



# JOURNEY OF HOPE



EMOTIONAL WELLBEING

## BME health forum

Wednesday 12<sup>th</sup> June 2024



# Facilitators

Filsan Ali-  
Director

Hanan Mousa-  
Bilingual therapist

Hayat Hussein-  
Counselling psychologist

# About us

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- Conceptualized in 2007, Midaye Somali Development Network was originally the Somali Mothers and Under Fives group, to serve mothers with young children
- The Somali Mothers and Under Fives group realised that their community was struggling to access mainstream services including education, the NHS, Social Services, Housing and Social Security. In response, the group transformed in November 2002 to the Midaye Somali Development Network to advocate on behalf of the community across a broad spectrum of needs



# About us:

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- We began the project 'Journey of Hope' in October 2021, in partnership with Comic Relief to deliver mental health and emotional well-being services to ethnic minority migrant women
- The 'Journey of Hope' initiative is open to communities living in the following five boroughs: Brent, Ealing, Hammersmith and Fulham, Westminster and Kensington and Chelsea. This is a three-year initiative starting from October 2021
- Our project aims to transform the effectiveness of mental health services for ethnic minority migrant women. We are aware of the gap in mental health services that fails to reach the most disadvantaged and isolated members of these communities



# Journey of Hope: Community Model framework

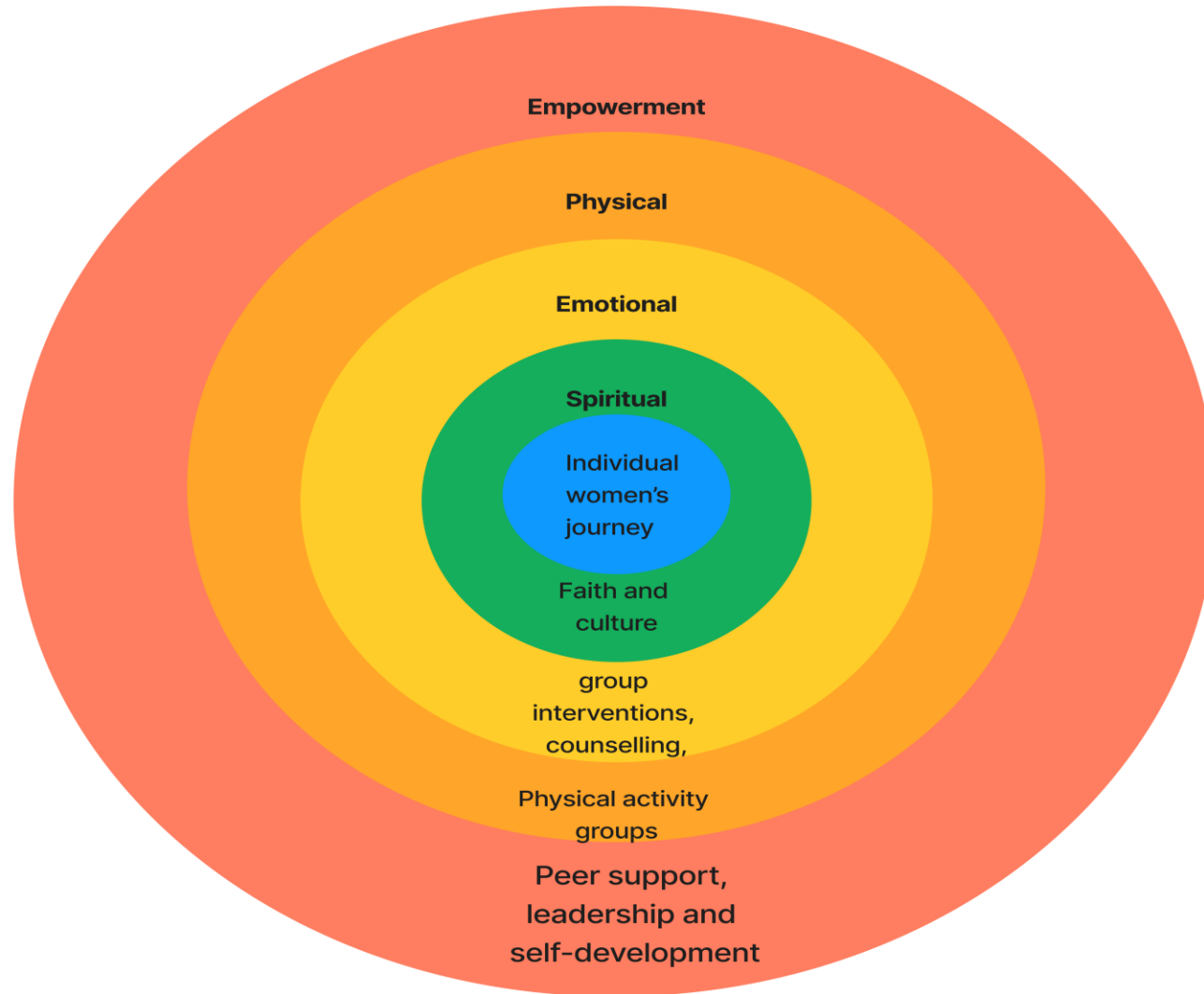
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- We co-produce with the community in developing emotional wellbeing groups, workshops and social groups. The community shares their needs and their strengths, and we aim to develop a community-led service
- Our activities aim to empower, advocate for and support the most disadvantaged and isolated members of these communities



# Our community model framework:





# Midaye's approach to Trauma in the community

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1. knowing our communities, context and history, i.e., war, migration, racism.
2. Avoiding re-traumatizing by sharing control and power.
3. Honouring how people respond to trauma and how we provide the service.



# Midaye's approach to Trauma in the community- COURRRAGE & Tree of Life

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- Developed by **Ncazelo Ncube Mlilo** in her work with communities in Southern Africa who had experienced hardship loss and trauma
- To help people respond to traumatic experiences ways that are not re-traumatising
- To help bring to light people's skills, knowledge, strengths and faith
- Using narrative therapy ideas and principles





## Midaye's approach to Trauma-COURRAGE, Tree of life, Recipes of Life

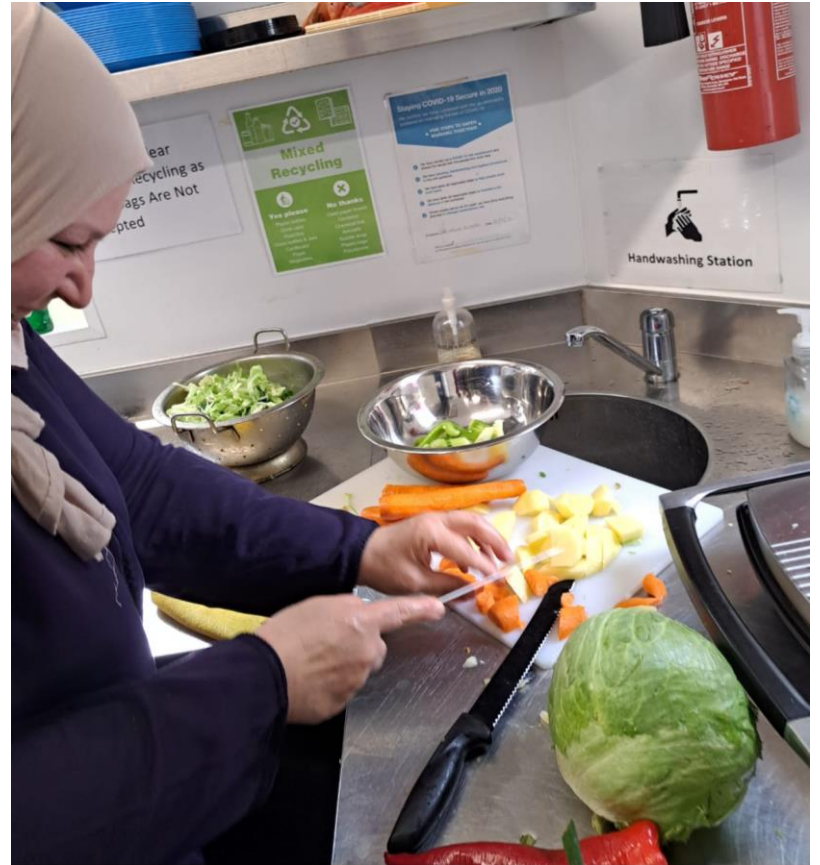
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- We have so far run 6 Tree of Life groups, 1 COURRAGE group and 1 Recipes of life group with Somali and Arabic speaking communities as well as young adults
- We received great feedback from group members who would now like to volunteer to support other to join these groups
- This model honours everything about our communities and fits well



COURRAGE Group





# Recipes of Life

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# Participation and empowerment

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- Another important aspect of our work is facilitating and encouraging leadership roles within the community
- We have noticed that community members share that they feel empowered from our groups, and they would like to share their knowledge and skills to others
- Therefore, participation and empowerment has been a key element of 'journey of Hope' as it aids community members in their personal journeys
- We have trained others in interests they have i.e., peer support SEN group, teaching children, joining our steering panel etc.

# Our principles of working:



Communicating with the local community by asking them to share their needs and strengths for us to develop an intervention



Asking for feedback from the community in anything we deliver



Making sure we include and consider faith and culture in any interventions we deliver



Holding reflective and celebration sessions with the community after we deliver an intervention



To regularly attend supervision and peer supervision

# Our principles of working:



Participation and empowerment-  
facilitating and encouraging  
leadership roles and training others  
in interests they have



Staff appreciation- living our ethics  
and values across the whole  
organisation

# Things that work well:

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- Receiving feedback from community members
- Sharing power
- Being flexible with planning and delivering interventions
- Considering culture, context and faith
- Expert supervision



# How we evaluate:



USING AN EXTERNAL RESEARCHER  
TO EVALUATE OUR WORK AND  
PRODUCE AN ANNUAL REPORT



SUPERVISION FOR THE TEAM



FEEDBACK FORM AT THE END OF  
EVERY GROUP/INTERVENTION



WE HOLD REFLECTIVE DINNERS  
WITH THE EMOTIONAL WELLBEING  
GROUPS



Thank you