

Sharing Voices

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Get Well Soon!

We wanted to wish two of our staff members, Faisal Tariq (Service Manager) and Ishtiaq Ahmed (Strategic Director) a speedy recovery! We can't wait to have you both back in the office as soon as you are both back to full health.

Welcome Back Sarah!

We also want to take this opportunity to welcome Sarah back to SVB after she was off for maternity leave. Sarah is our Community Development Worker (Young People). We are all excited that you're back.



What's been going on?

Mental Health Workshop

Mohammed Zahid (who is one of SVB's community development workers) delivered a Mental Health workshop on Sunday to the Al Hikmah youth group in Keighley! The turn out was great, thank you for such a great response



Coffee with PC Elliot!

Coffee and morning discussions over our well-being projects are with PC Elliot, Mohammed Zahid (Faith development worker) & Lilly Butt (Manager, BAME Women). We look forward to continuing building this relationship with The West Yorkshire police services to help our communities.



Sharing Voices re-start in-reach work at Lynfield Mount Hospital.

Sharing Voices have been providing in-reach work for many years by visiting the acute wards at Lynfield Mount Hospital to meet with adults representing BAME Communities detained under the Mental Health Act or are admitted as informal patients.

Due to the breakout of Covid-19 this work had to be postponed for around a year.

Sharing Voices have now re-started the in-reach work and have begun visiting Oakburn, Maplebeck and Ashbrook wards since 28 June 2021.

The Mental Health Act Statistics, Annual Figures Report 2019 – 2020 produced by NHS Digital indicate that in UK alone 50,893 new detentions under the Mental Health Act were recorded, but the overall national totals will be higher. This is possibly due to Covid-19 and the impact it has had on mental health. More data will be released in the 2020 -2021 Report.

Sharing Voices understand that people may feel isolated when on the wards and furthermore feel socially isolated, confused, and lost when discharged back into the community. By not having the right support in the community people can begin to deteriorate again. Through a simple non -clinical approach we can visit and engage with BAME adults on the wards to support them, represent and re-assure them that they are not alone.

Staff at Lynfield Mount Hospital can refer patients to Sharing Voices Bradford so they can be supported further upon discharge. We will work with our clients through tailored one to one and group support and empower them to find ways to move forward in their lives whilst believing that they are not alone. Sharing Voices is Here For You.

For further information, please contact Abeed or Lilly at Sharing Voices Bradford.



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Our Projects

At Sharing Voices, we have many on-going projects which are all focused on improving mental health in the BAME communities. These are a few of the projects we have been focusing on this month.

The allotment project- Led by Abeer

Svb want to use the allotment to provide a green space where our service users/visitors can benefit mentally and physically through the cultivation of plants, fruits, and vegetables. The space will be used for the facilitation of wellbeing groups and learning sessions in an outdoor space connecting people to nature to help them further on the path towards recovery and fulfilment whilst also reducing health inequalities.



Resilient Dads project- Led by Ashfaq Ahmed

'Are you a father, or male care giver to a young child? Do you want to give your child the best start in life ?' This project is aimed at to all, in particular members of the BAME community to help dads understand Childhood Development and be the best possible parent they can be.



Suicide Prevention Project- Led by Sean Dobiech

The SPP is something that Sean (Service Manager) and Uzma (Community Engagement Manager) have been working over the past month. The campaigns focus was on encourage an open conversation for men to speak about there mental health in a effort to help reduce men's suicide rates.



CABAT Project- Led by Uzma Kazi

The CABAT project is run by Uzma (Community Engagement Manager) who hosts the community conversations sessions. The purpose of these sessions is to create a space for reflection and connection. It is specifically aimed at people with BAME heritage to give them a space to talk about all topics related to health and wellbeing.

