

Outreach

Engaging with Brent's diverse communities

Profile of people, groups and places

Brent CCG has focused on broadening its outreach to grassroots communities during 2018/19. Below are examples of outreach work for commissioning intentions, Dementia, Mental Health. We also collected stories of patients and carried out equality monitoring as far as possible.

1. Commissioning Intentions outreach

	Date	Venue	Event
1	06/08/18	Roundwood Park	Young people and community Event
2	30/08/18	Asian Peoples Disabled Alliance(APDA)	APDA celebration event
3	01/09/18	Harrow School Grounds	Cancer Black Care event promoting Cancer awareness
4	10/10/18	The HUB	World Mental Health Day hosted by Heista
5	13/10/18	Cancer Black Care offices on Acton Lane NW10 8UT	Black Cancer Support Group for BAME community
6	17/10/18	Willesden Medical Centre	Brent Carers Centre Mental Health Support Group
7	24/10/18	Brent Civic Centre	Connexions Event for Learning Disabilities
8	31/10/18	Brent Mencap premises on High Road, Willesden	Learning Disability support group.
9	02/11/18	CVS Building in Wembley	BE HEARD monthly meeting.
10	15/11/18	APDA Premises in Harlesden	APDA Diwali Celebrations

Profile of participants

- A number of public engagement events took place at Roundwood Park, APDA, World Mental Health Day, Connexions event. Approximately 250 people were personally engaged with.
- Focus groups were held with:

- Black Cancer Care (17 participants – 90% of whom were from BAME communities)
- Brent Mencap (16 participants with varying levels of learning disabilities)
- BE HEARD (10 participants all aged over 75 years of age)
- Many of the events were attended by people from the South Asian community who expressed their frustration about sharing their views because of their lack of confidence in speaking in English. This has informed the Case Study attached in Appendix 2.

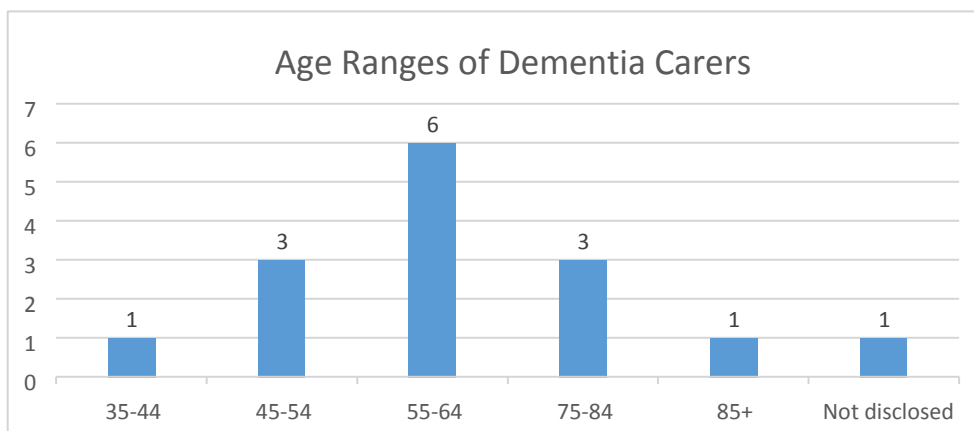
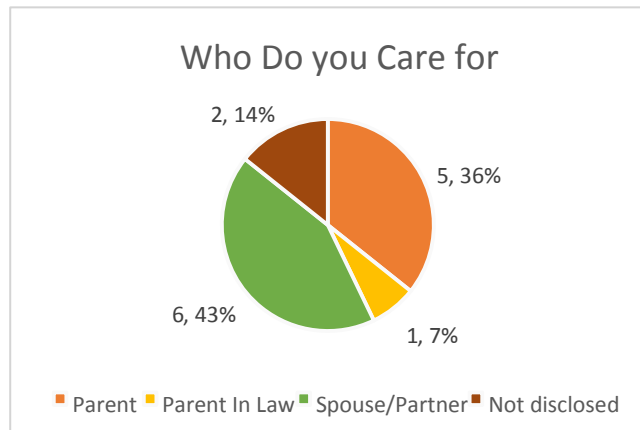
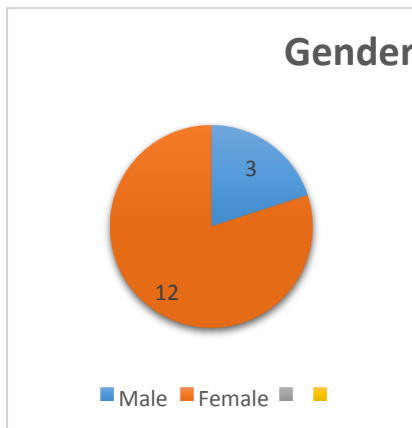
2. Dementia Carers Support Services

Event	Date	Time	Venue	Event
1	12/09/18	11am-1pm	Sudbury Methodist Church	Dementia support group
2	03/10/18	12.30-4pm	Sattavis Patidar Hall	“Lets Discuss Ageing and Dementia” event by NIHR
3	22/10/18	11am-3pm	City Mission	Dementia Support group
4	02/11/18	11am-1pm	CVS Building	BeHeard group meeting
5	11/12/18	1pm-3pm	St. Erconwalds Church	Carers Group meeting*
5	15/11/18	11am-3pm	APDA Centre	Diwali Celebrations.
6	30/11/18	10am-3pm	Sattavis Patidar Hall	Brent Carers-Carers Rights Day

Profile of participants (110 people were engaged with directly and additional number was engaged indirectly and these were a combination of stallholders, participants, service users and professionals.

Age profile	Gender	Race	Sexual orientation	Faith
18-80	90 female; 20 male	60% BAME, 40% White Europeans	Not requested.	Not Requested.

*Profile of 15 carers at carers group meeting. On Monday 11th December 2017 held at St. Erconwalds Church, Parish Hall, 112 Carlton Avenue East, Wembley, HA9 8NB 1.00-3.00pm



3. Winter outreach

Date	Time	Venue	Event
15/1/2019 and 22/1/2019	12pm-3pm	Barham Community Library	Community hub activity group
23/1/2019	10am-1pm	Harrow CCG	Training as Digital Ambassador for Health App
23/1/2019	5.30-8.00pm	Sattvis Patidar Hall	Health Partners Forum (HPF)
28/1/2019	11am-2pm	Preston Community Library	Community hub activity group

29/1/2019	11.30-1pm	660 Harrow Road	Parent toddler group
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Profile of participant (150 people were engaged with).

Age profile	Gender	Race	Sexual orientation	Faith
18-60	75% were women	70% described as non-white at HPF	93% described themselves as Heterosexual at the HPF	56% Christian 6% Jewish 12.5% Bhuddist 12.5% No religion

Real people Real stories

I love Barham Community Library – it has opened up a whole new world for me and the volunteers are so positive.

Mrs S, a 55 year old widow normally spends the winter months in the Caribbean to keep well as she suffers from mild depression and finds the UK winter months difficult. However, for the past few years she found that she couldn't afford to go to the Caribbean and instead found herself visiting her GP more frequently presenting with common winter ailments including coughs, flu and depression. Her GP suggested Mrs S could consider joining an activity group which would help to elevate her moods and help her to make some new friends because he felt she felt isolated and lonely.

Mrs S joined Barham Community Library's social activities where she found new friends and a new lease of life by taking up walking with a group of fellow walkers. She loves the after-walk coffee and chats – and there are lively characters which make her laugh.

Mrs S says it is the best thing she has done for herself - her health has improved, she is eating more healthy foods and she is not dependent on antibiotics and explores natural home remedies which help her to keep well, and self-manage herself.

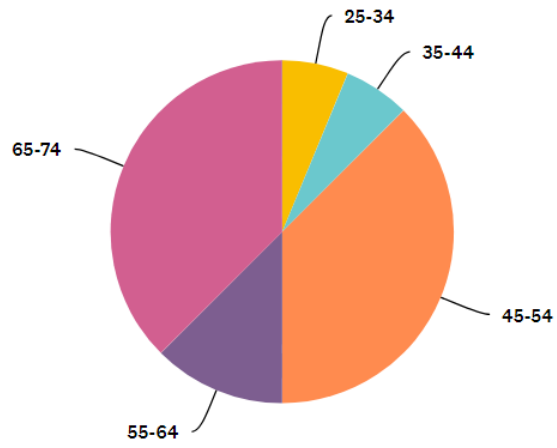
4. Participants attending the Health Partners Forum

Q1



How old are you?

Answered: 16 Skipped: 1

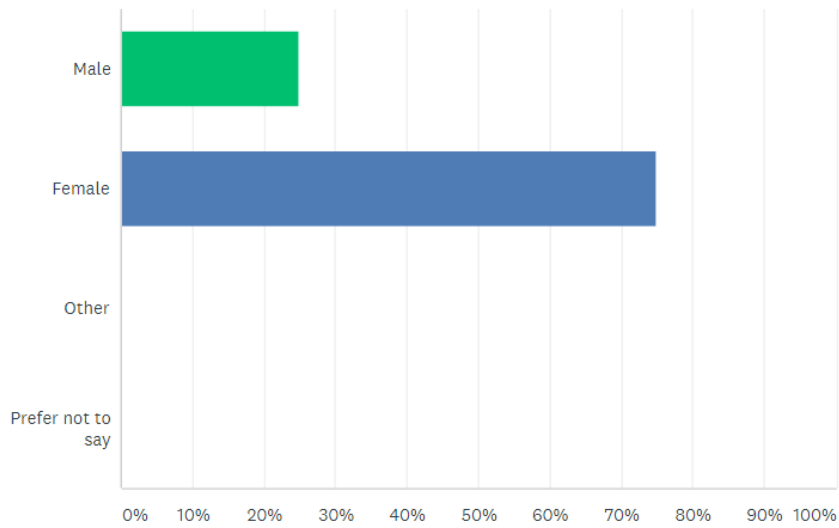


Q2



What is your gender?

Answered: 16 Skipped: 1

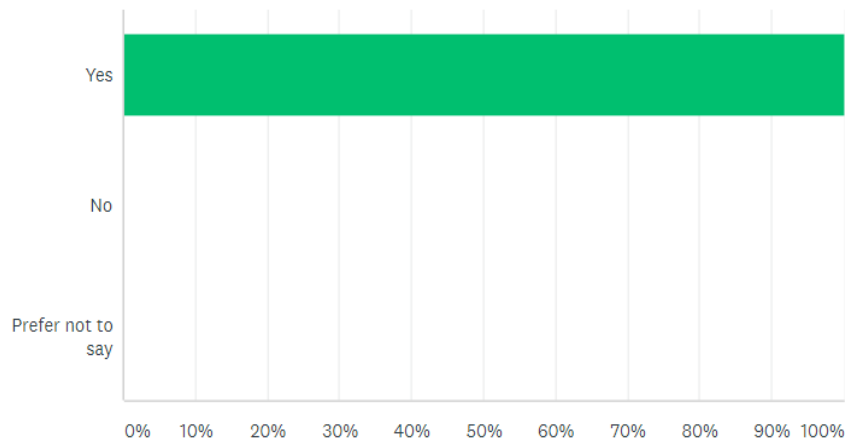


Q3



Is your present gender identity the same as when you were born?

Answered: 16 Skipped: 1

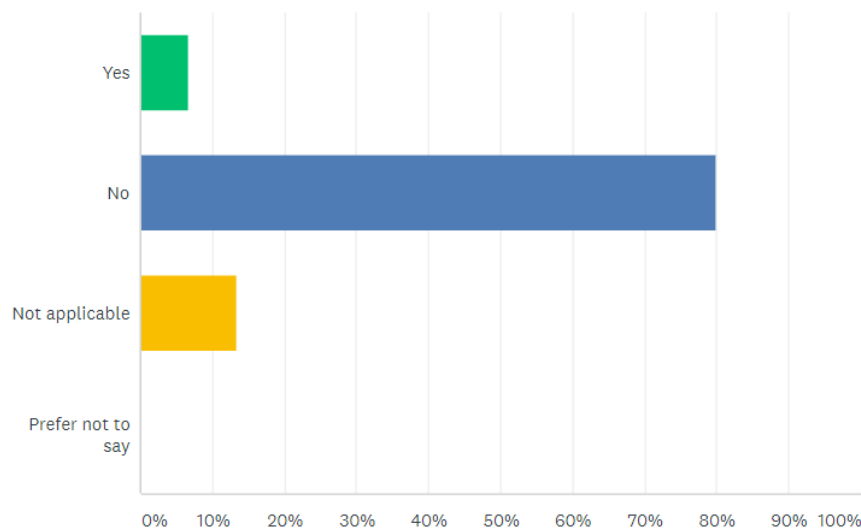


Q4



Are you currently pregnant or have you given birth within the last year?

Answered: 15 Skipped: 2

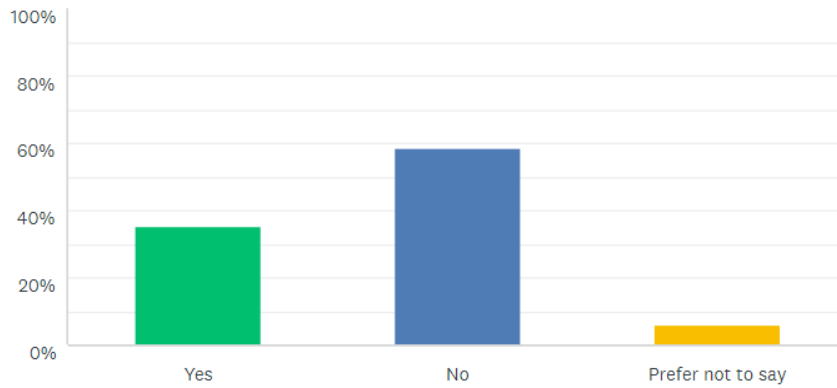


Q5



Do you have disability, long-term illness, or health conditions?

Answered: 17 Skipped: 0

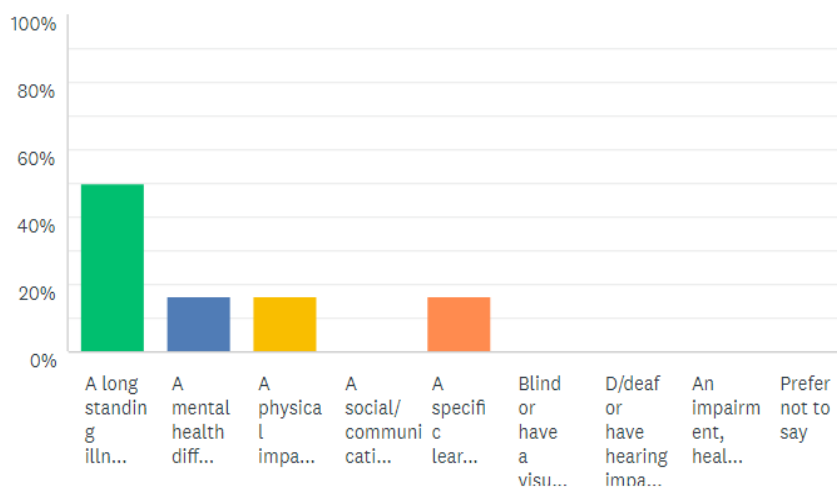


Q6



Please can you tell us what your disability, long-term illness or health condition relates to?

Answered: 6 Skipped: 11



5. Suicide prevention in men



Focus group with Muslim men

Date	Time	Venue	Event
06/01/2019	12pm-3pm	Empire House	Health and Happiness for All meeting

Profile of participants (7 people were engaged with).

Age profile	Gender	Race	Sexual orientation	Faith
18-70	100% were men	100% engaged were Asian men from Indian sub-continent	Not requested	Islam

Case study

Taking medication for my depression and suicidal feelings was not helpful as I wanted to visit somewhere where I share my feelings without being judged. (Mr Khan)

As a 70 year old Muslim man, Mr Khan who has depression, went through 2017 feeling suicidal. He felt he didn't fit in the British society and felt increasingly isolated when his children started to drift away from him and did not give him the respect he felt he deserved which would have come if he lived in Pakistan. Mr Khan had 2 failed attempts at suicide by overdosing on his medication. He

wanted to try again, but could not reconcile himself with the burden of committing a sin on account of his beliefs. Mr Khan struggled daily with his suicidal feelings so finally decided to speak to his GP who prescribed him medication for his depression and referred Mr Khan to "Talking Therapies". Mr Khan didn't feel comfortable talking about his suicidal feelings as he felt the therapist did not fully understand the cultural values he had grown up with. Medication was not helping either. Having struggled

with suicidal feelings, Mr Khan came upon “Health and Happiness” organisation which helped him to overcome his suicidal feelings by providing Mr Khan a safe and understanding place to talk especially about his conflict with being a Muslim and his children not following traditions and religious values of Mr Khan. Through CBT and other support, Mr Khan has overcome his suicidal feelings and now volunteers in helping others who have mental health.