

Maan Conference & AGM Workshops 2017



Thursday 14th
September 2017

Exploring Maan's new work direction (small groups)

During the morning workshop session all participants were invited to work in small groups in order to respond to three questions. These were provided in English and Somali. Our volunteers and supporters spread around the conference area in order to facilitate and support discussions in small groups.

70 people attended the conference and morning workshop.

Below are the questions posed with examples of participant's responses:

Q1. What factors affect the well-being of the Somali community in Sheffield?

Q1 - Maxay yihiin arrimaha saameynta ku leh caamifaadka iyo fayo wanaagga bushada Soomaalida Sheffield.

- **Language** barriers
- “When you don’t speak the same language, as health service providers, how can you explain how you feel?”
- Cultural barriers
- **Jobs** – lack of opportunities
- It can be stressful when you have no job
- Unemployment, (x 3)
- Work Skills, not having the qualifications to get the job
- **Loneliness** – in particular older people in winter
- Living in places where you don’t know your neighbours and don’t always feel safe
- Friends and families living in different parts of Sheffield – disconnected
- **Housing** issues,
- Lack of knowledge of the UK system across the board
- Knowing what services are available
- **Family breakdown** due to many factors
- No knowing where to go when you need help, guidance or support.
- For example, where do you go to do voluntary work / or get work experience?
- **Poverty** / low income (x 4)



- Financial

Q2. What are your thoughts about how Maan's new service will impact the community?

Q2 – Maxay ku la tahay wax tarka iyo saameynta uu adeega cusub ee maan u leeyahay bulshad Soomaalida.

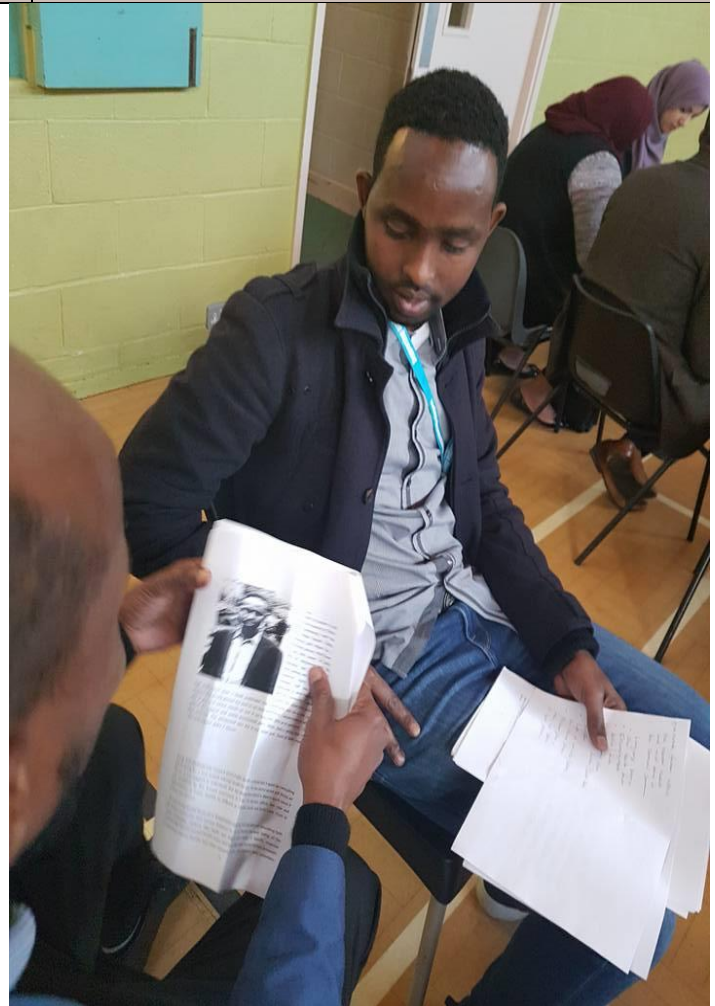


- Positive impact and good work needs to continue
- The new service direction is welcomed by the Somali community
- Individuals supported – health improved
- Empower the Somali community to refer clients
- More work with the community will help **reduce the fear / stigma** around mental health
- More people in the **community get the skills** to support people affected by mental health
- Break the taboo of mental health
- Encourage **people work together** across generations
- Individuals will still need support / help
- Build the **strength** of the community to be able to respond to health and well-being issues
- Community members need to be shown how to spot the signs of post-natal depression
- Encourage more people to be physically active
- Reduce **isolation**

Q3 How can Maan help the Somali community to work more closely with health and social care providers?

Q3. Maxay kula tahay in MAAN ku dhaqaado, sidii ay bulshada Somaalidu ula shaqeeyn lahayd Hay`adaha caafimaadka iyo daryeelka bulshada.

- Maan to have regular consultation with wider Somali community members and groups
- Consultations with Sheffield City Council and community
- Develop outreach programmes
- Employ more Somali Staff of both genders
- Create a focus groups to look into underlying problems facing the community
- Recognise that change takes time
- Maan has to follow up on any commitments made
- Maan needs to make a realistic action plan to include community members on new work
- Joint learning needed – include community members and service providers
- “Social services doesn’t understand that mental health in the Somali community can involve cultural/ familiar complexities
- Help communities know their rights and responsibilities
- Find ways to break down language barriers
- Maan should go into schools and colleges and focus on issues such as bullying, substance misuse
- Reduce suicide – especially in schools and colleges



- Schools have unrealistic policies for dealing with issues facing Somali children and young people

Thursday 14th September
2017

Afternoon workshop – picnic of ideas




For the final workshop session, we hosted a small picnic of ideas and insights.

Maan shared information about the types of events they would be delivering over the next year. Participants were given a chance to ask questions or make comments about our plans. We asked participants to join us in a picnic of ideas and insights.

Each person was asked to give their names, by writing or drawing on the picnic blanket covering the tables.

Different experiences, thoughts about possible joint work flavoured this short workshop session with practical ideas of future work Maan could do in

partnership with others.

Participant and organisation name	Comments / shared thoughts
	<p>Safya Saeed, Yorkshire Sport, Reach Up Youth Group and Link FM.</p> <p>Signposting community links; youth engagement; social services.</p> <p>A good way to link individuals with Maan’s work with be through their Social Cafes.</p> <p>Schools – Maan should work in secondary schools and colleges to address suicide and have staff trained to pick up the signs.</p>
<p>Ruth Mann, Sheffield Foundations (Support for people with mental health issues and housing Issues)</p>	<p>‘We get Somali clients refereed to us. We struggle with translation and an understanding of culture and religion’.</p> <p>We would like to get involved with Maan’s events that can help us with that understanding – joint learning.’</p> <p>‘We work with one to one support work with clients around housing issues – Maan can refer Somali people to us for housing support – anything related to housing such as rent arrears, homelessness, budgeting, evictions benefits, accessing housing.’</p> <p>‘We have link with Community Mental Health</p>



Teams. This involves signposting and widening links with the community.'

Grace Derbyshire, Engagement Officer, Healthwatch Sheffield

Healthwatch Sheffield is currently creating a large piece of work on community mental health across Sheffield. We are trying to access as many unheard voices as possible. With this research and development report we can begin to improve services.

Signposting – HW Sheffield and Maan can direct consumers to each other's services.

Activities and events – Healthwatch Sheffield host and attend a number of events across the city, gathering feedback and stories across the city. We would be keen to host or attend events with Maan.

Young Healthwatch and Student Healthwatch – volunteering and youth groups for people of all backgrounds who are interested in health and social care. Great opportunities for experience.





Pat Charles, Volunteer Coordinator,
Healthwatch Sheffield

Signposting – complaints; health and social care

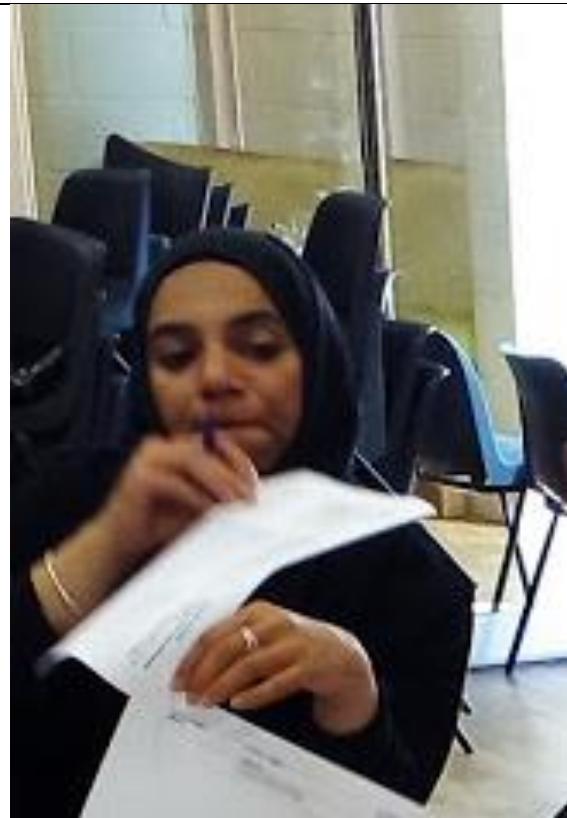
Collecting stories – Feedback to health service planning

Volunteering – collecting feedback; visiting services to get feedback about what it is like to visit services i.e. doctors and care homes etc. Volunteers will be interviewing / conducting surveys with of health and social care services.

Nur Ali, Shipshape

“I am based in the Moor Market every week. I can signpost people to Maan’s work.

We currently weekly sessions at a stall in Sheffield Markets. This is a good way to engage with people who don’t come to community events. We would be happy to work with Maan to programme a session at our market stall. Maan could come along to share their information to the different community groups. Shipshape can take part in informal support sessions”





Susannah Brewer, Shipshape.

Listening – Staff at Shipshape would learn from a visit from Maan Staff or volunteers. We would become more aware about Somali culture and community needs.

Organising – we could do joint activities at Israac and in Broomhall. Sharing skills and pooling resources.

Promotion – Shipshape can help to promote activities for the Somali Community.

Links with Carers Group -

Zaynab Mohammed,

Events for Somali community members and organisations.

Informal workshops

Understanding the mental health needs of the Somali community.

Group sessions – psychoeducation

Cognitive behavioural therapy workshops

Promoting Maan while ad

Address specific issues facing young people



Yasmin Saleban, Volunteer, Maan Somali Mental Health Sheffield

Getting younger people involved is important. I didn't know about Maan before I got the Facebook link.

Maan would like to help get younger people involved.

Maan can organise fun and informal events for Somali community members and organisations.

These events could be educational around



	<p>mental health. We can destroy the stigma with knowledge.</p>
<p>Susi Miller, Health and Well-being Development Worker, Maan Somali Mental Health Sheffield</p> <p>Maan are really keen to work with a wider range of health and social care providers. Strengthening links with Somali community members and organisations is one of our priorities.</p>	