

M A A N



SOMALI MENTAL HEALTH SHEFFIELD

# Annual Report

## 2018-2019



## **Word from the Chair 2018 – 2019**

Maan continues to serve as the strong bridge and facilitator between the Somali community and individuals facing mental ill health and the health and social care providers. Our unique position allows Maan to work with the community in a compassionate, culturally appropriate, effective and holistic manner to respond to health and social needs.

However, the gap we are filling is still too great. Maan workers go to great lengths to enable Somali individuals to gain access and gain benefit from the mainstream mental health and other services. The services themselves need to learn to become more appropriate and more accessible.

The quality, depth and scope of our work continues to develop. We are proud of what Maan, working in partnership with the Somali community, has been able to achieve. The power of the taboo around mental ill health is weakening. The Somali community is increasingly confident about talking about the issue, and individuals and their carers are more willing to ask for help. The Maan workers are stopped on the street by people asking for help themselves or reporting somebody who is in need.

Maan is now in our third year of funding the vital one to one support work from our reserves. By April 2020 these will be exhausted. We need to secure funding for this work. The preventative and educative community development work that we are commissioned to do by Sheffield City Council and the one to one support work strengthen each other and benefit from each other. Maan has now been doing this work for 25 years. Unfortunately, the need is not diminishing. The mental health issues within the Somali community in Sheffield, and in Somali communities worldwide, are ongoing and complex. Maan hopes to continue to play a positive role in supporting individuals who are struggling with mental ill health and in changing the attitudes and breaking down the taboo within the Somali community.

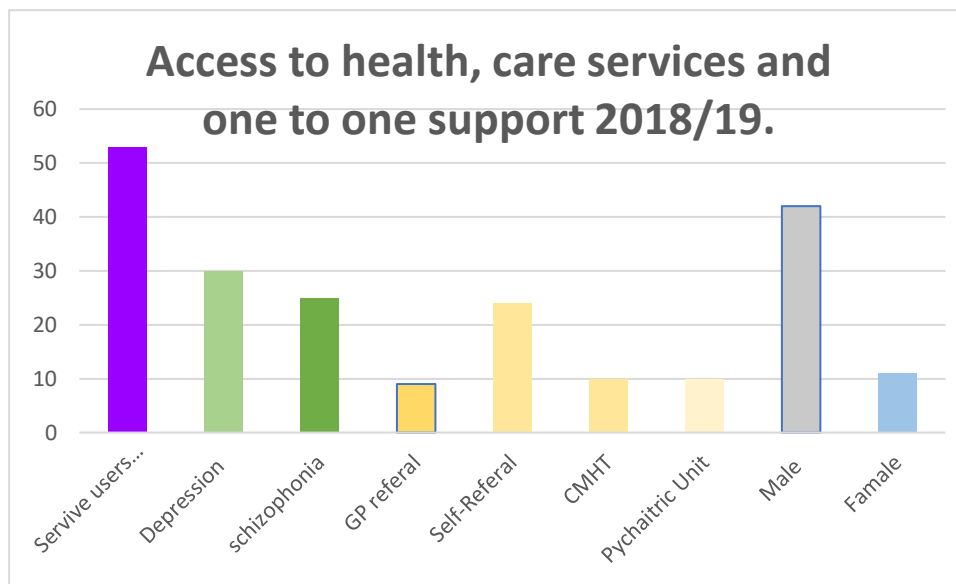


**Ogo Osammor Maan Chair**

## Achievements and performance

### Access to Health Care services and one to one support

During May 2018 to April 2019 we have supported 53 service users and helped them live independently. We supported each person in identifying and developing their recovery journey.



We provide appropriate, timely, culturally sensitive one to one support as early as possible, and for as long as needed, enabling (acting as a bridge) the individual to access and benefit from mainstream

mental health services, and providing person centred support through first steps/diagnosis, treatment and recovery and prevention of relapse. We adapted Maan's "8 ways to well-being" as our framework for supporting our service users and carers and community members around mental health issues.

*"They (Maan) were the only organisations that built my confidence. I suffer depression and anxiety and I do not like to mix to the community. Through Maan's support and encouragement I am feeling better and can express my ideas confidently. I felt surprised that I was mixing with people i.e. staff, volunteers. I do now volunteer with Maan 3 hours each week. This makes possible to be confident and be part of the team. I returned to study and enrolled in a course at Sheffield College. I am able to succeed in my study because of the support I received"*

Quote from one of our service users.

*'I like the support and help from Maan because the workers, Susi, Basra and Riyale treat me with respect. My mental health and physical disability issues mean I am isolated and experience anxiety, worry and stress. I am supported to meet other women, do gentle physical exercise and be more confident in looking after myself. Sometimes getting one to one support time makes a big difference to me.'* Maan service user.

### Training service providers





We have delivered two workshops for Health and Social Care Providers, exploring approaches to engaging the Somali community in work around mental health. At each workshop we included participation from community members interested in engaging in planning, deliver and decision-making processes around mental health and the Somali community. 26 people attended the two workshops representing 14 organisations.

We have delivered on site workshops for **Burbage Ward** members of staff, within the Michael Carlisle unit at Nether Edge Hospital, and **Endcliffe Psychiatric Ward**, at Northern General Hospital. Each of these initial workshops gave participants a chance to identify what they needed to know about what Maan's current work. Each group also identified ways in which they would like Maan to engage with current patients using new schedules on a monthly basis. We will continue to respond to crisis cases /situations to support service users in units.

We have engaged with the following organisations, whose staff and volunteers have taken part in our Health & Social Care provider's workshops:

- Sheffield Health & Social Care NHS Foundation Trust
- Transcultural Team
- Early Intervention Service
- Michael Carlisle Centre, Nether Edge Hospital
- Endcliffe Ward, Northern General Hospital
- Refugee Council
- Mind
- Environmental Services, Sheffield City Council
- Sheffield Hallam University
- SACHMA
- ADIRA
- Holistic Social Care
- GP Neighbourhoods –North 2 and SAPA-City Partnership.
- Hanover and Devonshire Green G.P. Health Centres

## **Training Somali organisations and city-wide community workshops**

Maan successfully delivered 'Exploring Mental Health' workshop sessions to 11 Somali community organisations and groups. As part of these informal learning gatherings we have facilitated informal discussions, looking at personal and wider community perceptions of mental health across the Somali community. 332 Somali community members attended these events. Some of these participants have lived experiences of dealing with mental health issues.

Somali Community Organisations taking part in these workshops included groups in Burngreave such as Mothers of Burngreave, Reach, Women's Carers Group, Restore Hope, Greater Somali Community Organisation, Al Taqwa mosque, Somali Professionals SPA. In the Broomhall/ Sharrow areas we worked with Israac Community Cultural Organisation, Huda Mosque and the Somali Society (University of Sheffield). Across Darnall we have worked with Darnall Somali Development. We used participatory group work, presentations and wider group discussions to explore the theme of mental health with the participants. 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 perceptions in the Somali Community: Some guidelines for mental health professionals. We have begun to distribute the '8 Steps' publication during all community focussed workshops.

## **Somali Community Carers Project**

Maan has always supported carers and has been working with Somali men and women carers in specific projects over many 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 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 Foundation and Awards for All. Our ability to try new ways to encourage service users, carers and community members to increase their physical activity while reflecting on the benefits to their mental and physical well-being was very valuable.

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 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. All Maan's projects are designed and delivered by our service users, volunteers and Carers.

### **Active with Maan campaign**



Maan has taken a lead role to promote being active and inspired across different generations of the Somali community as part of Active Burngreave. Maan volunteers and staff started campaigning to promote wellbeing and the importance of physical exercise. This cycling campaign attracted many young and elder of Somalia community as many elders have never cycled.

Maan continues to encourage community members to be physically active which included promoting and supporting walking groups led by Maan volunteers and cycling group for men. Maan also influenced mothers in Burngreave to start walking to reduce isolation and improve their wellbeing. Maan Active mothers' groups started walking after taking their children to school. The mothers have taken part in local walks to promote the importance of physical exercise to physical and mental well-being. The experiences and shared stories of feeling more energised and being fitter attracted more young mothers to join Maan Active mothers.

### **Social Media impact**



In many countries, social media has become integral to the education and culture and social life of citizens. Social media is a new form of communication and social connection. Maan uses social media as a platform to engage and educate the community by promoting good mental health and up to date information about mental

health and wellbeing. Maan recognises that social media is a space for people to raise whatever issues are affecting the community. 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 **1,543** people through **21** posts including two live events of community-based workshops.

### **Community Development Work**

We have worked with small community led organisations, 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 community 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. Maan Trustee.

## 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. During this year Maan has trained 16 Well-being Campaigners. Volunteers are also one of the most valuable assets we tap into when working with the community.

**Darnall Health and wellbeing Campaigner in a training session at Abbeyfield Park House**

*“I am a Darnall Health and Wellbeing campaigner. I have attended many workshops and seminars organised by Maan. These workshops and seminars extended my horizons and improved my understanding of mental health issues facing the Somali community and other BME. Maan has inspired me and I want to inspire others. I promote being active especially in the Burngreave. I also part Maan walking, cycling and running group” Ahmed Ismail*



**Sheffield Flourish provided Digital training to Maan staff and volunteers November 2018**



## **Maan Trustees**

Ogo Osammor - Chair

Janice Marks - Treasurer

Dr Mohamud Ege

Ibado Abdi

## **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 Funders**

We would like to thank all our funders; Public Health/Sheffield City Council, Yorkshire Sport Foundation, National Lottery Awards for All, Sheffield Health and Social Care NHS Foundation Trust

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

- ADIRA
- Burngreave Messenger
- Burngreave Surgery
- Burngreave Women's Carers Support Group
- Darnall Somali Community Association
- GP Neighbourhoods- North 2 and SAPA
- Hanover and Devonshire Medical
- Israac Somali Community & Cultural Association
- Mothers of Burngreave
- Pitsmoor Surgery

- Refugee Council
- ROSHNI
- SACMHA
- Sheffield Carers Centre
- Sheffield City Council
- Sheffield City Sanctuary
- Sheffield Environmental Movement
- Sheffield Flourish
- Sheffield Hallam University
- Sheffield Health & Social Care Foundation Trust:
  - 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 Medical Centre
- Sheffield Somali Forum
- The Netherlands' Benevolent Society
- University of Sheffield (Somali Student Society)
- Wathwood Hospital, Rotherham
- Yorkshire Sports Foundation