

Part Four:

A national mapping of projects for BME elders to support their mental health well-being

Introduction

The following section maps projects and resources for BME elders which address and promote mental health and well being. While this scoping exercise aims to be comprehensive, it cannot claim to identify all projects in the UK as many are small and localised and difficult to locate.

The mapping suggests that projects tend to be urban based and are generally provided by voluntary agencies. This may be significant in terms of suggesting that the of cultural needs of BME elders are not being met by statutory services. While voluntary initiatives are to be commended, unfortunately there is often only short term funding available and this can impact on the sustainability of local services. In addition, small, local services have a tendency to operate in isolation and this can result in a patchwork coverage with rural BME elders often without access to any services (although some agencies act as national co-ordinating bodies for example, Age Concern and Chinese National Healthy Living) . Significant in findings of the mapping exercise is that predominantly projects focused on well-being and worked towards promoting mental well-being rather than offering crisis intervention or secondary care services.

Please note: This mapping is part of the fundamental findings of a year long project on delivering resources and services to BME elders. As part of this project into BME mental health, 6 small projects with Community Based Groups will be set up to hold 2 community consultations each. The groups will develop practical solutions that the communities think are appropriate. These groups have been identified by census status; numbers; poverty index; high concentration in certain areas and materials already available. The six groups are:

- Bangladeshi
- Chinese
- Caribbean
- White Irish
- Polish
- Roma/ Travellers

Table one:	<u>Resources for Black and Ethnic Minority Elders</u>
Table two:	<u>Resources for Health Professionals and Voluntary Agencies</u>
Table three:	<u>Resources for Bangladeshi Elders</u>
Table four:	<u>Resources for Caribbean Elders</u>
Table five:	<u>Resources for Chinese Elders</u>
Table six:	<u>Resources for Irish Elders</u>
Table seven:	<u>Resources for Polish Elders</u>
Table eight:	<u>Resources for Roma, Traveller and Gypsy Elders</u>
Table nine:	<u>Resources / information available in other languages</u>

[Table One: Resources for Black and Ethnic Minority Elders](#)

<u>Resource</u>	<u>Services offered</u>	<u>Contact details</u>
ASIAN		
Abhay South Asian Elders Project	Advice & Information on welfare benefits and access to services, short-term counselling and arts advocacy workshops.	Contact: <u>abhay@ageconcernealing.org.uk</u> Tel: (020) 8992 0898
Adhar (Leicester)	Adhar provides support, advice and therapy groups for Asian people including Elders with mental health problems and their carers in the community.	Contact: <u>tahera.k@adharproject.co.uk</u> Tel : 0116 220 0070
Asian Elders Initiative	Provide Day Care and Day Care provision for local older Asian people. It's a boroughwide service. Services are available to any Asian person who is 50 years old or above. Our Day Care provision is on referred basis and hence only available to people who are	Contact: <u>mail@aeibolton.co.uk</u> Tel: 01204 651 123

	assessed by their Social Worker.	
Age Concern Blackburn with Darwen: Apna Ghar Day Care Centre	<p>Apna Ghar meaning 'Our Home' provides day care Monday to Friday for physically and or mentally frail older people from the local Asian Heritage Communities. The centre is designed to cater for specific cultural and religious needs is located within Bangor Street Community Centre and has a prayer room. A freshly cooked halal or vegetarian meal is provided at lunchtime. In addition to personal care services such as bathing, Apna Ghar offers a range of social and therapeutic activities including traditional games, music and Asian films. Access to the services provided at Apna Ghar is through a referral from Blackburn with Darwen Borough Council's Social Services Department following an assessment of need.</p> <p>Also runs a project aimed at raising awareness of the importance of early diagnosis of dementia, in relation to obtaining appropriate support and assistance. One of its main strands is to raise awareness amongst the Asian heritage communities through the production and dissemination of culturally appropriate information and support resources.</p>	<p>Contact: apnaghar@ageconcernblackburn.co.uk</p> <p>Web link: http://www.ageconcernblackburn.co.uk/services/care-services/apna-ghar-day-care-centre.html</p>
Age Concern: Coventry	<p>The population of Coventry is very diverse and multi-cultural. Age Concern Coventry works to improve access to information and advice services for Asian elders, led by an Information and Advice Officer with the appropriate language skills and cultural awareness. Regular surgeries are held at places where Asian elders meet and translations are undertaken into community languages such as Hindi, Gujarati, Punjabi and Urdu.</p>	<p>Contact: info@accov.org.uk</p>
Age Concern Herefordshire and Worcestershire	<p>Age Concern Herefordshire and Worcestershire runs a lunch club under the name of Saathi, meaning friend or companion. The club is more than a venue to eat, acting as a bridge to bring service providers to the people with the aim of ensuring older people from all sectors of the community are able to access service and support which is culturally sensitive. One direct outcome has been an exercise class for Asian Elders. In addition, local ethnic minority elders identified a need to improve English language skills and so a</p>	<p>Contact: http://achandw.org.uk/content/view/158/91/</p>

	language class for beginners has also been set up.	
Age Concern Kirklees	Age Concern Kirklees has a day centre specifically for Pakistani and Asian women.	Contact: enquiries@ageconcern-kirklees.org
Age Concern Leicestershire and Rutland	Age Concern Leicestershire and Rutland actively supports the development of services and support for older people from a wide variety of minority ethnic communities in a number of ways: day services in community settings that offer culturally appropriate service for Asian elders; an Ethnic Minority Outreach Service providing support to potential job seekers of all ages from minority ethnic communities; social activities including luncheon clubs, social groups, dance groups and exercise sessions; and the Leicestershire and Rutland Minority Ethnic Forum. The Forum provides support to an increasing number of independent groups for minority ethnic elders and engages in consultation and networking with a wide range of statutory and other organisations involved in health, social care, leisure and culture.	Contact: Rina.morjaria@ageconcernleics.com
Savera	Savera provides services for Asian people with mental health problems and their carers. Services include social, recreational, educational and therapeutic activities.	Contact: savera121@aol.co.uk Tel: 0116 261 2837
Age Concern Leicestershire and Rutland: Asian Day Care Services	Anpurna Day Centre , Loughborough, provides support five days a week for up to fifteen frail older members of the local Asian community. Vegetarian meals, transport for people with disabilities, social activities and outings are provided. Based at Shree Ram Khriشنا Centre, Monday-Friday 10.00am-3.00pm. The Bhavic Group , Oadby, provides support one day a week for up to fifteen frail older members of the local Asian Community. A vegetarian meal, transport for people with disabilities, social activities and outings are provided.	Contact: http://www.ageconcernleics.com/asiandaycare/ Tel: Dot Hill-Cousins 0116 2992254

<p>Subco Elders Day Centre</p>	<p>Day centre, advice and information for elderly Asian people. Counselling in Asian languages, advocacy on health, disability, mental health. Languages: Bengali, Gujarati, Hindi, Malay, Punjabi and Urdu. London Borough of Newham.</p>	<p>Tel: 020 8548 0070 Address: 49 Plashet Road, Upton Park, London E13 0QA</p>
<p>Asian Health Agency</p>	<p>Provides a range of services including counselling, advocacy and respite care for Asian elders, disabled people and carers.</p>	<p>Tel: 020 8748 5769 Address: 49 Queen Caroline Street , London , W6 9QH Web link: http://www.taha.org.uk/</p>
<p>Mental Health Foundation: Black & Minority Ethnic communities and mental health</p>	<p>Information from the Mental Health Foundation on Asians.</p>	<p>Web link: http://www.mentalhealth.org.uk/information/mental-health-a-z/black-minority-ethnic-communities/</p>
<p>Asian Health & Social Care Association</p>	<p>Day centre open fro 11am - 4pm Mon, Tues, Thurs and Friday. A venue for Asian older people who have mental health problems, i.e.: social isolation, depression or racial harassment. Counseling, group activities, yoga/mile exercise. Keep fit , library, health clinics and workshops, videos, chiropody, aromatherapy relaxation, reflexology, physiotherapy and massage. Advice on housing social services and personal health care. Regular excursions to places of cultural interest including transport vegetarian lunch.</p>	<p>Contact: Salim Allibha 0117 954 0178 Address: The Nursery, Easton Community Centre, Kilburn, Street, Bristol, BS5 6AW</p>
<p>Asian Elderly Men's Group</p>	<p>The club meets on a Monday, Tuesday, and Thursday afternoon (between 2-5) providing entertainment and a luncheon club as well as regular outings.</p>	<p>Tel: 01384 813 664 Address: c/o Lye Community Centre, 24 High Street, Lye, DY9 8LB Web link: http://www.bivo.nhs.uk/display_record.asp?id=4589</p>

<p>Asian Elderly Women's Support Group</p>	<p>Offers support to Asian Women</p>	<p>Tel: 01384 253054</p> <p>Address: Wellington Road Cultural Centre, 27 Wellington Rd, Dudley, DY1 1UB</p> <p>Web link: http://www.bivo.nhs.uk/display_record.asp?id=4591</p>
<p>Barnet Asian Old People's Association</p>	<p>Comfortable friendly environment where peer groups can meet and socialise, religious observance and celebration, hot vegetarian meals, day trips and outings to the coast/places of interest. Health promotion - keep fit/ yoga/ meditation. Health monitoring, Seminars Advice benefit/ support Legal surgeries Educational/ recreational activities. English classes.</p>	<p>Contact: sangita.baopa@btconnect.com</p> <p>Tel/Fax: 020 8202 4414</p> <p>Web link: http://www.barnetmcc.org/asianoldpeople.html</p>
<p>West Yorkshire Alzheimer's Association</p>	<p>Inclusion and Diversity Project – includes 2 project workers for the South Asian Community. The main aims of the project are to reduce the stigma of dementia by providing understanding and education, providing relevant and accessible information in terms of content and language, provide support and reduce isolation for people from south Asia suffering with dementia. Support groups and to be run from Autumn 2007.</p>	<p>Contact: Gail.Browne@alzheimers.org.uk</p>

<p>Ekta Project (Asian Elders)</p>	<p>Services for Asian elders from the Indian, Pakistani and Bangladeshi communities. Befriending provided through a network of weekly care groups run by volunteers at a variety of venues in Newham. Information and support on benefits, care, health, housing, respite care. Reminiscence project, swimming and exercise classes, health awareness. Day trips and celebrate Eid, Basakhi, Diwali and Christmas. Based in Newham. Languages spoken: Bengali, Gujarati, Hindi, Malay, Punjabi, Swahili and Urdu.</p>	<p>Web link: http://www.multikulti.org.uk/agencies/bengali/london/17586/</p>
<p>Alzheimer's Society</p>	<p>'Sahara Lo' - a video to promote understanding of dementia in South Asian communities</p>	<p>Tel: 020 7620 3020 Contact: rol@alzheimers.org.uk</p>
<p>MIND: The mental health of the South Asian community in Britain</p>	<p>A series of factsheets from MIND including on background and history, depression and older people.</p>	<p>Web link http://www.mind.org.uk/Information/Factsheets/Diversity/MHSACB.htm#depression</p>
<p>AFRICAN / AFRO CARIBBEAN</p>		
<p>Age Concern Southwark: Black Elders Mental Health Project</p>	<p>Local project, run by this national charity, which provides a day centre and home support for African Caribbean elders (60) with mental health problems. Befriending and visiting, counselling, advocacy services and help with accessing statutory services.</p>	<p>Tel: 020 7701 9812 Address: 4 Deynsford , 2 Camberwell, London , SE5 7EB</p>
<p>Leeds Black Elders Association (LBEA): Dementia café, UK</p>	<p>In 2005, Leeds Black Elders Association developed a "Dementia café" for elders from the African Caribbean community suffering from dementia and memory loss. As elders suffering from this disease tend to feel insecure, anxious and frustrated because of their condition, it was important to create a place within the community where they would feel comfortable and at home. Elders are invited monthly to take part in a range of activities. The club also offers culturally appropriate meals and advice for elders.</p>	<p>Contact: Mareike Schmidt Leeds City Council Senior Researcher Project Co-ordinator SEEM, Civic Hall, Leeds LS1 1UR Web link: http://www.lbea.co.uk/</p>

ISIS	ISIS offers support for people of African and African-Caribbean descent who live in Lewisham and are experiencing or have experienced mental health difficulties. Services include individual and group support, advocacy, counselling, recreational activities, training, awareness and advice on issues that affect the mental well-being of African and African-Caribbean people.	Tel: 020 8695 1955 Web link: http://www.lewisham.gov.uk/HealthAndSocialCare/HealthAndMedicalAdvice/MentalHealth/
Barnet African Caribbean Association (BACA)	Day Care Centre for the elderly, stroke group and Alzheimer sufferers Monday, Tuesday & Friday 10:00am - 4:00pm	Contact: Baca.daycare@btconnect.com Tel: 020 8202 0095 Web link: http://www.barnetmcc.org/afrocaribbean.html
OTHER COMMUNITIES		
Ealing Somali Welfare & Cultural Association	Provide a Lunch Club for older people plus advice and Information for Somali Community.	Contact: eswca@hotmail.com Tel: 020 8840 7413
Swahili Support Network	Befriending and support service for African Elders.	Tel: (020) 8354 9404 Address: Hanwell Community Centre, Westcott Crescent, Hanwell, W7 8PD
Kurdish Association	Provides information and assistance on immigration, housing, benefits, interpreting, translation, referral service, employment and training. Runs an elders' project.	Tel: (020) 8563 7918 Address: Palingswick House 241 King Street, Hammersmith, W6 9LP
Refugee Elders Luncheon Club	Luncheon club for elderly refugees offering advice and activities to prevent social isolation.	Contact: esdeg@hotmail.co.uk Tel: 07984 604 322
Armenian Elderly Lunch Club	Two weekly lunchtime drop events for 100 elderly/disabled Armenians twice a week. Free transport to event; Advice about health, social care and social entitlements; outings and promotional talks; Cultural and entertaining activities such as poetry reading, bingo, games and singing.	Contact: info@caia.org.uk Tel: (020) 8992 4621
Age Concern: Brighton, Hove &	Having commissioned research into areas of unmet need in the	

<p>Portslade</p>	<p>Black and Minority Ethnic Communities (BMEC) AC Brighton, Hove and Portslade has developed close links with the BMEC Partnership in the city, supporting their work wherever possible. A recent funding award from the Community Fund is enabling them to take their I&A Service out into the community on an outreach basis, with a view to targeting (inter alia) the BMEC. They also provide direct support to the Sudanese Elders in terms of office space</p>	<p>Contact: info@ageconcern-bhp.org.uk Web link: http://www.ageconcernbrighton-hove.org.uk/</p>
<p>GENERAL RESOURCES WITH SPECIAL EMPHASIS ON BME ELDERS</p>		
<p>PRIAE Policy Research Institute on Ageing and Ethnicity</p>	<p>PRIAE is a leading Institute working in the area of ageing and ethnicity in the UK and across Europe. As the only organisation specialising in helping black and minority ethnic (BME) elders, PRIAE occupies a unique position and plays an essential role in policy, research, information and practice. PRIAE's vision is to make a difference towards an improved quality of life for all black and minority ethnic elders. This it does through producing clear information, focussed studies with targeted policy and service developments, engaging minority elders and organisations.</p>	<p>Contact: info@priae.org Tel: 0113 285 5990 Fax: 0113 285 5999 Address: Head Office, PRIAE, 31-32 Park Row, Leeds, LS1 5JD.</p>
<p>PRIAE: Care Needs of Ethnic Older Persons Suffering from Alzheimer's (CNEOPSA)</p>	<p>This project aimed to create culturally appropriate care for BME dementia sufferers and to raise awareness of the condition within communities. It derives from a 1998 PRIAE study which has proved seminal to developments in this area. The pioneering work has come to the attention of policy makers and has been reflected in key policy documents including the National Service Framework for Older People. For other current and forthcoming projects, please see link:</p>	<p>Web link: http://www.interactdev1.co.uk/priae/projects/cneopsa.htm Web link: http://www.interactdev1.co.uk/priae/projects.htm</p>
<p>Age Concern: BME Elders Forum</p>	<p>Established in March 2002 with support from Age Concern England, the BME Elders Forum is made up of organisations mainly from London, the West Midlands and East Midlands. The Forum is striving to become a national forum by developing membership in all</p>	<p>Contact: BallC@ACE.org.uk Web link: http://www.ageconcern.org.uk/AgeConc</p>

	regions, to represent the interests of as wide a range of black and minority ethnic elders as possible.	ern/1410961D88074CBFA3FE66771EB5CAF6.asp
Age Concern	Regional BME initiatives There is a great variety of work taking place through regional and local Age Concerns with black and minority ethnic communities. A selection of projects and programmes is outlined at web link.	Web link: http://www.ageconcern.org.uk/AgeConcern/A46CC472FD3F493D9FB9261CF519D1A4.asp
Age Concern: Bolton “Adding years to life and life to years”	This is the message of Age Concern’s ‘Action for Life’ and Ageing Well health promotion programmes. Working in partnership with specialist health promotion staff within Bolton’s Primary Care Trust and others, they provide activities in the local community to enable older people to lead a healthier lifestyle by promoting healthy and active retirement. Much of their active ageing and health promotion activity focuses on working with, and supporting elders within Bolton’s rich mix of minority communities. Specially trained volunteers – known as senior health mentors, encourage and support other older people to take an active part in looking after their own health and to inform them about a wide range of health issues and the health services available to them. Older people are encouraged to take part in chair based gentle exercise sessions, leisure walks, health talks, tai chi classes, arts and drama projects and much more. All of these take place in locally accessible community venues. Classes have been set up at the Afro Caribbean centre, Quebec Hall (predominantly Muslim) and for Asian Elders (Hindi and Muslim).	Contact: alparaia@ageconcernbolton.org.uk Web link: http://www.ageconcernbolton.org.uk/services-and-activities-at-a-glance/action-for-life-ageing-well.html
PLUS (Providence Link United Services)	PLUS (Providence Link United Services) provides support for older people and black and minority ethnic elders and their carers who are disadvantaged by mental illness. User led workshops and forums are provided by a qualified artist tutor, using art therapy to enable older people with mental health needs to express needs and engage in decision making.	Tel: 020 8297 1250 Web link: http://www.lewisham.gov.uk/HealthAndSocialCare/HealthAndMedicalAdvice/MentalHealth/

<p>Akwaaba Ayeh (The Mental Health Shop)</p>	<p>Akwaaba Ayeh (The Mental Health Shop) is an advocacy project offering advice, support and information to African, African-Caribbean and Asian people who experience mental ill health difficulties, and their carers.</p>	<p>Contact: akwaaba@akwaabaayeh.com Telephone : 0116 247 1525</p>
<p>Leicestershire Ethnic Elders Advocacy Project (LEEAP)</p>	<p>Provides information to elderly people from ethnic minority communities.</p>	<p>Contact: leeap@btconnect.com Telephone : 0116 285 7374</p>
<p>Age Concern: Camden</p>	<p>Age Concern Camden works with BME communities to promote the take up of flexible use packages, with examples of how this can provide them with more culturally appropriate services. Its Advice and Support Team provides information and advice for Asian, Somali, African and Caribbean older people on a wide range of issues including housing, getting help at home, pensions, welfare benefits and other financial matters, transport, access to health care, leisure, educational opportunities, personal issues and carers. Run information and training sessions to raise understanding and awareness of dementia in BME groups. Provide information in other languages using Alzheimers International.</p>	<p>Contact: f.sharman@ageconcerncamden.org.uk Web link: http://www.ageconcerncamden.org.uk/index.cfm</p>
<p>Age Concern Exeter</p>	<p>Age Concern Exeter has contributed to an enquiry looking at the health and social care needs of Muslim elders in Exeter, undertaken by Devon County Council Social Services Directorate with the Islamic Centre of the South West and Connections Independent Social Work Agency. Although the percentage of the population of Exeter from black and minority ethnic backgrounds is still relatively small (c3% according to 2001 Census data) the number of BME elders is growing and a disproportionate number have poor health. In addition, members of the Muslim community had drawn attention to the need for a culturally-specific day service for older people.</p>	<p>Contact: Email: Brenda.Laker@devon.co.uk</p>
<p>Age Concern Herefordshire and Worcestershire</p>	<p>Provide a Wellcheck Service for Ethnic Minority Elders. The aim of the Wellcheck service is to help older people find out about, and gain access to, services that can help them to live their life the way</p>	<p>Web link: http://www.achandw.org.uk/content/vie</p>

	they want. Anyone over 55, belonging to a ethnic minority group and not qualifying for assistance from Worcestershire Social Services can access this service.	w/162/122/
Age Concern Hillingdon	The Ethnic Minority Access Project provides information, advice and advocacy for older people from Somali, South Asian and other black and minority ethnic communities and facilitates meetings of the BME Elders Forum, members of which also attend the Borough's Older People's Assembly. The Multicultural Food and Fitness Club is a café/lunch club offering culturally appropriate lunches and a range of activities including tap dancing and Tai Chi. Abhay (Fearless) is an Information, Advice, Advocacy and Counselling service, provided in partnership with Age Concerns London, Ealing and Harrow, with the Confederation of South Indian Organisations as lead partner.	Web link: http://www.ageconcernhillingdon.org.uk/
Age Concern Hyndburn	Age Concern Hyndburn works with a focus group made up of representatives from every organisation and community group representing the interests of older people from ethnic minority backgrounds, which is committed to the development and implementation of services. New funding will provide a day care service for ethnic minority elders based at a sheltered accommodation centre. It also works closely in support of the Hyndburn Cultural Association, with which it plans to place a development officer to assist in the development of day care and other services that address the needs of ethnic minority elders.	Contact: ac.hyndburn@btconnect.com
Age Concern: Leicester	They have two Day Care centres based at a new multicultural centre Catherine House in Evington. One centre is for elders from the Gujarat community and the other is for elders from the Punjab. We have two Lunch Clubs. One catering for Muslim elders which meets twice a week and serves seventy people. Our other Lunch Club is a mixed group of Asian elders and meets three times a week and serves 140 people.	Tel: 0116 2498787 Address: Catherine House, 2b Stoughton Drive North, Leicester LE5 5UB Web link: http://www.ageconcernleicester.org/index.html
Age Concern London	London has a dedicated Development Officer to develop a London-wide regional Information & Advice Project for black and minority ethnic older people and their informal elder carers.	Contact: Walam@aclondon.org.uk Tel: 020 7820 6774 Web link: http://www.aclondon.org.uk/

<p>Age Concern: Newcastle upon Tyne</p>	<p>Provides services for older people living in Newcastle including advice and information. Offers lunch clubs, day and home care, leisure and learning, bereavement and insurance services and clubs for Newcastle's ethnic minority elders. Languages: Cantonese, Vietnamese, Hindi, Urdu and Punjabi.</p>	<p>Tel: 0191 232 6488</p> <p>Web link: http://www.ntw.nhs.uk/pic/?p=directory&s=ethnic&a=125</p>
<p>Alzheimer's Society:</p>	<p>The Society's Black and Minority Ethnic Communities Project was set up to increase our understanding and to share our knowledge of dementia by working in partnership with people from the black and minority ethnic communities in London. The Society provided grants to enable partner organisations to improve their understanding of dementia, develop services and resources for people with dementia, and improve access to mainstream and specialist services. The Society has worked with partner organisations to develop new and improved day-centre provision for African Caribbean people with dementia, increase awareness and outreach in both the South Asian and Chinese community. For regional services please see link.</p>	<p>Tel: 020 7306 0606 Fax: 020 7306 0808</p> <p>Contact: enquiries@alzheimers.org.uk</p> <p>Web link: http://www.alzheimers.org.uk/News_and_campaigns/Policy_Watch/demography.htm</p> <p>Web link: http://www.alzheimers.org.uk/Your_local_branch/index.htm</p>
<p>Partnerships for Older People Projects (POPPs)</p>	<p>POPP is an initiative being led by the Department of Health, providing £60m funding to council-based partnerships to set up innovative pilot projects to, provide person-centred and integrated care for older people and encourage investment in preventative approaches which promote health, well being and independence for older people.</p> <p>A list of projects initiated by POPP can be found at the web link. These include: services for the Chinese elderly, services for the Indian elderly, Cheetham Al- Hilal (services for BME Elder Men), Elderly Asian Women carers, and Asian women.</p> <p>The strategic aim of POPP is to test and evaluate (through pilots established during 2006/07 and 2007/08) innovative approaches that sustain prevention work in order to improve outcomes for older</p>	<p>Contact: Steve.Clayton@Bradford.Gov.UK</p> <p>Web link: http://www.dh.gov.uk/en/PolicyAndGuidance/HealthAndSocialCareTopics/OlderPeoplesServices/DH_4099198</p> <p>Web link: http://www.manchester.gov.uk/adultsocialcare/popp/r3schemes.pdf</p> <p>Web link: http://www.olderpeoplesmentalhealth.csip.org.uk/resources/partnerships-for-</p>

	people. Four of the project sites focus specifically on Older People's Mental Health.	older-people-project.html
Touchstone: Leeds	Touchstone's Support Centre is a therapeutic resource in the community for Black and Minority Ethnic People who may have mental health problem and there are specialist services for individuals from African/Caribbean, Asian and Chinese communities.	Contact: John Beech jonb@touchstone-leeds.co.uk Tel: 0113 219 2727 Address: Jon Beech , Co-ordinator, Community Development, , 53-55 Harehills Avenue, Leed LS8 4EX Web link: http://www.touchstone-leeds.co.uk/the-support-centre.asp
The Charisma Project (Croydon Council)	The Charisma Project provides a culturally appropriate service to BME elders with mental health needs or dementia as well as to their carers. Its aims are: To target BME elders with mental health problems/dementia, some of whom may also have physical disabilities; Through the provision of assessments, outreach and advocacy, to make sure BME elders and their carers have better and fairer access to services, reducing isolation and increasing involvement within local communities ; To provide some specific day provision tailored to meet BME elders' diverse needs ; To offer training support to BME carers on issues affecting their loved ones as well as accessing services.	Contact: Toprestore@aol.com Tel: 020 8239 6061 Web link: http://www.croydon.gov.uk/healthsocial/helpforadults/advocacy/589865
National Black and Minority Ethnic Mental Health Network (BMEMHN)	The (BMEMHN) is an infrastructure development in the black and minority ethnic voluntary sector with a special on mental health.	Contact: daniel.mwamba@afiya-trust.org Tel: 0207 582 0812 Address: NBMEMHN, C/O AFIYA -TRUST, 27/29 Vauxhall Grove , London, SW8 1SY
Developing a strategy to improve quality of life of Manchester's Black and Minority Ethnic Elders (MEE)	Manchester City Council's "Agenda 2010" sets out a range of objectives with the aim of closing the gap between the city's ethnic minorities and its population, and of improving the situation of ethnic minorities in Manchester in comparison with the UK.	Contacts: naina.patel@priae.org ian.smith@priae.org Tel: 0113 285 5990 / 2

	<p>Priorities have been established in consultation with Black and Minority Ethnic (BME) communities and representative organisations, and include improvements in health, crime, education and employment, with an overarching vision of tackling racism and racial discrimination. One aspect of the Agenda is an improvement in planning for older people from BME communities, which includes continuing support for local agencies to produce a coherent strategy on ethnicity and ageing.</p>	<p>Web link: http://www.priae.org/docs/MEE%20PRIAE%20FLYER%20REVISED%20FINAL%2018%20APRIL%2006.doc</p>
<p>The Hikmat (Wisdom) Social Contact Centre</p>	<p>The Hikmat (Wisdom) Social Contact Centre is a Black Minority Ethnic elders project which is run by the Olive Tree Association. The drop in day centre is open on Tuesday for the Chinese elders and Thursday for the Muslim elders. The day centre is open to older people in and around the Exeter area who are black, Asian or from an ethnic minority. Transport can be provided. The centre provides a subsidized cooked lunch, which can be enjoyed in a comfortable and supportive environment. Offer help with locating services that give information and advice on a range of matters including financial advice, pensions and health awareness talks. Organized social events such as trips are also arranged..</p>	<p>Weblink: http://www.stsidwells.org.uk/welcome.html</p>
<p>BME Men and Boys and Mental Wellbeing</p>	<p>This area of the resource pack aims to provide an overview of the issues in relation to BME men and boys mental wellbeing. It has been designed to support health professionals to develop approaches that are sensitive to the specific concerns and needs of these communities</p>	<p>Weblink: http://www.menshealthforum.org.uk/userpage1.cfm?item_id=1819</p>
<p>Cope: Black Mental Health Foundation</p>	<p>Cope: Black Mental Health Foundation was formerly known as the National Black Mental Health Association. It exists to develop and network resources which would address mental health service users' needs, so as to provide treatments therapies and management techniques to promote a better quality of life.</p>	<p>Tel: 0121 356 9494</p> <p>Weblink: http://www.patient.co.uk/showdoc/26739095/</p>
<p>Black Mental Health Resource Centre</p>	<p>Advice, information, counselling and support for people from the Caribbean, Asian and African Communities.</p>	<p>Tel: 0113 237 4229 Address: 4 Laural Mount St. Marys Road Leeds, West Yorkshire LS7 3JX</p>

Table two: Resources for Health Professionals and Voluntary Agencies

<u>Resource</u>	<u>Content</u>	<u>Information available from:</u>
<p>Everybody's Business - Integrating mental health services for older adults</p>	<p>The publication of this service development guide (2005) is the next step in improving mental health and care services for older people. It sets out the key components of a modern older people's mental health service, driven by the dual principles of dignity and respect. The aim of the guide is to ensure that older adults with mental health problems and their carers have their needs met wherever they are in the system, without encountering discrimination or barriers to access</p>	<p>Web link: http://www.changeagentteam.org.uk/index.cfm?pid=34&catalogueContentID=1048</p>
<p>Older People's Mental Health Service Mapping</p>	<p>The aim of OPMH mapping is to support the implementation of the service development guide, "Everybody's business" published on 14th November 2005. This sets out the key components of a modern older people's mental health service, expanding on the standards and service models outlined in the national Service Framework for Older People (DH, 2001), and the principles promoted in "Securing Better Mental Health for Older Adults" (DH, 2005).</p>	<p>Web link: http://www.opmhmapping.org.uk/help/guidance.php http://www.dur.ac.uk/service_mapping/opmh/</p>
<p>The Inquiry into Mental Health and Well Being in Later Life: Views of Asian Older People and Asian Volunteers and Professionals. (Workshop 21/03/07) Age Concern, Leicester</p>	<p>This 9 page report highlights the views of service users and professionals. It includes factors that promote a sense of well being and positive mental health in older people; distinguishing between the needs of people aged up to 65 from those who are older; identifying the effective, beneficial factors which are present and who should be responsible for ensuring these happen.</p>	<p>Contact: Sue Vahid suevahid@insaaf.net</p> <p>Web link: http://www.mhilli.org/documents/Report-LeicesterMarch2005.pdf</p>
<p>The Khidmat Centre Research</p>	<p>Objective: To build on the research carried out by Sharing Voices, Bradford. The group aims to improve access and to remove barriers to mental health services for the elderly; they also aim to identify what constitutes an appropriate service. The group will research groups of 50+ and 65+ and present findings for both groups separately.</p>	<p>Web link: http://www.cdx.org.uk/news/odds/CEprojects2007NoCD.doc</p>

<p>Rotherham Yemeni Community Research</p>	<p>To raise awareness and understanding of mental health issues amongst the Yemeni and Arabic speaking community; to identify current coping mechanism e.g. spirituality and religion; and to promote dialogue with local services to identify what a responsive service for Yemeni people should look like. Target: Yemeni Elders</p>	<p>Web link: http://www.cdx.org.uk/news/odds/CEprojects2007NoCD.doc</p>
<p>Bolton Assciation and Network of Drop Ins Research</p>	<p>To examine patient journeys and identify when and why barriers crop up to patient access to services and to identify why people are not engaging with the services. Project aims to overcome the fear of services and improve the access to services. Target: Older people from South Asian communities</p>	<p>Web link: http://www.cdx.org.uk/news/odds/CEprojects2007NoCD.doc</p>
<p>Irish Community Care Merseyside + Asylum Link, M.C.C.D.A</p>	<p>A partnership of three organisations working across three communities. The project aims to look at the information available to the target communities about mental health services and how these communities access the services with the aim of developing more responsive and relevant services; decreasing the fear around access to services; improving the satisfaction of service users; giving service users a more active role in developing services. Target include: Chinese Elders and Irish Travellers.</p>	<p>Web link: http://www.cdx.org.uk/news/odds/CEprojects2007NoCD.doc</p>
<p>Oldham Primary Care Trust Research</p>	<p>To examine the engagement with mental health services from identified population sub-groups; project will look at the information available to the group with a view to raising awareness within the community; to reduce fear and stigma surrounding mental health services; to feed into Local Implementation teams to provide more responsive services. Target: BME elders from established BME communities and new communities.</p>	<p>Web link: http://www.cdx.org.uk/news/odds/CEprojects2007NoCD.doc</p>
<p>Future Health and Social Care Research</p>	<p>Target: BME carers of people with mental health problems including dementia and schizophrenia. Objective: To research BME carers of people with mental health problems in order to make services more responsive to their needs.</p>	<p>Web link: http://www.cdx.org.uk/news/odds/CEprojects2007NoCD.doc</p>
<p>The Inquiry into Mental Health and Well Being in Later Life: Views of African Caribbean</p>	<p>This report highlights the views of service users and professionals. It includes factors that promote a sense of well being and positive mental health in older people; distinguishing between the needs of</p>	<p>Contact: Sue Vahid suevahid@insaaf.net Web link:</p>

<p>Older People and Social Care and Health Professionals. (Workshop 31/03/05) Age Concern, Leicester</p>	<p>people aged up to 65 from those who are older; identifying the effective, beneficial factors which are present and who should be responsible for ensuring these happen.</p>	<p>http://www.mhilli.org/documents/Report-BirminghamMarch2005.pdf</p>
<p>Black Information Link (BLINK)</p>	<p>Short report containing information and statistics on BME Elders.</p>	<p>Web link: http://www.blink.org.uk/subsections.asp?grp=70</p>
<p>DH: Black and minority ethnic mental health</p>	<p>One in five mental health in-patients comes from a black and minority ethnic (BME) background, compared to about one in ten of the population as a whole. In January 2005, the Department of Health published a five-year action plan, Delivering Race Equality (DRE) in Mental Health Care. DRE aims to help mental health services provide care that fully meets the needs of BME patients and build stronger links with diverse communities</p>	<p>Web link: http://www.dh.gov.uk/en/Policyandguidance/Healthandsocialcaretopics/Mentalhealth/BMEmentalhealth/index.htm</p>
<p>Delivering Race Equality in Mental Health</p>	<p>The overall aim is to: Enhance the quality of life, challenge exclusion through improved mental health services and health outcomes through increasing the skills and knowledge base of staff, users and carers.</p>	<p>Web link: http://www.actiondre.org.uk/</p>
<p>CSIP: Black & Minority Ethnic Mental Health</p>	<p>The NIMHE Black and Minority Ethnic Mental Health programme is the largest of NIMHE programmes. The programme aims to improve the mental health care of all people of Black and minority ethnic status, including those of Irish or Mediterranean origin and east European migrants. This action plan has the potential to improve the care for any group affected by disparity in health and healthcare, including BME older people, children and adolescents, refugees and asylum seekers.</p>	<p>Web link: http://www.nimhe.csip.org.uk/our-work/-black--minority-ethnic-mental-health.html</p>
<p>NIMHE: Inside Outside Improving Mental Health Services for Black and Minority Ethnic Communities in England</p>	<p>When the MHSNF was launched in September 1999 it recognised that services were not adequately meeting the needs of black and minority ethnic service users and that communities lacked confidence in mental health services. The innovations laid out in the MHNSF and NHS Plan aim to improve the lives of all service users including those from minority ethnic communities, but more can be done. This report is part of the Department's response to this.</p>	<p>Web link: http://www.blackmentalhealth.org.uk/main/pressreleases/latest/8Inside%20Outside.pdf</p>

<p>The King's Fund Information and Library Service</p>	<p>The King's Fund Information and Library Service holds a great deal of information on black and minority ethnic (BME) mental health - not clinical material, but material about NHS policy and developments in services. Topics include:</p> <ul style="list-style-type: none"> Recent references on BME mental health issues Access to mental health services by BME communities BME men and mental health services Mental health services for BME women BME older people and mental health London's mental health services for BME communities Discrimination in BME mental health services 	<p>Web link: http://www.kingsfund.org.uk/information_and_library_service/reading_rooms/black_and.html</p>
<p>Mental health promotion with black and minority ethnic communities</p>	<p>Provided by the Sainsbury Centre for Mental Health</p>	<p>Web link: http://www.scmh.org.uk/80256FBD004F6342/vWeb/wpKHAL6GUHHL</p>
<p>Understanding and Supporting South Asian and Eastern European Family Carers of People with Dementia</p>	<p>This report is on the experiences of South Asian and Eastern European carers of people with dementia. The report represents a 3-year study of an innovative approach to supporting family carers from minority ethnic communities using support groups.</p>	<p>Web link: http://www.bradford.ac.uk/acad/health/bdg/research/UnderstandingCarersReport.doc</p>
<p>Supporting family carers of people with dementia from minority ethnic communities</p>	<p>The aim of this study was to provide education and support to family carers from minority ethnic groups who care for a person with dementia. To develop culturally sensitive learning materials for facilitators of future support groups.</p>	<p>Web link: http://www.bradford.ac.uk/acad/health/bdg/research/supporting.php</p>
<p>The CNEOPSA Project/Mental Health</p>	<p>This project aimed to create culturally appropriate care for BME dementia sufferers and to raise awareness of the condition within communities. It derives from a 1998 PRIAE study which has proved seminal to developments in this area. The pioneering work has come to the attention of policy makers and has been reflected in key policy documents including the National Service Framework for Older People.</p>	<p>Web link: http://www.priae.org/docs/PRIAE%20Summary%20Briefing%20-CNEOPSA.doc</p>
<p>Alzheimer's Society</p>	<p>Information on working with black and minority ethnic communities.</p>	<p>Web link:</p>

		http://www.alzheimers.org.uk/About_our_work/About_the_Society/bme.htm
Rethink: Black and minority ethnic groups	Research shows that people from black and ethnic communities may face increasing difficulties including higher rates of mental illness in some communities, and subsequent problems with access to the right care and treatment.	Web link: http://www.rethink.org/about_mental_illness/who_does_it_affect/black_minority_ethnic_groups/
Alzheimer's Society Reading List: Black and Ethnic Minority Groups	The following list is intended as suggested reading only, and should not be considered to be comprehensive. A full literature search can be provided on request. Resources are arranged in title order, with books and other stand-alone resources first and journal articles second. All resources are held in the Ann Brown Memorial Library at the Alzheimer's Society National Headquarters.	Contact: library@alzheimers.org.uk Tel: 020 7306 0835 Web link: http://www.alzheimers.org.uk/Research/Library/reading_lists/Reading%20list_black%20and%20ethnic%20minority%20groups.pdf
PRIAE	Policy Research Institute on Ageing and Ethnicity: details of current and upcoming projects.	Web link: http://www.interactdev1.co.uk/priae/projects.htm
Psychiatric services for Black and minority ethnic elders	Published by Royal College of Psychiatrists 2001	Web link: http://www.rcpsych.ac.uk/files/pdfversion/cr103.pdf
Promoting mental health and well-being in later life	A first report from the UK Inquiry into Mental Health and Well-Being in Later Life by Age Concern and the Mental Health Foundation.	Web link: http://www.ageconcern.org.uk/AgeConcern/Documents/Inquiry_report_Promoting_mental_health_and_well-being_in_later_life_-_FINAL.pdf
Health of Ethnic Minority Elders in London: Respecting Diversity	This public health report is a timely contribution to the understanding of the situation of older ethnic minority people. It provides information and strategies needed to plan effective and acceptable services for older ethnic minority people in London, and	Web link: http://www.lho.org.uk/Download/Public/8005/1/ethnic1_3_4.pdf

	will also be of great value for other ethnically diverse areas of the UK.	
Health and well-being amongst older people in Britain at the start of the 21st Century	This paper provides a snap-shot of the health of older people in Britain at the start of the 21st Century. The most up to date data is presented on mortality and causes of death in later life as well as patterns of self-reported health status, mental health, quality of life, daily living, health risk behaviour and health inequalities in later life.	
Mental Health Foundation: Black & Minority Ethnic communities and mental health	Information from the Mental Health Foundation	Web link: http://www.mentalhealth.org.uk/information/mental-health-a-z/black-minority-ethnic-communities/
SCIE: Assessing the mental health needs of older people: Black and minority ethnic communities	The proportion of people aged 65 and over among Britain 's minority ethnic population is growing and the specific needs of many minority groups are increasingly being identified. Minority ethnic communities may have higher rates of poor health than the host community, and poorer people and those less well placed to access health and social care will be more vulnerable.	Web link: http://www.scie.org.uk/publications/practiceguides/practiceguide02/minority/index.asp
Stigma, racism or choice. Why do depressed ethnic elders avoid psychiatrists? Article	By Marwaha S. ¹ ; Livingston G. Journal of Affective Disorders, Volume 72, Number 3, December 2002 , pp. 257-265(9) Published by Elsevier	Web link: http://www.ingentaconnect.com/content/els/01650327/2002/00000072/00000003/art00470
The Hearing Voices Website	The Hearing Voices Website is an independent website which has no formal relationship to any National Health Service Trusts, local government or any other organisation whatsoever. Information available in Turkish, Portuguese, Italian, Spanish, English, Japanese, French and German.	Web link: http://www.dhvs.freeuk.com/
Touchstone: Leeds	Touchstone's Support Centre is a therapeutic resource in the community for Black and Minority Ethnic People who may have mental health problem and there are specialist services for	Contact: John Beech jonb@touchstone-leeds.co.uk Tel: 0113 219 2727

	individuals from African/Caribbean, Asian and Chinese communities.	Address: Jon Beech , Co-ordinator, Community Development, , 53-55 Harehills Avenue, Leed LS8 4EX Web link: http://www.touchstone-leeds.co.uk/the-support-centre.asp
The Charisma Project (Croydon Council)	Provides a culturally appropriate service to BME elders with mental health needs or dementia as well as to their carers. Its aims are: To target BME elders with mental health problems/dementia, some of whom may also have physical disabilities; Through the provision of assessments, outreach and advocacy, to make sure BME elders and their carers have better and fairer access to services, reducing isolation and increasing involvement within local communities ; To provide some specific day provision tailored to meet BME elders' diverse needs ; To offer training support to BME carers on issues affecting their loved ones as well as accessing services.	Contact: Toprestore@aol.com Tel: 020 8239 6061 Web link: http://www.croydon.gov.uk/healthsocial/helpforadults/advocacy/589865
National Black and Minority Ethnic Mental Health Network (BMEMHN)	The (BMEMHN) is an infrastructure development in the black and minority ethnic voluntary sector with a special on mental health.	Contact: daniel.mwamba@afiya-trust.org Tel: 0207 582 0812 Address: NBMEMHN, C/O AFIYA -TRUST, 27/29 Vauxhall Grove , London, SW8 1SY
Developing a strategy to improve quality of life of Manchester's Black and Minority Ethnic Elders (MEE)	Manchester City Council's "Agenda 2010" sets out a range of objectives with the aim of closing the gap between the city's ethnic minorities and its population, and of improving the situation of ethnic minorities in Manchester in comparison with the UK. Priorities have been established in consultation with Black and Minority Ethnic (BME) communities and representative organisations, and include improvements in health, crime, education and employment, with an overarching vision of tackling racism and racial discrimination. One aspect of the Agenda is an improvement in planning for older people from BME communities, which includes continuing support for local agencies to produce a coherent strategy on ethnicity and ageing.	Contacts: naina.patel@priae.org ian.smith@priae.org Tel: 0113 285 5990 / 2 Web link: http://www.priae.org/docs/MEE%20PRIAE%20FLYER%20REVISED%20FINAL%2018%20APRIL%2006.doc

Table three: Resources for Bangladeshi Elders

Resource	Services offered:	Contact:
<p>The Bangladesh Care Organisation</p>	<p>This is a UK Voluntary organisation based at Stratford in the London Borough of Newham to caring for the Bangladeshi community.</p> <p>Their services include an Elders Project. Bangladeshi elders is one of the most isolated, deprived and disadvantage community groups in Newham, Their priority is to provide culturally sensitive high quality care services to each individual. Their services are sensitive to the needs of the elderly because we understand the beliefs, values, customs, language and culture of the Bangladeshi community. The aims of the Elders project is to decrease isolation, to improve self-confidence and to improve their awareness of the community as whole and matters related to health, diet and other issues.</p>	<p>Contact: info@bangladeshcare.org.uk</p> <p>Tel: 0208 534 1250</p> <p>Web link: http://www.bangladeshcare.org.uk/</p>
<p>Bangladeshi Mental Health Association (BMHA)</p>	<p>Founded in 1992, the Bangladeshi Mental Health Association (BMHA) has the following objectives: The relief of persons in Bangladesh, of Bangladeshi descent resident in the UK and related communities, by the provision of advice, information, advocacy and counselling which is tailored to their cultural needs; The advancement of education in the issues relating to mental health affecting those from Bangladesh, of Bangladeshi descent resident in the UK and related communities, through research into such issues, and the dissemination of the useful results; To provide or assist in the provision of facilities for recreation and other leisure-time occupations in the interests of social welfare with the object of improving the conditions of life of the said beneficiaries.</p>	<p>Contact: bmha04@yahoo.com</p> <p>Tel: 0121-523-4133</p> <p>Web link: http://www.wordsmith.demon.co.uk/bmha/</p>

<p>Age Concern : Camden Great Croft Resource Centre</p>	<p>Great Croft Resource Centre (Kings Cross) offer a Bangladeshi / Asian Men's Group every Wednesday from 9.30a.m - 4.30p.m. Also work very closely with Bangladeshi family carers. They provide a service offering short daybreak respite and on-going support to Bangladeshi / Asian family carers. Carers group for Bangladeshi and Asian people led by a Sylheti/Bengali speaker. The Advice & Support Team provide advice sessions at the Bangladeshi/ Asian group at Great Croft Resource Centre once a month.</p>	<p>Contact: greatcroft@ageconcerncamden.org.uk</p> <p>Tel: 020 7278 5090</p> <p>Web link: http://www.ageconcerncamden.org.uk/index.cfm?id=568</p>
<p>Tower Hamlets Social Services, St Hilda's East Community Centre and Epic Trust/ Circle Anglia: Sonali Gardens</p>	<p>The London Borough of Tower Hamlets set up Sonali Gardens to meet the needs of local Bangladeshi elders. This is a partnership enterprise between the Borough Council, St Hilda's East Community Centre and the EPIC Trust/Circle Anglia.</p>	<p>Contact: david.cowell@towerhamlets.gov.uk</p> <p>Tel: 020 7265 9211</p> <p>Web link: http://www.multikulti.org.uk/agencies/bengali/london/17779/</p>
<p>Wapping Bangladesh Association</p>	<p>Run a Bangladeshi Elders Project. This community organisation provides a range of services aimed at Bangladeshi people in the Wapping area. Their project is to provide drop in advice sessions over 48 weeks to older people in the area covering welfare rights, health awareness and confidence building as well as social opportunities.</p>	<p>Contact: wappingba@hotmail.com</p> <p>Tel: 020 7702 1708</p>
<p>Nottingham Bangladesh Centre</p>	<p>A Luncheon Club has been running successfully for eight years. It provides a medium for senior members of the local community (open to all people) to interact.</p>	<p>Web link: http://www.bangladeshcentre.co.uk/lunch.htm</p>
<p>Ekta Project</p>	<p>Services for Asian elders from the Indian, Pakistani and Bangladeshi communities. Befriending provided through a network of weekly care groups run by volunteers at a variety of venues in Newham. Information and support on benefits, care, health, housing, respite care. Reminiscence project, swimming and exercise classes, health awareness. Day trips and celebrate Eid, Basakhi, Diwali and Christmas. Based in Newham. Languages spoken: Bengali, Gujarati, Hindi, Malay, Punjabi, Swahili and Urdu.</p>	<p>Web link: http://www.multikulti.org.uk/agencies/bengali/london/17586/</p>
<p>MIND: The mental health of the</p>	<p>A series of factsheets from MIND including on background and</p>	<p>Web link</p>

South Asian community in Britain	history, depression and older people.	http://www.mind.org.uk/Information/Factsheets/Diversity/MHSACB.htm#depression
Gourob	Counselling for Bangladeshi disabled people Wednesdays 10.30am–12.30pm.	Tel: 020 7265 0933 Address: 2 Stevedore Street, E1W 2JR
Greater Sylhet Council	Advice and information for older people, including housing, pensions, disability etc.	Tel: 020 7702 8120 Address: 100 Mile End Road, E1 4UN
INFORMATION FOR HEALTH PROFESSIONALS AND VOLUNTARY AGENCIES		
Living in Britain - Growing Old in Britain: A Study of Bangladeshi Elders in London	By Tarek Qureshi Bangladeshis have made their home in Camden since the 1960s and now form the single largest minority ethnic group in the borough. This study focuses on the lives and everyday experiences of older Bangladeshis with regard to education, language and literacy, religion, family structure, employment, housing and health, civic participation, intergenerational relations, racism, elder abuse, and social isolation. Listening to the elders, a picture emerges of the complexity and diversity of experience within the Bangladeshi community itself. The report outlines a number of strategies that could be developed to improve the quality of the elders' lives, combat the social isolation encountered and recognise and value their experience and skills.	Web link: http://www.cpa.org.uk/pubs/livinginbritain.html

Table four: Resources for Caribbean Elders

Please note: The research identified groups are generally African / Afro Caribbean and not specific to Caribbean elders.

<u>Resource</u>	<u>Services offered:</u>	<u>Contact:</u>
Maroons Mental Health Resource Centre	Day care centre for people with mental health problems from the Black African and Black Caribbean communities. Offers advice on housing, benefits and finding accommodation. Individual support and group activities. Literacy teaching, help with access to education, training and employment.	Tel: 020 7708 1524 Address: Unit 241, Camberwell Business Centre, 99-103 Lomand Grove Camberwell, London SE57HN
Caribbean Senior Citizens' Association	The association provides care and support to elders from within the Caribbean community. This includes activities and entertainment.	Tel: 020 8365 1593 Address: Welbourne Centre, Chestnut Road, London N17 9EU
United Anglo-Caribbean Society	Lunch club for African/Caribbean elders. An outreach worker is available to help older ethnic minority people gain access to services.	Tel: 020 8993 3306 or 020 8843 1147 Address: 23 Hanbury Road, Acton, W3 8RF
African and Caribbean Elders	The African and Caribbean Elders club is a lunch and social club for older people, particularly older people from the African and Caribbean communities. Membership costs £5 a year, plus £2.50 a day for a 3 course meal, tea and coffee. Computer Training: Free classes for beginners on Tuesday and Thursday 2.30pm-4.30pm. The centre also offers Tai Chi on Tuesdays and chair based exercises on Thursdays. Languages other than English spoken: Fante, Krio, Somali, Yoruba.	Contact: africanaribbeanelders@hotmail.com Tel: 020 7372 0862 Web link: http://www.purple-pages.com/ace
Centre for African Caribbean Elders	A 'one-stop shop' to enable people to access care services, and get advice and support for a range of services. These include: home care and day care, housing with care, health, services to give carers a break, and referrals to social services and other agencies.	Tel: 01484 223001. Address: St Johns Resource Centre, 29 St Johns Road, Huddersfield, West Yorkshire HD1 5DX GB GB
London Asian African Caribbean	Community Centre for people from the Asian, African and African	

Centre - LAACC	Caribbean communities. Women's group runs yoga and sewing classes. Pensioners' group runs vegetarian lunch club Tues and Fri. Caribbean and Algerian groups also meet at centre.	Tel: 020 7263 3182 Web link: http:// www.laacc.org.uk
African and Caribbean Elders	Offers relief for the elderly focusing on the elders from the African and Caribbean communities in Camden. Runs a luncheon club and a Good Neighbour scheme.	Contact: african.caribbean@virgin.net Tel: 020 7372 0862
Afro-Caribbean Elders Association	Social and community group for African Caribbean and African elders. Range of social activities. Advice on benefits, disability and health. Lunch available for Â£2 on Mondays.	Contact: aceagl@aol.com Tel: 020 8509 0067
Zion Community Resource Centre: African Caribbean Mental Health Services	Provides advocacy and an advice service. Also counselling, self-help group and carers group.	Contact: admin@acmhs-blackmentalhealth.org.uk Tel: 0161 226 9562
African and Caribbean Elders Community Support Centre	The African and Caribbean Elders Luncheon Club & Community Support Centre is a Camden Net Community Group	Contact: africanaribbeanelders@hotmail.com Tel: 020 7372 0862 (telephone)
United Anglo Caribbean Society: Black Elderly Lunch Club	The Black Elderly Project luncheon club was set up in 1985 and provides a hot and balanced lunch as well as encouraging socialisation for the African/Caribbean elders in the Ealing Borough and its environs. The luncheon club is a place where African/Caribbean elders can meet and reminisce on past events. We also have a thriving dominoes club who take part in tournaments, both at home and away, visiting other clubs within England. We also arrange trips/outings throughout the year, visiting places of interest too, also for short holidays both in the U.K. and abroad.	Contact: enquiries@uacs.org.uk Tel: 0208 843 1147
United Anglo Caribbean Society: Floating Support Scheme for Older People	This scheme was set up specifically to provide support services to older people from the African/Caribbean and other Minority Ethnic Communities while living in self contained accommodation (e.g., local authority, housing association, private rented and owner-occupied).	Contact: enquiries@uacs.org.uk Tel: 0208 843 1147
The African Caribbean Elders	TACEP was started in September 1995 as a voluntary group for and	Contact: admin@watfordafricanib.org.uk

<p>Project (TACEP)</p>	<p>run by African and Caribbean Elders. The group offers culturally sensitive and appropriate services to its members to assist in enhancing the quality of their lives</p> <p>The Luncheon Club provides African and Caribbean meals for the elderly. The club meets on Tuesdays and Thursdays from 10:30 to 15:30 at the Holywell Community Centre, Tolpits Lane, Watford.</p>	<p>Tel: 01923 220810</p>
<p>African-Caribbean Mental Health Association</p>	<p>ACMHA came into existence in 1982 and has grown from a local befriending agency to an organisation concentrating on alternative treatments for mental health through a variety of therapies, support and legal services.</p>	<p>Tel: 020-7737 3603</p> <p>Web link: http://www.24dr.com/reference/contact/group/african-caribbean_mental.htm</p>
<p>Nubian Life: Windrush Generation</p>	<p>Nubian Life is a successful provider of community care services to African Caribbean elders, both frail and active operating in the London Borough of Hammersmith and Fulham. Nubian Life serves African and African-Caribbean Elders known as the <i>Windrush Generation</i> – those who migrated to Great Britain in the 1950s, aged between twenty and thirty-five. Most did not intend to stay.</p>	<p>Web link: http://nubian-life.org.uk/index.asp?page=home</p>
<p>Age Concern Southwark: Black Elders Mental Health Project</p>	<p>Local project, run by this national charity, which provides a day centre and home support for African Caribbean elders (60) with mental health problems. Befriending and visiting, counselling, advocacy services and help with accessing statutory services.</p>	<p>Tel: 020 7701 9812</p> <p>Address: 4 Deynsford , 2 Camberwell, London , SE5 7EB</p>
<p>Leeds Black Elders Association (LBEA): Dementia café, UK</p>	<p>In 2005, Leeds Black Elders Association developed a “Dementia café” for elders from the African Caribbean community suffering from dementia and memory loss. As elders suffering from this disease tend to feel insecure, anxious and frustrated because of their condition, it was important to create a place within the community where they would feel comfortable and at home. Elders are invited monthly to take part in a range of activities. The club also offers culturally appropriate meals and advice for elders.</p>	<p>Contact: Mareike Schmidt Leeds City Council Senior Researcher Project Co-ordinator SEEM, Civic Hall, Leeds LS1 1UR</p> <p>Web link: http://www.lbea.co.uk/</p>
<p>Barnet African Caribbean Association (BACA)</p>	<p>Day Care Centre for the elderly, stroke group and Alzheimer sufferers</p> <p>Monday, Tuesday & Friday 10:00am - 4:00pm</p>	<p>Contact: Baca.daycare@btconnect.com</p> <p>Tel: 020 8202 0095</p> <p>Web link:</p>

		http://www.barnetmcc.org/afrocaribbean.html
Alzheimer's Society	Offer 'Remember me ...' a video to introduce dementia and caring with African Caribbean communities. Available for £3 (to cover postage and costs)	Tel: 020 7306 0804 Contact: info@alzheimers.org.uk
Community Outreach: Reaching out to all African Caribbean Elders 65+	Community outreach is a service for all black African Caribbean Elders 65+ who don't know or realise there is help, support and other services that they are entitled to. Its a free service. The purpose of the Community Outreach Worker is to visit individuals homes and offer support, and give advice about local council/health services available.	Tel: 0121 3842274
African Caribbean Centre/African Caribbean Leadership Council	Senior citizen lunch club and support programme. Meals on wheels are available. The centre also organises outings, trips, keep fit and health sessions. Transport can be arranged where necessary.	Tel: 020 8881 5881 Address: 9 Clarendon Road, London N8 0DJ
Grace	For African and Caribbean elders: culturally appropriate drop-in centre and activities.	Tel: 020 8808 0718 Address: Whitehall Community Centre Whitehall Street, London N17 8BP
Leisure and social activities for the African Caribbean communities	The variety of activities available offers mental and physical stimulation, together with cultural and leisure activities. The atmosphere at the luncheon clubs encourages new friendships, the acquisition of new skills, advice and information, and the promotion of general well-being and esteem.	Tel: 01582 547537 Address: African/African Caribbean Project Officer, Luton Borough Council, Clemitson House, 14 Upper George Street, Luton LU1 2RP
INFORMATION FOR HEALTH PROFESSIONALS AND VOLUNTARY AGENCIES		
Schizophrenia-like psychosis in African and Caribbean elders	The interesting study reported by Reeves et al (2001) draws attention to mental health service provision for ethnic minority elders.	Web link: http://bjp.rcpsych.org/cgi/content/full/180/2/187

	<i>The British Journal of Psychiatry</i> (2002) 180: 187 The Royal College of Psychiatrists	
A study of dementia and cognitive function in African-Caribbean elders in London, Toronto, Barbados and Tobago	Published by Institute of Psychiatry International Mental Health.	Web link: http://www.iop.kcl.ac.uk/international/?project_id=86
Mental Health Foundation: Black & Minority Ethnic communities and mental health	Information from the Mental Health Foundation on African Caribbeans.	Web link: http://www.mentalhealth.org.uk/information/mental-health-a-z/black-minority-ethnic-communities/

Table five: Resources for Chinese Elders

Resource	Services offered:	Contact:
Bishop HO Hall Chinese Centre	Centre for the Chinese community. Counselling, translation and interpreting. Social club for Chinese elders. Cultural activities, language classes and recreational and group activities including Tai Chi, cookery, newspaper reading and story telling	Contact: _email@bhmwa.fsnet.co.uk Tel: 020 7925 0755 Web link: http://www.bhmwa.com/index.php
Leicester Chinese Community Centre	Support for the Chinese community in Leicester. Range of social, educational and recreational activities, including a lunch club for older Chinese people. Weekend Chinese and English language schools. Translation and interpreting service. Signposting service.	Tel: 0116 251 7583 Address: 170A Belgrave Gate Leicester LE1 3XL
Chinese/Vietnamese Elderly Group in Greenwich	Day care for older people from the Chinese Vietnamese community. Advice and information on benefits, housing rights, care, health care and local services. Lunch club serving Chinese/Vietnamese food. Cultural events and outings	Tel: 020 8855 9981 Address: Glyndon Community Centre, 75 Raglan Road, London SE18 7LB
Age Concern - Westminster	Advice and advocacy on benefits, money, debt, housing, health. Advice Points across Westminster. Domiciliary service for housebound people. 3 day centres for physically dependent older people. 2 day centres with social activities. Advice, advocacy and social sessions for Chinese elders. Volunteer befriending, odd job service. Low cost household/travel insurance for older people. Amharic, Bengali, Chinese, Gujarati, Hindi, Malay, Punjabi, Swahili, Urdu, access to interpreters	Contact: enquiries@acwestminster.org.uk Tel: 020 7724 6930 Web link: http://www.acwestminster.org.uk
Chinese Mental Health Association: Counselling	CMHA provides a range of services serving Chinese people who need support from psychological or mental health issue. Services are including an emotional support Helpline Services (08451228660 'local rate', Monday – Friday, 10:00 – 20:00), Counselling Services (qualified, experiences and Chinese-speaking counsellor - Cantonese, Mandarin, and English).	Contact: wahsum@cmha.org.uk Web link: http://www.cmha.org.uk/e_services.asp?Subject=Counselling&PageNo=2
Chinese National Healthy Living	They aim to promote healthy living, and to provide access to health services, for the Chinese community in the UK. The Centre takes an	Contact: general@cnhlc.org.uk

Centre	holistic approach, tackling both the physical and psychological aspects of health. Services include: counseling for depression.	Tel: 020 7534 6546 or 020 7287 0904 Web link: http://www.cnhlc.org.uk/english.html
Camden Chinese Community Centre	The aim of the Elderly Club is to provide a pleasant and safe environment for all our members to socialise and make friends. Thereby to alleviate isolation and loneliness and also where they can enjoy a healthy and balanced diet meal. To address inequalities in health by providing varied physical activity and exercise programmed through a wide range of activities, events and health talks to increase awareness of elderly health. To encourage members to attend meetings and conferences to be actively involved in matters concerning their well being. This also gives them the opportunity to meet with members from other communities and share ideas and opinions.	Contact: info@camdenccc.co.uk Tel: 020 7388 888 Web link: http://www.camdenccc.co.uk/english/projects/elderly/elderly.htm
Bristol and Avon Chinese Women's Group	This group offers a wide range of services for Chinese women and their families including a sitting and befriending service for the elderly and drop in centres.	Contact: bacwg2@onetel.com Tel: 0117 9351462 Web link: http://www.bacwg.co.uk/main.html
Chinese Association of Tower Hamlets	Offer a drop in and telephone interpreting services for Chinese and Vietnamese people.	Contact: londonchinese@hotmail.com Tel: 020 7515 5598
Hackney Chinese Community Centre	A community centre for different sectors, including elders, of the Chinese and Vietnamese communities.	Contact: hccshackney@hotmail.com Tel: 020 8986 6171
Lambeth Chinese Community Association	Aims to assist non-English speaking Chinese clients to have better access to mainstream facilities	Contact: infolcca@msn.com Tel: 020 7733 4377
Leeds Chinese Community Association	Community centre offering drop-in advice, health advice, information and advocacy service. Lunch club for older people, Mandarin classes, ESOL and other classes available.	Contact: lcca@leedschinese.co.uk Tel/fax: 0113 234 6019

		Web link: http://www.leedschinese.co.uk
London Chinese Community Network	London Chinese Community Network aims to promote the interests of the London Chinese voluntary and community sector (VCS). The work of the Network includes community research, publishing, brokering partnerships, organisational capacity building and holding consultation conferences and community activities.	Contact: info@chinese-network.net Tel: 020 8432 0683/0684 Web link: http://www.chinese-network.net
The Pagoda Chinese Community Centre	Community centre for Chinese people. Services include advice on benefits, legal matters, housing, education, employment and training, immigration and nationality. Also available are health care surgeries, health link interpreting services and a Chinese Carers Network with respite care. Activities include language and recreational classes and a lunch club for elderly Chinese.	Contact: chinese.pagoda@liverpool.gov.uk Tel: 0151 233 8833
Southwark Vietnamese Chinese Refugee Community	Advice for the Vietnamese Chinese community. Culturally sensitive counselling and language support available. A day centre for older people is open Monday to Friday from 9am to 4pm, with lunch and activities. Mother tongue classes for children aged 5 to 16 years old. Group work for women, older people and unemployed people.	Tel: 020 7635 0022 Address: Thomas Calton Centre Alpha Street London SE15 4NX
Derbyshire Chinese Welfare Association	Community centre offering advice, information and support around the welfare, educational, social and cultural needs of the local Chinese community. Offers guidance on education and training, employment, benefits and health. Runs a Chinese elders group and a Chinese Sunday school.	Tel: 01332 342 436 Address: 110-122 Abbey Street Derby DE22 3SQ
Swansea Chinese Community Co-op Centre	Services for members of the Chinese community. Advice and information on a range of issues, including racial harassment and local services. Training and recreational and social activities. the services which provided on a daily basis, include targeting the elderly.	Contact: swanseachinese@aol.com Tel: 01792 469 919 Web link: http://www.swanseachinese.co.uk
Centre for Chinese and Vietnamese Speaking Elders	Day centre for active Chinese and Vietnamese elders. Provides lunch at a cost of Â£1.20 per meal, advice and information on benefits, care and housing. Assists people in accessing health and social services. Activities, games, Chinese newspapers and video tapes.	Tel: 020 8310 0138 Address: Centre for Chinese and Vietnamese Speaking Elders, 1 Maran Way, Thamesmead DA184BP

<p>Cathay Club for Chinese Elders</p>	<p>Age Concern Westminster operates five centres that provide a wide range of activities and services for older people in Westminster. These include a club for Chinese elders, every Monday afternoon, based at the Covent Garden Club.</p>	<p>Tel: 020 7240 5733 Raine Lee Web link: http://www.acwestminster.org.uk/dayser/vices.htm</p>
<p>Chinese Welfare Association: Nottingham</p>	<p>The Nottinghamshire Chinese Welfare Association provides for the needs of Chinese people and promote Chinese Culture in Nottingham and Nottinghamshire. The charity, which was established in 1990, is a local voluntary sector provider of services to Chinese people with language and integration problems, especially older people.</p>	<p>Contact: enquiries@nottinghamchinese.org.uk Tel: 0115 9507888</p>
<p>INFORMATION FOR HEALTH PROFESSIONALS AND VOLUNTARY AGENCIES</p>		
<p>The mental health of Chinese people in Britain: An update on current literature</p>	<p>By: Cowan C. Source: Journal of Mental Health, Volume 10, Number 5, 1 October 2001 , pp. 501-511(11) Publisher: Routledge, part of the Taylor & Francis Group</p>	<p>Web link: http://www.ingentaconnect.com/content/routledg/cjmh/2001/00000010/00000005/art00003</p>
<p>MIND: Mental health of Chinese and Vietnamese people in Britain</p>	<p>A range of factsheets intended for professionals, students and members of the Chinese and Vietnamese community in Britain. Much of the information will be useful for mental health service users and carers.</p>	<p>http://www.mind.org.uk/Information/Factsheets/Diversity/The+mental+health+of+Chinese+and+Vietnamese+people+in+Britain.htm</p>
<p>Barriers to meeting the mental health needs of the Chinese community.</p>	<p>Published by: Public Health Directorate, NHS Executive, South Thames, London. This study aimed to identify the barriers encountered by Chinese people with mental health needs in England which hindered their obtaining appropriate help from the National Health Service (NHS).</p>	<p>Web link: http://www.ncbi.nlm.nih.gov/sites/entrez?cmd=Retrieve&db=PubMed&list_uids=10321864&dopt=Abstract</p>
<p>Chinese National Healthy Living Centre Research</p>	<p>Objective: To research the views and experience of Chinese elders (including dementia/Alzheimer's patients) in the access of local mental health services, why services are not being accessed; to lead to better information about community needs for service providers; to create better understanding and development of more</p>	<p>Web link: http://www.cdx.org.uk/news/odds/CEprojects2007NoCD.doc</p>

	appropriate, responsive and accessible services; to improve the experience of service users and reduce fear, leading to increased user satisfaction and improved engagement of Chinese people. Target: Older, first generation Chinese.	
Mental Health Foundation: Black & Minority Ethnic communities and mental health	Information from the Mental Health Foundation on Chinese.	Web link: http://www.mentalhealth.org.uk/information/mental-health-a-z/black-minority-ethnic-communities/
Chinese National Healthy Living Centre "Whisper Of Time" DVD	Chinese Reminiscence Project has been capturing and recording the memories of early Chinese immigrants in the UK. The video footage in a DVD format and was launched in March 2005. This DVD is available to public libraries and local communities.	Contact: Siu Fan Lee on 020-7534-6547
People living in Britain: The Chinese Group	Commission for Racial Equality provide a comprehensive background to Chinese peoples living in Britain, including age profiles.	Web link: http://www.cre.gov.uk/diversity/ethnicity/chinese.html
Royal College of Psychiatrists	Leaflet on Depression and Older Adults – in Chinese and English	Web link: http://www.rcpsych.ac.uk/pdf/chiah3.pdf (Chinese) http://www.rcpsych.ac.uk/mentalhealthinformation/mentalhealthproblems/depression/depressioninolderadults.aspx (English)

Table six: Resources for Irish Elders

Resource	Services offered:	Contact:
Irish Study Centre: Irish Elders Now	The aim of this project is to build a substantial video and oral record of a generation of Irish migrants to Britain (the over-60s) whose stories and experiences of moving here have been under-represented in other official records.	Contact: Tony Murray t.murray@londonmet.ac.uk Web link: http://www.londonmet.ac.uk/irishstudies/centre/archive/elders.cfm
Rehab Irish Elders Centre	Rehab Irish Elders Centre aims to identify and meet the needs of isolated and vulnerable elderly Irish people and provide a centre for their use, which is culturally sensitive, supporting all aspects of health care benefit, housing, education, recreation etc. Also provide day care & are a registered centre. Anyone over 50 is welcome	Tel: 024 7622 1600 Address: 25 St. Columba's Close, Radford, Coventry, CV1 4BX
Brent Irish Advisory Service (BIAS)	This is a community development and welfare organisation, which provides a range of advice, information and culturally sensitive support services to Irish people in need in Brent and Harrow primarily and in other London boroughs generally. Offer three Elders community care services -. One which is self referral, one which is in Harrow and one which is for referral by social services. This one provides an Irish Elders luncheon club and day care projects.	Contact: bias.brent@btconnect.com Tel: 020 8459 6655 Web link: http://www.biasbrent.co.uk
Leicester & Leicestershire Irish Forum	L.L.I.F exist to provide support, advice and guidance to all those who consider themselves Irish, includes Supporting Irish Elders by helping access support and helping Irish Elders with returning to Ireland plus provide social opportunities.	Tel: Jackie Duffy Project Manager: 07703741360 Web link: http://beehive.thisisleicestershire.co.uk/default.asp?WCI=SiteHome&ID=14701
Camden Elderly Irish Network (CEIN)	Camden Elderly Irish Network offers support and information for Irish Elders in the London Borough of Camden. It aims to combat poverty, isolation and loneliness by providing a confidential, friendly and culturally sensitive service. It can offer advice on Attendance Allowance, Death & Bereavement, Disability Living Allowance, Housing, Orange Badge, Pensions, Return to Ireland.	Tel: 020 7428 0471 Address: London Irish Centre, 52 Camden Square, London NW1 9XB

London Irish Elders Forum	London Irish Elders Forum is a platform for older Irish people London wide. It aims to empower older Irish people to respond themselves to their needs as a community. LIEF refers Irish elders to appropriate local service providers and projects. It provides an information service for Irish older people throughout the Greater London area.	Contact: Larry@lief.freereserve.co.uk Tel: 020 8493 8222
The Ireland Fund of Great Britain	Outline projects in Great Britain includes: Bolton Irish Community Association, Camden Irish Elderly Network, Emerald Circle Club, Irish Community Care, Irish Music project.	Web link: http://www.irlfunds.org/great_britain/projects.asp
The Irish Pensioners Group	Meets every other Wednesday at 2pm.	Tel: 0181-691 5899/305 2545 Address: Church Hall of St John Fisher, Kidbrooke Park Road, London.
Irish Elders Readers Group	Coventry Libraries and Information Services offer support for Coventry people who are interested in reading or writing. Includes a group for Irish Elders.	Tel: 024 7622 1600 Address: Irish Elders Centre, St Columbas close, Radford, Coventry CV1 4BX
Irish Voluntary Sector	There is a diverse and dynamic Irish voluntary sector, Irish housing movement and many self-help groups that respond to community need. This site lists projects in London and outside of London.	Web link: http://www.irish.org.uk/voluntary.shtml
Camden Elderly Irish Network: Good neighbour scheme	Provides support and practical help for elderly, sick or housebound Irish people living anywhere in the Borough of Camden. Visits people in their own homes or residential homes, escorts to hospital, prescription collection, shopping, painting, Communicants. The group works through an informal peer support network through churches, contacts etc.	Tel: 020-7428 0471 Address: London Irish Centre, 50-52 Camden Square, London, NW1 9XA
Cara Advice Services	Housing advice for Irish people in London, with special advisors serving the elderly and Traveller groups.	Contact: michellemorgan@caraha.org Tel: 020-8211 7688
Irish Chaplaincy in Britain	Work with welfare advice agencies, local authorities, the church, and other organisations for the welfare of elderly and vulnerable Irish emigrants. Projects include the Irish Commission for Prisoners Overseas, the Traveller Outreach Project, and the Older and Vulnerable Persons Programme.	Contact: irishchaplaincy@btconnect.com Tel: 020-7482 5528

Irish Elderly Advice Network	Provides advice, support and information for elderly Irish people in Camden, and offers support to Irish pensioners clubs and groups. Runs a Good Neighbour Scheme and holds a benefits/rights surgery for Irish pensioners in Kilburn.	Contact: irishelders@supanet.com Tel: 020-7428 0471
Irish Healthy Living Project	Offers healthy living sessions and health information specific to the older Irish community in Britain. Sessions are both 'in house' and through outreach work (topics include physical activities, healthy eating, footcare). Also have information on mental health issues for the community. Irish men's psychotherapy groups are available and recruit regularly.	Contact: health@irishcentre.org Tel: 020-7916 2222
Kilburn Irish Pensioners Group	Tea, bingo, conversation, Irish music, dinners (including Christmas and St Patrick's day) and outings (two annual outings to the seaside). 40 members. Guest speakers on a variety of topics. Provides a place for Irish pensioners to meet and socialise, to discuss issues that affect them and work collectively to achieve their aims. Offers sympathy and support to members in times of illness or bereavement, including home and hospital visits.	Tel: 020-7624 8772 Address: Kingsgate Community Centre 107 Kingsgate Road, London, NW6 2JH
London Irish Centre Camden	Provides culturally sensitive and supportive welfare advice and information service for Irish people. Day centre provides luncheon club for pensioners.	Contact: info@irishcentre.org Tel: 020-7916 2222,
London Irish Centre Camden: Elders Outreach Project	Provides services for isolated and housebound Irish people who are aged over 55.	Contact: info@irishcentre.org Tel: 020-7916 2222
London Irish Centre: Older Persons Outreach Service	Aims to facilitate access to mainstream services, and provide advice, advocacy and support to Irish elders in the Kilburn and surrounding area with particular regard to housing, welfare and health, and aims to prevent their social isolation.	Contact: outreach.worker@btconnect.com Tel: 020-7372 4389
Tara Irish Pensioners Club	Social club for Irish pensioners. Tea, keep fit, bingo, raffles, parties and outings.	Tel: 020-7485 0188 Address: 171 Denton, Malden Crescent London, NW1 8BP
Leeds Irish Health and Homes	Leeds Irish Health and Homes (LIHH) is a voluntary organisation providing culturally sensitive housing and outreach services to Irish	Web link: http://www.lihh.co.uk/

	people who require support. LIHH offers four main services: Supported Housing Services - We currently manage 72 tenancies including Davitt House, a residential home for older Irish people; Irish Elders Outreach Service - provides associated advice, information and support to older Irish people living in Leeds. They also support Leeds Irish Women's Group, Leeds Irish Men's Group, Leeds Irish Carers Group, Friday Over 55's Irish Day Club and Leeds Irish Community Forum.	
Tyneside Irish Centre	Provide an Irish Elders Club on a Thursday.	Web link: http://www.raweb.co.uk/tic/index.php
Sheffield Irish Elders Lunch Club	Self help group set up in 1985 to prevent isolation of Irish elders to provide a place for people to meet and have a meal and social interaction. There are approximately 185 members who meet Monday – Thursday lunchtimes.	Address: Duchess Road Community Centre, Shoreham Street, Sheffield.
Irish Welfare Society South London	Provides a supportive and culturally sensitive service for vulnerable and isolated Irish elders on Merton. Offers support and advice on 1953 Irish Pensions, repatriation and resettlement, advice and counselling to survivors of abuse whilst living in institutional care in Irish Republic, and Irish missing persons unit and outreach and advocacy service.	Contact: smcliff@aol.com Tel: 020 8946 6208
Irish Advice Service	Offers advice, support and advocacy to Irish elders regarding issues relating to general welfare benefits, housing, health, Irish and UK pension. Home visits to housebound . Outreach club	Tel: (020) 8567 8017 Address: Age Concern Ealing Borough, 135 Uxbridge Road, Ealing, W13 9AU
INFORMATION FOR HEALTH PROFESSIONALS AND VOLUNTARY AGENCIES		
Profiling Mental Health Needs: What about your Irish patients?	Br J Gen Pract. 2005 October 1; 55(519): 739–740. British Journal of General Practice, 2005. A comprehensive and informative article.	Web link: http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=1562353
Irish Elders Now - A series of film screenings about older Irish people in Britain	The experiences of older Irish people living in Britain are explored in two films: 'I Only Came Over for a Couple of Years' features interviews with elderly Irish men and women in London with testimonies of coming to London between the 1930s and 1960s,	Contact: k.elsner@londonmet.ac.uk Web link: www.londonmet.ac.uk/pg-

	intercut with footage of the 2003 London St. Patrick's Day Parade. 'Lost Generation' is an RTÉ documentary screened in Ireland in December 2003 which highlights the plight of elderly Irish men in Britain.	prospectus-2004/research/centres/isc.cfm
Recent research into the needs of the Irish in Britain	Summary of Research Project commissioned by the Dion Committee: The impact on policy, and implementation of policy, of recent research into the needs of the Irish Community in Britain	Web link: http://ics.leeds.ac.uk/papers/vp01.cfm?output=ids&folder=112&paper=113
Mental Health Foundation: Black & Minority Ethnic communities and mental health	Information from the Mental Health Foundation on White Irish.	Web link: http://www.mentalhealth.org.uk/information/mental-health-a-z/black-minority-ethnic-communities/

Table seven: Resources for Polish Elders

Resource	Services offered:	Contact:
Huddersfield Polish Elderly Group	Meetings on Wednesday from 11am to 2.30pm (fortnightly).	Tel: 01484 – 424332 Address: 14 South Street, Paddock, Huddersfield, HD1 4UG
Leicester Polish Community Day Centre	This Senior Citizens group has over 200 members who are potentially our new clients for the Day Centre. Most members are 70 or over.	Tel: 0116 2217006 Web link: http://www.leicesterpolonia.co.uk/daycentre.htm
North Staffordshire Polish Day Centre of Holy Trinity Community Centre	They provide Day centre facilities including recreation and leisure time with the aim of improving the quality of life of a person being cared for; provide support to older people from the Polish Community aged 55 and older.	Contact: 01782 397852 Address: London Road, Newcastle-under-lyme, Staffordshire ST5 1QL
Southampton's Polish Community Centre	A day centre is held once a week on a Wednesday for the elder Poles to meet up and a traditional Polish dancing group meets every Sunday. Web site in English and Polish. Tues and Thurs day centre care is available for over 65's.	Tel: 023 8022 4418 Web link: http://www.dailyecho.co.uk/leisure/witamymywhampshire/display.var.847719.0.polak_polakow_podaje_reke.php
Leicester Polish Day Centre	The Polish Day Centre offers cultural, social and educational support to everyone of Polish origin. It also provides help with form filling, interpretation/translation and exchanges of general information. Church services are held daily and twice on Sundays. Day centre care is available for disabled people on Tuesdays and Thursdays. There is a disabled access with a steel ramp and a small lift. Polish spoken.	Tel: 0116 2490873 Web link: http://infolinx.leics.gov.uk/infolinx/infolinx.infolinx_out.getres?id=11819&template=details
Ealing Polish Catholic Community Centre	Polish social club including a lunch club for older residents, plus flower arranging, dancing and trips.	Tel: 020 8567 1746 Address: 2 Windsor Road, Ealing, W5 5PD
Nottingham Polish Senior Citizens Lunch Club	Adult Services support many lunch clubs; an informal opportunity for people to get together at a local venue. Lunch clubs are not the	Tel: 0115 854 9386 Address: 29 Poplar Avenue, Nottingham

	same as day care – usually they are a drop-in service, with no assessment. A cooked lunch will usually be followed by recreational activities such as cards, games and so on.	NG5 1DJ
Courtfield Social & Luncheon Club	Lunch Club 11.30-2pm, Monday-Friday for Polish Elders.	Tel: 020 8567 1746 or 020 8998 8954
Somerset Community Health International Polish Group	The aim of this programme is to provide resources to support the emerging Polish groups and to create a central body which will link the local initiatives together and create one voice for the Polish communities in rural Somerset.	Web link: http://rap.vistaproject.org.uk/page/community_health_international
Somerset Polish Community Association	Somerset Polish Community Association is committed to provide equality support to all Polish speakers who live or work in Somerset and surrounding areas. In our Office we offer an advisory for the Polish community on every Tuesday evening 6pm to 9pm in Yeovil Labour Club. Web site in Polish at:	Contact: rafalskarbek@hotmail.com Tel: 07868723419 Web link: http://www.sbda.org.uk/spa/index.php
Polish Community in the UK	Information on Polish communities in the UK.	Contact: office@zpw.org.uk Web link: http://www.ucl.ac.uk/atlas/polish/community.html
Staffordshire & South Cheshire's Polish Community Online	Provides links to the Polish communities all over Britain.	Web link: http://www.bbc.co.uk/stoke/features/polish/index.shtml
Polish Community Information	Information for the Polish Community in Birmingham, includes information on community events in Polish.	Web link: http://www.birmingham.gov.uk/GenerateContent?CONTENT_ITEM_ID=24590&CONTENT_ITEM_TYPE=0&MENU_ID=260
INFORMATION FOR HEALTH PROFESSIONALS AND VOLUNTARY AGENCIES		
White Immigrants: A portrait of the Polish community in London	By Belinda Brown. Institute of Community Studies Working Paper No.5 - July 2003	Web link: http://www.youngfoundation.org.uk/publications/reports/white_immigrants
Polish migrants survey results	Report from the University of Surrey.	Web link:

		http://www.surrey.ac.uk/Arts/CRONEM/CRONEM_BBC_Polish_survey%20_results.pdf
Suffolk Mental Health NHS	Provides information on Mental Health issues in Polish.	Web link: http://www.smhp.nhs.uk/Home/Polish/tabid/218/Default.aspx
Polish Journal of Old Age Psychiatry (Psychogeriatrya Polska)	A web based scientific periodical which is the official journal of the Polish Association of Geriatric Psychiatry, and the Old Age Psychiatry and Alzheimer's disease Section of the Polish Psychiatric Society. The Polish Journal of Old Age Psychiatry publishes articles in Polish and English regarding the theory and practice of psychiatry for older persons (old age psychiatry). It also includes information about schizophrenia, older-age, nursing care homes, service quality, second - generation antipsychotics, behavioural and psychological symptoms, dementia, Alzheimer's disease, gambling, addiction, persons over 60 years, cognitive-behavioural therapy, depression.	Web link: http://www.fozp.org.pl/_eng/index.php?p=98

Table eight: Resources for Roma, Traveller and Gypsy Elders

<u>Resource</u>	<u>Services offered</u>	<u>Contact details</u>
<p>'Purri Folkie' Gypsy and Travellers Group, Leeds</p>	<p>Leeds Gypsy and Travellers Exchange (Leeds GATE) has secured Community Chest funding to establish a group supporting older people from the Gypsy and Traveller community. The group, called Purri Folkie (Old People), will aim to promote participation and reduce isolation within the target community. Purri Folkie will meet regularly, and will provide information, support and advice to elders, carers and other family members. One of their main aims will be to improve the mental and physical wellbeing of the Gypsy and Traveller community, whose average life expectancy is just 50 years compared to the Leeds average of 78 years. To achieve this aim, group meetings will include outdoor activities as well as visits from health professionals and dieticians.</p>	<p>Contact: Claire Graham claire-g@leedsgate.co.uk.</p> <p>Tel: 0113 234 6556</p> <p>Web link: http://www.leeds.gov.uk/seem/news.html</p>
<p>Herefordshire: Travellers Health Service</p>	<p>Target Groups: Traditional or Romany Travellers, Irish Travellers, New Travellers</p> <p>The Herefordshire Travellers' Health Project was set up to address the serious inequalities in health that exist in this community. The service aims to improve the community's health by: Taking advice and support to the communities; Supporting individuals when dealing with institutions and agencies; Working with others to give an all-round service. The Mobile Unit provides outreach clinics for health care, information and support to these communities.</p>	<p>Contact:</p> <p>01432 343 166</p> <p>Web link: http://www.herefordshire.gov.uk/community_and_living/ethnic_communities/1359.aspp</p>
<p>East Leeds Primary Care Trust</p>	<p>Provide a range of support to ethnic minority voluntary groups across the city. They are particularly interested in working with Gypsy and Traveller groups helping them to identify and highlight their own health needs and to develop new ways of working to</p>	<p>Contact: Kate Gimblett kategimblett@btconnect.com</p> <p>Tel: 07960 727175</p>

	ensure they have better access to all services.	Web link: http://www.travellersinleeds.co.uk/_health/Health.html
South Leeds Primary Care Trust	Offers at the moment individual sessions focussing on mental health issues i.e. anxiety, depression.	Contact: Philippa Ostler Philippa.Ostler@Leedsmh.nhs.uk Tel: 0113 277 4519
Sussex Traveller Health Project	Funded by Department of Health. Its remit is to establish a model of Traveller participation in the promotion of health; to develop the skills of Traveller Women in providing community based health services and to assist in the dialogue between Travellers and Health service professionals; as well as reducing inequalities in existing services & highlight gaps.	Contact: heal.fft@communitybase.org Web link: http://www.gypsy-traveller.org/health/health-project/
Friends, Families and Travellers	ACCESS: An online guide to accessing health services.	Web link: http://www.gypsy-traveller.org/health/access/
The National Association of Health Workers with Travellers	Aims: -To promote and improve the health of all Gypsy/Travellers – settled or mobile - To improve the access of Gypsy/Travellers to mainstream medical services -To support and reduce the isolation of health workers with Gypsy/Travellers -To seek recognition of Gypsies and Travellers as an ethnic minority and for health care to be provided in a framework of equality and non discrimination -To provide a forum for the exchange of knowledge, information and	Tel: 01978 352880 Web Link: http://www.gypsy-traveller.org/health/contacts/

	<p>resources</p> <p>-To act as a national voice to highlight the impact of legislation and local policies on the health and welfare of Gypsy/Traveller communities</p>	
<p>Doncaster's Gypsy and Traveller Strategy Group</p>	<p>Doncaster has the largest Gypsy and Traveller population in the country. This is estimated at between 4,000 and 6,000 people, about two per cent of the population. The strategy group was set up in 2003 and its aims are to: share information and good practice; present a more joined-up way of working with Gypsies and Travellers; dispel some of the myths, break down some of the barriers, and look to making improvement where there was social exclusion and develop Gypsies and Travellers as a community.</p>	<p>Contact: steven.plater@doncaster.gov.uk</p>
<p>INFORMATION FOR HEALTH PROFESSIONALS</p>		
<p>CSIP BME Mental Health Project</p> <p>Sheffield Racial Equality Council (SREC) + South Yorkshire Race Discrimination Service (SYRDS)</p> <p>Research</p>	<p>Objectives/Purpose of Project: To raise awareness of mental health issues and access to care for Irish, gypsy and Traveller communities. To open up dialogue with these communities and statutory organisations and to feed back to key policy makers. Want to reduce stigma and taboo around mental health within these communities, break down fear and inform community of where they can seek help. Target Community: Gypsy travellers across the four target areas</p>	<p>Web link: http://www.cdx.org.uk/news/odds/CEprojects2007NoCD.doc</p>
<p>CSIP BME Mental Health Project</p> <p>Irish Community Care Merseyside - ICCM (Lead) +</p>	<p>Objectives/Purpose of Project: communities about mental health services and how these communities access the services with the aim of developing more responsive and relevant services; decreasing the fear around access to services; improving the satisfaction of</p>	<p>Web link: http://www.cdx.org.uk/news/odds/CEprojects2007NoCD.doc</p>

<p>Asylum Link, M.C.C.D.A</p> <p>Research</p>	<p>service users; giving service users a more active role in developing services. : A partnership of three organisations working across three communities. The project aims to look at the information available to the target. Target Community: Chinese Elders; Irish Travellers; Asylum seekers and refugees</p>	
<p>CSIP BME Mental Health Project</p> <p>Age Concern Herefordshire and Worcestershire</p> <p>Research</p>	<p>Older people in the Pakistani, Bangladeshi, Chinese and Traveller communities.</p> <p>Objectives/Purpose of Project: To improve communication between the older BME community and service providers about the needs of the target community and to investigate current service provision to determine its appropriateness and responsiveness; to engage the community in the planning of services and increase user satisfaction</p>	<p>Web link: http://www.cdx.org.uk/news/odds/CEprojects2007NoCD.doc</p>
<p>CSIP BME Mental Health Project</p> <p>Derbyshire Gypsy Liaison Group</p> <p>Research</p>	<p>Objectives/Purpose of Project: To explore what effect living in a house has on the mental health of Gypsies and Irish Travellers; to increase the engagement and understanding of target community in provision and planning of mental health services; to decrease the amount of fear surrounding services; to increase the satisfaction of service users. Target Community: Romany Gypsy and Irish Travellers</p>	<p>Web link: http://www.cdx.org.uk/news/odds/CEprojects2007NoCD.doc</p>
<p>CSIP BME Mental Health Project</p> <p>Gypsy Traveller Panel</p> <p>Research</p>	<p>Objectives/Purpose of Project: Increasing awareness of mental health amongst the travelling community, increasing the awareness of service providers to the needs of the community, reducing fear, developing more appropriate and responsive services. Target Community: Gypsy Travellers</p>	<p>Web link: http://www.cdx.org.uk/news/odds/CEprojects2007NoCD.doc</p>
<p>'Making a Difference'</p> <p>Gypsies and Travellers in Leeds:</p>	<p>The Travellers Health Partnership work to improve the health and living conditions of Travellers in Leeds and the following information is from their report 'Making a Difference': Travellers suffer from</p>	<p>Full report downloadable at:</p>

<p>A study by the Travellers Health Partnership</p>	<p>poor health; Travellers face discrimination and abuse on a daily basis; The Traveller community is one of the most disadvantaged, yet most under resourced.</p>	<p>http://www.travellersinleeds.co.uk/_health/travellersHealthPartners.html</p>
<p>'A Better Road' Information for Health Care and other professionals</p>	<p>A Better Road is a booklet produced by Derbyshire Gypsy Liaison Group in collaboration with the Derbyshire Traveller Issues Working Group. The purpose of this booklet is to help health care staff and other professionals understand the Gypsy/Traveller culture.</p>	<p>To Obtain a Copy of the Booklet, write to: Derby Gypsy Liaison Group, Ernest Bailey Community Centre, Office 3, New Street. Matlock, DE4 3FE. Tel: 01629 583 300 Web link: http://www.travellersinleeds.co.uk/_health/HealthaBetterRoad.html</p>
<p>Caring for Minority Ethnic elders in Europe (Article)</p>	<p>By Hazel Waters 15 December 2004 From the <i>Summary Findings</i> from the Minority Elderly Care (MEC) project (PRIAE).</p>	<p>Web link: http://www.irr.org.uk/2004/december/ha000011.html</p>
<p>Why the Roma matter in Europe (Article)</p>	<p>By James D. Wolfenson, President, World Bank and George Soros, Chair, Open Society Institute 15/7/2003</p>	<p>Web link: http://www.blink.org.uk/pdescription.asp?key=2271&grp=18&cat=104</p>

Table nine: Resources / information available in other languages

<p>Alzheimer's Society</p>	<p>Offer 'Remember me ...' a video to introduce dementia and caring with African Caribbean communities. Available for £3 (to cover postage and costs)</p>	<p>Tel: 020 7306 0804 Contact: info@alzheimers.org.uk</p>
<p>Community Outreach: Reaching out to all African Caribbean Elders 65+</p>	<p>Community outreach is a service for all black African Caribbean Elders 65+ who don't know or realise there is help, support and other services that they are entitled to. Its a free service. The purpose of the Community Outreach Worker is to visit individuals homes and offer support, and give advice about local council/health services available.</p>	<p>Tel: 0121 3842274</p>
<p>Alzheimers Society</p>	<p>Information for black and minority ethnic communities. Including: Leaflets: The Alzheimer's Society general leaflet 'Are you looking after someone who is confused and forgetful?' is available free of charge in 16 languages: Bengali, Chinese, English, Farsi, Greek, Gujarati, Hindi, Italian, Polish, Punjabi, Russian, Somali, Spanish, Turkish, Urdu and Vietnamese. Audio Tapes: An introduction to dementia audio tapes are available in Polish, Hindi and Cantonese with English on the reverse. They last 8 minutes and cost £4 each.</p>	<p>To order leaflets please contact the information team Tel: 020 7306 0804 Fax: 020 7306 0808 Contact: enquiries@alzheimers.org.uk Tel: 020 7306 0606 Contact: pubsorders@alzheimers.org.uk</p>
<p>Alzheimer's Society: Alzheimer's national helpline</p>	<p>Callers to the helpline whose first language is not English can now request the services of an interpreter. A caller simply calls the helpline number 0845 300 0336 and indicates the language they require to the helpline adviser. They will need to give a telephone number so that they can be called back. The caller will then be called back by the interpreter who will stay on the line throughout the call to translate for both helpline adviser and the caller.</p>	<p>For more information, please contact the helpline team: Tel: 020 7306 0606 Contact: info@alzheimers.org.uk</p>
<p>Hull NHS: Directory of Mental health Information and Support for BME Communities.</p>	<p>Have identified a range of existing information and guidance on mental health available in a range of languages on many different websites.</p>	<p>Web link: http://www.heros.org.uk/docs/BME%20mental%20health%20directory%20April%</p>

		202007.pdf
Royal College of Psychiatrists	Leaflet on Depression and Older Adults – in Chinese and English	Web link: http://www.rcpsych.ac.uk/pdf/chiah3.pdf (Chinese) http://www.rcpsych.ac.uk/mentalhealthinformation/mentalhealthproblems/depression/depressioninolderadults.aspx (English)

<p>MIND: translated information on depression and mental well being.</p>	<p>MIND have translated some information booklets into a range of community languages. The languages and booklets have been chosen according to resources available. Languages include: Albanian, Arabic, Bengali, Chinese, Farsi, Filipino, French, Gujarati, Hindi, Japanese, Polish, Punjabi, Somali, Spanish, Turkish, Urdu and Welsh.</p>	<p>Web link: http://www.mind.org.uk/Information/BT.htm</p>
<p>MIND: Dementia</p>	<p>Booklet: Confused and forgetful, available in Farsi, Greek, Gujarati, Hindi, Italian, Polish, Punjabi, Russian, Somali, Spanish, Turkish, Urdu and Vietnamese, from the Alzheimer's Society.</p> <p>Information about Alzheimer's disease and other forms of dementia, available in Arabic, Bengali, Chinese, Croatian, Danish, Dutch, Finnish, French, German, Greek, Hebrew, Hindi, Italian, Japanese, Korean, Macedonian, Maltese, Norwegian, Polish, Portuguese, Romanian, Russian, Serbian, Spanish, Swedish, Thai, Turkish, Urdu and Vietnamese, via the Alzheimer's Disease International website .</p>	<p>Web link: http://www.mind.org.uk/Information/Factsheets/Diversity/Mental+Health+in+Translation.htm#Dementia</p> <p>Web link: http://www.alz.co.uk/alzheimers/languages.html</p>
<p>NHS: Dementia</p>	<p>Provides Information on Introduction ; Symptoms ; Causes ; Diagnosis ; Treatment and Prevention in Urdu, Turkish and Portuguese.</p>	<p>Web link: http://www.nhsdirect.nhs.uk/articles/article.aspx?articleid=124</p>
<p>MIND Translated booklets</p>	<p>Mind's booklet: Understanding depression , available in Albanian, Arabic, Bengali, Chinese, Farsi, French, Gujarati, Somali, Spanish and Turkish.</p> <p>Mind's booklet: Understanding mental illness, available in Bengali, Cantonese, Gujarati, Hindi, Punjabi, Somali, Turkish and Urdu, from Mind.</p>	<p>Web link: http://www.mind.org.uk/Information/Factsheets/Diversity/Mental+Health+in+Translation.htm#Dementia</p>
<p>Age Concern: Blackburn</p>	<p>Materials include a calendar with traditional images, an information sheet and bookmark. This information on dementia is available in Urdu and Gujarati.</p>	<p>Contact: Vivky.Shepherd@ageconernblackburn.co.uk</p>
<p>MIND: Leaflets in Chinese</p>	<p>The following leaflets are available: How to improve your mental wellbeing Chinese Understanding mental illness Cantonese Understanding depression Chinese</p>	<p>Web link: http://www.mind.org.uk/Information/BT.htm</p>

	Understanding schizophrenia Chinese	
Alzheimer's Society	Polish Audiotape on Dementia. Available to listen to online.	Web link: http://www.heron.nhs.uk/publicationdetails.asp?formatid=2947
Alzheimer's Society	Leaflet: 'Are you looking after someone who is confused and forgetful?' is available free of charge in Polish.	Web link: http://www.alzheimers.org.uk/About_our_work/About_the_Society/bme.htm
MIND	Leaflet: 'Understanding Depression' available in Polish.	Web link: http://www.mind.org.uk/Information/BT.htm