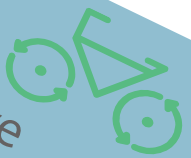




Connection

PROGRAMME

Be-Active



Give

URBRUM
Youth
Social
Inclusion
Strand

ASIST
Suicide
Prevention
Strand

MHFA
Mental Health
First Aid
Strand

READER
Reading and
Well-Being
Strand

CHC
Community
Health
Champions
Strand

5 WAYS
Mental Health
Awareness
and 5ways
to Well-Being
Strand



COMMUNITY DEVELOPMENT WORKER SERVICE

Making Well-Being A Reality In Birmingham

COMMON
UNITY

BIRMINGHAM
MIND

CITY WIDE COMMUNITY COHESION PROGRAMME

Community Cohesion is what should happen in all communities to enable different groups of people to get on well together.

A key contributor to community cohesion is integration which is what must happen to enable new residents and existing residents to adjust to one another.

The City Wide Community Cohesion Programme is an innovative and flexible service that through its accessibility for everyone means that integration is possible throughout the city.

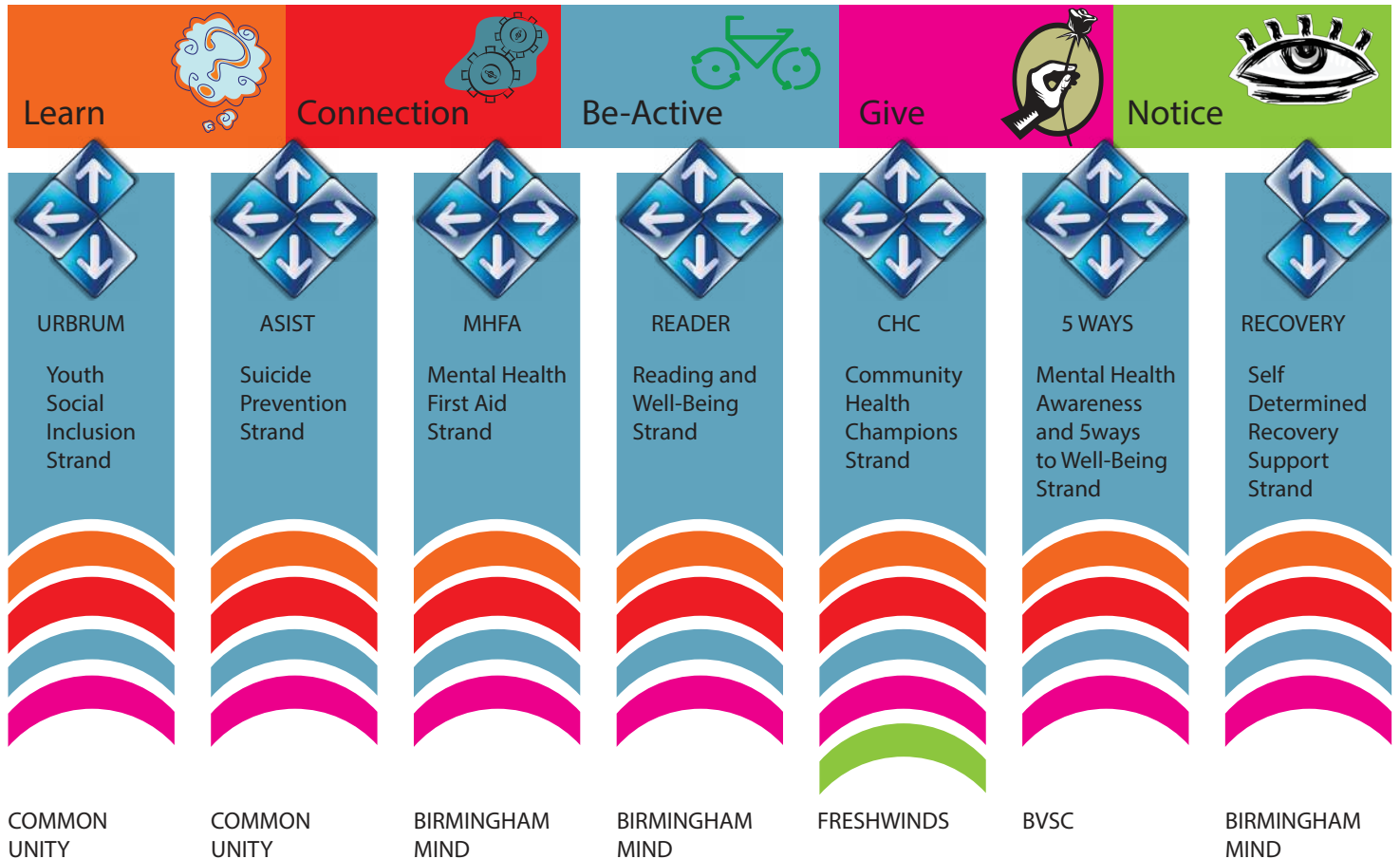
The programme is run by the Community Development Workers (CDWs) and it focuses on working with all vulnerable communities and with front-line staff who may be providing support to vulnerable community members.

The CDWs work to increase knowledge of mental health and wellbeing, to encourage greater self-awareness and self-management, and to stimulate community engagement; all geared at improving the lives of Birmingham's residents.

Aims:

- To provide a range of training and engagement programmes which are accessible to anyone.
- To tackle the stigma attached to mental illness
- To increase knowledge skills and awareness of mental health within the community.
- Improve overall well-being of communities across Birmingham.

CITY WIDE COMMUNITY COHESION PROGRAMME





The URBRUM Programme is a youth social inclusion project which aims to promote a much needed dialogue on issues related to mental well-being. It is specifically targeted at young people in order to help them to engage with their well-being.

URBRUM is not exclusive; it aims to include everyone and to appeal to everyone. A significant number of young people are likely to experience mental ill health every year and there is still a great stigma attached to mental health problems. Unfortunately, due to this stigma our young people are the least likely group to engage with health, social care and well-being opportunities.



The URBRUM Programme aims to address this problem by using a range of social media approaches. The URBRUM website and magazine has been developed and designed by young people. They feature *“The Waiting Room”* which highlights key services, *“Podcasting”* which captures individual views and *“The Talent Spot”* which showcases the local talent of the young people of Birmingham.

Another important section of the website is *“The Ruff Guide”* which provides an accessible hub where young people can easily find out about a range of Birmingham’s Health and Social Care services, as well as a partnership platform where well-being services can be promoted.





ASIST

“Did you know on average, a person dies every two hours in England as a result of suicide” (National Suicide Prevention Strategy for England 2012)

Applied Suicide Intervention Skills Training (ASIST) is a two day training aimed at anyone looking to develop their knowledge on the subject of suicide and skills on how to support someone at immediate risk of suicide.

ASIST can be seen as **‘Suicide First Aid’** as it is designed to take participants through the key features of how to identify someone at risk and ways in which the individual can be supported to safety.

The training is delivered internationally and recognised by the Department of Health as a valuable resource to help reduce the risk of suicide.

Evaluations have shown that the training increases confidence on responding to someone at risk of suicide and the skills gained are retained over time and utilised when required to save lives.

safeTALK

A bite-size training session called safeTALK is also available. This is a three hour session that introduces people to the concept of suicide intervention.

It focuses on developing the skills to recognise when suicide maybe a concern and how to confidently address the issue that will aid the supporting process.

This training is ideal for people with little knowledge or experience of suicide and who want to gain some initial insight into how to support someone at risk.



ENGLAND
Mental Health First Aid

MENTAL HEALTH FIRST AID

The Centre for Mental Health in Canberra, Australia developed the original Mental Health First Aid Course. It was designed to accompany original First Aid courses and aimed to give participants the capacity to provide an individual suffering with mental health issues vital initial support to keep them safe until professional help arrives.

The two day programme is not designed to train participants to become mental health professionals, but to give them the tools and knowledge to signpost, assist and support individuals to obtain professional help. It also enables participants to encourage individuals to manage and promote their sense of wellbeing through self-help techniques.

The original edition has been funded by the National Institute for Mental Health in England as part of a national approach to improve mental health problems in England.

The course not only looks at mental health conditions but also explores legislation relating to mental health. The Community Development Workers in partnership with Public Health delivers Mental Health First Aid to all organisations and community groups across the Birmingham locality.

MHFA Lite

Mental Health First Aid Lite is an introductory mental health awareness workshop.

Aims:

To enable participants to:

- Gain a wider understanding of some issues surrounding mental health
- Gain a greater insight of how and why mental health affects people and organisations
- Work more effectively with people experiencing mental health problems

Objectives:

By the end of the workshop participants will be able to: Identify the discrimination surrounding mental health problems, Define mental health and some mental health problems, Relate to people's experiences, Look after their own mental health, Identify strategies to support people with mental health problems, Promote positive mental health in the work place.

GET INTO READING (GIR)

is a pioneering social outreach project that uses literature to maintain and improve mental health and wellbeing. It involves the reading of short stories, poems and any other relevant literature. The members are encouraged to read, listen and participate in discussions.

The aim is to engage members of the group with reading, discussion and socialising. The goal is to improve and promote wellbeing. Members are encouraged to join in or just listen to the readings and during this there is time to stop and talk about parts of the text that is been read.

This can also help an individual to reflect on experiences of their own, helping them to feel fully engaged and connected. The reading meetings are held in a relaxed and friendly atmosphere to gain full participation.

The group dynamics are also taken into consideration, and members are encouraged to bring in literature they feel happy to read or would like to be read to them. Reading aloud is essential; it allows non-readers to join in and stimulates personal responses and deep connections.

In some instances this prompts new avenues, learning and support that will aid the rebuilding of their wellbeing. Some members are so thrilled with the reading groups that their passion is evident when they return eager and ready to have read the next chapter or new literature.

One of the greatest rewards for G.I.R is it reaches out to people who may not be readers themselves and it also gives a confidence boost to members may that lack confidence.

Community Health Champions (CHC's)

The CHC is a partnership programme with Freshwinds. CHC's are trained and supported to deliver advice and support; focused around the health and wellbeing needs of the local community. CHC's are local people who care about the health of their community members.

They will champion health by:

- raising awareness of health and healthy life style choices
- motivating and supporting people to get involved in healthy social activities
- signposting to local health services and projects
- removing barriers and creating supportive networks and environments
- developing new groups and activities to meet local needs

This evidence-based model is proving to be an effective way of reaching people and is making a real difference within communities. CHC's are influencing and shaping local services, increasing civic participation and initiating community development opportunities.

Benefits to Community Health Champions:

- Being supported by a volunteer co-ordinator
- Receiving a nationally recognised qualification
- Access to several training opportunities
- Gaining new skills to help increase employment opportunities
- Making new friends and networks
- Improving your own emotional and physical health
- Learning about a range of community services

How to Get Involved

Every Community Health Champion will be unique depending on what role they are doing; offering different amounts of time and volunteering in different settings. We are looking for Community Health Champions from across the Birmingham and particularly those already involved in Community or local groups

Growing Your Own Food

There is a commitment from Public Health to support local communities to grow their own food by promoting access and facilitating activity in community gardens, allotments and other growing spaces such as within homes and schools.

As part of the Birmingham Food Charter and Birmingham Food Council developments, the Community Health Champions (CHCs) role has been expanded to work with vulnerable adults throughout Birmingham, enhancing their mental well-being and physical health through a community of food growing and harvesting.

CHCs work with community garden projects; receiving training on environmental awareness, horticulture and health and safety issues. They engage with communities in food growing with an aim to increase food growing opportunities and to provide people with the skills and knowledge needed to grow their own food in an urban environment.

Aims for Birmingham Community Food Growing Project

- Establish community food growing schemes across Birmingham
- Increase participation of food growing for health and well being
- Increase awareness of a healthy diet and healthy eating
- Improve cooking skills
- Increase availability of local produce

Project Objectives

- Tackle the barriers to healthy eating faced by those on low incomes
- Increase knowledge and awareness of healthy cooking and eating
- Create a better understanding of where food comes from
- Improve social cohesion
- Increase physical activity in the community
- Encourage greater participation in individual and community food growing projects
- Build pathways to further training, education and employment

MENTAL HEALTH AWARENESS TRAINING

FIVE WAYS TO WELLBEING

The Five Ways to Wellbeing training combines mental health awareness with evidence-based public health messages to promote health and wellbeing. It is an innovative and flexible programme which supports organisations and individuals to learn about 5 key areas to aid wellbeing.

The programme has been successfully delivered to:

- Individuals through one-to-one guided support
- Professional and frontline staff over a one day training course
- Community groups through a range of discussions and activities
- Management and strategic groups through presentation

The Community Development Workers team in partnership with Birmingham Voluntary Sector Council (BVSC) have been delivering a series of training courses and workshops across the city of Birmingham since 2011.

The programme provides the following learning outcomes:

- To gain an understanding of good mental health and what helps to support it
- To explore the statistics of incidence of mental health problems in the UK
- To understand the background of the Five Ways to Wellbeing
- To build a general understanding of common mental illnesses
- To be familiar with a broad definition of wellbeing
- To learn skills which enable you to make changes to your lifestyle



Recovery

Is about building a meaningful and satisfying life for individuals experiencing mental distress. It moves away from the clinical idea of recovery as merely a removal of symptoms to a more pragmatic approach and asks how an individual with a mental health condition can develop hope, strength and empowerment to support themselves to live life to the fullest potential.

In this one day training, the Community Development Workers provide a range of recovery based self-help strategies that can be used by those experiencing mental distress, those looking for ways to improve their overall wellbeing and for workers in the health and social sector who can utilise these recovery approaches to aid those they support.

Each approach in the training is explored and participants get to practically use the strategies on themselves to embed understanding and demonstrate how they can use them in their lives and/or to support others. A workbook containing details of the recovery approaches is provided and worked through during the day. Participants can keep these workbooks for future reference. The programme can be adapted on request to meet the learning needs of the participants.

5 STEPS TO BETTER WELL-BEING

REVIVE

GIVE | BE ACTIVE | LEARN | NOTICE | CONNECT

Projects Leaders

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Community Health Champions

Ibrar Uddin, Owen Harris, Linette Tatton-Brown

Get into Reading

Uroy Kelly, Kafilla Noorin, John Bristow

Mental Health Awareness Training (and) Five Ways to Wellbeing

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Mental Health First Aid

Owen Harris, Sophia Abatis, John Bristow

Recovery Approaches

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