

M A A N



SOMALI MENTAL HEALTH SHEFFIELD

Annual Report 2017-2018



Maan Somali Mental Health Sheffield: Annual report 2017 - 2018

Word from the Chair 2017 – 2018

This past year has been a particularly challenging one for Maan. From the 1st May 2017 our new contract with Sheffield City Council started, with its focus on Maan using a community development and preventative approach to try and increase understanding and reduce the stigma about mental ill health within the Somali community, improve knowledge around access to mental health and other services, and work with health and social care providers to offer more accessible and culturally appropriate services.

In the first year of the new service Maan has met all our targets, as described in the following report. Maan has always undertaken preventative work and organised community development activities to promote well-being in the community, and so making this a priority and developing it further was not difficult in terms of our knowledge, skills and the trust and credibility that we have built within the community and with a wide range of health and social care providers.

The challenge has been our loss of funding for the one to one support to individuals experiencing mental ill health. Maan was established 26 years ago to address this need. It is impossible for Maan to not try and help individuals who are in acute mental distress. The individuals and their families (when they have family) continue to come to Maan for help. Years of austerity, benefit cuts, sanctions, inadequate housing, punitive and incompetent immigration and asylum seeker policies and practice, increased Islamophobia and racism, have combined with individual issues, and many years of untreated mental ill health in some cases, to result in more, not less, mental ill health within the Somali community, as in many other communities in the UK.

In addition Maan is contacted regularly by front line health and social care workers who are asking for our help with their clients.

In the past year, and up until now, Maan has been using our own very small financial reserves to pay for the one to one support work that we still do. We are literally employing our four part-time workers for a few additional hours per week, to do some necessarily limit one to one support work. This situation is neither sustainable nor satisfactory. By the end of this current year we may have used up our financial reserves. Maan's support work with individuals is helping to prevent individuals going into crisis, going into hospital, having relapses after treatment. Maan is supporting both clients and workers of Sheffield Health and Social Care Trust. We are saving the Trust money in terms of reduced and shorter hospital admissions and reduced need for crisis interventions.

Maan needs to receive the funding to carry on this vital work. We are hopeful that this issue can be resolved very soon. We want to thank as always our brilliant and committed staff team, our volunteers, the trustees, the Somali community who gives us great support, all our partners, and our funders Sheffield City Council who give us the opportunity to do this much needed work and Yorkshire Sport Foundation in conjunction with Comic Relief for funding our successful Active Burngreave programme of work.



Ogo Osammor Maan Chair

Key activities and achievements

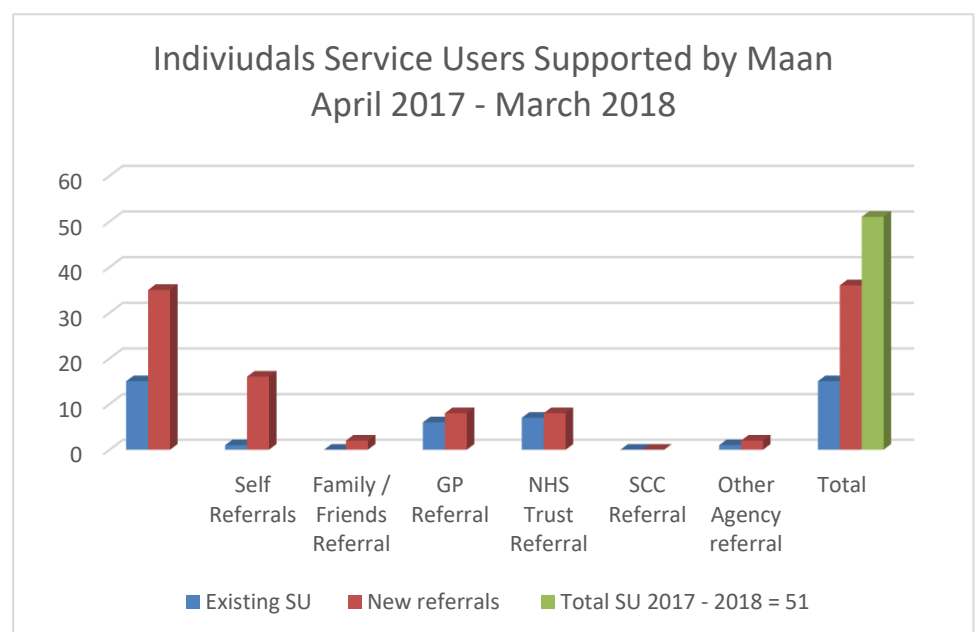
Mental health and well-being Recovery and Prevention

Maan's new service has focussed on making more visible our 'preventative approach' by describing our methodology while educating both the Somali community and service deliverers to try and improve the well-being of the Somali community. Working with the Somali community we have begun to explore new challenges and opportunities facing our work to reduce the myths and stigma about mental ill health, improve understanding around mental health issues, and encourage better use and better provision of mainstream mental health and other relevant services, both statutory and voluntary. Maan has always done this work alongside our core one to one support work; sometimes invisibly as integral to our one to one support work, sometimes as funded projects, often in partnership with various mental health and black and minority led organisations. Our historical work in raising awareness and supporting people affected by Khat misuse is one example of our early intervention and community led strategy.

Alongside this we engaged with individual, clients and carers who benefited from direct support provided by us.

Access Health Care services and one to one support.

During May 2017 to April 2018 we have supported 51 service users and helped them live independently. Each person we supported in identifying and developing their recovery journey.



We have seen an increase in both self-referrals and NHS Trust / GP referrals since the launch of Maan's New Service in March 2018. Our new work shows the total number of service users supported (51) in green; existing service users supported (15) in blue; new service users (36) in red

"They (Maan) were the only organisation that understand my situation and can easily express my feelings to other agencies such as Sheffield Homes, GP and social workers. Their (Maan's) commitment brought attention to agencies working with mental issues. Finally, I am feeling better and can express my ideas confidently. Now I have dreams to make my life better. So without their support my situation would not be positive." Quote from one of our service users.

M regularly attended Maan's Thursday and Friday men's drop in sessions. Accessing safe internet access, tea and talk [Sheeko iyo Shaah].

Training service delivery

We have delivered two workshops for Health and Social Care Providers (H&SCP) exploring approaches to engaging the Somali community in work around mental health. The aims of the (H& SC P) workshops were to develop the knowledge, skills and confidence necessary for participants to use a range of community development strategies and interventions, which effectively support Somali people and community groups they work with to take positive steps to improve their mental health and wellbeing. At each (H& SC P) workshop we included participation from community members interested in engaging in planning, deliver and decision making processed around mental health and the Somali community. 28 people attended the two (H& SC P) workshops representing 14 organisations.





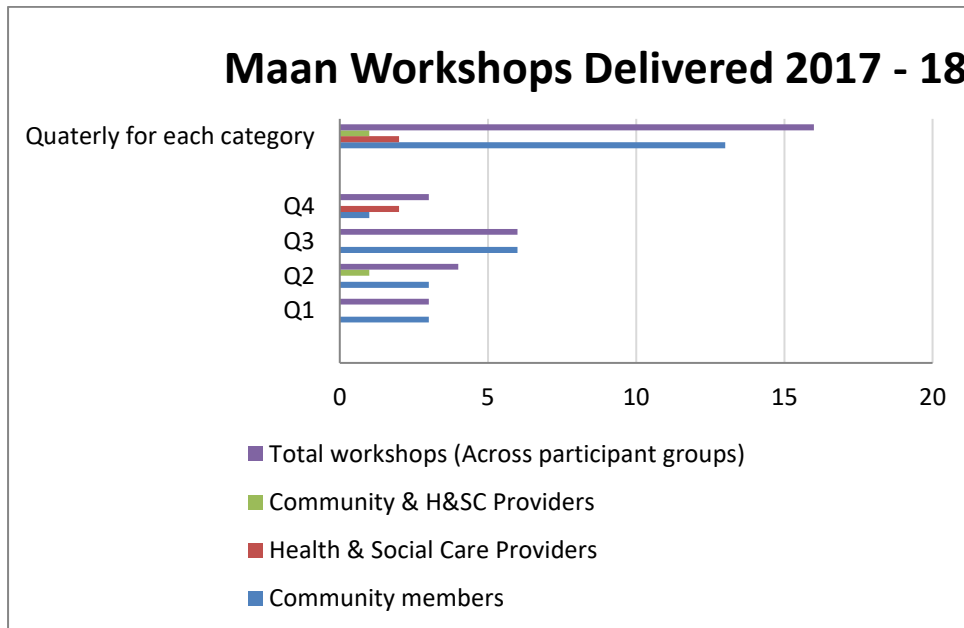
We have engaged with the following organisations, who sent staff, volunteers to take part in our Health & Social Care providers workshops:

Sheffield Health & Social Care NHS FT

- Transcultural Team
- Early Intervention Service
- Michael Carlisle Ward, Netheredge Hospital
- EPIC
- Refugee Council
- Turning Point
- Mind
- Environmental Services, Sheffield City Council
- South Yorkshire Sports
- Age UK Sheffield
- Sheffield Hallam University
- Sheffield Carers Centre

Training Somali organisations and Wide Community Workshops

Maan successfully delivered ‘Exploring Mental Health’ workshop sessions to 13 Somali community organisations. As part of these informal learning gatherings discussions looking at personal and wider community perceptions of mental health across the Somali community. 315 Somali community members attended these events. Some of these participants have lived experiences of dealing with mental health.



Somali Community Organisations taking part in these workshops included groups in Burngreave such as Mothers of Burngreave; Women’s Carers Group; Restore Hope;

Greater Somali Community Organisation, Tusaale Youth Project, Altaqwa mosque, Somali Forum, Somali Professionals SPA. In the Broomhall/ Sharrow areas we worked with Israac Community Cultural Organisation; Sewa African Women's Group, Huda Mosque and the Somali Society (University of Sheffield). We used participatory group work, presentation and wider group discussions to explore the theme of mental health with each audience. We used visual evaluation for each session.

We developed a publication entitled '8 Steps to Look after You Mental Health and Well-being' and Mental Health perception in the Somali Community: Some guidelines for mental health professionals. We have begun to distribute the '8 Steps' publication during all community focussed workshops.

Mapping Somali community

We carried out mapping activity with Somali organisations and groups in order to identify their assets and strength. We are also keen to identify new areas of joint action, which can demonstrate culturally appropriate and inclusive strategies to improve the Well-being and resilience of the community. Maan recognises that Somali organisations and groups have a remarkable supply of assets and resource that can be used to build the community and solve problems and the assets mapping helps them to identify them. Maan have so far made contact with 16 Somali community groups and organisations including 3 mosques.

Somali Community Carers Project (Carers in Sheffield)

Maan has always supported carers, and has been working with Somali men and women carers in specific projects for the last five years. This work has involved discussions, physical and well-being activities for Somali women who are carers. For men we have found that drop in social cafe sessions work.

Information, guidance and training is provided for both men and women. We work closely with Carers in Sheffield and a wide range of other organisations who we have worked with as part of the Carers in Sheffield Network. We have used informal learning, storytelling and participatory activities, in order to listen and learn from Somali carers about their concerns, aspirations and ideas for individual and collective positive change.

We have previously received funding for this work from Sheffield City Council, Yorkshire Sports and Comic Relief (the last two were as part of the Active Burngreave 2017 -18 initiative involving community based organisations in one neighbourhood).

Women and men taking part in our initiatives have been involved in long-term care of family members or friends with physical or mental ill-health or disability or problems related to old age. Through our wider community development initiatives, we were able to raise the awareness of community members around

their role and responsibilities as part of the growing population of people who are carers.

A key message from existing carers we work with is that it is important to share their lessons and experiences with others who face this role with little support or knowledge.

Our current contact base also highlighted the need to reach more carers across the community who are unaware of support, rights and options open to carers.

We have gathered a broad evidence base demonstrating a wide range of carers, who are supporting the much needed health and social care needs of family members and friends.

We are proud to be the only organisation providing culturally appropriate services for carers within the Somali community. Working with women and men from the Somali Community and other BME communities we have been able to design culturally sensitive activities which have been shaped by the insights and ideas identified by carers as they participated in the project.

Be Active Campaigns

Maan has taken the lead in encouraging an active and inspired Somali community. Maan volunteers and staff started campaigning to promote wellbeing and importance of physical exercise. This cycling campaign attracted many young and elder of Somalia community as many elders do not cycle.



This year man started cycling group for men.

Maan also influenced mothers Burngreave to start walking to reduce isolation and improve their wellbeing. Five mother of Burngreave started walking 10 km a day and result lose weight and promote health and wellbeing. This also start community talk about and encourage many women and join the Maan walking group.



Social Media impact

Volunteers and Maan team members have worked hard to sensitively make use of Face book to raise awareness of mental health and well-being. During this year we have Reached **1,041** people through **21** posts including two live events of community based workshops.

Community Development Work

We have worked with small community led organisations, the Sheffield Somali Forum and Sheffield's main Mosques supporting the spiritual needs of the Somali community. We continue to support the capacity building of emerging groups such as the Mothers of Burngreave. This role involves supporting groups to understand the importance of managing the well-being and sustainability of all community members across generations. When bringing together different parts of the Somali community we begin such gatherings by listening to and learning from the lived experiences and insights.

This has led to great discourse across generations and genders. Using outreach and focussed development work we take our work to where the communities are. This could be on Spital Hill shopping area, at a Mosque or in a local café frequented by Somali men. We work in settings across Sheffield defined by Somali community members as familiar and safe.

Maan continues to serve as the strong bridge and facilitator between service user and health and social care providers. Our unique position allows Maan to work with the community in a realistic and holistic manner in response to health and social needs.



Volunteering

During the past year we have reshaped our volunteer offer. This was done in conjunction with past and current volunteers who helped us to review how we included the role of volunteers in some aspects of the work carried out by Maan.

Volunteers have often played an important role in the work delivered by Maan.

We now embrace the title 'Health and Well-being Campaigners' for our volunteers. Maan volunteers do not provide one to one support or engage directly with our individual service users.

We have now identified the following role areas for Health and Well-being Campaigners' volunteers:

1. Community development / engagement
2. Admin and communication
3. Social media
4. Research and development
5. Befriending (still seeking funding for this role)

For each role area we have generated a range of skill, knowledge and experience areas which we are able to support.

Volunteers are also one of the most valuable assets we tap into when working with the community



Burngreave Health and wellbeing Campaigner

"I am Burngreave Health and Wellbeing campaigner. I have attended many workshops and seminars organised by maan. These have extended my understanding of mental health issues facing the Somali community. Maan has inspired me and I want to inspire others. I promote being active especially in the Burngreave. I also part maan cycling and running group" Jama Adam

The future and the challenges

While we continue to respond the ongoing high level of individual need, we are now reflecting and communicating about all areas of our work which links into and feeds on from the work with individuals and their families. Through using community development approaches, we listening to the insights and concerns from the Somali community. We are naming different methods used in our preventative work, as part of the improved dialogue with Somali community members and groups. This improves the partnership and co-creating aspects of our work with the community.

Our current core contract, with Sheffield City Council offers the opportunity to evaluate how we do one to one, preventative, community engagement, capacity building and service delivery work. We are now able to celebrate, promote and improve all areas of our work. Making all facets of our work more visible will be an important part of our way forward. This means bringing together evidence of need, impact and change. We continue to build the asset of the community. Facilitated community led approach to raise awareness around intervening at an early stage. Mapping the range and type of Somali community gatherings and organisations has given us the space to engage with small informal groups, more established groups and the main Mosques used by the community. We continue to learn from and find value from all types of Somali group organisations.

Maan's biggest challenge is to secure funding to continue the one to one work with individuals experiencing serious mental ill health. Maan's modest reserves, currently funding this work, will run out in 2018 – 2019. Without providing the one to one support work, Maan would not be fulfilling its own key aim and charitable purpose.

Maan Trustees

Ogo Osammor - Chair

Janice Marks - Treasurer

Kokila Patel

Maryam Anthony

Staff

The management committee would like to thank the staff and volunteers at Maan for all their hard work and dedication.

Sharmarke Ismail – Maan Coordinator

Abdi Riyale - Health and wellbeing Development Worker

Susi Miller - Health and wellbeing Development Worker

Basra Olow - Health and wellbeing Development Worker

Cynthia Thomas - Administration Officer

Maan Somali Mental Sheffield has worked in partnership with/supported:

- Amaal Eritrean Women's Group
- Building Together – Somali Young People's Group
- Burngreave Women's Carers Support Group
- Burngreave Women's Network
- Israac Somali Community & Cultural Association
- Mothers of Burngreave
- Refugee Council
- ROSHNI
- SACMHA
- Sheffield Flourish
- Sheffield Carers Centre
- Sheffield City Council
- Sheffield Hallam University
- Sheffield Health & Social Care Foundation Trust:
 - Argyll House
 - Endcliffe Ward, Northern General Hospital
 - Forest Close and Forest Lodge
 - Limbrick Centre,
 - Maple and Rowan Ward, Northern General Hospital
 - Michael Carlisle Centre, Nether Edge Hospital
 - Northland Community Mental Health Team
- Sheffield Somali Forum
- SMHS (Somaliland Mental Health Support Cardiff)
- South Yorkshire Sports
- The Netherlands' Benevolent Society
- University of Sheffield

- Wathwood Hospital, Rotherham