

Heart of Birmingham Teaching Primary Care Trust MENTAL HEALTH GRANTS 2008/09

Summary of Funded Projects as of 28th May 2009

FILE REFERENCE:	2992	AMOUNT:	£6300
ORGANISATION:	Ashiana Community Project		
PROJECT TITLE:	Apni Auratien		
PROJECT SUMMARY:			
<p>We would run a series of workshops based on arts and crafts aimed at those women who have low level depression or anxiety. The programme will run from April 2009 – December 2009 and will consist of a rolling programme of 6 weeks of arts and crafts activities, card-making, handbag making and hanging baskets. We would recruit a qualified and experienced tutor to run workshops, after which we will support the women to establish and manage self help groups. We will link the participants to our well established programme of engagement mentors. This programme will meet all four Mental Health Grants Programme aims; We will organise an event where we will invite health practitioners to promote their services and we will be the first place of contact. We will also be contributing to the health improvement agenda by developing evidence to demonstrate what works in promoting good mental health and wellbeing by producing feedback/consultations from the participants, reports, personal stories, accounts and the WEMWEBS pre-, interim- and post-course questionnaires. The programme will encourage women to meet and share knowledge by using our existing model of Engagement Mentors. The programme will develop new approaches to mental health. The group will sell the products they have produced and will aim to be a self sufficient and self managed group. It is envisaged that the group will earn enough money to purchase new materials and reach out to the community and set up programmes to support other women with low level depression or anxiety, thus creating a cascade effect so that more and more local women are informed about the services available to them.</p>			
FILE REFERENCE:	2996	AMOUNT:	£6998
ORGANISATION:	SCAWDI		
PROJECT TITLE:	"A Plot In Time"		
PROJECT SUMMARY:			
<p>"A Plot In Time" is a community allotment/gardening project aimed at people retiring from work. A practical 'hands on' project, it's designed to equip participants with a wide range of horticultural skills & training, from beginners to seasoned gardeners. Based at a local allotment, the newly formed group will embark on a mix of workshop based and informal learning, from design to planting etc. The group will be supported in developing their systems, rotas, schedules and meetings. They will meet 2/3 days a week (perhaps more) and will learn to grow their own food, harvest and eat it - during the same season. People retiring from work often feel bereft, anxious, and experience a sense of loss. The structure and routine associated with a working life disappears, as does usefulness and workplace friendships. People become anxious about the practicalities of living on a reduced income. They are more likely to experience mental health problems and sense of well-being usefulness due to the change in their position. Our project is designed to address all these factors; getting together as a group creates a 'community of interest' with new social networks and friendships; structure is maintained by having a sense of purpose and commitment to group activity several times a week; routine becomes</p>			

pleasurable as the group visit other initiatives and become plugged in to mainstream groups/societies. In learning to grow their own food, they will enjoy healthy outdoor activity, eat more healthily and save money. All this will allay anxieties, and lift depression about retirement.

FILE REFERENCE: 2997 **AMOUNT:** £6900
ORGANISATION: Women's Help Centre Ltd
PROJECT TITLE: Women's Wellbeing Support Group Project

PROJECT SUMMARY:
This project will provide one to one, confidential advice, counselling, information, advocacy and support to women experiencing isolation, depression and anxiety, according to individual needs. The project will also organise 30, weekly support group sessions for newly arrived women where an adviser will help them co-mentor and support each other. The project will meet the aims of the MHG Programme by: enabling access to mental health services and preventative measures by women who have little or no awareness of the support available to them during times of emotional distress and mental illness; enabling co-mentoring; developing a community led approach. Anonymous case studies from the support group will be collated together in order to document the experiences of newly arrived women.

FILE REFERENCE: 3017 **AMOUNT:** £6850
ORGANISATION: Midlands Ethnic Albanian Foundation (MEAF)
PROJECT TITLE: BLoved

PROJECT SUMMARY:
Contribute to the health improvement agenda by developing evidence to demonstrate what works in promoting good mental health and wellbeing
This is a Community Project aiming to provide relief and support to a number of Albanian parents (mainly mothers) and their children currently living in deprived areas with a high rate of unemployment who feel isolated and lack the confidence to engage with the rest of the community. We will keep clear records in capturing their progress from where they started to the finish.
Encourage people to meet and share knowledge
Through activity and fun, we want to get over 70 people to come together through organising a number of activities such as: traditional dance, arts and crafts over a 32 weeks period. This will also include people getting involved in doing the newsletter, learning about updating materials on the website, drawing, dancing, painting, doing an album of photographs etc. Albanian refugee children will be able to come close to their parents in a very special way, thus increasing the possibility of a connection and better understanding, of each - other's needs, in a very creative way. We believe this will reduce stress and anxiety as well as improve the general wellbeing of the participants by feeling included and involved and valued members of the community. Sharing information as well as knowledge about education, an employment etc. is going to assist their integration into wider community.
Develop new approaches in mental health
This will be the time when they face each other through activities such as Albanian traditional dance, art and crafts and also children will be able to express their feelings through these activities. This will also be a time when parents will be able to meet with other people who are facing similar difficulties and problems, and be able to share their experiences and ways how they try to overcome them. Children will be able to participate on these activities but at the same time, they will be able to see their mothers not just as housewives, but also as creative and confident ladies, able and willing to contribute to the community at large. Mothers will be able to assist during the process of creation and performance of different traditional dances, whilst the children will be able to feel happy about their heritage. Also, through arts and crafts, we will be able to give the children the opportunity to show their feelings and worries as well as achievements to their mothers and the mothers will be receiving and reflecting on the ways to become closer to their children, which are brought up under a different way of living, different education, a whole different life experience.

FILE REFERENCE:	3024	AMOUNT:	£6570
ORGANISATION:	Fairbridge West Midlands		
PROJECT TITLE:	Young Persons Guide to the City		
PROJECT SUMMARY:			
<p>Fairbridge will support a group of young people who live in the HoBtPCT area to devise a 'Young Persons Guide to the City'¹. This guide will be aimed at informing newly arrived young people to the UK (and Birmingham) about services available and will include an element of the do's and don'ts of being a young person living in the city. The format of the final product will be determined during the planning process the young people will undertake. In order to find out what information to include in the guide the group will visit a community organisation based in the PCT area to consult with a group of young people from a refugee or newly arrived community. The purpose of this is to find out what sort of support and information they would have found useful when they first arrived in the city. This will provide the Fairbridge group with information about the best format for the guide and also on its content and any cultural issues to be taken into consideration. Once the consultation and planning has taken place the group will then produce a final product which will be distributed to community groups and young people. The consultation within the community organisations will form a useful needs assessment that can be fed back to the PCT and relevant statutory representatives. The initial group will consist of 10 young people aged 13-25 however it is anticipated over the nine months some young people will have moved on from Fairbridge. Therefore new young people will be recruited on to the project and as a result up to 30 young people will directly benefit from the project. The project aims to;</p> <ul style="list-style-type: none"> • Enable individuals to come together to meet, learn from each other and develop mutual understanding • Engage with new arrivals in to the UK. 			
FILE REFERENCE:	3031	AMOUNT:	£5053
ORGANISATION:	Unity FM (Birmingham Cedars Ltd)		
PROJECT TITLE:	"Speak Up"		
PROJECT SUMMARY:			
<p>We propose to create a short radio drama called 'Speak Up' of approximately 20 – 30 minutes duration to promote aspects of mental health and health services. This project will include activities such as a workshop, questionnaires, meetings with local organisations and the public to have the opportunity to share their views. We will also have the production of the drama with the finish product to be sent to other organisations to promote positive mental health in their communities to encourage Asian women to speak up. The aims of this radio drama are to increase Asian women's participation in developing accessible mental health support, initiate activities that help them to build confidence and stay mentally healthy and to reduce the stigma surrounding mental health. Therefore, we feel our proposed project meets the 'Mental Health Grant Programme' aim: provide advice and advocacy which promote health services and ease of access to them.</p>			
FILE REFERENCE:	3032	AMOUNT:	£5840
ORGANISATION:	Ernest Mason Youth Centre		
PROJECT TITLE:	Men & Mind		
PROJECT SUMMARY:			
<p>Men&Mind project will equip young men with a forum for exploring issues and barriers preventing them reaching their potential achievement and mental well-being. Using the tools of sports and fitness we will develop a program of activities that engage harder to reach young men especially 16-19 years olds from BME backgrounds and those from newly arrived communities to access a range of support service, advise & guidance that will improve their mental health and well-being</p> <p>Men&Mind will be delivered two sessions a week over a six-month period Young people will participate in a range of sports and fitness activities with the option to work towards Bronze, Silver or Gold nationally recognized accredited Youth Service Awards, Young Leaders and Key Skills. We will work in partnership with services, especially support agencies within the local community to encourage and</p>			

engage young men in the service and support available many of which they are unaware of or mistrust. Partnership working with the local Extended Schools Coordinator, St Thomas's Centre , HYPe (Healthy Young Peoples Project) and HIAH will enable us to establish an effective however informal referral system which will encourage young men to access Men&Mind Project on a voluntary basis.

Men&Mind project will especially target those young men disengaged with a history of rejection and negative experiences of organizations structures and professions, family breakdown, low attainment, crime, gang and knife culture, has resulted in many of them turning to alternative experimental coping mechanisms such as drugs, sex and self-harm often leading to anxiety and depression.

Working with the Youth Offending Team we will identify, support and engage those young people within the Ladywood Area who would benefit from Men&Mind Project

Men&Mind Project will meet the needs of participants and the aims of the MHGP in the following ways:

- Develop community-based activities - that will enable young men to build their self-esteem within an environment they feel safe and supported in. With support services coming to them on their terms young men will be more open to accessing services they have become alienated from or mistrust.
- Through delivering regular weekly session - we will provide a forum for young men to come together, learn from each other and develop mutual understanding and common goals.
- Deliver a target support services - especially engaging young men grieving those lost through crime especially knife, gun and gang culture.

We believe that using a team of experienced youth work staff, innovative and creative youth work methods both center based and detached we will target and engage those young men who would otherwise slip through the nets of society.

FILE REFERENCE:	3038	AMOUNT:	£6300
ORGANISATION:	Birmingham Pyramid Clubs		
PROJECT TITLE:	Birmingham Pyramid Clubs Domestic Violence Project		

PROJECT SUMMARY:

Train staff in a domestic violence hostel to work with the mothers and children living in the hostel to attend Pyramid Clubs and Pyramid parent Groups in a safe and secure environment. To encourage women who have recently left the hostel to live in temporary accommodation in the wider community to keep in contact for support via the Parent Groups. To link with outside agencies such as the Health Exchange to contribute to a number of sessions via the Parent Groups and Children Pyramid Clubs. To raise the self esteem and confidence of women within the hostel and if possible encourage a number of them to undertake the training to run future Parent Groups or Pyramid Clubs themselves. To work together with the hostel staff to ensure that all evaluations and observations are carried out so the effectiveness of the groups in the hostel can be measured correctly, thus giving the hostel the statistical evidence they require for the future funding to sustain the project to promote this project to other hostels through an end of project event where we can invite politicians and other organisations such as Women's Aid and members of Birmingham City Council Domestic Violence Units to see the results of the clubs/groups with the prospect of future funding of them. Also inviting managers from other domestic violence hostels around Birmingham to raise the profile of the project.