

Welcome

Community Engagement Project

Presentation by:

Wazir Muhammad

**Senior Community Development
Worker**

BME Mental Health

Project Aims

- To research difficulties faced by BME communities in accessing mental health services
 - How are the issues of BME communities are different than the white community & each other
-
-

Key groups

- 1) **South Asian Men**
 - 2) **South Asian Women**
 - 3) **Asylum seekers & Refugees**
 - 4) **White Community**
-
-

Project Management

- BAND manager & Senior CDW
 - A robust steering group
 - Bolton Primary Care Trust
 - Local Authority
 - BSTMHT
 - BRASS
-
-

- Funded by NIMHE (National Institute of Mental Health)
 - Supported by Uclan (University of Central Lancashire)
 - Duration - 10 Months
-
-

- 4 researchers were employed by BAND to research each category
 - Research tools
 - Questionnaires
 - One to one interviews
- 114 people in total were interviewed
-
-

Support & Training

- Fortnightly visits from a support worker from Uclan
 - Series of workshops
 - Mental Health
 - Research
 - Any other training
-
-

Ethnicity

Out of 114 people interviewed

- Asian Women 30
 - Asian Men 24
 - Asylum Seekers & Refugees 30
 - White 30
-
-

Ethnicity

	Asian Women	Asian men	Asylum/refugee	White
Arabian	1			
Asian				
Balgnladeshi	1			
Black African			29	
British Asian		1		
Indian	16	18		1
Kashmiri	1			
Nigerian	1			
Pakistani	10	5		
White British				27
White other			1	2 (Scottish)

Language

- Asian Men, Women and Asylum seekers
 - Only 9 out of 84 had English as their first language

Religion

- Muslim 53
 - Christian 40
 - Hindu 7
 - No religion 8
 - Other Religion 6
-
-

Location

- Most respondents come from the most deprived wards in Bolton
 - Asian Men & Women 67%
 - BL1
 - BL3
 - A/s & Refugees 50%
 - BL1 & BL2
 - White
 - BL1, BL2, BL3, BL4, BL6
-
-

Employment

- Employed Full time 18 %
 - Employed part time 4%
 - **Unemployed**
 - Asian Men 42%
 - Asylum Seekers 27%
 - White 10%
 - Housewife
 - Asian women 60%
 - Asylum seekers 10%
 - White none (out of 15 females)
-
-

Major Symptoms

	Asian Women			
Sad/ down/ depressed	94%			
Sleep Problems	74%			
Feeling Angry	67%			
Withdrawn	60%			
Anxious	60%			
Hearing Voices Seeing things	30%			

Major Symptoms

	Asian Women	Asian men		
Sad/ down/ depressed	94%	38%		
Sleep Problems	74%	46%		
Feeling Angry	67%	38%		
Withdrawn	60%	34%		
Anxious	60%			
Drug/ Alcohol		17%		
Hearing Voices Seeing things	30%	17%		

Major Symptoms

	Asian Women	Asian men	Asylum/refugee	
Sad/ down/ depressed	94%	38%	27%	
Sleep Problems	74%	46%	30%	
Feeling Angry	67%	38%	44%	
Withdrawn	60%	34%		
Anxious	60%		44%	
Hearing Voices Seeing things	30%	17%	17%	
Drug/ Alcohol		17%		

Major Symptoms

	Asian Women	Asian men	Asylum/refugee	White
Sad/ down/ depressed	94%	38%	27%	63%
Sleep Problems	74%	46%	30%	60%
Feeling Angry	67%	38%	44%	64%
Withdrawn	60%	34%		
Anxious	60%		44%	
Hearing Voices Seeing things	30%	17%	17%	20%
Drug/ Alcohol		17%		17%

Diagnosis

	Asian Women	Asian men	Asylum/refugee	White
Depression	77%	50%		54%
Anxiety	30%	17%		47%
Schizophrenia	20%	21%		17%

Only 4 Asylum Seekers mentioned depression and stress

Causes – Asian Women

1. Abuse – Emotional, mental
 2. Relationship breakdown/ problems
 3. Physical abuse
 4. Financial matters
 5. Employment
 6. Sexual abuse
 7. Housing
 8. Racial Harassment
 9. Immigration
 10. Black Magic
-
-

Causes – White communities

1. Emotional, mental abuse
 2. Attitudes/ opinions of others
 3. Relationship breakdown/ problems
 4. Employment
 5. Breavment
 6. Financial matters
 7. Sexual abuse
 8. Physical abuse
 9. Hereditary
 10. Drug Alcohol
-
-

Causes – Asylum Seekers/Refugees

1. Financial matters
 2. Immigration
 3. Employment
 4. Relationship breakdown/ problems
 5. Abuse
 6. Housing
 7. Racial Harassment
-
-

Causes – Asian Men

1. Nothing specific
 2. Employment
 3. Emotional abuse
 4. Financial matters
 5. Racial Harassment
 6. Relationship problems
- Other specific reasons
 - Immigration

Knowledge of Services

- Asylum seekers and refugees showed literally no knowledge of any specific mental health services only 2 were aware of any help



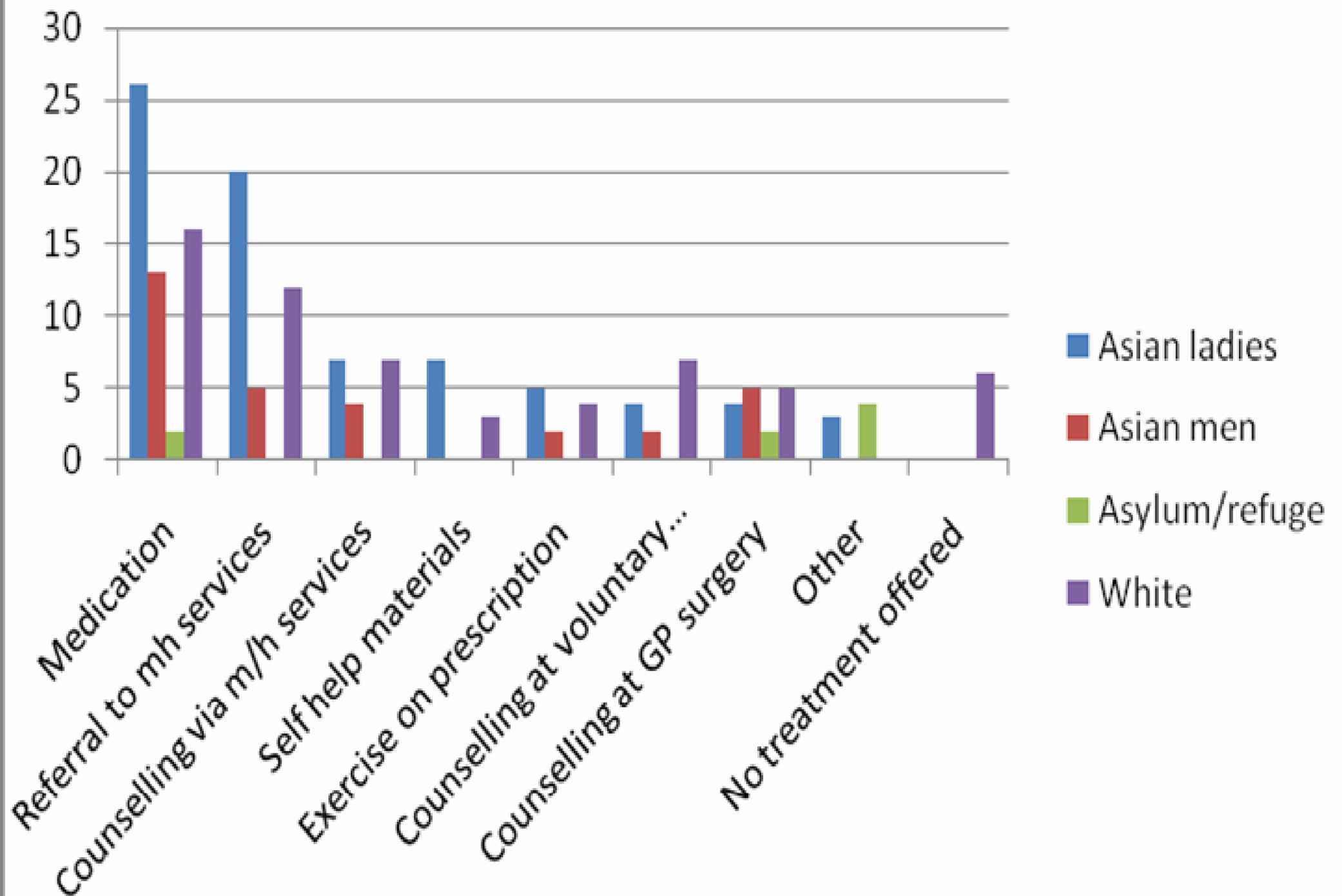
Consultation with GPs

- Asian Women 93%
- Asian Men 63%
- White 83%
- Asylum Seekers & Refugees 16%



Most offered treatment by the GP

1. Medication
2. Referral to other mental health services
3. Counselling



Support for carers

- None of the respondents were aware of any support for their carers



Recommendations

- Education, Information, Awareness
 - Mental Health Services
 - Service providers
 - Symptoms, treatments
 - Information in different formats
 - Word of mouth
 - Audio/video
 - Translated written materials
-
-

- Workforce

- Culturally representative
- Culturally competent



- Support for carers



A big THANK YOU

Ann Gellespie	Community Safety Services, Bolton Council
Catherine Hay	Community Nurse, Asylum Team
Dr. Aqueel Hashmi	Senior Consultant Psychiatrist, Bolton Salford Trafford Mental Health Services
Dave Maguire	Manager Primary Care Mental Health Service
Emma Spencer	Mental Health Commissioning Manager Bolton PCT
Manjeet Singh	Race Equality Lead CSIP North West
Nadia Ahmed	UCLAN
Ray Collett	Chairman BRASS
Sue Hird	Senior Manager BSTMHT
Val Chawla	UCLAN
Ayesha Issat	SAHARA Drop-in
Shabbir Talati	SAATHI Drop-in
M Abidi	New Somali Community Centre
All the participants	from all the communities in Bolton

This document was created with Win2PDF available at <http://www.win2pdf.com>.
The unregistered version of Win2PDF is for evaluation or non-commercial use only.
This page will not be added after purchasing Win2PDF.