



Community Development Workers Newsletter

Since the last Newsletter...

Since October, the CDW (Community Development Worker) team has undergone a re-structure. Whilst we continue to work within the Dudley area we unfortunately no longer provide CDW support in Walsall.

However, we continue to uphold the Trust's Equality and Diversity agenda across both Dudley and Walsall sites to ensure the cultural and religious needs of staff and patients are met across the whole Trust.

During the last quarter, the CDW team continued to work with local community groups in Dudley to set up new projects, support clients and raise awareness of mental health through events, drop-ins and workshops.

The team have attended numerous community and wellbeing events across Dudley supporting local initiatives working alongside colleges, libraries and public health colleagues to name a few.

The team have also organised several mental health awareness events including a Wellbeing event to mark National 'Time to Talk' Day which encourages people to talk about mental health problems.

We also set up a 'Special Interest Group' which meets regularly to enable local service providers to network, share best practice and partnership work.

Edition 11 April 2017



CDW's Support Local Events

In the last quarter CDW's supported a number of local organisations to promote wellbeing events and initiatives including, the Community Champions community Health and Awareness Event at Umar Mosque in Halesowen, Dudley College's Equality and Diversity day, King Edward's Wellbeing Open Day and the Diya Project's International Women's Day at Lye Community Centre.



Time to Talk 2017

The CDW team organised a Mental Health Awareness Event to mark this years' Time to Talk Day on Thursday 2nd February.

We were pleased to welcome a turnout of over 200 event goers who represented a good cross-section of the Dudley locality. This included local health and wellbeing providers, community groups, residents, students, staff, and press representatives.

The event consisted of talks which included a key note speech which was delivered by the Trust's Dr Suhail Undre who talked about the connection between mental health and stigma in today's society, and Kerrie Fisher EBE (Expert by Experience) who shared her personal experiences of mental health.



We were also entertained by harpist Seikou Susso from the Development of African Culture and we provided a Health & Wellbeing Market Place for attendees to pick up information and talk about mental health. Service providers on the day included:

Healthwatch, Health Exchange, Adult Community Learning, Library services, West Midlands Police, Gym Divas, Blush Serenity, Public Health and Rethink.

We had a vibrant Q&A session which allowed event goers to raise questions about mental health. The latter part of the event entailed a duo of laughter yoga tasters delivered by Maggie Thompson and a duo of Mindfulness sessions provided by Zita Trabocco who works for the Trust's Community Recovery Service.

We incorporated a Valentines corner to mark Valentine's Day and decided to use the theme 'Love thyself' to encourage attendees to engage in mindfulness activities to inspire wellbeing practises.



Women's Wellbeing Group

This project started in the summer of 2015. A small group of local Bangladeshi women recognised that there was a need for a group where they could meet, learn new skills and improve their wellbeing.



The women started to meet informally every Thursday afternoon at MaltMill Lane Community Room on Malt Mill Lane in Halesowen. The initiative is supported by Dudley Council who provide a free room for the group to meet.

After applying for funding the group engaged in canvas art painting and a jewellery making course.

Since it was originally set up it has grown, and we are pleased to see attendees from many different ethnic backgrounds.



Wellbeing Projects

The CDW's have been successful in helping to secure two funding applications from the Domestic Abuse Service

Transformation Programme Small Grants Fund run by the Office of Public Health in Dudley Council. The Diyya Community Project in Lye was awarded £1500 and the Women's Wellbeing Group in Halesowen was awarded £800 to develop projects around raising awareness of domestic abuse and mental wellbeing in Asian women in the Dudley Borough.

The Lye based project is called "Picture this". The project aims to raise awareness of domestic abuse whilst using digital photography as a tool to engage Pakistani women from the Lye area. Each week members are taught skills in digital photography which will enable them to edit pictures and images to produce a post card that will showcase what they have learnt whilst promoting key domestic abuse messages. We plan to translate the postcard into languages reflective of the community demographic.

The Halesowen based project is called "Championing change through Self-confidence". It uses self-defence/ the martial arts as a tool to boost self-confidence and self-esteem whilst raising the profile of domestic abuse.

The project has been running since April and will continue for an 8 week period. It comprises of an hour of taught self-defence/martial arts and half an hour discussion on domestic abuse issues. It is hoped that the messages disseminated to the group will be passed on to members throughout the local community. This project involves members of the Bangladeshi and Pakistani communities in Halesowen North.



National Counter Terrorism Awareness Week

In March we worked in partnership with CTU (Counter-Terrorism Unit) colleagues and a local Prevent coordinator to deliver a trio of Prevent awareness workshops.



The bespoke learning package was delivered to CAMHS (Child and Adolescent Mental Health Services) staff across Dudley and Walsall sites.

We also invited staff across the Trust and Merit Vanguard partnership Trusts and delivered a session to our EBE's (Expert by Experience). The workshop explored themes around Prevent stigma and perception and included discussion on vulnerability factors, case-studies, media portrayals, far right imagery and symbolism and the victim perspective. The workshops were well received and feedback included:

"The presentation was excellent and gave me a thorough understanding of the subject."

"Excellent! The training clearly incorporates current events, and the bonus was getting a live perspective of CTU work. Very enjoyable."

SIG (Special Interest Group) Meeting

The CDW team are continuing to deliver quarterly meetings to allow service providers across the borough the opportunity to:



- talk about existing work;
- share best practise;
- network, and
- enable partnership work.

This quarters meeting was held in March at the Dudley Leisure Centre. Representatives from the following organisations were in attendance:

- Samaritans
- Healthwatch
- West Midlands Police
- Dudley CCG
- Merrie Maggie's Laughter Yoga
- Rethink
- ACCN (African Caribbean Carer's Network)
- Creative Support
- DWMHPT EBE's (Expert by Experience)

We used this quarter's meeting as an opportunity to showcase existing community projects and invited the Women's Wellbeing Group leader to discuss the range of activities that have helped to improve the mental health of their members.

Feedback and Recognition

"I want to tell you that I don't know what I would have done if I had not come in to contact with this team who have given me support whenever I have been in need."

I cannot speak highly enough of each and every member of the team that I've had contact with over these past 6 years, namely Paul the group leader, Kuldeep and more recently Iram.

I have received a level of understanding, consideration, care and support that I have not experienced quite like anywhere else during contact with the medical services. "

Get in Touch...

If you would like to talk to a Community Development Worker please see the contact details below:

Office: 01384 366 517

Senior CDW & Prevent Lead - Anita Chumber
07766 368 373

CDW - Iram Maan
07917 559 683

Email: cdw@dwmh.nhs.uk

Visit: www.dwmh.nhs.uk/cdw