

Building Bridges, Dissolving Barriers

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APPENDIX B Seminars Completed, 2009 - 2010

Date 2009	Organisation	Where	Numbers Present or on register
11 th June	Pakistani women's group	Healthy Living Centre	16
23 rd June	Asian Women's group	The Bridge	15
			June totals: 31
2 nd July	Domestic violence women's group	Kenton Learning Centre 10am	14 mothers, 11 children, 3 facilitators
2 nd July	Muslim women's group	Marlborough Hill, 1pm	8
8 th July	women, migration & mental health	Cygnnet Hospital	10
16 th July	Rise Up women's group	At one woman's home	8 + ethnic M
22 nd July	Ekta: Cultural Diagnosis	Baptist church	43
25 th July	Religion, soul and mental health	Sri Aurobindo society premises	15
28 th July	HAVs mental health	HAVS, 64 Pinner rd	23
			July totals: 121
6 th Aug	HAVS & HASVO men's group	HAVS, 64 Pinner rd	14
12 th Aug	HASVO Somali women's group	Healthy Living Centre	31
27 th Aug	Asian Peoples Disability Alliance	APDA Premises	34
29 th Aug	Open Group	Healthy Living Centre	9
			August totals: 88
2 nd Sept	Open group	Healthy Living Centre	4
24 th Sept	Open group & Somali women	Cygnnet Hospital	38
			September totals 42
1 st October	Service providers, and carers	Northwick Park Hospital	12
3 rd October	Sri Aurobindo Society	Society premises	12
8 th October	Hindu religious group	Swami Narayan Temple	42
15 th October	service providers, & service users	Healthy Living Centre	13
22 nd October	Hearing Voices service users	The Bridge	9
			October totals: 88

Date 2009	Organisation	Where	Numbers Present or on register
11 th November	Open women only group	Healthy Living Centre	10
19 th November	CNWL, Crisis Resolution Team.	Northwick Park Hospital	17
23 rd November	Open group	Cygnets Hospital	8
28 th November	PCT Home Health Visitors	Cedars Children's Centre	8
			Nov totals 43
2010			
29 th January 2010	CNWL staff	Roxbourne Complex	8
11 th February 2010	CNWL staff	Honey Pot Lane Clinic	9
24 th February 2010	Sudanese BTWSC Wheat MST.	Healthy Living Centre.	16
26 th February 2010	CNWL staff	Rosedale Court	6
			Jan & Feb Totals 39

Total number of seminars: 28

Total number of participants at seminars: 452

Appendix C Signposting and Meetings

Date in 2009	Numbers at signposting & meetings
April	90
May	269
June	130
July	286
TOTAL	775

Date 2009	Numbers	Organisation	Where
8 th Sept	8	CNWL Diversity Group	Bessborough Road
11 th Sept	20	Somali Task Force	Civic Centre
20 th Sept	10	Neasden Swami Narayan Temple	Neasden
2 nd Oct	4	CNWL & Brent Faith workers	Northwick Park Hospital
6 th Oct	60	Harrow College signposting	Harrow Hill campus
7 th Oct	20	CNWL ward managers	Northwick Park Hospital
9 th Oct	8	GP's talk	Northwick Park Hospital
14 th Oct	3	Open up Shift	Harrow
19 th Oct	3	CNWL	Atkins House
22 nd Oct	3	Interfaith Group organisers	Harrow
27 th Oct	5	Interfaith Group & Harrow Council	Harrow
28 th Oct	6	BME Reference Group	Bessborough Road
6 th November	35	Honeypot Lane clinic	PCT & Healing Touch Network
14 th November	32	Civic Centre	Sudanese Hay Al Dhoubat
21 st November	55	Civic Centre:	Harrow Council Interfaith event.
2010			
3 rd February	8	Northwick Park Hospital	CNWL & Mind in Harrow Staff
4 th February	300+	CNWL, Mind in Harrow, PCT	Grosvenor House Hotel, Victoria
15 th February	130	Iranian Mental Health Day	Baptist Church, Harrow
22 nd February	50	Integrating Cities Conference.	City Hall, London
TOTAL	760		

Total number of people who attended signposting meetings and events: 1535

Appendix D Settings

Places where seminars took place	Number of times
Asian Peoples Disability Alliance	1
Bridge Day Centre	2
Cedars Children's Centre	1
Cygnets Hospital	3
Harrow Association of Voluntary Services	3
Harrow Baptist Church	1
Healthy Living Centre	7
Honeypot Lane Clinic	1
Kenton Learning Centre	1
Malborough Hill Day Centre	1
Northwick Park Hospital	2
Rosedale Court	1
Roxbourne Complex	1
Sri Aurobindo Centre	2
Swami Narayan Temple, Kenton	1
	28

A total of 28 seminars took place, during 2009 - 2010

Appendix E

Organisations requesting seminars for members

Asian Women's Group
CNWL Mental health team

- Crisis Team
- Honeypot Lane
- Rosedale
- Roxbourne

Domestic violence women's group
EKTA Group
Fresh Start Domestic Violence group
Harrow Association of Somali Voluntary Organisations
Harrow Central Mosque, women's group
Harrow college
Harrow Council, Community Development Team
Harrow Interfaith group
Harrow Mosque, women's group
Harrow Refugee and Minorities Forum
Harrow User Group
HAVs mentoring service
Health Trainers
Hearing Voices service users
Home Health Trainers for children
Muslim women's group
Open Up / Shift
Rise Up Pakistani women's group
Samaritans
Sri Aurobindo society

Appendix F

Organisations presenting their services at seminars

Citizen's Advice Bureau, Benefits advisor
CNWL Mental health team
CNWL, CDW
CNWL, Psychology
CNWL, Services Manager
HAD, Harrow Association of Disabled People
Harrow Association of Somali Voluntary Organisations
Harrow Carers
Harrow Link
Harrow Mosque, women's group
Harrow Police
Harrow User Group
HAVs mentoring service
HASVO Harrow Association of Somali Voluntary Organisations
Iranian community Psychiatrist
MENCAP
Mind in Harrow, CDW
Mind in Harrow, EKTA co-ordinator
Mind in Harrow, Faith worker
Mind in Harrow, Somali Advocate
Mind in Harrow, Open Up / Shift
PCT Domestic violence Unit
PCT, Health Trainers
PVE, preventing violent extremism
Samaritans
Somali Family Support Group
Somali Advocate
Sri Aurobindo society
Sudanese Mentoring, BSW
WHEAT

Appendix G: Job titles of seminar participants

Health or Social Care practitioner	Number
Care co-ordinator	3
Care partnership manager	1
Clinical Psychologist	1
Community Development Worker	4
Community psychiatric nurse	2
Community support worker	1
Counsellor	2
Deputy Director Samaritans	1
Doctor	3
Family supporter (Home start)	1
Floating support worker	2
Health care assistant	1
Health trainee	1
Health Trainer	4
Hospital Link Worker	2
Mental health advocate	1
Mental health community development worker	3
Mental health support worker	3
Nurse	1
Occupational therapist	2
PCT trainer	1
Pharmacist	1
Project Manager	1
Reflexologist	1
Retired GP	2
Retired Psychiatrist	1
Senior specialist practitioner	1
Service manager	1
Social care assistant	2
Social care assistant, Duty & Assessment Team, Children's Services Harrow	2
Social worker	4
Social worker/AMHP/Care Coordinator	1
Special needs worker for children	1
Systemic psychotherapist	1
Unit manager	1
	61

Religious or community leader	Number
Bhagvan Mahavir	1
Community Leader	1
Director - Harrow refugee forum	1
Elders Development Officer	1
Elected councillor	1
Fellowship group leader	1
Lady priest	1
Spiritual healer	1
Trustee	1
Volunteer	3
	12

JOB TITLE Other	Number
Admin officer & volunteer group facilitator	1
Admin/Creative Facilitator	1
Administrator	1
Advisor	2
Asylum team case worker	1
Connexions P.A.	1
Community Liaison Officer, Police	1
Disabled User	1
Housewife	4
Information officer	1
Islamic bookstore and information centre	1
NVQ2 Tutor	1
Police Officer	1
PVE Project Co-ordinator, Harrow YOT	1
Receptionist, Police	1
REP	1
Research analyst (work placement)	1
Retired	11
Stock controller	1
Student	2
Trainee social worker	1
Unemployed	1
Voluntary worker	6

25

Appendix H

Factors that support or influence mental well being

The following topics are presented below:

- Factors that Support Mental Well Being
- Factors that Influence or Hinder Mental Well Being

Factors that Support Mental Well Being

There is less emphasis on influences of mental distress, and strategies to address well being, however, these are included in summary form, as they were already addressed as part of the 2008 BME Needs Assessment. The data provided here is not exhaustive, as this was not the main focus of the exercise.

Participants considered that the following were important factors in supporting mental well being: having positive thoughts, "good beliefs "so *we can heal ourselves from mental health problems*". People wanted to learn techniques for coping, to help them speak out about their situation, and to do story telling in groups. This was found to be particularly useful when addressed to migration stories.

Other activities included physical exercise, volunteering, and being in nature. People also thought counselling was important, use of complementary therapies, and developing an ability to accept another person's perspectives, and respect them.

Socialising, community support and religious activities like singing, or visits to temples, mosques, churches, prayer and requesting divine assistance were considered important, as was medicine supported by faith.

"Medication has worked for me, positive thoughts have helped, as well as counselling, socialising and community, prayers (very important), singing and nature." Another person said *"Some cultures would like tablets, only with that they feel better"*.

Factors that influence or hinder mental well being.

The following mundane factors were said to influence mental health problems. These included: social or economic problems, where people had difficulty getting jobs, were used as cheap labour, were often underpaid, and as a migrant faced discrimination, exploitation, prejudice, which resulted in desperation and depression. Other factors include: drugs and alcohol abuse, migration, bereavement especially without the support of extended family and friends. Family conflict could also negatively influence well being.

Super-natural beliefs include concepts of soul and spirit, jinn, planets, karma, spirit possession, and effect of curses. Participant's acknowledged that a person's religious beliefs might influence their perception of mental health e.g. results of karma.

People who experience mental health problems may have a range of factors which hinder their recovery. As well as stigma and shame, they feel that they may be treated like an outcaste by others, have low self worth and negative thoughts. Beliefs around stigma may mean late presentation

There may be generational differences, where some members of a family, but not others, may blame religious elements for their relative's mental health and disability. Older generation and younger generation may have different views about mental health. One participant said "*1st and 2nd generation accept my mental illness. 3rd generation is less accepting.*"

Gender differences may hinder well being. For example, in India, due to patrilineal marriage (i.e. residence of a wife with her husband's family) some women feel that they don't get support from that family. Also there is a belief that women may commit suicide as they carry more shame, they may take more blame, instead of their husbands. Men are assumed to be stronger.

There are cases where a family might recognise mental health problems with a relative, but if the person in question doesn't admit it, they can't seek treatment. There may be cultural resistance, where families feel there is no need for psychiatrist, e.g. in Ireland one participant mentioned that if people had anxieties, they visited priests.

Appendix I Seminar Structure for Sudanese event

Healthy Living Centre
24th February 2010, 1.00 – 5.30pm

Sudanese Culture, Faith & Healthy Minds

Time	Topic	Details
1.00	Registration & Lunch	<ul style="list-style-type: none"> • Sign Register • Ethnic monitoring form • Baseline evaluation form • Have lunch
1.30	Introductions	<p>NT Aim of Seminar</p> <ul style="list-style-type: none"> • 30 second introductions, everyone in room • Seminar structure, Ground rules, confidentiality, phone • People Like Us campaign, NHS Harrow <p>Naglaa Aim of Event</p> <p>Roles of Organisations present</p> <ul style="list-style-type: none"> • Wheat Mentor Support Trust & BTWSC
1.40	Presentations on migration	<p>1. Dr Babikir Ismail, Sudanese Community Council</p> <ul style="list-style-type: none"> • History of migration & effects on health
1.50		<p>2. Dr Hailu Hagos, Wheat Mentor Support Trust</p> <ul style="list-style-type: none"> • barriers facing refugees & immigrants • practical role of social integration, mentoring,
2pm		<p>3. Ms Serwah, BTWSC</p> <ul style="list-style-type: none"> • befriending in combating mental health
2.10	Personal Stories 20 mins	<p>In Groups of Three or Four</p> <ul style="list-style-type: none"> • present your stories of migration • what obstacles did you face? • What affects your mental health now? • What things helped?
2.30pm	Feedback	<p>What are key factors in personal migration themes?</p> <ul style="list-style-type: none"> • Notes on flip chart
2.45	Comfort break	
2.50	Slide Presentation	<p>1. Natalie Tobert</p> <ul style="list-style-type: none"> • Introduction to People Like Us campaign <p>Sudanese cultural & religious therapeutic strategies</p> <ul style="list-style-type: none"> • Cultural and religious health seeking strategies • Role of jinn, Koranic prayer, sheikhs • Relevance for Harrow people

3.05	Discussions	2. Josie Hinton <ul style="list-style-type: none"> • Work with Faith and Community Leaders Raising awareness of faith & mental health • Discussion with faith leaders/representatives around faith, spirituality and mental health.'
3.20	Feedback Flip chart notes	Health Seeking Strategies <ul style="list-style-type: none"> • What kinds of conflict might arise between cultural, religious & medical diagnoses? How might we address any conflicts?
3.30	Tea Break	
3.45	Presentations 10 mins	Introducing Support Services in Harrow Nisha Wickramasinghe <ul style="list-style-type: none"> • kinds of help and support available in Harrow. Dominic Joannou <ul style="list-style-type: none"> • CDW role
3.55	Discussion or Small Group	NW & DJ, TD & JJ if they come Health Seeking Strategies <ul style="list-style-type: none"> • What actually happens in Harrow? • What health seeking strategies do we all know about? (statutory, voluntary, complementary and alternative).
4.20	Open Feedback Flip chart notes	<ul style="list-style-type: none"> • What do we actually do to address distress?
4.30	Comfort break	
4.45	Panel Discussion	Wheat Mentor Support Trust & BTWSC & Community Council Learning from the activity <ul style="list-style-type: none"> • What would increase awareness of cultural health seeking strategies for mental health? • What would enhance ways of accessing health care? • How can we individually create change in practice?
5.00	Feedback Notes on flip chart	<ul style="list-style-type: none"> • What services would help Sudanese people in the future?
5.15	Close	Closing Statement <ul style="list-style-type: none"> • Organisers • Community leaders
5.30	End	<ul style="list-style-type: none"> • Evaluation forms

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Appendix J: Notes from Sudanese event
24th February 2010

