the event in the category of NHS Leader of Exclusivity.

## Support Groups in Walsall

In addition to Pyari Sangat, the CDWs are facilitating further support groups in Walsall:

**Male Support Group** will take place at 14:00-15:30 on the **Third Wednesday** of Every month, starting January 21<sup>st</sup> 2015.

**New Migrants Support Group** will take place at 14:00-15:30 on the **Last Tuesday** of Every month, starting January 27<sup>th</sup> 2015.

Both groups will take place at **Innovate Walsall, Burleigh House, 2 Box Street, WS1 2JR**, and will allow individuals to come together to share experiences, gain peer support, get help and information on common mental health conditions and other useful organisations.

For more information on either of these, please contact Lorientzita Haye.

In addition, a further **Asian Women's Support group** is being set up in Palfrey, and a launch is to take place soon.

Finally, a mixed gender **Asian Support group**, with a mental health support focus, will be meeting at the **Shree Ram Mandir**. Please contact **Anita Chumber** for more information.

## 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](mailto:cdw@dwmh.nhs.uk) or visit [www.dwmh.nhs.uk/cdw](http://www.dwmh.nhs.uk/cdw)

Contact details for each of the workers are below:

**Kuldeep Singh Senior CDW 07766 368 373**

**Michelle Raouf Dudley CDW 07766 421 207**

**Iram Maan Dudley CDW 07917 559 683**

**Lorientzita Haye Walsall CDW 07766 252 782**

**Anita Chumber Walsall CDW 07917 559 351**

**Tracy Cross CDW for Engagement 01384 324 531**

## Feedback

The CDW Team carry out various training and awareness workshops, with communities, groups and professionals.

Some of the positive feedback from the last few sessions has included:

'Really enjoyed the course.  
Informative.  
Thank you'.

'Very well presented and interesting'.

'The case studies were very informative and interesting and covered many types of mental illness'.

'It was wonderful to see the attendance and atmosphere and my manager was really impressed so I owe you a thank you'.

'The session was well informed and all aspects have been covered'.

Great talking to [@DWbetter2gether](https://twitter.com/DWbetter2gether)  
'Pyari Sangat'  
Asian Ladies MH Support Group  
(Alumwell)

'Really enjoyed it!  
Very interesting.  
Lots of information'.

## CDW Team Volunteer

We are pleased to welcome our first volunteer Sunita Bhatti. Sunita is a qualified counsellor and has experience delivering CBT to young people. Sunita is currently working with one of our CDW's in delivering a Mental Health Awareness and Wellbeing project for Aisha Mosque.

So far Sunita has helped to interpret a Mental Health Awareness presentation using culturally appropriate examples, which resonate with the community. She will also be looking to work with a CDW on future workshops in partnership with external service providers.



We look forward to Sunita's progression within the CDW team in 2015.

Sunita can be contacted through email [sunita.bhatti@dwmh.nhs.uk](mailto:sunita.bhatti@dwmh.nhs.uk).