

10 Oct 2021

Write Mind

World Mental Health Day edition

Report on mental health support for South Asian communities

Stigma surrounding mental health is still preventing people from South Asian communities accessing support, according to a special report.

Mind in Bradford and Leeds Mind held a series of focus groups with residents from British South Asian backgrounds to find out their thoughts, experiences and ideas around mental health.

As well as stigma, shame, guilt and embarrassment were common themes with both men and women. Family pressures and lack of accessible information were also listed as barriers.

The Equality Improvement Learning Exchange project aims to share and develop equality and diversity strategies, identify gaps in support, find out what services would be welcomed and learn how best to engage with different communities.

Recommendations from the female focus group included providing support through school settings and learning other skills, and peer support.

Using South Asian role models, providing safe spaces and peer support were among the recommendations from the

male focus group.

The report notes that research shows people from ethnically diverse communities are often hiding mental health issues because of cultural stigmas.

“We want to break down barriers by going to communities, rather than expecting communities to come to us,” the report says.

This year’s theme for World Mental Health Day is ‘mental health in an unequal world’.

National Mind is also urging everyone to ‘do one thing’. See inside for our special pull-out on #DoOneThing ideas.



New Chair of Trustees

Mind in Bradford has a new Chair of Trustees.

Ruth Mulryne is an experienced consultant, CEO and trustee, including board member at York Mind and former head of the charity Women's Health Matters.

She takes over the post from John Vincent, who has retired after four years as Chair.

Ruth said she was delighted to join Mind in Bradford, adding: “What a warm

welcome I've received from the Board and team!

“I am inspired by the depth and impact of our work to support people with their mental wellbeing.

“The team's passion and expertise will enable us to continue to reach people with our vital services and make the best possible difference to the mental health and wellbeing of the greatest number of people.”



 **mind in Bradford**
www.mindinbradford.org.uk



Mental health in an **Unequal** world

The theme for World Mental Health day on October 10 is *Mental Health in an Unequal World*. Ian Lamb caught up with Mind in Bradford's Serious Mental Illness programme manager Masira Hans to talk about equality and diversity.



What is meant by SMI and how has the programme been received both by other organisations and clients? How does it work?

SMI stands for Serious Mental Illness and the project has been received well as it brings together various people working across Bradford and Craven where we look at helping our patients or clients both in a physical health sense as well as their mental health. People who may suffer with illnesses such as psychosis or schizophrenia and who may be on long term medication, it's important for these people to have regular physical health check-ups so we will invite people with an SMI to see their GP.

What examples of preventable physical health conditions can you give?

Such physical health conditions could include diabetes, cardiac issues, and having something like a blood pressure check can help to raise awareness of such things that can be treated. It can show how important it is to look after both your mind and body.

I know you have run surveys about the challenges people are facing? How can MiB and wider organisations help to meet these?

The various surveys we ran (and are still running) create an opportunity for people not just at MiB but across the NHS in Bradford to share their opinions about where we can collaborate together to reach the best outcome for our clients. By coming together we can hopefully eliminate the challenges people face across our district; knowing where to go or how to go about it is going to be both good practice and practical too.

With the challenges, have you found your counselling and psychology skills to have been effective?

Yes indeed! I'm aware of creating a safe space for people to be honest and holding open conversations which at times are going to be challenging, even scary. Mental health can affect the whole family as well as the person involved, and having an understanding of how isolating and frustrating it can be going through a difficult time with mental health is useful. Also knowing that with something like schizophrenia, it's often

misrepresented within the media. In truth, someone with schizophrenia is much more likely to harm themselves than someone else.

The Root Out Racism campaign is asking for organisations in West Yorkshire's health services to pledge to tackle racism. How has that been received?

It's been a great starting point. There's still a lot more to do but seeing people coming together to challenge, to say 'it's not OK', is really good. This is a personal project for me to be involved with and I have found the team I'm working with to be very encouraging.

For South Asian Heritage Month, you wrote a personal and emotional account for MiB's blog. How did you feel and how have people responded to your call for people to reflect on sadness and challenge their own weaknesses?

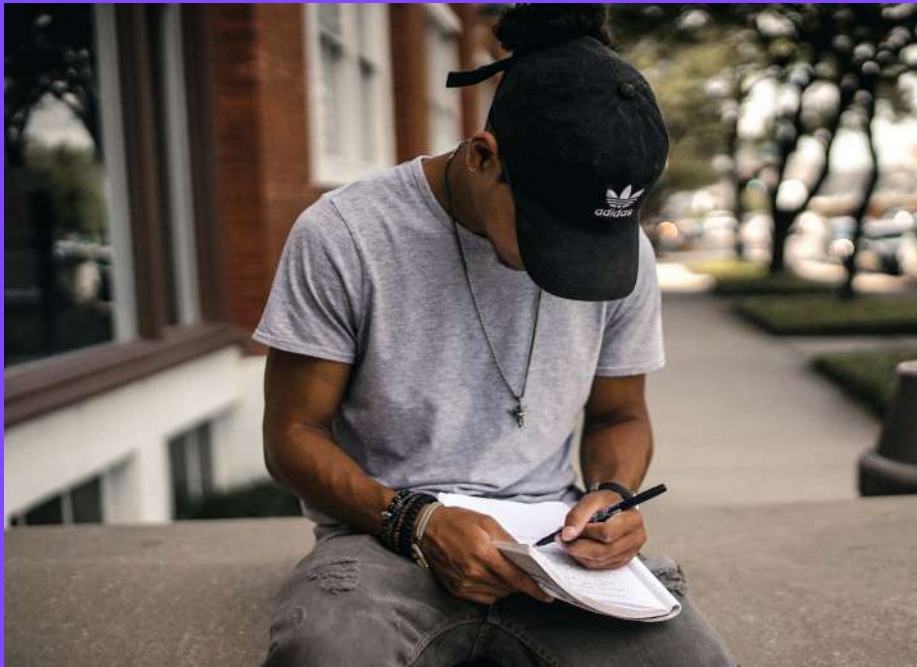
Very scary! I really did put myself out there, to take on such a responsibility and to create awareness. It is a tight knit community especially around funerals and weddings so yes, it is good for people to try reflecting upon sadness and challenging any weakness they may have. I'm glad I got it out there.

What can we do both individually and as an organisation to root out racism and bring about better connections with all communities?

Definitely education. By educating ourselves about systemic racism, about culture, about slavery, then we can have conversations about how it feels.

People should also have access to mental health support regardless of what language they speak. I also think having MiB going to people, to communities, rather than just relying on people coming to us is a good way of involving people and the various communities in Bradford.

To read Masira's blog, go to www.mindinbradford.org.uk/blog.



Get your work published in Write Mind!

Everyone is welcome to submit ideas for content to our **Editorial team**. We have trained journalists on-hand who can help develop ideas for articles and give you any writing tips you might need.

We welcome varied content from wellbeing tips and messages of support to longer, feature-length articles and creative writing (Poems, short stories). Submissions can be printed anonymously if you prefer.

Our next edition is out January 17 2022.



If we all do
one thing,
we can change
everything.

mind.org.uk/DoOneThing

Design
Origin

Organise
Negotiate
Educate

Talk
Help
Inform
Nationwide
Gather

Acrostic poem designed by
Mind in Bradford's Creative
Writing Group for Mind's Do
One Thing campaign

A rugby player of great stature,
So tall, so broad I cannot fracture.
Yet lies within a secret hidden,
A hurtful voice that speaks unbidden.

*"You aren't enough,
You aren't so tough,
Everyone can see the bluff."*

My shoulders sag,
My feet they drag.
The heavy weight,
That voice of hate.

*"You aren't enough,
You aren't so tough,
Everyone can see the bluff."*

In a crowded place I feel alone,
The laughs the cheer become a drone.
Behind my mask I try to hide,
The voice so cruel it starts to chide.

*"You aren't enough,
You aren't so tough,
Everyone can see the bluff."*

Onwards I trudge the pressure growing,
Like a dam that stops a river flowing.
Then finally in the end,
I confide my feelings in a friend.

*"I'm not enough,
I'm not so tough,
I am just a bluff."*

That friend and their caring ear,
Replaces those words I hear.
And in that comfortable space,
The words of hate they do replace.

*"You are enough,
You are so tough,
You never ever need to bluff!"*

Anonymous





Go, dragons!



Energetic supporters have walked, run, cycled, swum and rowed to raise a whopping £5.400 for Mind in Bradford.

Ten teams took part in September's 600 Mile Challenge, including a team from Broughton Laboratories who took part in a dragon boat race.

Broughton Quality Assurance Officer Vicky Broomhead said: "Taking part in an event like this really brought people together outside of work to do something fun for a good cause and we've already talked about doing it again next year."



New football sessions in partnership with Goals and Get Out Get Active (GOGA) start next week. They will be held on Tuesdays 4pm-6pm at Goals Bradford and include a community football group and walking football group. They are open to all clients at Mind in Bradford and cost £2 per session. Call 01274 730815 for details.

Who's who Heather Butcher

What's your job title?

Service Manager for Sanctuary, Extended Access, WISHH (Windhill, Idle & Saltaire Happy and Healthy) and SMILE, a collaborative care project.

What did you do previously?

I have worked as a wellbeing practitioner across Extended Access, Guideline and WISHH. Before coming to Mind in Bradford, I worked in both group and 1:1 settings supporting those struggling with eating disorders.

Why did you want to work at Mind in Bradford?

I knew I wanted to continue to support people with their mental health and was looking for jobs in Bradford as my previous role had been out of area. I had volunteered for Mind in Bradford whilst studying for

my degree and remembered it being a really friendly and inclusive environment. When I saw the role of wellbeing practitioner advertised and visited the website, I was amazed by how much Mind had progressed and changed over a few years!

What do you enjoy most about your role?

It's difficult to pick one thing! I enjoy directly supporting our clients, but also enjoy supporting our teams and the practitioners to continue to offer the fantastic support that they do to all of our clients.

All of the clients within any of the services at Mind in Bradford have taken the courageous first step to reach out for support. Being a part of a client's journey (whether directly or indirectly) to improve their wellbeing gives me a real sense of happiness and contentment.

More recently, I am also enjoying exploring ways in which we can develop our services to

grow our offer, to reach more clients and to make our services more easily accessible.

What do you like to do outside work?

Most of all I enjoy spending time with family and friends, going for walks in the Yorkshire Dales, cycling, watching Netflix, and having afternoon tea! Over lockdown I discovered that I also really enjoy completing 1,000 piece puzzles, I have found they are one of the best ways to help me to switch off and have some 'me' time.



Are you struggling with your mental health?

This newsletter is produced by **Mind in Bradford**, your local Mind mental health charity. If you're struggling with your mental health, call our free helpline Guide-Line on **08801 884 884** 12pm-12am or chat to our team online through our website **www.mindinbradford.org.uk** between 3pm-8pm. For urgent help, call First Response on **0800 952 1181**. You may be referred to our safe space The Sanctuary, which opens 6pm-1am. We have a team of experts on-hand to help you, just make that first step and get in touch.