



As an organisation we are committed to ensuring that our services are responsive to the needs of all members of the communities we serve. We value experience from diverse backgrounds and strive to provide individualised packages of care that are culturally appropriate

**Shaun Clee, Chief Executive,**  
**2gether NHS Foundation Trust**



Mental & Social Healthcare

মানসিক স্বাস্থ্য অথবা কমিউনিটি ডেভেলপমেন্ট টিম সম্বন্ধে আরও  
তথ্যের জন্য, ০১৪৫২ ৫০৪৩২৯ নম্বরে টেলিফোন করবেন।

(Bengali)

要索取更多有關精神健康或社區發展隊的資料，請打電話  
01452 504329.

(Chinese)

Pro vic informaci o duševním zdraví nebo našem týmu  
zavolejte na číslo 01452 504329.

(Czech)

મેન્ટલ હેલ્થ કે કોમ્યુનીટી ડેવલપમેન્ટ ટીમ વિષે વધારે માહિતી જોઈતી  
હોય તો, ૦૧૪૫૨ ૫૦૪૩૨૯ નંબર પર ફોન કરશો.

(Gujarati)

Po dodatkowe informacje na temat Zdrowia Psychicznego lub Zespołu  
ds Rozwoju Środowiska zadzwoń pod numer 01452 504329.

(Polish)

مینٹل ہیلتھ یا کمیونٹی ڈویلپمنٹ ٹیم کے بارے میں مزید معلومات کے  
لیے برائے مہربانی فون نمبر 01452 504329 سے رابطہ کریں۔

(Urdu)

E-mail: pmhdt.cdws@glos.nhs.uk  
www.2gether.nhs.uk

## Hope in mental health

आशा आशा 希望  
nadzieja NADĚJE أميد

Community Development Workers (CDWs)  
for Black Minority Ethnic (BME) communities

**2gether**  
Making life better

Foundation Trust  
for Gloucestershire **NHS**

# Understanding your mental health

'He who has health has hope, and he who has hope, has everything' - Arabic proverb.

Mental health problems are among the most common of all health conditions, directly affecting about a quarter of the population in any one year.

Our mental health can vary according to our circumstances and can change across our lifetime, in the same way as our physical health does.

Depression and anxiety are the most widespread conditions.

The term, 'mental health problem' covers a wide range of conditions which affect someone's ability to get on with their daily life. Mental health problems can affect anyone, of any age and background, as well as having an impact on the people around them such as their family, friends and carers.

## Who are your Community Development Workers (CDWs)?

### Ahmed Bham:

- Working Age Adults
- Criminal Justice
- African-Caribbean Community

### Farooq Ismail:

- Substance Misuse
- Learning Disabilities
- Asian/Bangladeshi Communities

### Manisha Jani:

- Older People
- Chinese/Irish/Travelling Communities

### Zain Patel:

- Children & Younger People
- Emerging Communities

## What is the role of the Community Development Workers (CDWs)?

In launching the Delivering Race Equality (DRE) in Mental Healthcare Action Plan in January 2005, the Government has acknowledged the important role CDWs will play in tackling the inequalities in services and care for BME groups.

### CDWs engage with communities by:

- Raising awareness about mental health among local BME communities to break down stigma.
- Working with organisations that plan mental health services to make sure BME people have their say and are fully involved.
- Empowering black and minority ethnic communities to take control of their mental health and wellbeing.

### CDWs make services easier to use by:

- Providing a resource and a supportive link between BME communities and mental health services.
- Providing good quality information and sharing best practices.
- Identifying and overcoming language and other barriers.
- Helping people to access and understand how to get the services they need.

### CDWs help to improve services by:

- Making sure mental health services understand and meet BME user needs.
- Enabling strategies for services to work together in partnership.
- Ensuring there is more training on BME issues amongst mental health staff through (RECC) Race Equality and Cultural Competence programmes.