



## **DELIVERING RACE EQUALITY**

### **BME MENTAL HEALTH COMMUNITY DEVELOPMENT PROJECT**

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#### **Introduction**

Since providing a written report for you in October, 2009 the DRE project has made significant progress in all areas of development. This report provides an overview of these developments and progress to date.

The project will have been in existence a year in April and to celebrate both the achievements and learning we will be hosting an event. This will take the form of a conference with speakers from across the region. I would hope that with the interest shown from Hull LINK that members will take this opportunity to attend the Conference and to participate in the workshops.

#### **Project Update**

The community development workers are closely linked with the Mental Health services and excellent relationships have been established with a number of practitioners. Each community development worker is linked with specific services and members of the team have spent time with each service. This has provided opportunities to establish ideas, cultural curiosity, training and promotion of the project.

As a result of this work we are receiving requests for information regarding specific cultures and receiving referrals where individuals would like to alleviate isolation levels. We are also conducting and providing specific work for individual services.

The project commenced receiving referrals in October from a number of sources including the mental health services and self referrals. The project is able to assist individuals to navigate services. We support individuals with a range of issues all of which are affecting their mental health. Since October we have received in excess of 100 referrals.

We have made contact and developed a relationship with a range of services and organisations. Recently we have been working with GP surgeries, Religious

Leaders and Places of Worship, Hull College and Wolds Prison. We are extending our contact each week.

In addition we have obtained hot desk facilities within a number of venues including at the Church on Princes Avenue who host a coffee morning for Refugees and Asylum seekers.

We currently work with 19 BME groups within the city. We offer a range of services to these groups and have assisted a number of these to obtain grants, develop constitutions etc.

## Events

Since October we have hosted a number of events and worked in partnership to provide others. They include:

- **State of Mind Event** held at the University of Hull in partnership with MIND and the University promoting World Mental Health. With over 150 people attending the event provided international music, dance and food along with information focusing on mental health promotion.
- **Look Good Feel Good Event** providing a range of activities and information focusing on positive mental health.
- **Comfort Zone** held at the University of Hull providing information and a listening ear for students feeling exam stress.
- **One World Event** held at the Westland's Unit. The event provided the opportunity for BME community leaders, mental health practitioners and service users to come together to network and meet informally.
- **Making Happier Communities Event** (scheduled to take place 26<sup>th</sup> February) this is a jointly organised event with DOC Developing Our Communities.
- **BME Elders Event** organised jointly with Regional Age Concern, scheduled to be held on the 22<sup>nd</sup> February, 2010.

## Training

A range of training has been provided over recent months and includes the following:

- **Single Equality Scheme** training attracting participants from all sectors including community leaders and volunteers.
- **Participatory Appraisal** accredited training.
- **Mental Health First Aid** accredited training.
- **An Introduction to Mental Health** workshop.
- **Stress and Panic Attacks** workshop.
- **Volunteer training including specifically focusing on befriending/mentors.**

## **Volunteers**

We have attracted some 19 volunteers to the project. We have commenced volunteer training and will be launching a Befriending Mentoring scheme at the end of February, 2010.

We have also taken on two job placements for three months and will be shortly providing a placement for a MA Social Work student for 100 days.

Finally I am sure you will agree that the last three months have been a busy period for the project.

If you would like any further information please do not hesitate to contact me.

Linda Tock

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