

Change the
Method
Change the
OUTCOME



A conference on BME mental health developed by the
BME Community Development workers of Croydon

Wednesday
9th October 2019

Registration: 9.30am
Finish: 3pm

Jurys Inn Wellesley road,
Croydon



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Conference Aims:



Welcome to the Change the method, change the outcome conference developed by the BME Community development workers of Croydon.

This conference will discuss change initiatives around mental health service provisions, stigma and support for our BME communities. We will hear from guest speakers from local boroughs, and influential speakers within the borough of Croydon.

We will hear about what has been going on in Croydon around BME mental health in relation to the new grassroot work undertaken by the Croydon CCG and hear the future plans from the new Croydon mental health strategy.

The Croydon BME Community Development workers will be showcasing their work developed in tackling not only the stigma of mental health but in tackling other social issues impacting the BME community from across all age ranges.

This conference is adopting a positive attitude towards change in order to improve mental health outcomes for Croydon.





David Weaver MSc

President, British Association for Counselling and Psychotherapy (BACP)

David Weaver is President of the British Association for Counselling and Psychotherapy having previously served as a Governor / Trustee (2012 to 2016) and Vice President (from 2004 to 2009). He has played a leading role in BACP's drive to embed social justice as a core principle / aspect of its work and strongly advocates the relevance of the counselling professions for 'ordinary diverse people and communities'.

A former social worker, university lecturer, local authority senior manager and political advisor, David leads a leadership and change management consulting firm that works with individuals, organisations and communities in the UK and internationally, to help them realise their full potential. Much of this work utilises his specialist skills as a coach and conflict management / 'consensus-building' specialist. He has significant involvement on issues relating to both counselling in the workplace and within communities.

David has designed and facilitated a significant number of management and leadership programmes with senior Police, local authority chief officers, elected members and middle managers. For over a decade, he has been one of a small number of consultants that facilitate the Local Government Association's (LGA) innovative flagship 'Leadership Academy' programme for leading elected members in England and Wales.

David is a 'critical friend' and coach for a small portfolio of senior leaders. He currently undertakes this role for elected members, Boards of commercial and charitable bodies and regularly undertakes public speaking engagements focussing on issues relating to leadership, personal effectiveness, community engagement and human rights. His experience in this area includes being a co-founder of Operation Black Vote, Bandung Parliamentary Institute, National Black Caucus and the 1990 Trust. He is currently Independent Chair of the national Coalition of Race Equality Organisations (CORE).

David holds an MSc in Human Resources Management from Nottingham Business School and qualifications relating to coaching and occupational psychology.



Councillor Jacqui Dyer MBE

is an independent health and social care consultant with a background of mental health commissioning and is currently a councillor for the borough of Lambeth.

As co-founder and chair of Lambeth's Blackthrive (a partnership taking a collective approach to improving the mental health and wellbeing of Lambeth's Caribbean and African residents), Jacqui is passionate about prevention and understanding the factors that lead to poor mental health.



Shaniqua Benjamin

(Director of Young Peoples Insight) -

is the director of the local CIC and Youth-led platform, Young Young Peoples Insight. The objectives of the organisation include empowering the voices of young people, encouraging community engagement and being the change in relation to the concerns young people of Croydon are faced with.



Malik Gul

(Director of Wandsworth Community Engagement Network) is the director of WCEN, an organisation which started in 2001, working towards and committing to improving the health and wellbeing of BME communities in Wandsworth.

The charities objectives include bringing together people and agencies to generate ideas and solutions that can help address the most pressing health and social care challenges for BME communities in Wandsworth.



Councillor Janet Campbell

Mental health Champion for Croydon: is the Deputy Cabinet Member for families, Health & Social care and is the Mental Health Champion for Croydon. Councillor Janet's commitments include attending the corporate Parenting Panel, Health & Wellbeing board, the Croydon Adult social service users' panel and the Adult social services review panel.

Conference Programme

- 9.30am – Registration, Teas and Coffees
- 10.00am – Welcome & Introductions from our Chair David Weaver
- 10.10am – Councillor Jacqui Dyer MBE
- 10.40am- BME Community Development Worker's team presentation
- 11.10am - Croydon CCG strategic direction and grassroots involvement for mental health; Richard McSorley (Head of Mental Health and Learning Disabilities) and Paulette Lewis MBE (Governing Body Lay Member for Patient and PublicInvolvement)
- 11.25am- Tea coffee break
- 11.40am - Q & A to guest speaker, CDW's & CCG
- 12.00 noon - Malik Gul, Director of Wandsworth Community Engagement Network
- 12.10pm – Councillor Janet Campbell
- 12.20pm - Croydon Activist Shaniqua Benjamin, Director of Young People's insight
- 12.30pm – Lunch break
- 1.15 pm - Workshop 1 (30mins)
- 2. 00 pm - Workshop 2 (30mins)
- 2.35pm - Feedback from groups by group facilitators
- 2:45pm- David Weaver - Summary from the day
- 2.55pm – Thank you's and close of conference – Andrew Brown (CEO of CroydonBME Forum) and Geoff Jones (Assistant Director for Off the record)

Workshop selection

Each workshop will run twice; please choose 2 options from the following at registration:

1 Vocal Wellbeing (Room 106)

This session explores the influence of music in the promotion of wellbeing. Participants will engage in a fun filled session that involves, singing, listening to music and relaxation. The session is suitable for all ages and no particular skills are required.

Ran by CDW Lee Townsend

2 Challenging assumptions, Challenging stigma (conference room)

Join us in discussing the stigma around mental health and what we can do as individuals to thrive towards cultural competency!

Ran by CDW Terry Crooke and Monique Swaby

3 Mindfulness 101 (Room 103)

How simple techniques can help you manage everyday stressors, by practicing these techniques you can encourage a greater sense of calm and shift your perspective. This workshop will also look at how creative outlets such as writing and art have an important role in mindfulness.

Ran by CDW Naciza Masikini

4 How to improve your brain power (conference room)

Join us and take away tips on how to boost your brain and keep your memory strong at any age!

Ran by CDW Anna D'Agostino

BME Community Development Workers of Croydon Off the Record Community Development Workers

Terry Crooke – Younger adults and families (0-25):

My area of work involves engaging with BME young people, families and children in the community in raising their understanding and knowledge of support within Croydon and tackling stigma around mental health.

Another key area I am involved in is gangs and serious youth violence and its impact on young people's mental health. I have been supporting the expansion of 'Chris'; a new serious youth violence pilot.

I also deliver mental health and trauma awareness training alongside the turnaround centre, which enables young people and their families to acquire the knowledge they need towards mental health resilience. I have a weekly presence at Croydon College facilitating discussions with staff and students regarding mental health and wellbeing and act as the link to signposting students into OTR's counselling service and/or signposting to other borough wide services.

Joan Idris- Younger adults (16-35):

My area of work has involved working towards creating a shift in how mental health and mental health services are perceived by BAME boys and young men to ensure their needs and interests are met effectively by mental health services.

This area of work has involved co-designing activities with secondary school students to find out which creative activities they would like to see in their areas. We've worked with BAME male creative practitioners to deliver 10-12 weeks of poetry and rap sessions where themes of mental health, self-esteem, environment and social pressures are explored.

We've also invited BAME young men who have accessed counselling and mental health services to attend interviews where they are able to share their experiences of services and offer feedback on what could be improved.

Croydon BME Forum Community Development Workers

Lee Townsend – Working age and Younger adults (16-25 & 25-60)

Exploring the experiences and perception held by BAME young men and boys from within the Croydon community as it relates to wellbeing and local mental health services is the chief focus of my work.

Through partnership working we have engaged with grassroots organisations, positive male BAME role models and creative practitioners to deliver talks about their life experiences, creative sessions and support the development of greater understanding and destigmatizing the issue or mental health.

My other area is working age adults across Croydon's BAME community is a major element of my role. I signpost people/groups to relevant services and promote mental health awareness through the delivery of training, workshops and talks covering soft topics such as studying techniques, sleep deprivation, living on a tight budget and preparing to re-enter employment.

I have helped to set up support groups that are self-governing for both adults with ADHD, MS, a father & forum and a group for creative freelancers, which all help to reduce feelings of isolation for their members.

Naciza Masikini - Working age adults (25-60)

Specialising in violence against women and early intervention, my work spans across these portfolios with an emphasis on Domestic Abuse and FGM.

Through partnership work with local community organisations and statutory organisations, we work to raise awareness of domestic abuse and FGM. This includes supporting community outreach and delivering and facilitating training and awareness sessions for community and professionals.

I am currently working with the local authority and community partners to organize FGM Conferences for professionals and community members.

Domestic abuse is unfortunately, very prevalent in Croydon, as we are the third highest prevalence rates in London. Due to this, I run a wellness based support group for BAME women survivors wellness supports for survivors, thanks to the funding from the People's Post-code Lottery. This group runs weekly and offers yoga, meditation, dance and art therapy to attendees and is free to join.

My other portfolio focuses on early intervention and support for BAME adults. I help to organize the BME Independent advisory group for SLAM, which focuses on increasing support for carers. After conducting a community consultations, I am currently working on a Wellness Centre a BME community informed wellness space that addresses community needs.

Anna D'Agostino - Older Adults (60+)

The aim of my community work is to engage with BME older people in Croydon to:

- a) Raise awareness of mental health and wellbeing and signposting to local services
- b) As a Dementia Champion, delivering Dementia Information Sessions
- c) Reduce social isolation in older adults

My work entails running free mental health talks for older people and professionals working with them. Topics include managing stress and anxiety, depression, coping with bereavement, how to keep memory strong, how to sleep well and general health and wellbeing.

The Dementia Information sessions are aimed at creating Dementia Friends who learn about the condition and can help people in their community to feel understood and respected. Every year I mark 'Dementia Action Week' with an event open to anyone with an interest in Dementia. It is estimated that in Croydon there are 9,860 lonely older people. To that end, I have set up a 'Shop and Talk' bus service, funded by Croydon Council.

Every Monday, the bus takes older people to ASDA. After the shopping, we socialise over tea/coffee before travelling back home.

Off the Record

Who we are:

Off the Record are a registered youth counselling charity operating across 3 sites starting off in Croydon, Merton and Sutton. The charity offers support to young people from the ages of 11-25 in Croydon, Merton and Sutton by:

Offering free confidential counselling support and online counselling across Croydon, Merton and Sutton. In Croydon we have a counselling service specifically for young refugees aged 11-25 due to the demographic of the Croydon borough.

Off the Record have a young carer's service in Croydon offering young carers and families support in the form of 1-1 key working, weekly homework club, various activities and projects during summer holidays.

In partnership with Croydon BME Forum, OTR deliver the BME mental health CDW service which works closely with local grassroots organisations working with BME children and young people to raise awareness of mental health services, promoting good mental health and wellbeing and raising awareness to tackle stigma and inequalities experienced by the BME community in Croydon.

Off the Record's aim is to put to an end to mental health misery for all Children and young people.



www.talkofftherecord.org

Croydon BME Forum

Who we are:

Croydon BME Forum is the umbrella organisation for Croydon's BME voluntary and community sector, engaging people, building capacity and promoting equality and cohesion. Croydon BME Forum make representations on behalf of Croydon's BME communities to public sector agencies and other statutory and non-statutory parties by sitting on various strategic boards.

In partnership with Off the Record, Croydon BME Forum deliver the BME mental health CDW service which works closely with local grassroots organisations working with BME adults and older adults to raise awareness of mental health services, promoting good mental health and wellbeing and raising awareness to tackle stigma and inequalities experienced by the BME community in Croydon.

The aim of Croydon BME Forum is to work to empower Croydon's BME communities, groups and grassroots organisations to contribute towards policy development and decision making to ensure the development of culturally sensitive services for the BME community.



www.cbmeforum.org

Thank you to our partners and participants

Thank you to our BME Community Development Workers of Croydon BME Forum and Off the record- the community work has shown true community spirit across all ages in Croydon in tackling the various different social challenges our BME community face.

Thank you to David Weaver (president of BACP) for chairing the Change the method, change the outcome conference, and for your commitment towards the cause.

Thank you to Councillor Jacqui Dyer for speaking at our conference and setting the scene for today's event, we are very humbled to have had you.

Thank you to Councillor Janet Campbell for supporting our cause for today's conference and speaking about the work being done in Croydon as our mental health champion.

Thank you to Malik Gul (Director of Wandsworth Community Engagement Network) for supporting the conference today by sharing the influential work coming from WCEN in Wandsworth.

Thank you to our Croydon Activist Shaniqua Benjamin (director of Young People's Insight) for sharing your influences of change and sharing your spoken word about Croydon.

Thank you to Croydon CCG; we acknowledge the support and participation from the Croydon Mental health commissioners and CCG for presenting at the conference and sharing new initiatives and updates in regards to the new Croydon mental health strategy 2019.