



# ANNUAL REPORT 2021 2022

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## ABOUT US

Croydon BME (black & minority ethnic) Forum is the umbrella organisation for Croydon's Black and Minority Ethnic voluntary and community sector, engaging people, building capacity, and promoting equality and cohesion.

The Forum was established to maximise the engagement of BME communities in all aspects of living and working in Croydon. We make representations on behalf of Croydon's BME communities to public sector agencies and non-statutory organisations.



**CROYDON BME FORUM**

**Croydon BME Forum**  
**56A Mitcham Road,**  
**Croydon, CR0 3RG**  
 ☎ **020 8684 3719**  
 ✉ **info@bmeforum.org**  
 🌐 **www.cbmeforum.org**

## WE WORK WITH OUR COMMUNITIES TO:

1. Ensure that they are involved in local policy and decision making, regeneration and neighbourhood renewal.
2. Facilitate joint working among BME communities to develop best practice and provide a unified BME voice within local strategic partnerships.
3. Promote networking, collaboration and partnership between the BME voluntary sector and mainstream agencies building their organisational capacities.
4. Engage with BME communities in all aspects of Croydon life.
5. Encourage good race relations, community cohesion and equality of opportunity for all throughout Croydon.

## CORE SERVICES



### EQUALITY AND COHESION

Building Bridges within and between communities and providing a strategic equality function in Croydon within the framework of the Equality Act 2010 and Croydon Strategic Partnership.



### BUILDING CAPACITY

Empowering BME voluntary and community sector organisations in developing their people, systems and structures so that they are better able to deliver quality services to their users.



### EMPOWERING COMMUNITIES

Working to empower Croydon's BME communities to contribute towards policy development & decisionmaking in order to ensure equal access to services as well as development of cultural sensitive services.



## Chair's Introduction

### Paulette Lewis MBE

I am pleased to present our 2021 Annual report which highlights our achievements and challenges. We have continued to work hard in developing and creating new and sustainable projects as we operate to deliver vital community services to meet the needs of the community. This report aims to be balanced and open providing useful information on what we have achieved in the past year and our future objectives.

Throughout the past year the most significant challenges were the lasting impact of Covid-19, financial sustainability and addressing the inequalities of health. We remain focused and resolved as we strive in improving efficiency, streamline processes and continue to develop wider community participation and partnership working. As we develop our 3-5-year strategy we will ensure the voice of the community and contribution of our staff is integral in moving forward.

We can be proud that despite these unprecedented events we have continued to work and respond to the health care community projects in partnership with other organisations. We have worked tirelessly in responding to the impact of the pandemic while continuing to maintain and develop new projects, community development and strengthening partnership working across the borough.

We are committed to providing fair and transparent community focused services which help in reducing inequalities of health. Whilst maintaining our business plan to further develop the organisation.

We continue to face challenges, but it has not prevented the organisation to make strong strides in working to meet our key priorities for the community. There have been several positive new projects, which has helped in supporting our population and enhanced our position in the community. We do have more work to do in developing our workforce and structures in preparation for transformation across systems and communities.

Looking forward into the next financial year, there will be further developments taking place with our partners. We are proud to have achieved good outcomes from the work and project undertaken to date. We will ensure the voice of our population is embedded within the way we develop our community services.

I would like to take this opportunity on behalf of the Board and Trustees to thank the CEO, staff, community supporters, and partners for their hard work and commitment. Thank the trustees for their hard work and commitment to the development of the organisation. We look forward to the continued support in taking the BME Forum forward.

## Chief Executive Officer

### Andrew Brown



The last 12 months have once again been an incredible year. These are exciting times and The Forum has seen the biggest increase in activity both with projects and with the number of staff recruited, since we started 18 years ago.

The Croydon Health and Wellbeing Space successfully launched on the 4th of January 2022.

The Space aims to provide community-based support tackling factors that have a detrimental impact on a person's mental health, with the aim of preventing further deterioration.

The Wellness Centre reopened its doors after being closed for nearly a year, due to the COVID-19 Pandemic. This has resulted in numerous events being held in person, such as the weekly chess sessions and yoga classes.

There has been a wide variety of projects this year that have worked for the most part with BME communities around mental and physical health as seen in the following - Patient & Carer Race Equality Framework (PCREF), Mental Health Personal Independence Co-ordinators Services (MHPIC services), Ethnicity & Mental Health Improvement Programme (EMHIP), Long-term conditions (LTC), Barbershop project (hypertension), supporting the older generations with the Shopping Bus Project and the Young at Heart Group, Community Development Workers working with individuals at various levels; and support for the younger generations via the My Ends project and Young Londoners Fund.

As we are all aware, COVID-19 has continued to be a big presence during 2021-2022. As such, we adapted our work to meet the needs of the community. This included continually running the weekly Young at Heart sessions online and working in partnership with six black led organisations around the country to deliver Health Hour talks online to our communities.

We also can't shy away from the extent of work we have done alongside the NHS and doctors, to raise awareness of the impact of infection on BME communities and provide information on the vaccinations. I would like to give a big thank you to all healthcare professionals who have supported us with this.

I would like to say a special thank you to all my amazing staff and volunteers who have worked with us over the last 12 months. All of your hard work and dedication has made a huge difference in ensuring Croydon BME Forum continues to support BME communities in Croydon.

And lastly to the Board of Trustees I express my gratitude to you all for your support over the past 12 months. Without your guidance and support many things would not have happened. Thank you....

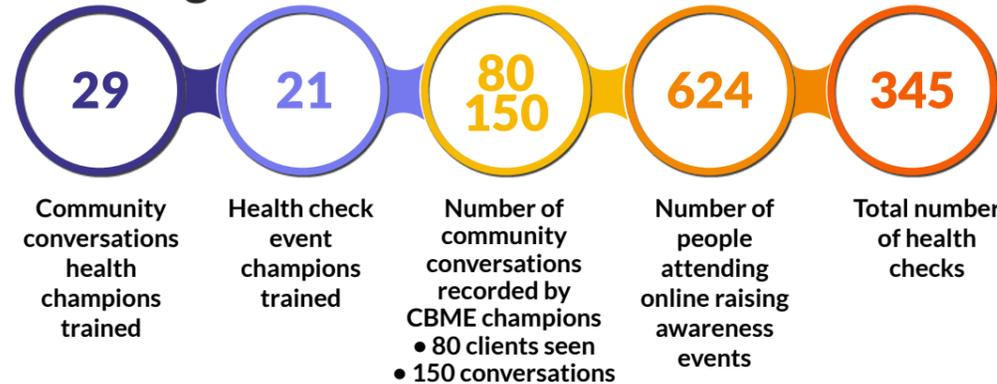
# Activities & Programmes

## Long-Term Conditions Project

The Long-term conditions (LTC) Community Outreach Programme is currently commissioned by South Clinical Commissioning and provided in collaboration between the Croydon BME Forum and the Asian Resource Centre of Croydon. The LTC programme is split into three main elements.

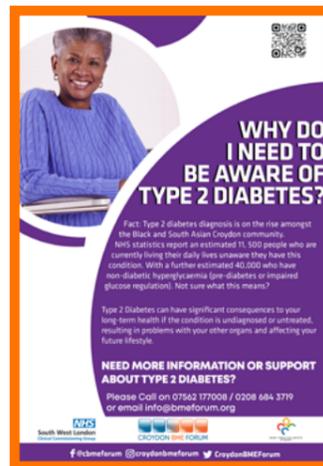
1. Community health raising awareness talks which aims to raise grass roots awareness of LTC risk factors through events and materials by working with specific key Croydon community groups, healthcare professionals to deliver events, and producing health related communication materials for targeted groups.
2. Community conversations which involve training community champions from the local community to share messages with their communities about risks, early diagnosis, symptoms and changing lifestyles using a health coaching model.
3. Community health checks are carried out in faith groups, community organizations, local events to help screen specific groups at risk of long-term conditions such as hypertension, diabetes and atrial fibrillation. Year 1 of the programme was completed on the 31st October 2021 and there have been some impressive results to highlight the work done by everyone involved.

### Year 1 findings:



Year 2 has involved continuing to build on from the foundation set in the past two years, whilst establishing new community links and strengthening existing relationships between local organizations.

### Quarterly period between 4th February to 29th April 2022



# Ethnicity Mental Health Improvement Programme - EMHIP

The Ethnicity and Mental Health Improvement Project (EMHIP), commissioned by the local NHS agencies in partnership with BME community and voluntary sector, is welcomed as a much needed and long overdue development. Phase 1 of the project (October 2020 – March 2022) is now completed and the following Key Interventions are identified for immediate implementation across the mental health system in Croydon:

1. Establish Mental Health and Wellbeing Hubs (MH&WB Hubs), specific to the needs of BME communities and owned and managed by local communities, in collaboration with statutory service providers across Croydon.

2. Develop BME specific service options in the acute and crisis care pathway in Croydon by providing Crisis Residential Alternatives to hospital admissions.

3. Reduce Coercion – reduce the disproportionate numbers of black people subject to detention under the Mental Health Act, including Community Treatment Orders, and disproportionate use of force/restrictive interventions against black patients at South London and Maudsley Mental Health Trust (SLaM) through:

- (i) Embedding inclusive and shared decision-making involving family members and Mental Health Mediators from black communities;

- (ii) Making acute inpatient wards more open and appropriate to needs of black patients and their families; and

- (iii) Empowering black communities by developing a network of support and engagement (Seni’s Empowerment Network) as part of the implementation of Mental Health Units (Use of Force) Act 2018.

4. Establish BME Assertive Outreach Teams - invest in people with SMI from BME communities and support their care, support, treatment, and rehabilitation at SLaM by establishing BME AOTs.

5. Ensure Cultural Competence - ensure the mental health workforce (at SLaM) have the necessary skills and capabilities to work across culturally diverse communities.

To read the full report and what next for the EMHIP Project visit our website [www.cbmeforum.org](http://www.cbmeforum.org)

# Barbershop Project



People of Black, Asian and minority ethnic (BAME) heritage have a higher-than-average incidence of, and mortality from hypertension and stroke (Kings Fund 2021). The reasons for this are multi-factorial, but little awareness of risk and poorer engagement with traditional healthcare settings might be contributory factors.

African-Caribbean men have less frequent contact with the health care system compared with Black women and thus lower rates of hypertension detection, treatment and control (Lackland 2015). It was therefore important to identify new settings for engaging people at risk of high blood pressure (BP) who do not frequent usual health care.

Barbershops are open long hours and are located in all communities. This made barbershops ideal, novel settings for addressing health disparities.

## Aims and methods

The aim of this feasibility study was to see if barbers in the Croydon borough could support and educate men of BAME heritage to manage their BP. We worked with eight barbers who were part of an existing BAME barber network. We explored how easily we could educate barbers to carry out healthcare advice about BP and how likely it was that men visiting the barbers agreed to take part.

We aimed to understand how best to recruit the barbers, how best to train the barbers, how to keep them motivated and how many BP readings might be possible.

## What we learned

Recruitment of barbers: we learned that it is important to be clear about the barber's roles and responsibilities at the outset. Of the eight barbers we worked with, half were a little hesitant at the start. The most motivated barber at the start continued to return the highest number of readings. As he said on the first training event 'You can change the world with a haircut'.

Training of barbers: we learned that both online (1.5 hours) and face to face training (3 hours) works well, however we need to focus on not just the practical aspects of BP measurement, but also how to start conversations with clients about BP.

Motivation of barbers: we learned that this is very important. We tried to keep the barbers motivated by providing additional learning and resources to them, for example, training on social media and towards the project's end incentivised two barbers for each BP reading taken. We also learned the importance of regular contact with the barbers to encourage sustained BP measurement.

A Big Lottery application was submitted in March 2022 in Partnership with London Southbank University to spread the barbershop intervention to other areas of the UK. The aim is to revise the barber recruitment process and training programme (5 barbers in each location), understand the barriers and drivers to motivation further, ensure we reach blood pressure reading targets and track outcomes/experiences of those who are recorded as having high/very high blood pressure.



# Healthy Homes for All

Healthy Homes project was established to increase awareness of domestic energy issues and reduce the risk of fuel poverty amongst harder to reach and BME communities, likely to be disproportionately affected by the impacts of Covid-19, and more at risk of self-disconnection. The project consisted of drop-in sessions at venues across the borough and one to one support for residents in person, by telephone and virtually. additional support from Croydon Council and other agencies.

## Data for Healthy Homes Project 22nd March 2021 to 30th March 2022



Email advice given to both residents and organisations



584 Telephone Advice



Delivered **5** half day training sessions to professional to become energy champions within the community. We delivered **99** events and workshops providing energy advice and support.



One to ones delivered by the project **140**  
**461** face to face drop ins at our wellness centre over the year



**56,018** online activities throughout all our social media platforms



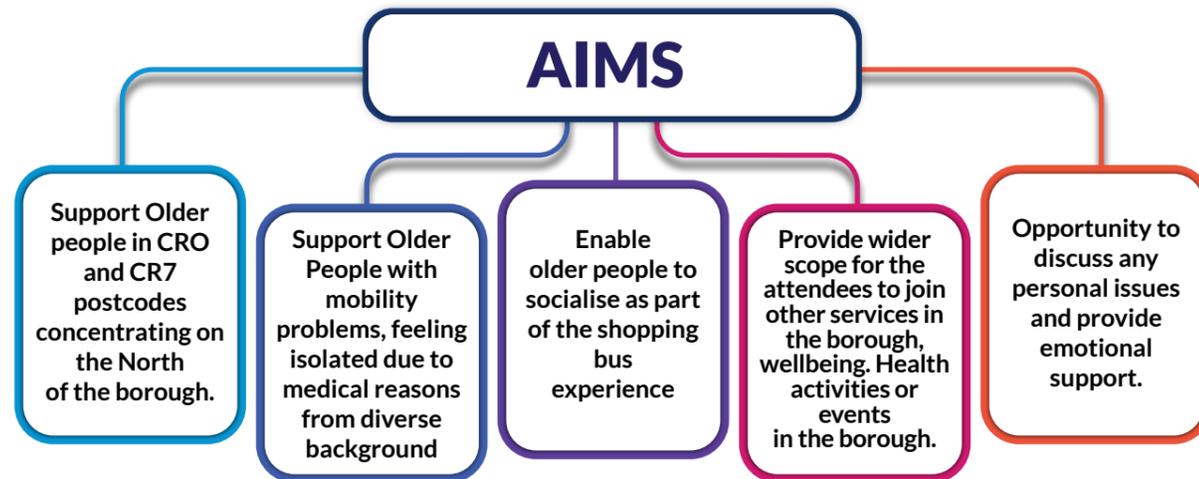
Reached, **3,383** households through our workshops, training session and events



Visit Our Website @www.cbmeform.org/healthy-homes-for-all/

# Shop and Talk Shopping Bus

Croydon BME Forum received funding from Croydon Council - One Croydon Alliance and Independent Age Grant, to run The Shopping Bus service for older people living in the North of the borough.



## Shop and Talk Shopping Bus Project

The Shop and Talk was restarted on 22nd February 2022 and have provided over 30 residents in the CRO/CR7 with the Shop and Talk service. We have had 17 weeks of providing outreach to the community via the Shopping Bus, with approximately 5 to 9 people attending each week. The Shop and Talk experience have enabled us to bring the group together as friends. They have arranged to meet up or go to events outside of the Shopping Bus trips. Some of these being Windrush Day on 22 nd June and The Queens Platinum Jubilee. This has widened their circle of friendships and social circles and given them the opportunity to mix with others after COVID-19 safely. The service has provided enormous amount of support to older age adults.

Since the last list of attendees, we have 30 residents on our database which is increase since the last report in March 2019, this is three times as much. They have attended on a regular basis and have attended alternative weeks. We have attracted older adults because it is much needed service in the community.

Many of the older aged adults have mobility problems and the shopping bus has a lift which enables them to get on and off the bus safely. We have mainly had self-referrals based on our social media advertising and sharing the poster and also via Age UK and Westbury Community Project.

We have also facilitated talks around Cancer Awareness, Mindfulness, holidays and countries they have visited, Windrush and their experiences, The Queens Jubilee and how to look after your mental health and wellbeing.



## Feedback from attendees

The Shop and Talk was restarted on 22nd February 2022 and have provided over 30 residents in the CRO/CR7 with the Shop and Talk service.

We have had 17 weeks of providing outreach to the community via the Shopping Bus, with approximately 5 to 9 people attending each week.

"I've been able to do my garden and make it look pretty this year, last year we could get to a garden centre they were closed."

"This has been amazing it is so nice to be able to get out and be with people."

"I am unable to carry heavy shopping so this really helps, the driver is so helpful and supportive."

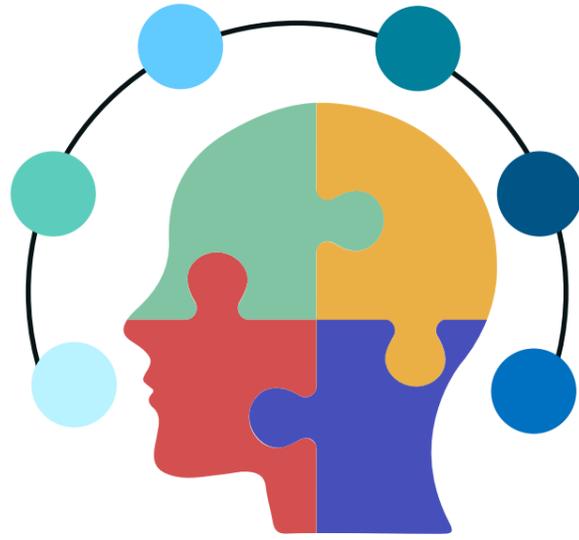
"I really enjoy getting out and being with others and choosing my own shopping, when you order online, they send the wrong items."

"I have not been around anyone because I am on dialysis machine 3 days a week, this really helps me, as I am unable to eat certain food so being able to get out and get exactly what I need is really helpful. "I really enjoy the talk at the end as well and talking with others, it takes my mine off things and breaks up the week for me."

## Conclusion

Shop and Talk has been a much needed and vital service, enabling older aged adults to come together to talk and share stories about everyday things and to feel things are back to normal. It has also helped to overcome any anxieties they may have had due to meeting up in person. They have managed to navigate the lockdown and been able to reengage with the community safely.

# CATHIP is a National partnership of six black organisations led by CAHN.

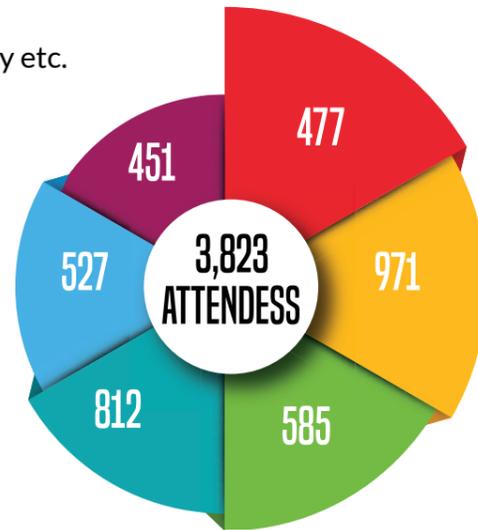


## CATHIP Health Hour:

is a weekly online health education session to promote self-care led by Consultants, Dr, and other health professionals ensuring Caribbean and African people can make better informed decisions about their health.

Topics include.....

- High blood pressure
- Diabetes
- Stroke
- Obesity etc.



## Attendance:

We have had a total of 3,823 attendees from January to June join us on Saturdays for the CATHIP Health Hour sessions.

■ January ■ February ■ March ■ April ■ May ■ June

## Health Hour Promotion

Collectively each week we aim to have a minimum of 200 people benefit from this free online programme.

All partners utilise media channels open to them such as Instagram, What's App and Twitter as well as newsletters, websites and word of mouth.

## Benefits of attending Health Hour

- Information on specific conditions which affect Caribbean and African people in the UK
- Builds knowledge and confidence along with providing the ability to better manage your own health conditions
- Opportunity to have your questions about health answered
- offers support beyond the session to speak with a doctor or another health professional
- led by Black Consultants, GP's and other clinicians from across the UK
- By the community for the community

Our aim is for better health outcomes for our communities and more awareness of preventing the health challenges we face along with renewed confidence to advocate for ourselves or others.



# Patient Carer Race Equality Framework (PCREF)

PCREF was a recommendation from the national Mental Health Act Review to eliminate the unacceptable racial disparity South London and Maudsley NHS Trust see in Access, Experience and Outcomes (AEO) and to significantly improve the trust and confidence of Black communities in our services.

The PCREF Programme is a partnership between the Trust and host organisations, Croydon BME Forum and Lambeth Black Thrive. Our partnership brings together Trust staff and Black service users, their carers and communities to jointly develop the PCREF.

COVID-19 has highlighted the stark inequalities in mental healthcare. SLaM delivers services to the largest populations of Black people in the UK and has a moral and legal duty to work with racialised communities to dismantle the impact of structural barriers.

Documented inequality in SLaM outcomes illustrates that the transformation of mental health care for Black people and action to regain the trust of Black communities is long overdue. PCREF is building on and developing the current infrastructure within SLaM that works in partnership with groups of Black community members committed to local change, known as Independent Advisory Groups (IAG), who are active in each borough to improve access, experience and outcomes for Black people.

Looking beyond the immediate challenges caused by the pandemic, the SLaM PCREF approach is keen to maximise the opportunity to renew the focus of the Trust to work with community partners to create an equitable, anti-racist mental health system for the longer term.

The information gathered has been useful in assessing structural inequalities and barriers faced by Black communities in accessing Mental Health services. Information from the events has been fed back to SLaM for process evaluation and to inform best practice in partnership working.

Event	Location:	Attendee Number:
My Ends community Black	London Road	30+
World Mental Health Day PCREF Questionnaire workshop	Wellness Centre	11
Black Mental Health Talk	Wellness Centre	18
Black Mental Health Workshop	Croydon College	3
Black Mental Health Series	Online	74
PCREF Outreach Talk	United Reform Church,Catford	32
Black Mental Health Awareness Training	Online	18
Focus Group x4	Online	58
PCREF Mental Health Talk	Online - Croydon Council Race Equality Network	39



# St. Vincent Appeal

In April 2021, the La Soufriere volcano on the eastern Caribbean Island of St Vincent erupted blasting ash and debris into the surrounding area.

With more than 10% of the island 110,000 residents temporarily homeless, the local government did not have the resources to address all the needs of the communities. With many people from St Vincent living in the UK and more importantly living in Croydon, a call went out to Croydon BME Forum to support with fundraising activities that would help the people in need.

Various events were held, including a fundraising concert. On top of this a call went out for donations of food and clothes that could be sent in barrels to the people in St Vincent. We expected to send a total of six barrels over but with the help of all our partners we ended up sending 17 barrels of non-perishable food items, clothing, toiletries, cleaning products, baby products, and emergency medical first aid supplies.

We would like to thank everyone who contributed to the appeal, in particular the following organisations:

- Association of Jamaicans UK
- Mountain Movers Ministries
- The South London Church Fund and Southwark Diocesan



# Black History Month 2021

The theme for this year's Black History Month was Proud2Be. This theme embodies what we are as a community: Proud (of who we are).

Whatever your heritage, background, or experience; we all should be proud of who we are, the communities we represent and our borough.

The programme launched with a launch night consisting of performances, visual presentations, and a panel discussion, highlighting the theme.

Various events took place across the borough and included opportunities to discover historical events through performance, music, storytelling and song, as well as the opportunity to take part in thought-provoking discussions.

This included the following:

- The Black History Month Black Business Fair showcasing black owned businesses.
- An exhibition at Boxpark of 'The Story of Black Entrepreneurship and Success' featuring stories of innovators in architecture, beauty, cinema, construction, employment, farming, finance, insurance, investment, manufacturing, maritime, media, music, pharmaceuticals, publishing, science, technology and many more.
- Online workshops including; 'ABC of African History', 'Let's Talk Caring for Hair' and 'Black Mental Health Matters: The Fight for Truth and Justice.'
- Black History Month Quiz Night 2021

The month-long celebrations ended with an intergenerational fashion show, where our over-60 community and young people in Croydon modelled an outfit that best represents them.




# Past Events

**HAVE YOUR SAY ON RECENT ROAD CLOSURES IN YOUR AREA**

With the local Councillor **Muhammad Ali**

**Time: 19:00**  
**May 13th 2021**

Location: Zoom Meeting Number: 385 207 6159

**FREE ADVICE session via zoom**

Are you concerned about your pension?  
Struggling to keep up with your Council Tax?  
Do you need help with Housing?

Join **Janet Taylor** Founder of Debt Today Free Tomorrow on Wednesday 21st April at 3.00pm - 4.30pm

**FOSTER CARERS CONFERENCE**

Caring for Fosterers: Have your voice heard. This is a Safer Forum for Foster Carers ONLY

**14th April 2021 - 10.00am - 2.15pm**

**Speaker - MP** (Department for Education)  
Foster Carer - Diana Rendley (Impact of Fostering on Carers)  
Foster Carer - Vivienne Williams (Fostering Carers)  
Jacqui Dyer (Importance of Carer support - galvanising foster to come together)

**Q&A with United Sabseans Worldwide**

United Sabseans worldwide teach a unique way of life on science and spirituality, and demystifies myths that can be verified by research concerning black history. Please join us for an evening with United Sabseans worldwide for a Q&A and discussion.

**Guest speakers: United Sabseans Worldwide**

Date: Thursday 17th February  
Time: 6.30pm - 7pm  
Zoom ID: 385 207 6159

**PCREF/CROYDON BME COURSES JANUARY 2022**

How to Run a Focus Group

Focus Groups are a very effective way of capturing qualitative information from a specialist group of representatives. There are many reasons for using focus groups ranging from research to service development and they are often used in the context of mental health. Our workshop, How to run a Focus Group, highlights the key benefits of using this method of data capture, outlining factors that should be considered in planning and setup along with practical tips on how to make sure your focus group runs smoothly.

**13.00pm - 4.30pm | Thursday 27th January**

**Man-Tell in Partnership with The Croydon BME Forum Presents:**

**MEN'S FORUM**

Discussions and Talks on Dysfunctional Emotions.

**Thursday 27 Jan 2021**  
**Time: 18.45 - 8PM**

**KEEPING YOU SAFE WE NEED YOU!**

Join this interactive workshop, where we'll be providing you with the basic underpinnings of keeping adults safe in Croydon, and inviting you to share your own views on protecting the community...

**WHAT DOES 'SAFEGUARDING' MEAN TO YOU?**

WHEN? MONDAY, 7 TH JUNE @ 2:30PM-4PM

**WANT TO SAVE MONEY ON YOUR ENERGY BILLS**

Registration Contacts  
Email: [Daborah@bmeforum.org](mailto:Daborah@bmeforum.org)  
For further information, please call 07541 309 243  
Mobile: 0208 684 3719

Would you like to understand your thoughts and feelings more and make changes in your life?

**Self-Love** 3-PART SERIES

Please join us for this three-part series to explore your emotional world, set goals and intention-setting to reach self-love.

Week 1: Monday 2nd August: Inner child healing  
Week 2: Monday 9th August: Confidence building  
Week 3: Monday 16th August: Self-reflections

**The Many Faces WOMEN WEAR**

Join US As We Celebrate The Achievements of Women All Over The World

Date: 12th March 2022 Time: 1pm - 5pm  
Location: The Wellness Centre

**Are you struggling Financially? Do you need advice/support We holding Our Debt Advice Workshop with Christians Against Poverty**

DEBT HELP  
CAP JOB CLUBS  
CAP LIFE SKILLS  
CAP MONEY COURSES

DATE: TUESDAY 1st MARCH  
TIME: 6.30PM

**"Man-Tell in conjunction with Croydon BME Forum Presents a Discussion on INSTITUTIONAL RACISM"**

Everyone is WELCOME

Part 1: Wednesday 30th March 2pm-4pm  
Part 2: Wednesday 6th April 2pm-4pm

**BLACK HISTORY MONTH CROYDON LAUNCH**

FRIDAY 1ST OCTOBER 2021  
TIME: 7-9PM (DOORS OPEN AT 6:30PM)

YOU'RE INVITED TO AN EVENING OF CELEBRATION AS WE OFFICIALLY LAUNCH THIS YEAR'S BLACK HISTORY MONTH

**YOU SAID, WE DID EVENT**

We would like to invite you to join a You Said, We Did event on October 12th from 6.30 to 8.00 when the Trust's Chief Executive, DAVID BRADLEY, and Chair, SIR NORMAN LAMB, will thank you for all your contributions and talk you through:

How your feedback has helped shape the new Strategy  
How we will deliver and measure the new strategy  
How we'd like to continue the conversation with you about the Strategy's progress

**YOUNG PEOPLE UP TO AGE 21**

Come and Discuss Mental Health and how you can make a difference.

£25 of Vouchers of your choice for each person who attends.

Time: 4.30-5.30pm  
Date: Tuesday 16th November 2021  
Hot refreshments

**MAN TELL IN PARTNERSHIP WITH THE CROYDON BME FORUM PRESENTS: MEN'S FORUM OPPRESSION**

THURSDAY 12TH MAY  
6.45PM-8.30PM

**Carers / Service User Focus Group**

Are you involved in mental health as a carer or a service user? Are you Black, Asian or from a minority ethnic community? Join us to discuss reducing mental health inequalities in Croydon. £25 of vouchers of your choice for each person confirmed to attend.

Date: Monday 8th November 2021  
Time: 5pm - 6pm  
REFRESHMENTS AVAILABLE

**SHOULD I GET THE BOOSTER?**

Join us for this workshop about the COVID-19 booster vaccine.

Specialist NHS doctor on infectious diseases, **Dr Sarah Ann Filson** and **Dr Donald Palmer** (Associate Professor in Immunology), will be on our panel of speakers who will be answering your questions on the booster vaccine.

Date: Wednesday 6th July 2022  
Time: 6:30-8pm  
Location: www.Zoom.com  
Meeting Number: 385 207 6159

# Past Events

# Community Development Workers

## Remit: Working Age 25-55 years of Age:

The Community Development worker has been working on ADHD/ Autism Project with The Joint Working Group. The Joint Working Group comprises of the BME Forum, SLaM and Croydon Community Members known as the Independent Advisory Group. The structure feeds into the new change idea known as the Quality Improvement project.

From September to December, three meetings took place in the community, which involved sessions in providing feedback to the Joint Working Group about what they want to see next for the QI project, defining the project's parameters and identifying the timelines and improvement indicators for the change ideas.

The QI change idea looked at Neurodiversity, focusing on ADHD and Autism. The action from the community was to set up a support group for ADHD and Autism support group for Black men between 18-25, who may suspect they have the condition or are on the waiting list to be seen via the Neurodevelopment department at SLaM. The BME Forum jointly hosted the support group.

A survey was carried out from the two support groups, which was valuable; however, the numbers were low. The attendees consisted of women with partners or children with the condition. The attendees found the information helpful, informative, and empowering and they felt empowered to approach and challenge their doctor.

Two main issues have been identified. Firstly, Black Men are not showing up and the barriers to referral to SLaM neurodevelopment department remains to be with the doctors. Further work will need to be done to create a toolkit to upskill doctors and by be going out to the community, such as colleges/universities.

## Remit: 55+ years of Age:

The Croydon BME Forum Community Development Worker provides a number of initiatives to the local community in the 55 years plus age group to support their mental health and wellbeing, these include:

The Young At Heart Group "YAHG" project, is a social and educational group, which aims to reduce isolation and the feeling of loneliness, through online weekly teachings and discussions. This group helps to improve positive mental health and wellbeing, the objective is to support and equip each individual with healthy and life skill tools.

We invite various guest speakers attend the groups, where the discussion topics are targeted to maintain health and wellbeing, various topics are covered on Positive Mental Health, Mindfulness, coping with stress, the science of happiness, visualisation, poetry, building resilience, general knowledge, quiz games, reminiscing, understanding domestic abuse, movement and body through exercise, jewellery making sessions, knitting, pensions and benefit advice to name but a few. confident and comforted that we are there with them on their journey, every step of the way.

## Thank you

to our funders, over the course of the year, we were able to reach and support up to 100 Young at Heart participants, through our fun interactive and informative sessions.

Our clients are appreciative and thankful for our care and support. They feel We also facilitate fortnightly sessions led by "The Reader" – a reading charity. This involves a group reading of a short story or poems, followed by discussions on the readers voice, and how and what the poem evokes within.

IT skills and confidence programmes have been arranged with Clear Community Hub. This helps the elderly to grow and develop confidence in IT skills. Sessions include Mobile Phone Boot Camp, Community Learning Courses and Teaching sessions. Equipping the elderly with IT skills and knowledge also enables them to feel connected and more informed. So far, we have reached approximately 70 elderly people.

**CROYDON BME FORUM**

**BME MENTAL HEALTH COMMUNITY DEVELOPMENT WORKERS**

EMPOWERING COMMUNITIES | CAPACITY BUILDING | EQUALITY AND COHESION | MENTAL HEALTH SUPPORT

info@bmeforum.org | 020 8684 3719  
 @CroydonBMEForum | @croydonbmeforum | CroydonBMEForum  
 www.cbmeforum.org | CroydonBMEForum

## NHS South West London Clinical Commissioning Group

Every Wednesday

zoom | Eventbrite

YOUNG AT HEART: ONLINE SOCIAL GROUP

Every Wednesday at 3pm  
Zoom meeting ID: 385 207 6159

The Croydon BME Forum is dedicated to improving the livelihoods of older adults and reducing social isolation. Join us for a new topic each week to enrich your thoughts and improve your wellbeing!

Call or text us on  
07923 990 644 / 0208 684 3719  
Or Email Shelly@bmeforum.org

Use your phone camera here to visit our website

@cbmeforum | @croydonbmeforum | CroydonBMEForum

SHARE EXPERIENCES  
FEEL CONNECTED

THE READER!  
BE A PART OF  
A BIGGER  
STORY

READ & RELAX  
IN THE WELLNESS CENTRE

Shared Reading Groups Bring People Together Great Literature To Talk, Laugh & Share

Just Drop in & Enjoy Listening To A Story Or Poem - no Pressure To Talk Or Read

Date and Time : Fortnightly - Starting From  
Friday 22 April, 10:30am - 12pm

1st, Floor Whitgift Centre, Croydon CRO 1LP  
(Opposite Waterstone's Bookstore)

Get In Touch With Us at  
info@bmeforum.org or  
Call 0208 684 3719  
www.cbmeforum.org

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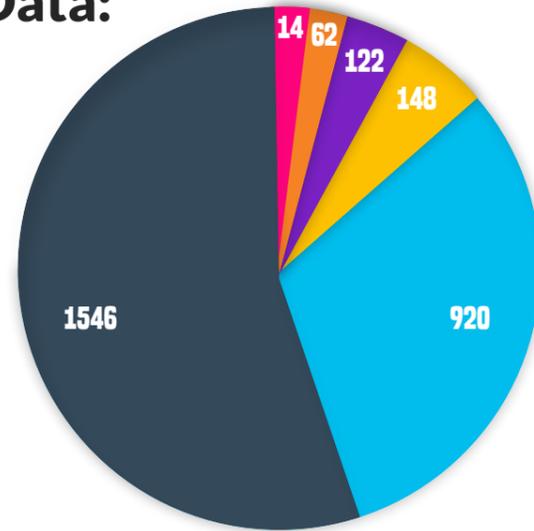


# Wellbeing Advisor

The Wellbeing Advisor project started in June 2021 providing 1:1 mental health support and hosting and delivering workshops to predominately BAME people in the Community.

## Wellbeing Advisor Project Data: June 2021- June 2022

- Partners
- Workshops
- Workshops Feedback Forms
- Sessions
- Engagement
- Sign Ups



## 1:1 Mental Health Support

The 1:1 mental health support are conducted as wellbeing sessions at the Wellness Centre and periodically online. They are offered six sessions; each one is thirty minutes slots that take place either weekly or flexibly depending on their need. Within the year, 46 people have either self-referred or been referred from external organisations.

The main client need has been mental health support where they sought further help with counselling services in Croydon. Some of them used the space to understand what they need and looked in other areas of their lives such as employment, education, housing and social activities.

The majority of the clients have self-referred which could have been a drop-in into the Wellness Centre or via telephone or email or attended one of the workshops. The main ethnicities of the clients seen for 1:1 mental health support are the ones who identify as Black British, Black Caribbean, White British, Black African and British Indian.

The prominent age range of clients seen are 26 - 55 years old and the main gender are women.

## Wellbeing workshops

The wellbeing workshops predominately takes place online in the evenings on a weekday. The workshops have covered various topics in mental health and wellbeing with either myself delivering content or a guest speaker.

We have engaged with 935 people and worked with 14 partners who have either been a guest speaker or collaborated with in some capacity, to cover topics such as mental health and families, spiritual development, racial trauma, employability, psychosis and trauma.

63 wellbeing workshops have been delivered in the first year of the project and we have received 122 responses that have provided positive feedback, comments and suggestions. 88% of attendees are likely to recommend the wellbeing workshops to others and 92% of them found the workshops useful and relevant.

# My Ends

The My Ends project was birthed out of the Violence reduction Unit (VRU) in response to the violent crime rates within inner city areas.

The funding aims to holistically desist young people from crime, through initiatives such as mentoring, parental support, trauma and mental health training, establishing community partnerships and giving voice to residents. Croydon BME Forum offer capacity building support to assigned delivery partners and well as support to the wider Croydon community to create sustainability and greater impact. To date I have supported 19 grassroot organisations and engaged with over 30 organisation promoting Croydon BME Forum services.



As a Capacity Builder I have assisted and written a variety of bids which help contribute to the overall aim of improving community safety and reducing youth violence.

This role aims to help organisations to function more effectively and sustainably. This is achieved by identifying organisational needs and providing ongoing training, education, and 1-1 support.

## Successful Bids and Their Impact:

**HAF CROYDON**  
Aimed to provide young people with meaningful activities and provide opportunities for fun in a safe environment. It provided children with hot healthy meals and the opportunity to meet new people.

**CANCER AWARENESS FUND 2021**  
This project helps to provide awareness and education about physical health and cancer risk factors, specifically aimed at hard-to-reach community groups.

**NATIONAL LOTTERY FUND 2021**  
Project aims to provide bereavement support and counselling for young people who have experienced the trauma of knife crime. This will help young people to deal with their emotions in a healthy way and creates a space for positive change.

**IMPACT**

- Improved positive peer relationships
- Improved mental health and improved wellbeing
- Improved engagement with support services
- Increased social skills
- Improved self-esteem

Capacity building was carried out by assisting with the format and write up of the bid proposal. Approximately competing this bid took 5 hours per organisation.

## Other achievements throughout the year:

Developing sustainable funding strategies that will enhance organisational income. This ensures that projects have longevity. Over the last 12 months. Written a total 22 bids and raised £200,000 to date.

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Creating an Organisational checklist - This is a checklist which identifies the gaps within the organisations. The aim is that at the end of the project all partners will have the relevant policies and structures in place.

Partnership working with Palace for Life - This is working with Palace for life My Ends staff member to ensure that we are working effectively and sustainably. By bid writing and conducting consultations together. We have held 1 bid writing workshop this year (2022).

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Cultural sensitivity training to Croydon Youth Offending - This day long training course was delivered to provide insight and education into the importance of being culturally sensitive. The training is designed to be delivered to professionals and those working with young people. This aims to ensure that organisations are acting in the best interest of service users which will enhance client engagement.

# Mental Health Personal Independence Coordinator Service

The MHPIC Service was launched on the 1st of April 2021 and is a part of the Mental Health Transformation Programme. The service is a partnership between Croydon Black & Minority Ethnic Forum and Mind in Croydon and is funded by the South-West London Clinical Commissioning Group. It is a pilot project that is currently funded for two years – from April 2021 to March 2023.

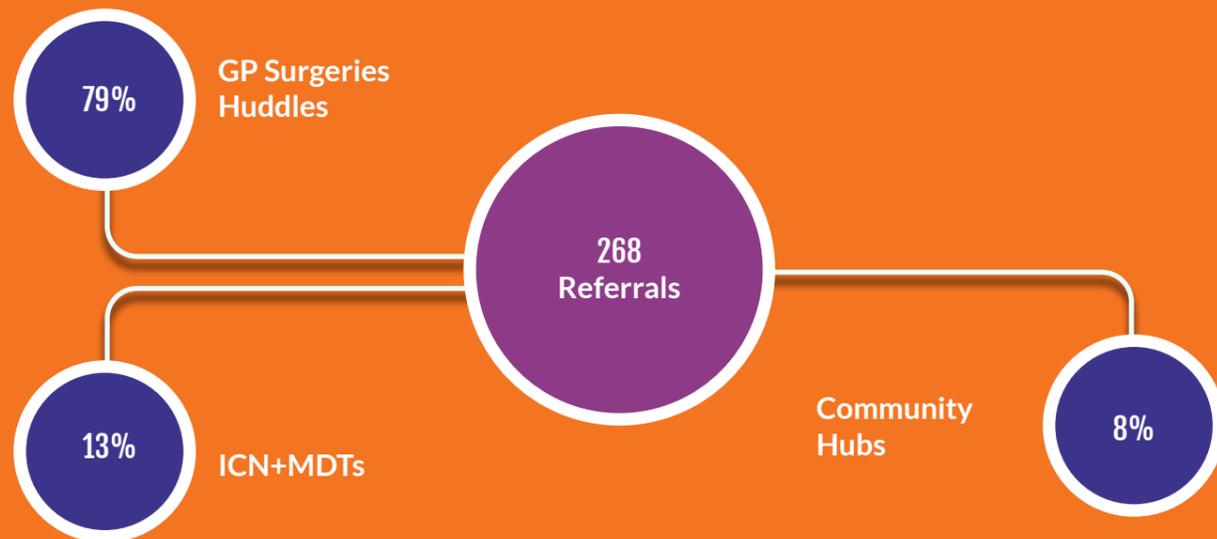
The Mental Health Personal Independence Coordinators (MHPICs) work across the 6 Integrated Care Network Localities within the Croydon borough and cover a total of 58 GP surgeries.

## Service Overview

Over the last year, the service has provided clients with person-centred support, assistance to access and use community support services and ongoing support to manage and maintain their physical and mental health and wellbeing.

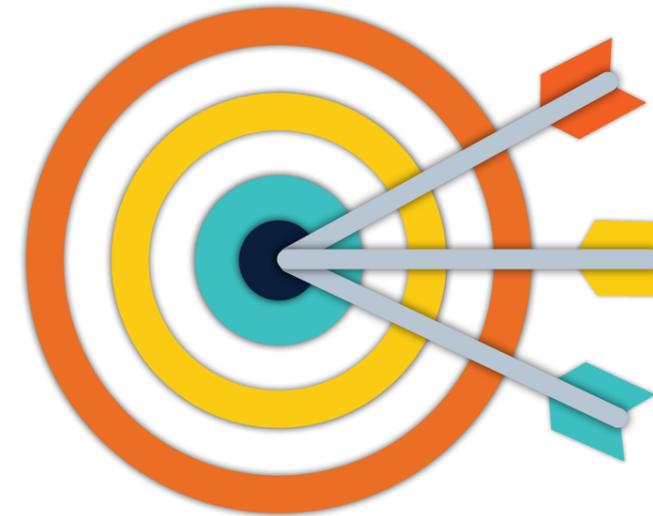
The MHPICs have offered one-to-one support to individuals with mental health conditions and supported them to develop their own personal recovery plan over an 8-12-week period. After the 8-12-week period, clients have typically been put on a 2-month review period in which clients are encouraged to independently engage with goals, before having a final review and be discharged.

During the 8-12-week period clients have been encouraged to identify and work towards achieving wellbeing goals. This often means clients are signposted or referred to other services.



## Case Study

VS was referred to the MHPIC Service via their GP for support with depressive episodes that led to VS being signed off work. VS wanted support with finding new employment and wanted to access counselling to help manage anxiety.



### LIVING SKILLS

A referral to the Employment Support at Mind in Croydon..

### MANAGING MENTAL HEALTH

### SIGNPOSTING

To the Mind Croydon one-to-one Counselling Service and Anxiety Group.



IN PARTNERSHIP WITH



# Croydon Health And Wellbeing Space

The Croydon Health and Wellbeing Space (CHWS Or the space) opened on 4th January 2022. It is a partnership between the NHS, Croydon BME forum and Mind in Croydon, designed to focus and emphasise on providing better access to mental health services and support for people who have not previously engaged with support, including BME communities. The space combines clinical mental health and social care expertise under one roof to improve access, experience and outcomes.

It is part of the Mental Health Transformation programme, which aims to utilise community-based interventions to prevent worsening of an individual's mental health to crisis point.

Clients can walk in, be referred by a healthcare professional or signposted by statutory or voluntary organisations. Support workers provide advice and assistance with housing, welfare benefits, debt, mental health, physical health and employment related issues.

Clients can also access the CHWS website (<https://croydonhws.co.uk/>), which acts as a virtual hub to anyone who may not be able to access the physical space.



**Contact Information:**  
 Croydon Health and Wellbeing Space  
 First Floor, Unit 1101-1102  
 Whitgift Centre  
 21 N End, Croydon CR0 1UY  
 Next to Holland & Barrett

- ☎ Tel: 0203 154 9539
- ✉ [info@croydonhws.co.uk](mailto:info@croydonhws.co.uk)
- 🌐 [www.croydonhws.co.uk](http://www.croydonhws.co.uk)
- 📍 [croydonhws/](https://www.facebook.com/croydonhws/)



IN PARTNERSHIP WITH



# COVID-19 Engagement Workshops

As the pandemic has continued, there has been emerging evidence which suggests excess mortality due to COVID-19 is higher in BAME populations. Individuals of Black African or Black Caribbean ethnicity may be of highest increased risk.

There is also a lower uptake of the COVID-19 vaccine within these communities. As a result, the Forum has stepped up in the following ways to support communities.

- Running virtual workshops with the aim of addressing the mistrust and conflicting information people have around COVID-19, including hesitancy around vaccinations.
- Covid Champions Grants which were distributed to local community groups, for COVID vaccine champions projects targeting communities with vaccine hesitancy.
- The Croydon Health and Wellbeing Space has supported people with issues that have arisen as a result of the pandemic. This includes applying for benefits, emotional/mental health support and housing issues.



# Our Future

The Croydon BME Forum will be working on numerous exciting projects over the next year.

## EMHIP

The Ethnicity & Mental Health Improvement Project (EMHIP) is moving into its 2nd year of funding. With a New Project Manager now employed we will continue our partnership with the ICS, SLaM and the Wandsworth Community Empowerment Network to improve mental health care for BME communities and reduce inequalities in terms of access, experience and outcomes regarding mental health.

## CATHIP

The Caribbean & African Targeted Health Improvement Programme (CATHIP) will be continued during 22/23. This will ensure the work to enable Caribbean and African communities to take control of their health and to support others continues for another 12 months.

## Croydon Health and Wellbeing Spaces

As the pilot hub in the Whitgift Centre has been a success, Croydon BME Forum will continue the partnership with Mind in Croydon to deliver the next phase of the project, which is two more hubs. One in the North of the borough and one in the South.

## Equality, Diversity and Inclusivity Research/Community Facilitator

Evidence highlights those members of racial and ethnic communities, experience greater challenges and barriers in equitable access to health services and needs led interventions. In addition, they are often underrepresented in health-related research. This project aims to explore some of the factors underpinning these issues in our local communities in Croydon.

The longer-term objective is to ensure underserved communities are given equitable access to evidence-based healthcare. A Community Facilitator will oversee the project.

## Cancer Awareness Programme

We have partnered with The Royal Marsden hospital and The Asian Resource Centre of Croydon to bring awareness to the amazing services available in the community. The Royal Marsden Hospital is a specialist cancer treatment hospital in London who provide screening tests, as an effective way of locating cancer before any physical symptoms are shown. Workshops, coffee mornings and other events will be held to ensure everyone can access information on screening tests and support services following a cancer diagnosis.



# Income and Expenditure account for the year ended 31 March 2022

## Main Contributors

NHS South West London	£612,606.16	69%
LB Croydon	£93,291.50	11%
Slam	£84,836.66	10%
CVA	£25,000.00	3%
Hall Rent	£24,318.56	3%
Independent Contributors	£18,979.00	2%
The Royal Marsden NHS Foundation	£15,759.00	2%
South Bank University	£12,000.00	1%
<b>Total Income from Main Contributors**</b>	<b>£886,790.88</b>	<b>100%</b>

## Main Contributors



## Expenditure

### Main Expenditure

Staff Cost	£427837.00
Overheads	£127948.00
Project Cost	£64116.00
Maintenance	£83995.00
<b>Total Major Expenditure Incurred from operation**</b>	<b>£703898.00</b>
<b>Surplus Income over Deficit</b>	<b>£182,892.00</b>

\*\* Note: The figures above is an extract from the Income & Expenditure for the financial year. Full figures will be presented in our financial report for the year 2021/22.

## Our Funders

- Croydon Council
- Croydon Council – Local Voluntary Partnership
- Energy Redress Scheme
- Independent Age Grant
- My Ends (Mayors Office)
- London South Bank University
- South London & Maudsley (SlaM)
- South West London CCG (Croydon)
- The Whitgift Centre

## Our Partners

The following organisations have worked with us over the past 12 months.

- Asian Resource Centre Croydon (ARCC)
- Aids Health Foundation (AHF)
- Age UK Croydon
- Black Thrive Global
- CAHN – Caribbean African Health Network
- Croydon Council - Healthy Homes Team
- Croydon Drop in
- Croydon Neighbourhood Care association (CNCA)
- Croydon University Hospital
- Croydon Voluntary Action (CVA)
- Clear Community Web
- Diabetes UK
- Healthwatch Croydon
- John Ruskin College
- Kings College University
- MMC – Multicultural Marketing Consultancy
- Mott McDonald
- Morrisons (Croydon)
- MS Foundation
- Metropolitan Police
- Mind In Croydon
- Norbury High School
- Off The Record
- Race Equality Foundation Recovery Collage
- Socco Cheta
- PJs Community Services
- Voice4Change England
- Victim Support
- Wandsworth Community Empowerment Network (WCEN)

## A special thanks

Croydon BME Forum would like to offer their gratitude to a number of people who have assisted in different ways throughout the year. First and foremost, to our board of trustees who continue to support our endeavours, offer valuable advice and guidance when needed:

Paulette Lewis MBE - Chair of Trustees  
 Ashok Kumar – Vice Chair  
 Chandra Babu - Treasurer  
 Vivienne Witter – Secretary  
 Patrick Reid – Trustee  
 Ghazala Mirza – Trustee  
 Malti Patel – Trustee  
 Yvonne Walsh - Trustee

## Trustees

## Staff List

A big thanks to all the staff and volunteers, without whom our many projects would not be possible. From organising to delivering they always make it an extraordinary experience. The team go above and beyond to ensure the clients get the best possible and deliver our services.

Andrew Brown - Chief Executive Officer  
 Gifty - Finance and Operations Manager  
 Nadine - Communications Officer  
 Caroline - Community Development Worker  
 Epiphany - Community Development Worker  
 Debi – Barbershop Project Manager  
 Deborah Dokubo - Healthy Homes Co-ordinator  
 Tanya – Wellbeing Advisor  
 Lisa - Project Outreach Officer  
 Stella – Community Partnership Coordinator  
 Felisha - Patient Carer Race Equality Framework Project Manager  
 Elvio – Croydon Health and Wellbeing Space Team Manager  
 Amina – Croydon Health and Wellbeing Space Team  
 Kayleigh – Croydon Health and Wellbeing Space Team  
 Shelly – Croydon Health and Wellbeing Space Team  
 Keleisha - Mental Health Personal Independence Co-ordinator  
 Candice - Mental Health Personal Independence Co-ordinator  
 Suman - Mental Health Personal Independence Co-ordinator  
 Daniel -Young Londoner’s Fund Co-ordinator  
 Shaiydean - My Ends Capacity Builder  
 Sharon - CATHIP Coordinator (Kickstart)  
 Sterling - Business Administrator (Kickstart)  
 Jaydee - Business Administrator (Kickstart)  
 Iqra - Junior Finance Administrator (Kickstart)  
 Aishwarya - Junior Finance Administrator (Kickstart)  
 Sarah - Social Media Administrator  
 Oriane - Personal Assistant to CEO



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[www.cbmeforum.org](http://www.cbmeforum.org)



020 8684 3719

Scan to our website



## Address

**Croydon BME Forum**

56A Mitcham Road, Croydon, CR0 3RG

**The Wellness Centre**

1st, Floor Whitgift Centre , Croydon CR0 1LP

**Croydon Health And Wellbeing Space**

Unit 1101-1102, Whitgift Centre , Croydon CR0 1TY

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Registered No.1108843



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