

BME NEWS SHEET for Health, Supported Housing and Social Care



Colours of Sheffield

Despite February's snow, 60 people braved the treacherous conditions to make their way to 'Colours of Sheffield', the annual review event for the Community Development Workers (CDWs) team.

During the day, spectacular performances wowed the audience from the Sheffield Chinese Lion Dance group to celebrate the Chinese New Year and the Khula African Arts music and dance group.

It was a chance for the CDWs to give people an insight into the work they've done over the last year in collaboration with partner organisations. This includes:

- Day services 'Share and Care' event at the Medina Mosque to improve access and engagement of Pakistani women to mental health day services, working with Roshni to support Sheffield Health & Social Care Trust
- Supporting a community engagement event with the Kurdish men's health information event and an Arabic-speaking women's event at ZEST
- Fun, laughter, dancing and singing at the International Women's Day Health information event
- Helping at the health event for St Patrick's Day

For a copy of the annual report or for more information, contact Pam Allen, 271 6338, email pam.allen@sheffieldpct.nhs.uk.

Here's an example of the work of the CDW team:

Improving Emotional Health and Well-Being

Emotional Health and Well-Being Workshops have been held over the last 6 weeks as a response to issues highlighted by the Somali community. Women from various ethnic backgrounds – Somali, Pakistani, Arab, African Caribbean – have attended.

The workshops aimed to:

- Raise awareness of mental health
- Reduce barriers to mental health services by having an increased knowledge of services available, referral process and how to access these services
- Strengthen individuals by improved management of mental health through self-help strategies
- Strengthen communities by addressing the issue of stigma around mental health

They were planned in collaboration between MAAN, Burngreave One Stop Shop and the CDW team and led by facilitators from a number of organisations. An evaluation of the workshops will give pointers as to how they might be developed in the future.

For details of the next workshop, see the Notice Board on page 5.





Aiming for a thriving, healthy BME VCF sector

The Sheffield BME Network hosted its first ever AGM on Thursday 26 March 2009. Over 95 people attended the event, including members of the BME voluntary community and faith (VCF) sector and statutory organisations from across Sheffield.

The AGM began with an introduction from the Interim Chair, Malcolm Cumberbatch, introducing two guest speakers and volunteers from the Interim Network.



AGM business included approval of the constitution - this means that the Sheffield BME Network has become a fully constituted organisation, with Voluntary Action Sheffield having a role as the interim accountable body. Eight members were nominated and successfully co-opted onto the Management Committee. They will play an active role in the strategic decision-making and representation of the Network. Officer positions will be agreed at the first management committee meeting on the 19 April 2009.

The Interim Network was originally set up by a group of dedicated BME volunteers who came together to establish a fully functional, independent network structure. After two years of hard work shaping the organisation, it was a memorable day for the BME members of the VCF sector in Sheffield.

The aim of the Sheffield BME Network is to be an inclusive, effective and accountable BME network for the Voluntary, Community & Faith sector across the city. Their vision is to have a thriving and healthy BME VCF sector in Sheffield for the 21st Century. The network will robustly scrutinise decision-making, lobby, and campaign and champion the interests and aspirations of its members.

Sheffield BME Network is supported by OFFER (Open Forum for Economic Regeneration), Sheffield City Council and VAS. For further information please contact Sheffield BME Network, c/o OFFER (Open Forum for Economic Regeneration), Tel: 0114 253 6730 or email info@offer.org.uk.



A BME voice in health and social care

- Want to make sure that people from BME Communities get their voice heard?
- Passionate about getting people involved?
- Interested in improving health and social care services?

Yes? Then you may want to get involved in the Sheffield LINK Governing Board.



The new Sheffield LINK Governing Board is busy recruiting members. It's important that people from Sheffield's BME population are involved to make sure that their communities have a voice in the decision-making of the Sheffield LINK.

What does the Sheffield LINK do?

It helps local people get involved in influencing health and social care. It's open to everyone in Sheffield and seeks to be a channel for groups, networks and individuals to be heard.

The people and organisations who get involved in Sheffield LINK find it a useful way to find out and influence developments in health and social care. And the Governing Board proves particularly helpful to those involved, as it gives them direct influence on deciding the direction of the LINK, such as which health and social care issues the LINK should investigate.

Would you or your organisation like to get involved in Sheffield LINK and the Governing Board? If so, please contact the LINK team for more information:
Email: info@sheffieldlink.org.uk, Tel: 253 6690.

BME Strategy Group for Children and Young People

Do you work with children and young people from the BME community?

The BME Strategy Group needs a Chair, Vice Chair and a Representative to sit on the Sheffield First 0-19+ Partnership Board.

Support is available from the BME Strategy Group. If you would like to contribute to this and develop your skills, then please contact::
The BME Communities Development Officer,
Kaltum Rivers, email: k.rivers@vas.org.uk.

If you have contribution for our next BME News Sheet in July, then please contact Jasmine Warwick, tel: 253 6647, email: j.warwick@vas.org.uk

A Consultation on Government Race Equality

The government has launched a consultation, 'Tackling Race Inequalities', on its future approach to tackling race inequality in the UK. The discussion aims to start answering three important questions about race equality:

- What should a government race equality strategy look like?
- How does tackling race inequality fit with a broader equality and fairness agenda?
- How do we strengthen our society to tackle race inequalities?

The closing date for responses is 18 May 2009. Take part at:
<http://www.communities.gov.uk/publications/communities/tacklingraceinequalities>



A Refuge for survivors of domestic abuse

Ashiana has provided a refuge for BME women and children, survivors of domestic abuse, since 1986. It helps by addressing the particular problems that these women and children face – such as racism, isolation due to language difficulties and cultural issues. Ashiana's services include:

- Advice, support and safe accommodation to BME women and children giving priority to South Asian women and their children
- A Tenancy/Floating Support Scheme offering support to women who are in their own homes or who have been rehoused through the Refuge
- Training on forced marriages and honour-based violence, and on the impact of domestic abuse on BME communities
- Awareness-raising programmes for a wide range of voluntary and statutory sector organisations
- Support for a number of women in starting and running their own businesses - this has been hugely beneficial in empowering women to become independent and self-sufficient, and to break the cycle of violence

Here's what one woman says about the support she's had from Ashiana:

"When you're down, nobody wants to know you, you need someone to pick you up. When you're up, people want to know you. Now I would go anywhere. I've got that confidence; I can do it on my own.... I've become very independent. I take the children to school and make my own appointments. I was like a dead person and Ashiana put life back into me."

Ashiana has just been successful in securing government funding with the Poppy Project In London, to work with victims of trafficking.

For more information, contact Nasim Minhas, email: n.minhas@ashianahelp.org.uk or tel: 07852120375.

'Yes!' to a disability network in Sheffield

An event in December for disability groups and organisations, hosted by OFFER and Inclusive Living Sheffield (along with several disability groups), explored whether there is value in setting up a disability network for Sheffield. A majority were in favour of setting up a network, as it was felt it may be able to tackle some issues better than groups can do on their own.

It's important that the network is inclusive of all disabled people, including those from BME communities. If you have an impairment or are part of a disability group, here are two opportunities to get involved:

- **A task group** has been set up to move things on and this is now starting to look at different network models, eg who could be members and so on.
- **An open meeting** will take place on **18 May**, 10.30 am – 1 pm, at The Circle, to give people an opportunity to comment on the different models which the task group has explored. Another event is planned in October to tell everyone about the findings and agree which model, constitution and structure will work best for disabled people in Sheffield.

If you would like to be part of the task group or come to the event on 18 May, or for a copy of the report of the December event, then please contact: Jacquie Stubbs, Inclusive Living Sheffield, tel: 253 6750, or email: Jacquie.stubbs@inclusivesheffield.org.uk or Dave Jackson, OFFER, tel: 253 6730, or email: davej@Offer.org.uk.



A chance to win contracts

There are now three large voluntary & community sector Consortia in Sheffield:

- The Well-Being Consortium, made up of organisations delivering health and wellbeing services
- CLASSY, made up of organisations delivering legal advice and services, and
- The Children & Young People Consortium made up of organisations delivering services to children and young people

All the member organisations have joined these Consortia to improve their chances of winning contracts to deliver their services. And each of the Consortia has now won tenders in a competitive context.

The membership of these consortia is wide and includes small organisations, but they would welcome more groups from BME communities to broaden their range and opportunities. As well as improving your chances of winning contracts, being a member of a Consortium also gives you the opportunity and support to be more procurement ready - to be 'in the game'.

There is strength in numbers and there is support in being linked with other organisations who deliver the same kind of services as yourselves.

Give it some thought and then give Jo Henderson at Voluntary Action Sheffield a ring. She's happy to answer any questions you might have or come and talk to your organisation. You can contact her by email: j.henderson@vas.org.uk or tel: 253 6632.



Notice Board



Mental Health First Aid Training (MHFA)

FREE Mental Health First Aid Training for BME Voluntary community and faith sector organisations and individuals who work with BME communities

Two courses available:-

- 27 and 28 April 2009
- 19 and 20 May 2009

both at Sharrow Community Hall on John Street.

It is essential to attend both days.

The course covers:

- The five steps of mental health first aid
- Depression and anxiety
- Suicide and self-harm
- Psychosis

For more information, contact Shima Nazir in the Community Development Workers team, email:

shima.nazir@sheffieldpct.nhs.uk, or tel: 271 6338.

Emotional Health and Well-Being Workshops

These workshops aim to:

- Raise awareness of mental health
- Reduce barriers to mental health services
- Strengthen individuals through self-help strategies
- Strengthen communities by addressing the issue of stigma around mental health

Next workshop:

8 April on Positive Parenting at the Ellesmere Family Centre, Maxwell Street.

For more information, contact Shima Nazir, tel: 271 6338, email:

shima.nazir@sheffieldpct.nhs.uk,