

# Tanveer Choudhry Jasvinder Kainth Ajaib Khan

Good Practice Community  
Development Work  
in BME communities

# Engaging and Empowering the community

- Engage the community directly to enable bottom up approach.
- Get to know community views and concerns to be able to meet their needs
- Find out their individual needs
- Make them feel empowered

# Aap Ki Awaaz Project

- Research in Pakistani community to seek their mental health concerns, views and needs.
- 152 respondents
- Key stakeholders involved
- Good network and working partnerships
- A prime example of good practice

# Aap Ki Awaaz Project

Example of Good practice:

- Engagement with community
- Capacity building for researchers
- Networking and working partnership
- Highlight the needs and concerns of the community
- Enable future planning in light of recommendations from the project

# Moving Forward

- - Raising Awareness in Mosques
- - Training for Imams and religious leaders
- - Raising awareness through media
- - Consulting with and supporting other cdw's

# Imams Training

- Seminar with local Imams and mental health professionals
- Sub groups to maintain links
- - 12 WEEK IMAMS TRAINING PROGRAMME

# Imams Training

- 20 Imams and mosque teachers from across West Midlands
- First national pilot
- Partnership – CSIP, BSMHT, Rethink, Stephen Maynard Associates
- Aim - Develop their ability to support those who suffer and their carers

# Imams Training

- 12 week training programme
- Informs about mental health and how Imams and mosques can play an important role in engaging with their congregations and working closely with local mental health services, statutory and voluntary

# Imams Training – why?

- Ensure there is a shared understanding of mental health
- Encompass a faith prospective and professional knowledge
- Develop access points to existing care pathways in mental health services
- To enable faith leaders to promote mental health

# For more information

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Project reports on [www.rethink.org](http://www.rethink.org)

# Breaking Silence DVD

- Working specifically with South Asian Communities
- Ashram Housing Association/Heart of Birmingham PCT
- Through a short monologue it was identified there is a need to raise awareness with South Asian Communities using a variety of audio visual formats
- Looking at service users experiences and through consultation work 'Breaking Silence' was created

- Used as part of a training tool kit to take out to raise awareness of mental ill health targeting Schools
  - Professionals
  - Faith based organisations
- Training pack will be available from Ashram Housing Association from early 2008

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