

## **BME Health Forum Annual Report 2015-2016**

### **Introduction**

The BME Health forum has had a great year in 2015-16. We have had four very successful public meetings covering end of life care, dementia, the health and wellbeing of young people and stigma. Our emotional wellbeing project thrived with 4 providers delivering the project in 2015-16 in Arabic, Farsi, Somali and Amharic and we secured a grant from RBKC for our emotional wellbeing project for 2016-17. We also delivered a partnership project for West London CCG around evaluating projects that improve clients' wellbeing in different ways. We have also been successfully supporting the Expert Patient partnership on behalf of BME organisations. In total, 33% of our total expenditure in 15/16 went to voluntary sector providers, which is an increase of 4% from 14/15.

### **Governance**

The BME Health Forum has a board of trustees which consists of people who work for local BME voluntary organisations (our users) and people with particular expertise that we need on our board. In 2015-16, our trustees were Eddie Chan from the Chinese National Healthy Living Centre (Chair), Brian Colman (Treasurer), Filsan Ali (Midaye), Judith Blakeman (local councillor), Ambra Caruso, Gladys Jusu-Sheriff (Wand UK), Meerat Kaur, Sylwia Lemanska (Migrants Resource Centre), Mary Tameze (French African Welfare Association) and Pete Westmore.

The BME Health Forum also has an advisory group which adds to the expertise of our Board in non-confidential matters. Members of our advisory group are: Samira Ben Omar (North West London CCGs), Prity Bhatt (Chelsea and Westminster NHS trust), Alison Devlin (CNWL), Emma Playford (Central London CCG), Jackie Rosenberg (One Westminster), Melissa Berry (CLCH) and Angela Spence (KCSC).

### **Public Meetings**

Our meeting about supporting people at the end of their lives was very informative and helped attendees think about end of life care and understand what services are offered by hospices. For example, some delegates fed back that the meeting would change their personal choices as well as their referrals and signposting of clients. Among the attendees were staff from Public Health who led a discussion on the issues and included the feedback in the JSNA for end of life care. The meeting had a slightly smaller attendance than usual of 31 people, probably because a lot of people find this to be an uncomfortable topic, but for the people who did come, it was a great opportunity to be informed.

Our meeting on Dementia had some excellent presentations, particularly by the Chinese National Healthy Living Centre and Nubian life that each talked about the services they provided that were culturally appropriate to the Chinese community and the Caribbean community. Commissioners from Hammersmith & Fulham CCG attended and asked for feedback from

delegates about what makes a good dementia service, what is missing from current services and how services could work better together. The meeting was attended by 33 delegates.

Our meeting about young people's health and wellbeing was attended by 42 delegates, 19 of whom were from the public sector and the rest were from the voluntary and community sector. Presentation topics included the Young People's JSNA, the childhood obesity JSNA, working with BME LGBT young people, services for young people experiencing their first episode of psychosis, the FGM clinic for young people, and support for young people from the drugs and alcohol service. London Tigers and Al Badja also presented their work with young BME people to increase physical activity. Feedback from delegates was that they were more informed about NHS services for young people and that attending the meeting would influence their referrals and signposting.

Our meeting on stigma and how it stops BME communities accessing services was attended by 46 delegates. There were presentations on HIV, mental health, gender transitioning, disability and hospices. Delegates also recorded what they were doing to fight stigma and what they thought was still needed to be done. Feedback was very positive with most delegates reporting that they felt much better informed about issues impacting on BME groups and that they were more informed about developments in the NHS.

### **Advocating on behalf of BME organisations**

Continuing with its support for the partnership led by Paddington Development Trust to deliver the Expert Patient Programme, the BME Health Forum took part in negotiations with PDT on behalf of some BME organisations with regard to the costs associated with the delivery of the programme. This resulted in a modest increase to the payments made to providers to deliver the Expert Patient Programme and a commitment by PDT to distribute any underspend on the delivery budget to providers according to their share of the programme delivery at the end of the year.

### **Diabetes Champions and Diabetes User Group**

The BME Health Forum supported PDT with the delivery of the Diabetes Champions and Diabetes User Group. The BME Health Forum will be holding a public meeting about Diabetes and BME communities in July 2016 where BME organisations will present their work in the Diabetes mentoring programme. We will also hear from the Diabetes GP lead about the Diabetes prevention programme, while pediatricians from St. Mary's will present about the challenges facing children with diabetes.

### **The emotional wellbeing project**

The emotional wellbeing project is a project designed and commissioned by the BME Health Forum since 2011. The aim of the project is to support people who are not fluent English speakers and who are going through an emotionally difficult time in their own language. Trained staff or volunteers meet clients in a confidential space and offer them emotional support by using basic counselling skills –listening, being non judgmental, and offering practical options. The staff or volunteers also offer practical help to resolve issues that are causing emotional

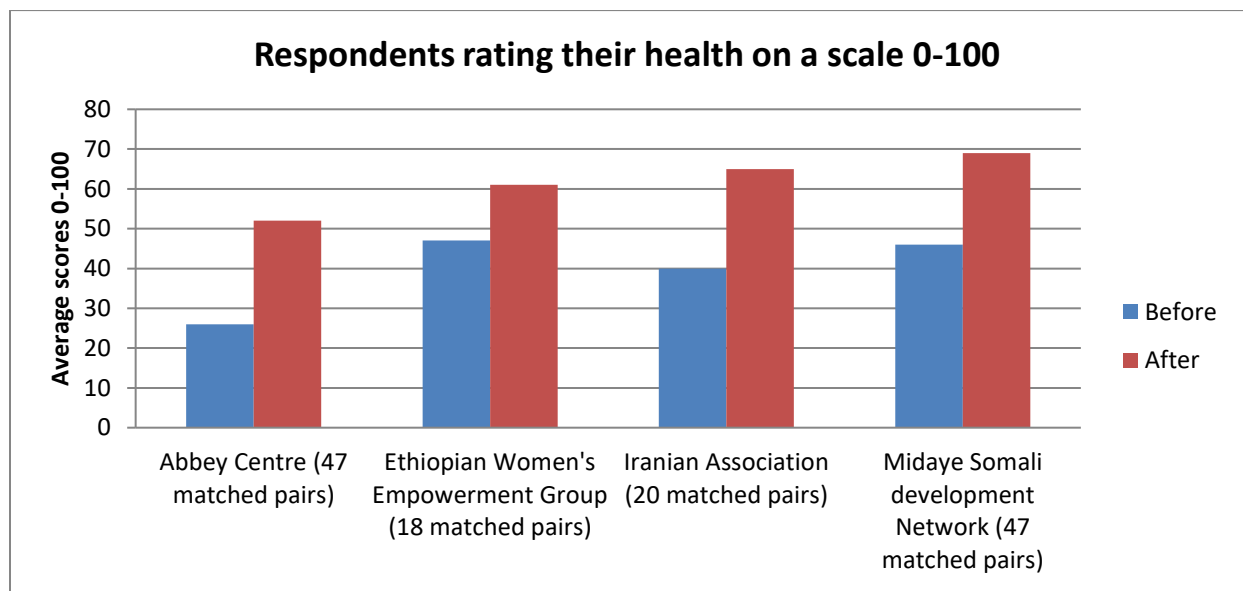
distress by supporting clients access other services (for example going with them to the citizens' advice bureau), offering informal language support, and helping them access their organization's health and wellbeing, social or educational activities.

In 2015-16, the project was delivered by 4 organisations: The Abbey Centre, the Ethiopian Women's Empowerment Group, the Iranian Association and Midaye. It was delivered in Amharic, Arabic, Farsi and Somali. The BME Health Forum trained 3 new bilingual members of staff and 6 volunteers to deliver the project adding to the existing pool of trained staff and volunteers. The trainees received 6 days of training which covered listening skills, how to offer non-judgmental support, body language, boundaries, confidentiality, escalating difficult issues, monitoring, supervision and referrals. These skills were practiced repeatedly through role plays. The workers receive ongoing supervision from their own organisations as well as external supervision from Westminster IAPT.

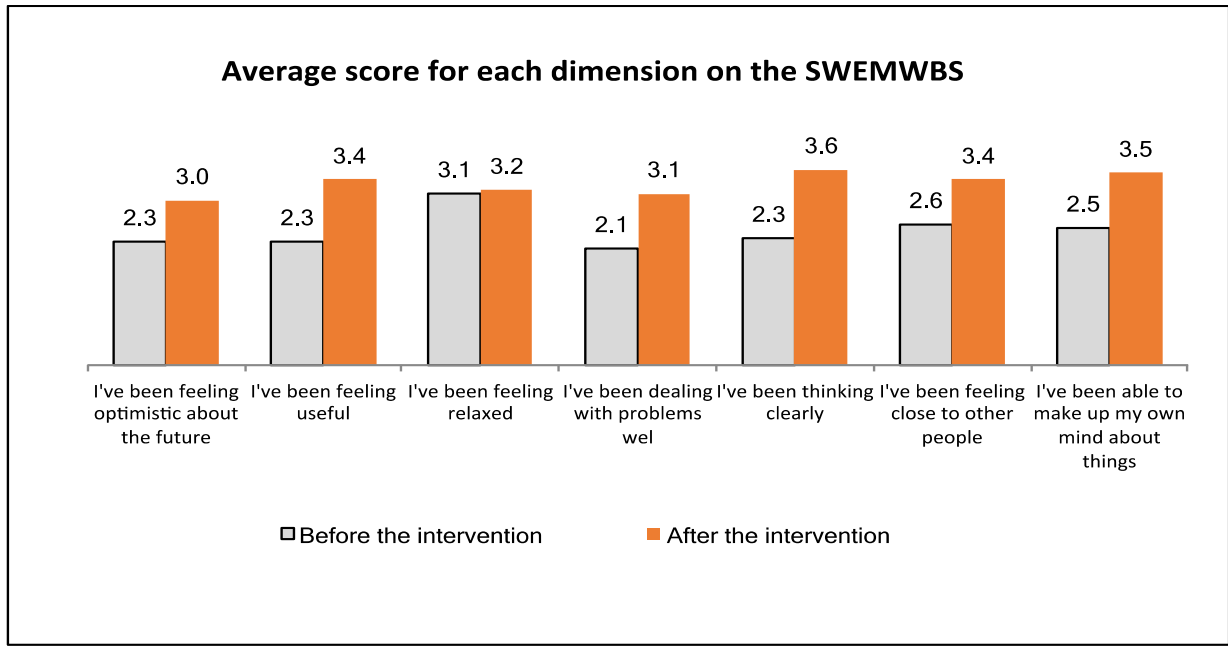
Outcomes for clients receiving support from the project included:

- Improved scores on self-reported health
- Improved scores on the Warwick Edinburgh Mental Wellbeing Scale
- self reported improvement in managing general health and long term conditions.
- self reported reduction in the use of health services

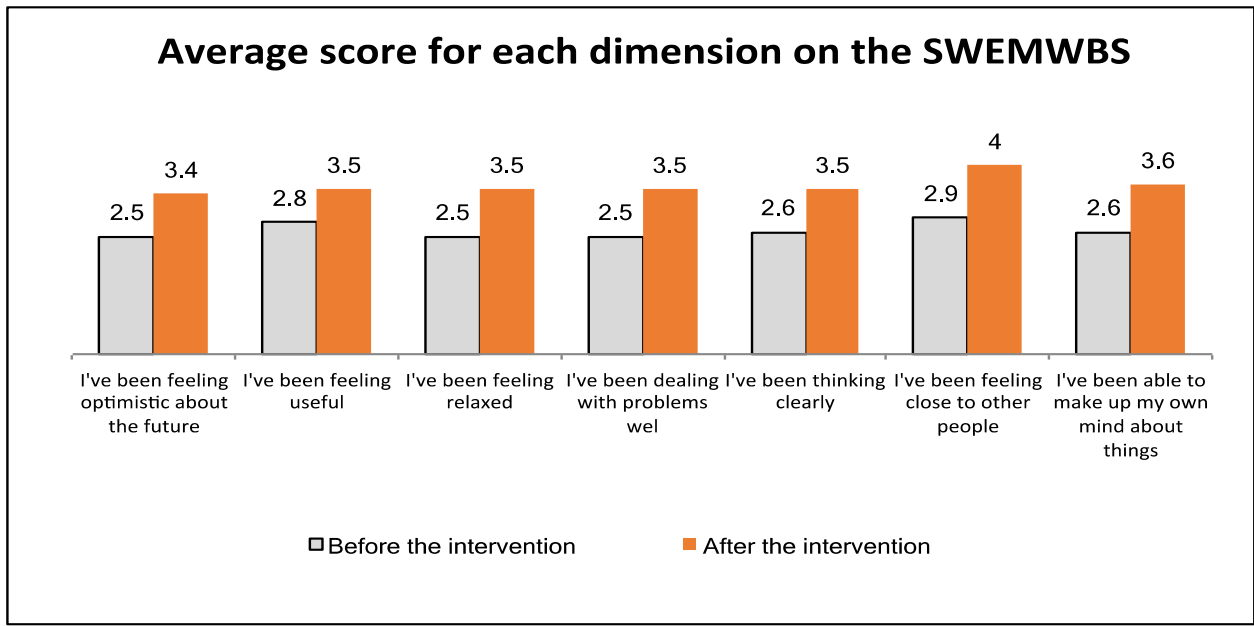
Clients were asked to rate their health on a scale 0-100 before and after receiving support by the project. These are the results for the four organisations, based on a total of 132 clients.



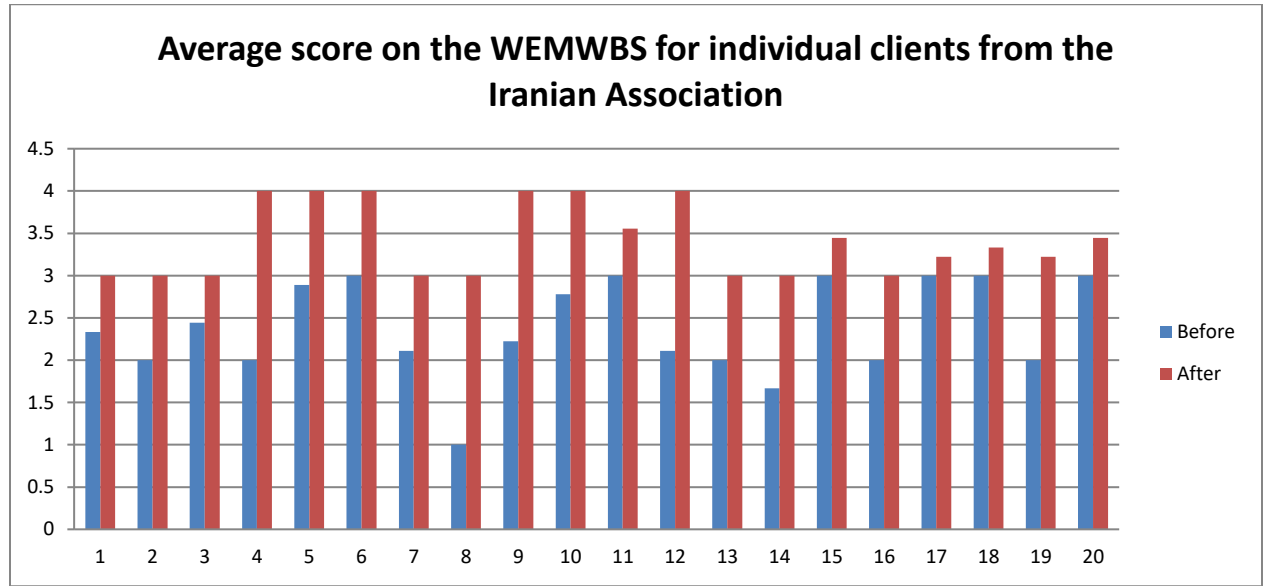
Clients were also asked to complete the short WEMWBS scale of emotional wellbeing before and after the intervention. The following graph shows average scores for each dimension on the SWEMWBS based on 39 matched pairs of individual responses from the Abbey Centre.



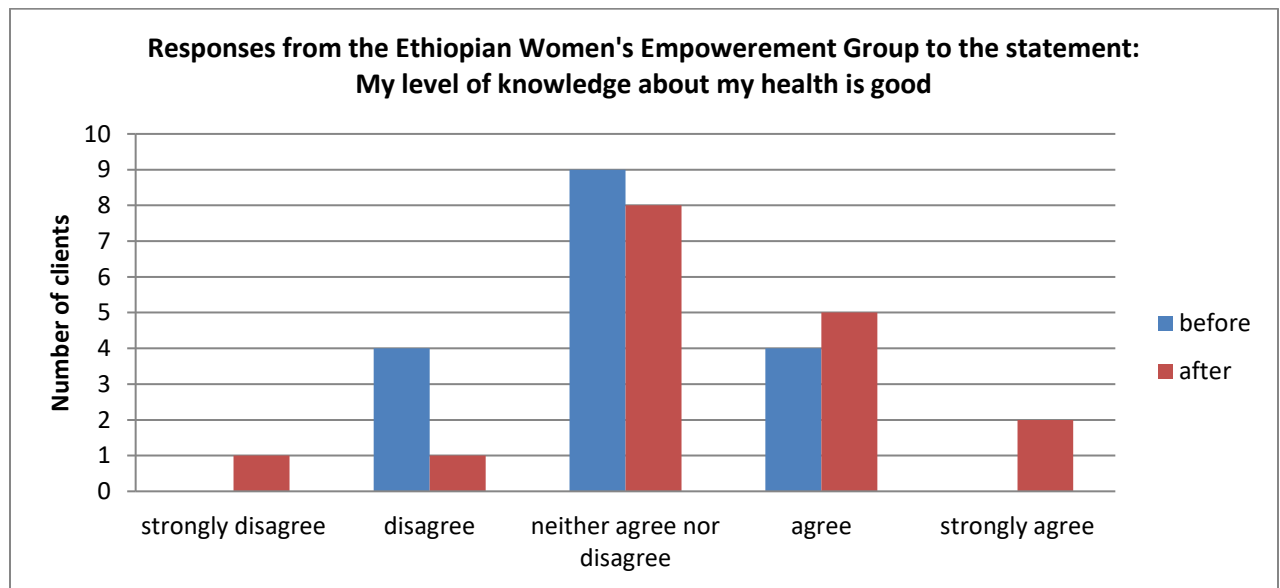
The following graph shows scores for each dimension on the SWEMWBS based on 39 matched pairs of individual responses by the project at Midaye.



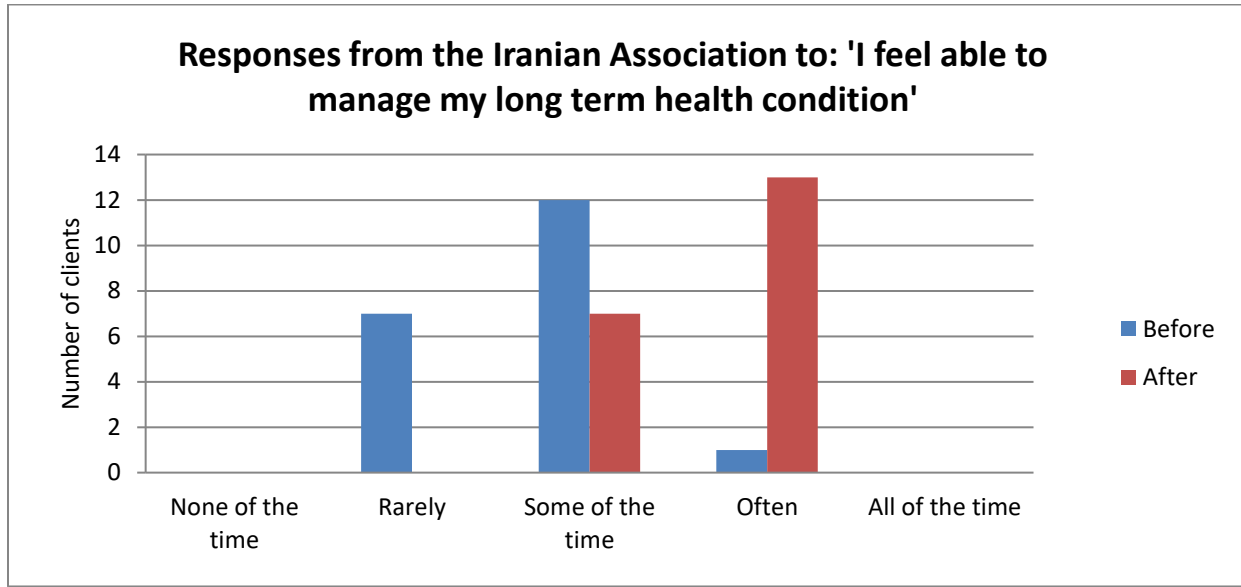
The difference the project has made on individual clients' emotional wellbeing can be seen by looking at the following graph from the project at the Iranian Association.



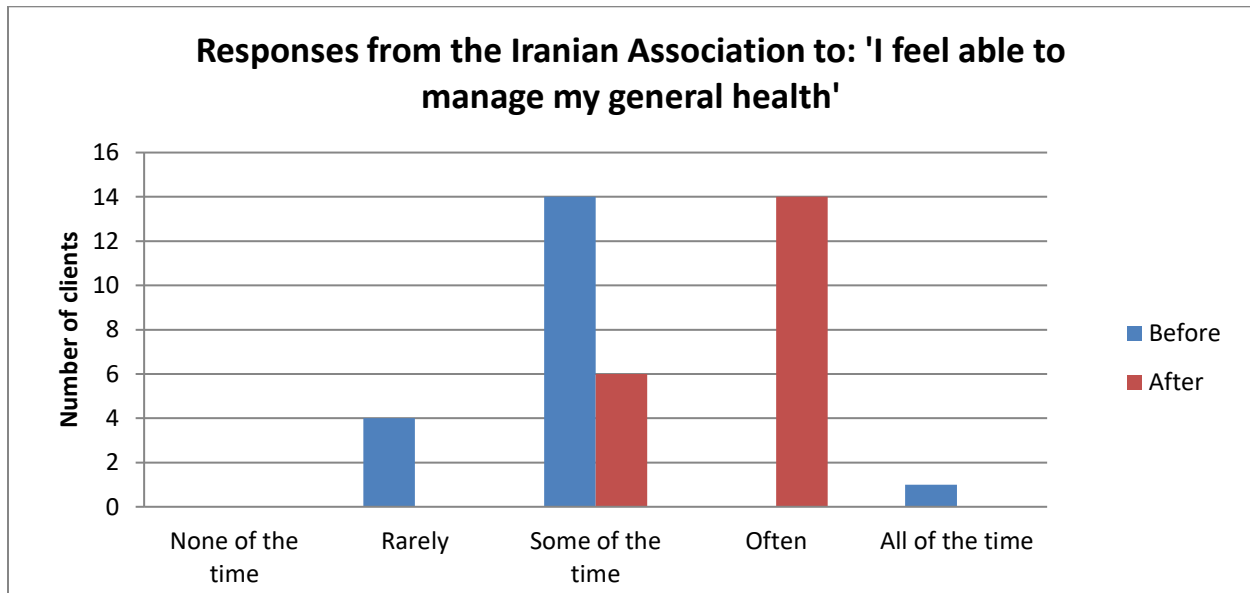
The project also benefitted people by improving their perception about their understanding and management of their health. For example, this graph shows an improvement in how people perceived their knowledge about their health at the Ethiopian Women's Empowerment Group.



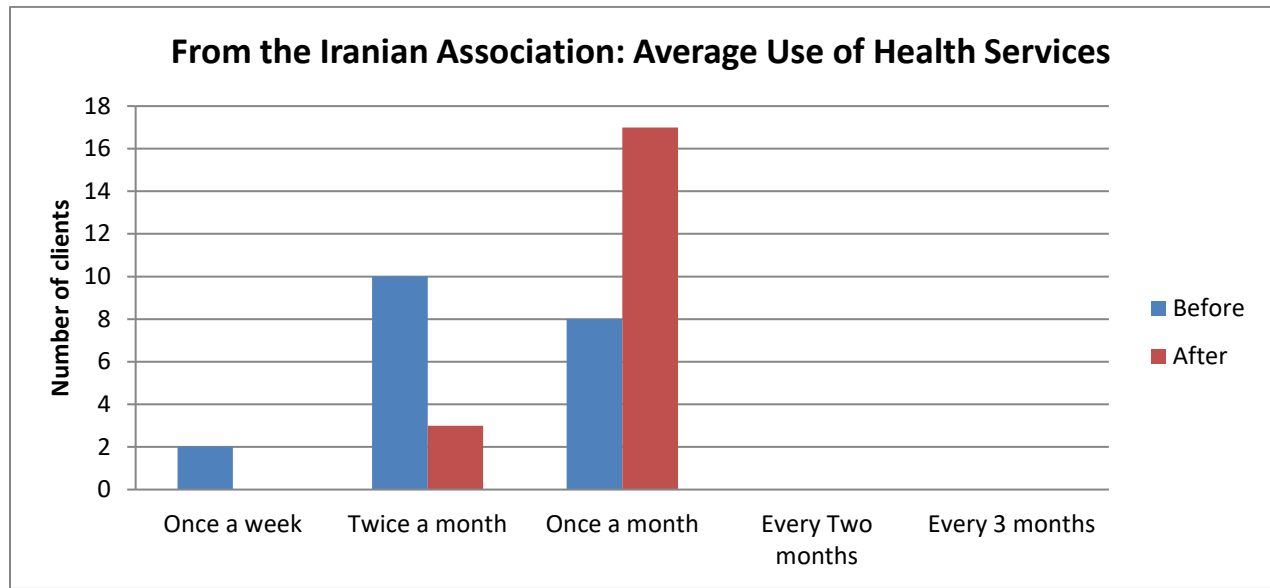
Clients also felt better able to manage their long term health conditions:



Clients felt better able to manage their general health.



After completing the project, clients felt that they used the health service less frequently.



**RBKC funding**

During 2015, the BME Health Forum secured funding from RBKC (£45,000 per year) to deliver the emotional wellbeing project from April 2016 in partnership with 5 organisations: the Abbey Centre, Al Hasaniya, the Ethiopian Women’s Empowerment Group, the French African Welfare Association, Midaye Somali Development Network.

**West London CCG emotional wellbeing partnership**

In 2015, the BME Health Forum won a grant from West London CCG to set a partnership with 5 organisations around emotional wellbeing to share learning and evaluate 5 different projects according to how successful they are in improving people’s emotional wellbeing. The BME Health Forum is working with Ethiopian Women’s Empowerment Group, Healthier Life for You, Migrants Organise, Queens Park Bangladesh Association and SMART together with the Take Time to Talk service. The projects offer a variety of services some of which tackle emotional wellbeing directly such as the emotional wellbeing project delivered by EWEG, the mentoring project by Migrants Organise and the clubs organized by SMART and some indirectly such as the women’s physical activity projects by Healthier Life for you and Queens Park Bangladesh Association. Additionally, the organisations have worked together with the Time to Talk service to organise workshops to inform their users about different topics relating to emotional wellbeing including sleep management and comfort eating. The project will be completed in August 2016

## Future plans

In 2016/17 the BME Health Forum will complete the emotional wellbeing partnership project which evaluated 5 projects to see how they improve emotional wellbeing and will launch the emotional wellbeing project with 8 different partners across Hammersmith & Fulham, Kensington & Chelsea and Westminster. The Forum will have 5 public meetings on different topics including domestic abuse and diabetes. The Forum also hopes to be in a position to offer 2-3 grants of under £1000 to small organisations that are looking to deliver health projects for deprived communities, particularly targeting low physical activity levels in teenage girls, improving emotional wellbeing in teenagers, teaching adults new skills, and providing adults with new experiences.

## Draft Income and Expenditure Accounts 2015/16

### Income

Designated underspent from 2014/15	10,330.00
Contract with CL, WL and H&F CCGs	68,000.00
WLCCG grant	4,300.00
PDT diabetes project	5,000.00
Bank Interest	59.88
<b>Total</b>	<b>87,689.88</b>

### Expenditure

	<b>Expenditure 15/16</b>	<b>Expenditure 14/15</b>
Staffing	45,114.67	42,777.65
Contractor services	820.97	11,329.00
Rent	3,360.00	3,360.00
General Running Costs	3,689.78	2,129.25
Public Meetings	1,673.79	2,253.23
Voluntary Sector Providers of Emotional Wellbeing Project	18,996.00	10,000
Voluntary Sector Providers of EW Partnership	2,100.00	0
Voluntary Sector Providers of other projects	2,815.00	16,000.00
Training	372.01	1,200.00
<b>Total</b>	<b>78,942.22</b>	<b>89,049.13</b>