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ABOUT US

Croydon BME (black & minority ethnic) Forum is the umbrella organisation for Croydon's Black and Minority Ethnic voluntary and community sector, engaging people, building capacity, and promoting equality and cohesion.

The Forum was established to maximise the engagement of BME communities in all aspects of living and working in Croydon. We make representations on behalf of Croydon's BME communities to public sector agencies and non-statutory organisations.



CROYDON BME FORUM

Croydon BME Forum
56A Mitcham Road,
Croydon, CR0 3RG

☎ **020 8684 3719**

✉ **info@bmeforum.org**

🌐 **www.cbmeforum.org**

WE WORK WITH OUR COMMUNITIES TO:

1. Ensure that they are involved in local policy and decision making, regeneration and neighbourhood renewal.
2. Facilitate joint working among BME communities to develop best practice and provide a unified BME voice within local strategic partnerships.
3. Promote networking, collaboration and partnership between the BME voluntary sector and mainstream agencies building their organisational capacities.
4. Engage with BME communities in all aspects of Croydon life.
5. Encourage good race relations, community cohesion and equality of opportunity for all throughout Croydon.

CORE SERVICES



EQUALITY AND COHESION

Building Bridges within and between communities and providing a strategic equality function in Croydon within the framework of the Equality Act 2010 and Croydon Strategic Partnership.



BUILDING CAPACITY

Empowering BME voluntary and community sector organisations in developing their people, systems and structures so that they are better able to deliver quality services to their users.



EMPOWERING COMMUNITIES

Working to empower Croydon's BME communities to contribute towards policy development & decision making in order to ensure equal access to services as well as development of cultural sensitive services.



Chair's Introduction

Paulette Lewis MBE

Welcome to our Annual report, which highlights our achievements and challenges for 2022. This report aims to provide useful information on what we achieved in the past year as well as our future objectives. It has been a year of growth and good teamwork which has moved the organisation forward and we must take this opportunity to celebrate our 20th year anniversary, in serving our community.

We continued to work diligently in managing the challenges and opportunities over the last year, which has helped our communities and stakeholders to navigate their way through these challenging times. Our Mission is to inspire the next generation to build our community with sustainable projects and leave a legacy for the next generation.

Throughout the past year, we faced many challenges, such as; the lasting impact of the continuation of COVID-19, the wars in Ukraine, rising inflation, the need to address climate change, financial sustainability and addressing the inequalities of health. We remained focused and determined as we strive to improve efficiency and continue to develop a wider community participation and partnership. As we develop our 3–5-year strategy, we will ensure the voice of the community and the contribution of our staff is integral to future developments.

We are proud that despite these unprecedented events, we have continued to work tirelessly on the health care community projects in partnership with other organisations. We have worked diligently in responding to the impact of the pandemic and inequalities in health while continuing to maintain and develop new projects, community development and strengthening partnerships working across the borough.

We are committed to providing fair and transparent community-focused services which help in reducing inequalities in health and there have been several positive new projects, which enabled us to support our population and enhance our position in the community. We do have more work to do in developing our workforce and structures in preparation for transformation across systems and communities.

I am proud of the work that our management team, staff, key stakeholders, and community members have contributed to making positive contributions within the community. Our staff has contributed to developing and creating new and sustainable projects as we operate to deliver vital community services, to meet the needs of the community. I would like to thank each and every one of them, for their hard work, dedication and enthusiasm that they have shown. We must appreciate the diverse range of skills and experiences they bring to work every day and this is the engine of our success.

Looking forward to the next financial year, there will be further developments taking place with our key stakeholders and partners and we will ensure the voice of our population is embedded within the way we develop our community services.

I would like to take this opportunity on behalf of the Board and Trustees to thank the CEO, staff, community supporters, and partners for their hard work and commitment. I would like to thank the Trustees for their hard work and commitment to the development of the organisation and we look forward to your continued support in taking the BME Forum forward.

Chief Executive Officer

Andrew Brown

The last 12 months has been an incredible year, the Forum has seen the biggest increase in activity, both with projects and with the number of staff recruited. We are happy to note that this year is the 20th anniversary of the founding of the Forum.

Croydon BME Forum has taken its place as the premier organisation supporting the black minority ethnicity and advocating for their voice and presence in the community.

Our major project in the past year was the development of the EMHIP Programme and the introduction of the EMHIP Mobile Hub, you will be able to read more about it in this report.

All of our current projects, have continued to perform outstandingly well and we are gearing ourselves towards new and exciting projects such as Macmillan Cancer Engagement Programme which is a partnership between Macmillan Cancer Support and Croydon BME Forum to tackle inequalities in cancer care amongst the BME communities.

I would like to take this opportunity to offer my sincere thanks to all the amazing staff, volunteers, supporters and trustees who have worked with the Forum over the past year. None of our work will be possible without the support of our funders and other sponsors. I would like to offer my thanks and hope that they continue to recognise and support the good work that Croydon BME Forum is doing for our community.



Cancer Awareness

Helping to raise awareness for Black & South Asian communities living in Croydon

In Partnership with



RM Partners
West London Cancer Alliance

Hosted by The Royal Marsden NHS Foundation Trust

In order to lower cancer-related deaths among the Black and South Asian community, it is fundamental we work towards early detection.

This can be done through regular screenings and educating people regarding signs and symptoms. 1 in 4 black men will be diagnosed with Prostate cancer. Black men are more likely to get prostate cancer than other men, who have a 1 in 8 chance of getting prostate cancer.

Black women still have a 4% lower incidence rate of breast cancer than white women but a 40% higher breast cancer death rate.



The Project aims to:

1. Inform and educate residents about cancer and the importance of cancer screening
2. Increase uptake of cancer screening and reduce health inequalities within the Black & South Asian community
3. Create a trusted and safe environment for residents to engage with health professionals

Cancer Champions

Are local people who use their experience, knowledge and passion to support friends, family and colleagues to seek help early if they suspect they have symptoms of developing cancer. A cancer champion raises people's awareness about cancer, by engaging people in conversation.

- They host online and face to face information events, focus groups and workshops.
- Work in partnership with local businesses, faith groups, cancer related organisations and services.
- Deploy multilingual teams to visit places of worship and speak with local leaders/decision makers, to support the campaign in different ways e.g. speaking/hosting, displaying literature etc.
- Utilise community groups and spaces to increase visibility of the project.
- Aiming to attract a male audience through targeting betting shops, sports clubs, barbershops, gyms etc.



Coffee Social Mornings every third Thursday of the month

This is a popular well attended event, where we discuss signs & symptoms, screenings for Breast, Prostate, Bowel and Cervical cancer. In addition to this, we also include information to support the needs of the community (e.g. Energy Coordinator talk, Core20+5, Dementia/Alzheimer's and Nutrition). Coffee mornings are supported by our Cancer Champions.

Since starting the project we have:



70,000+
Interactions via
social media



1473
People spoken
to on a one to
one basis



13 Online Awareness Talks
Covering
Cervical, Breast, Prostate &
Bowel screenings.



63
Partnerships
formed to support
with the project
(including
The Man Van, local
businesses,
faith groups,
Primary Care and
many more who
display the cancer
awareness
literature and/or
video)



40
Awareness
talks



25
Events
organised in
partnership



10
Events
Co-hosted

ON WEDNESDAY'S WE WEAR PINK!

Discussing the Importance of Breast Cancer Screening and tips on how to self-Examine.

Wed 6th July 22 - 6:30pm - 8pm



Dr. Judith Mbaire
BSc, BA, MSc, CP
General Practitioner
Hosted by:
Lorraine Chang-Edwards
CROYDON BME FORUM

Book Now via Eventbrite

Zoom Meeting ID: 224 676 4889



CANCER - DON'T LET IT WIN.

Discussing the Importance of early Prostate Cancer Screening. Join us and get exclusive info on upcoming events.

Wed 20th July 22 - 6:30pm - 8pm



GUEST SPEAKER: JEFF THOMPSON
FOUNDER -
CANCER DON'T LET WIN
Hosted by:
Lorraine Chang-Edwards
CROYDON BME FORUM

Book Now via Eventbrite

Zoom Meeting ID: 3852076159



HOPE. FAITH. KNOWLEDGE. STRENGTH.

Discussing: What is Cervical Screening the Importance of regular Cervical Screening checks

Fri 22nd July 22 - 6:30pm - 8pm



GUEST SPEAKER: TANYA BRAZZA
PRACTICE
NURSE
Hosted by:
Lorraine Chang-Edwards
CROYDON BME FORUM

Book Now via Eventbrite

Zoom Meeting ID: 3852076159



ONLINE WEBINAR CANCER AWARENESS PROJECT BOWEL CANCER AWARENESS

LISA-LYNA OFOSU-ASARE- HEALTH IMPROVEMENT SPECIALIST (ST GEORGE'S UNIVERSITY HOSPITAL)
SPEAKER

LORRINE CHANG-EDWARDS (CROYDON BME FORUM)
TOM GRASHION (ASIAN RESOURCE CENTRE CROYDON)
HOSTS

TUESDAY 19TH APRIL 2022
6PM -7:30PM

REGISTER NOW

Can We Talk?




Black Girl Magic

Focus Group
@ The Wellness Centre Croydon
Wed 18th May @ 2pm - 3:30pm

Are you a Black Female age 18+?
Are you a Croydon Resident?

If yes...
We want to hear from you!

Come and join us for a discussion on Cancer Awareness and health in our neighbourhood.

First 10 participants will receive a £15 One4All voucher.
More surprises on the day!

Register Now via Eventbrite Limited Spaces Available

Hosted By: Lorraine Chang-Edwards
lorraine@bmeforum.org




THURSDAY 2ND MARCH 2023
TIME: 11 AM - 1 PM



CANCER AND LOSS: EXPLORING GRIEF AND BEREAVEMENT

Come and join us for tea, coffee and a discussion on grief and Bereavement. In this session we look at what loss is and how we might experience it; we will also explore different types of loss.


Location:
The Whitgift Shopping Centre (1st Floor) Opposite Waterstones Bookstore, Croydon, CR0 1LP

Organised by:
Lorraine Croydon BME Forum, RM Partners & The Community Action Team at St Christopher's Hospice

For More Info Call:
020 844 3700 or 07500 906 496
Email: info@bmeforum.org
Web: www.bmeforum.org



COMMUNITY HEALTH LINK UP



Providing prostate cancer screenings, health checks, information, support, workshops, advice about physical and mental health.

THE MAN VAN
is coming to Thornton Heath, Croydon

The Man Van is a mobile health clinic that offers free health checks for men in a private and relaxed environment.

Date: 25th July - 5th Aug 2022 (weekdays only)
Location: Beulah Family church Beulah Cres, Thornton Heath CR7 8JL

Contact us for more info: info@bmeforum.org
lorraine@bmeforum.org | tom.grashion@arcold.com

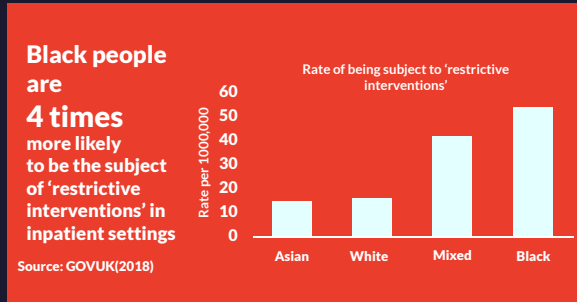
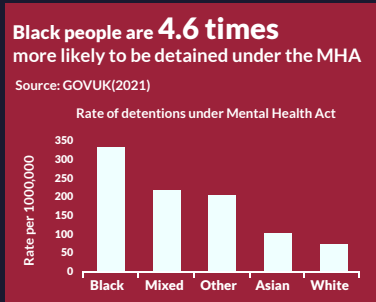




Ethnicity Mental Health Improvement Programme

About EMHIP

Black and Minority Ethnic (BME) communities have poorer access, more negative experiences, and worse outcomes in mental health care in comparison to their white counterparts.



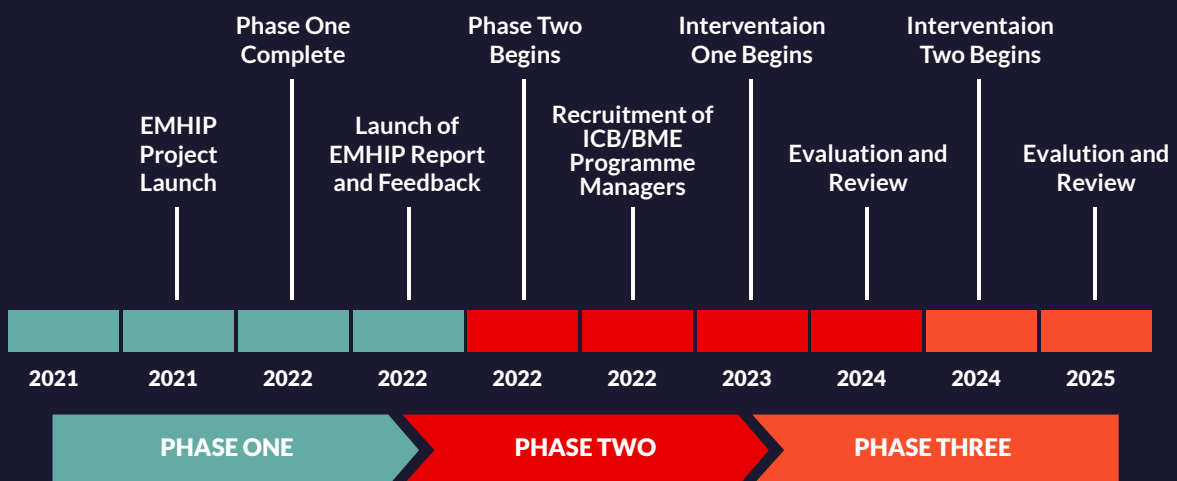
Black people are 10 times more likely to be detained with a CTO
Source: GOVUK(2021)

45% increase in detentions under the MHA in the year to March 2021
Source: GOVUK(2021)

Bangladeshi people are 7% less likely to show improvement following treatment for anxiety & depression
Source: GOVUK(2021)

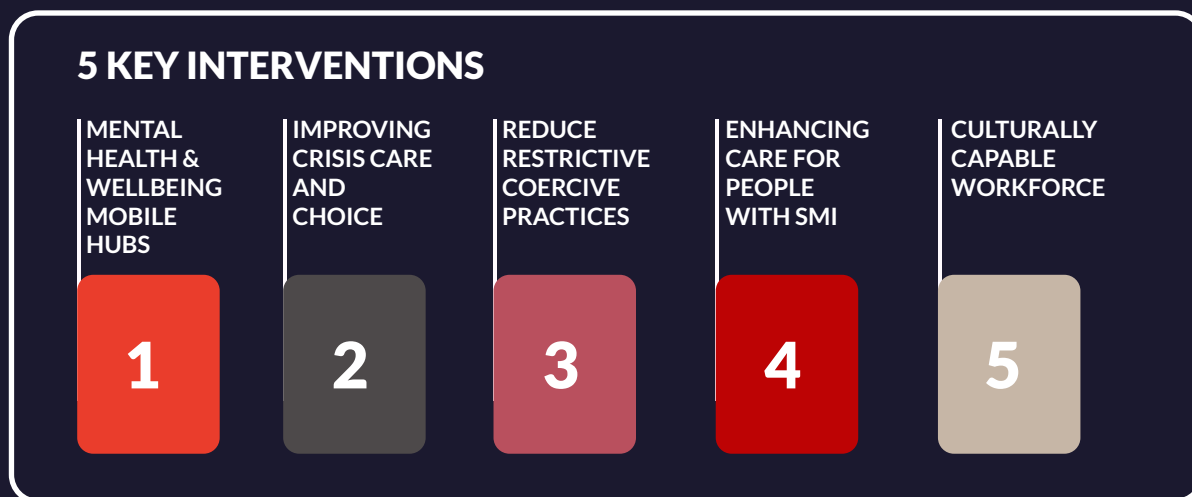
'Enough Is Enough': Experiences of Mental Health in Ethnic Minority Communities in Wandsworth, Director of Public Health Report 2023

The Croydon BME Forum and the Asian Resource Centre of Croydon (ARCC), in partnership with, South West London Integrated Care Service (SWL ICS, formerly CCG), South London and Maudsley Trust (SLaM) and a network of community and faith organisations, are working in partnership with service-users and families to address these disparities through the Ethnicity and Mental Health Improvement Programme. This programme was first developed in Wandsworth led by the Wandsworth Community Empowerment Network (WCEN) in partnership with NHS South West London St Georges.



Key Intervention 1 (KI1) EMHIP Mobile Wellbeing Hubs

The first intervention is to establish a Mental Health & Wellbeing Mobiles Hub. This will be an early-help, mobile, whole-family hub service delivered in places familiar to local communities. The Mobile Hub team will rotate between different locations across the borough, improving access and providing culturally-sensitive care to local people within local centres, places of worship, and other community-based locations.



There was a soft launch of the Mobile Hub Service in August 2023. The team will work in partnership with the following organisations to provide support in their locations:

Centre of Change New Addington, New Testament Church of God Croydon, Lohana Hindu Community Centre (for intermittent awareness raising events), The Wellness Centre Croydon and Holy Innocents Church West Croydon.

A key focus for the team will be building relationships with residents, schools, and support services in the borough as well as working with GPs to support residents.

The Mobile Hub Team

The mobile hub consists of a team of one non-clinical team manager, support workers (youth and general), a psychologist, assistant psychologist and community psychiatric nurse.

EMHIP Mobile Hub Aims

- Provide safe spaces in the community for people with mental health and wellbeing concerns.
- Serve as an access point (including walk-in, self-referral) for people with any difficulty related to mental health or general wellbeing.
- Provide assessment, treatment, and support for people with mental health problems, including joint working with mental health/primary care services.
- Work with community partners to support and monitor young people 'at risk' of mental health problems.
- Offer self-help, peer support groups, workshops and activities.
- Host and support local GPs and others to improve physical health.

For more information about the Mobile Hub Service, how to receive support or how you can partner with the EMHIP Mobile Hub Team, please email emhiphub@bmeforum.org

Mental Health Community Development Worker for Age 60+



- MENTAL AND PHYSICAL HEALTH
- FINANCIAL WELLBEING
- EDUCATION & CULTURAL APPRECIATION
- FUTURE PLANNING



This year highlights the impactful initiatives and activities undertaken by the Mental Health Community Development Worker for individuals aged 60 years and over. Holistic engagement has been achieved through a framework of four pillars;

Using a combination of one-on-one support, online group conversations, and engaging events, the Mental Health Community Development Worker has made significant strides in promoting mental health and well-being among the elderly community.

Projects and initiatives conducted throughout the year include.

The Reader:

The Poetry Group, provides an enriching experience for participants by engaging in creative expression and invigorating discussions, the 60+ members are encouraged to share the thoughts and emotions, promoting self-expression and fostering a sense of belonging within a supportive community.

Compassionate Chats - for Bereavement Grief and Loss:

The monthly chats have proven to be a vital resource for individuals navigating bereavement, grief, and loss. These sessions offer a safe space for people with a shared lived experience to support each other during challenging times. The supportive network created through these sessions enhances mental, emotional well-being and resilience.

Drumming for Dementia:

A dementia awareness fun day was held during black history month with Croydon NHS and Dementia Lead Sharlung Bovell at the Wellness Centre. Our focus here was to bring the cultural awareness through arts and music educational context. We had an African drummer on the day which, was very popular and interactive with those who attended. It led to further exploratory sessions at the Wellness with Sharlung Bovell the NHS dementia lead for Croydon.

Money On My Mind:

This was a 4-part series of sessions done in conjunction with Off The Record, addressed financial advice and support for those who were finding it difficult to manoeuvre during this cost-of-living crisis. The aim was to reduce mental health related issues, triggered or brought on by financial strains.

Queens Jubilee Tea Party:

Held at the Wellness Centre for the 60+ age group was a joyous and memorable event that honoured a significant moment in history while nurturing the mental well-being of the participants. The celebration was organised to commemorate a special jubilee in the reign of the monarch and brought together the 60+ community in a spirit of unity and festivity. The attendees, all of whom had lived through various historical periods, shared a collective appreciation for the milestone and its historical significance.

Spa Day – John Ruskin College:

The annual intergenerational spa day held at the College was a heartwarming event that bridged the generation gap and promoted meaningful interactions between 2nd and 3rd year students and 60+ individuals. Held annually, it brings together two distinct age groups to share a day of pampering, relaxation, and connection.

Shopping Bus Project, Shop & Talk:

The shopping bus trip to Morrisons supermarket was a heartwarming initiative designed to provide essential support to 60+ individuals who were unable to undertake shopping on their own. This funded project aimed to address the challenges faced by seniors who might have difficulty accessing the supermarket and navigating the shopping process independently and was a lifeline to those with mobility issues.

The impact of this project was immeasurable. For the 60+ participants, the shopping bus trip provided more than just a way to acquire groceries; it offered them a renewed sense of independence, social engagement, and a break from the potential isolation that often comes with aging.

Pensions and Benefit Support:

Our volunteer hosted financial security and peace of mind advisory sessions. Providing guidance on pensions and benefits ensures that 60+ individuals receive the financial support they are entitled to. Having a stable financial situation and understanding their financial options alleviates stress and anxiety related to money matters, leading to greater peace of mind and improved mental well-being. She also assisted in completing PIP and benefits forms.

**SHARE EXPERIENCES
FEEL CONNECTED**

**THE READER!
BE A PART OF
A BIGGER
STORY**

**READ & RELAX
IN THE WELLNESS CENTRE**
Shared Reading Groups Bring People Together Great
Literature To Talk, Laugh & Share

Just Drop in & Enjoy Listening To A Story Or Poem - no
Pressure To Talk Or Read

**Date and Time : Fortnightly - Starting From
Friday 22 April, 10:30am - 12pm**

**1st, Floor Whitgift Centre, Croydon CRO 1LP
(Opposite Waterstone's Bookstore)**

Get In Touch With Us at
info@bmeforum.org or
Call 0208 684 3719
www.cbmeforum.org

**The Wellness Centre
CROYDON BME FORUM**

Every Wednesday

CALL
TEXT

**YOUNG AT HEART:
ONLINE SOCIAL
GROUP**

**Every Wednesday at 3pm
Zoom meeting ID: 385 207 6159**

The Croydon BME Forum is dedicated to improving the
livelihoods of older adults and reducing social isolation.
Join us for a new topic each week to enrich your thoughts
and improve your wellbeing!

**Call or text us on
07923 990 644
Or Email Shelly@bmeforum.org**

CROYDON BME FORUM

Use your phone camera
here to visit our website

@cbmeforum @croydonbmeforum CroydonBMEForum

**COMPASSIONATE
CHATS:**

An informal discussion on
bereavement, grief and loss

WHEN
Every second
Wednesday of each month
11.30am to 1.30pm

WHERE
The Wellness Centre,
1st floor Whitgift Centre
Croydon, CR0 1LP,
(Landmark opposite
Waterstones bookstore)

Croydon BME Forum is partnering
with the Community Action Team
at St. Christopher's Hospice to facilitate
group sessions on emotional wellbeing,
understanding bereavement, grief
and loss.

Trained Facilitators from the Community
Action Team will be here to support you
in a safe and contained environment,
where your voice and wishes are valued
and respected.

**This will be an open forum to discuss any
questions you've always wanted to ask**

For full details visit
stchristophers.org.uk/compassionate
chat or scan the QR code.

For more info Call:
020 8684 3719 or 07923 990644
Email: info@bmeforum.org
Web: www.cbmeforum.org

**St Christopher's
Hospice**

CROYDON BME FORUM



2023 GSK
IMPACT Awards
Winner

Croydon BME Forum wins top UK Award

South London charity Croydon BME Forum (CBMEF) has won a major award for its work to tackle health inequalities and improve the physical and mental health of ethnic minority communities in Croydon.

Lisa Weaks, Senior Associate at The King's Fund, said: "Croydon BME Forum demonstrates a strong commitment to improving the mental and physical health of ethnic minority communities in Croydon, working to improve access to services, challenge stigma and reduce stark health inequalities.

The judges were particularly impressed with CBMEF's determination to find innovative ways to target services in the heart of the community, for example by opening a mental health and wellbeing hub in a local shopping centre.

The 2023 GSK IMPACT Award recognises Croydon BME's significant impact on improving the health and wellbeing of the local BME community, its commitment to tackling inequalities in the prevalence of mental and physical ill health in that community.

Croydon BME Forum works to tackle health inequalities and improve the physical and mental health of ethnic minority communities in Croydon.



Croydon BME Forum is the umbrella organisation for Croydon's Black and minority ethnic (BME) voluntary and community sector.

It works to ensure local health and other public services meet the needs of this diverse community. It set up mental health and wellbeing 'hubs' in a shopping centre in response to local people saying they had 'nowhere to go' when they had mental health and wellbeing needs. Two further Croydon hub spaces are expected to be open in 2024 and 2025.



Most used social media channels by Croydon BME Forum



49 Videos
Youtube
 49 Videos, ranging from workshops, talks, focus groups and events.

600 Members
Facebook
 Event sharing and community announcements.

3728 Followers
Twitter
 Interactive polls and surveys

2000 Followers
Instagram
 Ran various campaigns including Black History Month and Cancer Awareness

1148 Members
Eventbrite
 Eventbrite has allowed BME Forum to be able to manage up to 20+ events each month which is equal to five a week.

700
WhatsApp
 Over 700 members on our 3 WhatsApp groups

Croydon BME Forum Noticeboard
 WhatsApp group



Caribbean African Targeted Health Improvement Programme (CATHIP) is a national partnership of six black organisations led by Caribbean & African Health Network (CAHN).

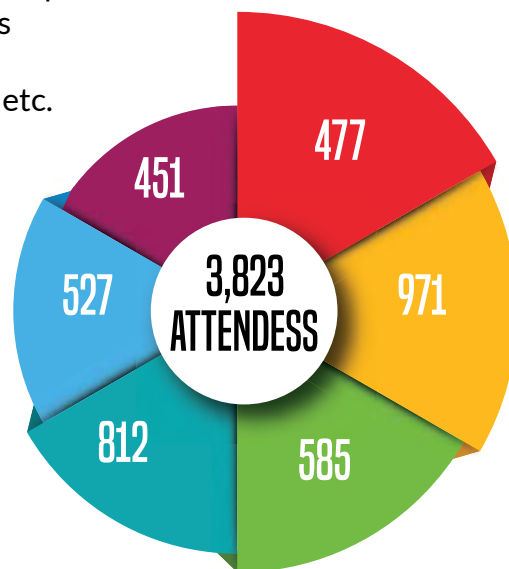


CATHIP Health Hour:

is a weekly online health education session to promote self-care led by Consultants, Doctors, and other health professionals ensuring Caribbean and African people can make better informed decisions about their health.

Topics include:

- High blood pressure
- Diabetes
- Stroke
- Obesity etc.



Attendance:

We have had a total of 3,823 attendees from January to June join us on Saturdays for the CATHIP Health Hour sessions.

■ January ■ February ■ March ■ April ■ May ■ June

Health Hour Promotion :

Collectively each week we aim to have a minimum of 200 people benefit from this free online programme.

All partners utilise media channels open to them such as Instagram, WhatsApp and Twitter as well as newsletters, websites and word of mouth.

Benefits of attending Health Hour :

- Information on specific conditions which affect Caribbean and African people in the UK
- Builds knowledge and confidence along with providing the ability to better manage your own health conditions
- Opportunity to have your questions about health answered
- Offers support beyond the session to speak with a doctor or another health professional
- Led by Black Consultants, GP's and other clinicians from across the UK
- By the community for the community

Our aim is for better health outcomes for our communities and more awareness of preventing the health challenges we face along with renewed confidence to advocate for ourselves or others.



www.cbmeform.org/cathip-caribbean-african-targeted-health-improvement-programme/

Patient Carer Race Equality Framework (PCREF)



PCREF was a recommendation from the national Mental Health Act Review to eliminate the unacceptable racial disparity South London and Maudsley (SLaM) NHS Trust see in Access, Experience, and Outcomes (AEO) and to significantly improve the trust and confidence of black communities in our services.

The PCREF Programme is a partnership between the Trust and host organisations, Croydon BME Forum and Lambeth Black Thrive.

Our partnership brings together (NHS) Trust Staff, black service users, their carers, and communities to jointly develop the PCREF.

COVID-19 has highlighted the stark inequalities in mental healthcare. SLaM delivers services to the largest populations of black people in the UK and has a moral and legal duty to work with racialised communities to dismantle the impact of structural barriers.

Documented inequality in SLaM outcomes illustrates that the transformation of mental health care for black people and action to regain the trust of Black communities is long overdue. PCREF is building on and developing the current infrastructure within SLaM that works in partnership with groups of black community members committed to local change, known as Independent Advisory Groups (IAG), who are active in each borough to improve access, experience, and outcomes for Black people.

Croydon BME Forum hosts two boroughs: Croydon IAG and Lewisham IAG to help develop and strengthen the groups by equipping them with tools and resources while they work on the PCREF programme.

The PCREF programme is currently at phase 3, which is the implementation phase of the change ideas where the IAGs have further input into developing projects on the programme.

Change ideas

The PCREF Partnership Teams have developed 'Change Ideas' based on the National Organisational Competencies (NOCs) from NHS England. These are projects that will have a measurable impact on the access, experience, and outcomes of Black patients in the Trust's care.

The areas of focus cover adults of working age, older adults, children and young people, and specialist services.

Croydon

- Co-production: Use of DIALOG+ to facilitate better co-produced care plans and improve care planning.
- Partnership working: Recruiting community support experts to work with care coordinators to bridge the gap between Trust services and the community for high intensity users (using data from admissions and A & E)

Lewisham

- Cultural awareness: Decision making around detention and cultural awareness training.
- Staff knowledge and awareness: Awareness of service offer and culturally appropriate communications – focus on older adults and CAMHS services.

In partnership with



Equality, Diversity and Inclusivity (EDI) Research Project

What is Equality, Diversity and Inclusivity?

Equality, means treating everyone the same, Equity means fairness of access to opportunity and resources and not being treated less favourably. Diversity, is recognising and celebrating each other's differences, including a wide range of backgrounds and mindsets.

Inclusion

Inclusion means creating an environment where everyone feels welcome and valued. This can only be created once we are more aware of unconscious biases and have learned to manage them.

What are the protected characteristics and why should we care? The following are the legal protected characteristics under the Equality Act 2010

- **Age**
- **Disability**
- **Gender reassignment**
- **Marriage and civil partnership**
- **Pregnancy and maternity**
- **Race Religion or belief**
- **Sex**
- **Sexual orientation**

Discrimination under any of these characteristics is illegal, Discrimination can take many forms indirect and direct, bullying, harassment and victimisation.

What are the EDI Projects

Project 1 Improving the Experience and Access to Health care provisions in Croydon's BAME Community



Equality, Diversity and Inclusivity (EDI) Research Project

Who are the EDI funders?

The National Institute for Health and Care Research (NIHR) Clinical Research Network (CRN) is committed to improving the representation and equitable participation of communities that are traditionally under-represented in health-related research in underrepresented groups from the Croydon based communities.

Croydon BME Forum is working in partnership with Croydon Health Service & ARCC

Work to date

- Five Focus Groups held - Carers, Confirmed disability, Homeless, Refugees, Interfaith and Mental Health
- Two, discovery planning meetings with Clinicians
- 50, One to One Interviews
- New Partnerships: Race Equality Foundation, Croydon Healthwatch, Willow Disability, Our Future Health, Groundswell
- One Survey completed by 1000 BAME Community Respondents (see results)

Summary Survey of Responses out of 1000 questionnaires

Responses out of 1000	Issues
619	English not their first language
525	Difficulty to access GP
515	Do not trust their GP
328	Do not trust their hospital
836	Go to the pharmacy for medical assistance
590	Do not feel any care and respect when accessing health care
589	Do not feel they have a say in their care
622	Do not feel listened to
960	Never approached for clinical trials

FOCUS GROUP PARENTS OR CARERS

NHS South West London CCG are running a focus group aimed at parents and carers of children aged 5-11. The aim of this session is to help shape messages and content shared about the COVID-19 vaccination programme, that will support parents and carers make an informed decision for their children.

TUESDAY MAY 17TH 2022
TIME 5:00 PM - 6:15 PM

Venue: MS Teams
 (a link will be emailed after confirmation of attendance).

Eventbrite
 Search for Croydon BME Forum

NHS South West London
 Croydon BME Forum

Eligibility: You must be a parent or carer of a 5-11 year old child.

If you would like to participate in the focus group, please sign up on Eventbrite. If you have any questions, please email info@bmeforum.org or WhatsApp 07957 349 004

Interfaith FOCUS GROUP

WHO ARE WE LOOKING FOR?

- Are you Black, Asian or from a minority ethnic community?
- Do you follow a faith?
- Do you have an opinion on health and wellbeing in the Croydon area?
- Do you think:
 - Access to healthcare provisions needs to be improved?
 - Medical/health/Clinical trials are important?
 - Where you live impacts the quality of your healthcare services

IF YOU ANSWERED YES, THEN WE NEED YOU!

WHAT'S NEXT?
 To register, please email: juliyah@bmeforum.org or WhatsApp 07530234938
 Location: Wellness Centre, Whitgift shopping Centre, First Floor, Unit 104L/42, Croydon, England, E9D 1LP
 Opposite Waterstones Bookstore, Croydon
 Date: Wednesday 17th May
 Time: 2pm - 4pm

SCAN QR TO VISIT OUR WEBSITE

£15 Voucher

Eventbrite
 Search for Croydon BME Forum

NHS South West London
 Croydon BME Forum

£15 VOUCHER MENTAL HEALTH FOCUS GROUP

WHO ARE WE LOOKING FOR?

- Are you Black, Asian or from a minority ethnic community?
- Do you identify as having a mental health challenge?
- Do you have an opinion on health and wellbeing in the Croydon area?
- Do you think:
 - Access to healthcare provisions needs to be improved?
 - Medical/health/Clinical trials are important?
 - Where you live impacts the quality of your healthcare services?

IF YOU ANSWERED YES, THEN WE NEED YOU!

WHAT'S NEXT?
 To register please contact : juliyah@bmeforum.org

FOR MORE INFORMATION SCAN QR CODE TO VISIT OUR WEBSITE

Eventbrite
 Search for Croydon BME Forum

NHS South West London
 Croydon BME Forum

In Partnership with



The theme for Black History Month 2022 was "Time for Change, Action not Words".

2022 TIME FOR CHANGE: ACTION NOT WORDS BLACK HISTORY MONTH

The 2022 theme was powerful and fitting as in recent years, there has been a clamour for global change where racial inequality is concerned, and this need was echoed loudly in Croydon. Therefore, the responsibility to garner change begins with us.

With the theme underpinning our efforts, Croydon BME Forum hosted 20 various events in collaboration with Croydon Council, Croydon NHS Trust, Norbury Manor High School and other partners to celebrate Black Culture in Croydon and highlight the impressive contribution to the thriving multi-cultural society that exist today.

SATURDAY 6TH OCTOBER 2022 12:00 **2022 TIME FOR CHANGE: ACTION NOT WORDS BLACK HISTORY MONTH**

HAIRCARE WORKSHOP 2022

TIPS AND ADVICE FOR AFRO HAIR CARE



PAID EVENT

Do you rely on others for your child's hair care?
Are you limited to styles?
Stand Up Black Dads are teaming up with Kinix, Kurlz and Swirls to teach Males (and Females) the importance of hair care basics for afro and curly textured hair. Such as de-tangling, parting hair and good basic plaiting techniques. So no more relying on others or having to spend out.

LOCATION: Croydon Wellness Centre, First Floor Whitgift Centre, CRO ILP

Register now: www.standupblackdads.co.uk
 Stand Up Black Dads
 Stand Up Black Dads
 @standupblackdads

STAND UP BLACK DADS CROYDON BME FORUM

#croydonbmeforum #croydonbmeforum #croydonbmeforum

2022 TIME FOR CHANGE: ACTION NOT WORDS BLACK HISTORY MONTH

CHALLENGING BLACK STEREOTYPES IN MAINSTREAM MEDIA

SPEAKERS: SIR TREVOR PHILIPS, SHINGI MARARIKE, CLARE ANYIAM-OSIGWE

Has the increase in black journalists improved the telling of the black stories in the news and media? Our news and current affairs are now brought to us by many talented black men and women.

These distinguished journalists, broadcasters and filmmakers explore whether this increased presence has had a positive impact on how black news and stories are portrayed in the media.

Sir Trevor Phillips: He is a pioneer in black broadcasting and journalism producing programmes such as Black on Black and Dev's Advocate in the 90's. His landmark four-part TV series 'Windrush' in 2010 won the Royal Television Society Award For Best Documentary series. He is currently a senior advisor for Sky News.

Shingi Mararika: He is currently a presenter for Sky News, covering a range of national and international news stories. He was previously a journalist for the Sunday Times where his stories focused on social affairs and race.

Clare Anyiam-Osigwe: She is an award winning film maker, director and producer. She is co-ordinator of the British Black Film Festival. Clare was commissioned by The Voice Newspaper to produce and direct a short documentary 'Windrush Stories', celebrating 70 years of the first Caribbean arrivals to the UK. Her film 'The Strides' originally streamed on Amazon, is now available on Apple TV.

DATE: Thursday 20th October
TIME: 7.00PM TO 8.30PM

See zoom link for online session.
Location: Zoom
Meeting ID: 385 207 6159

Register now online: www.croydonbmeforum.org/ohm2022 or RSVP to info@croydonbmeforum.org
 eventbrite link: <https://bit.ly/2WwZwUy>

CROYDON BME FORUM

#croydonbmeforum #croydonbmeforum #croydonbmeforum

2022 TIME FOR CHANGE: ACTION NOT WORDS BLACK HISTORY MONTH

CROYDON COMMUNITY INDEPENDENT ADVISORY GROUP



Croydon Community Independent Advisory Group (IAG) aims to advise and offer ideas on a variety of Mental Health projects and issues in the community to improve experiences for black people.

At this online event, we will share more about what the group is, the different projects running and updates and information about how to become a member.

DATE: Monday 17th October 2022
TIME: 6.30PM TO 8.00PM

See zoom link for online session.
Location: Zoom
Meeting ID: 385 207 6159

Register now online: www.croydonbmeforum.org/ohm2022 or RSVP to info@croydonbmeforum.org
 eventbrite link: <https://bit.ly/3AwCmYf>

CROYDON BME FORUM

#croydonbmeforum #croydonbmeforum #croydonbmeforum

2022 TIME FOR CHANGE: ACTION NOT WORDS BLACK HISTORY MONTH

FILL IN THE BLACK ... WHERE ARE OUR BLACK RESEARCHERS?



Join up the Black History Month event exploring the topic of black people and their role in the field of research.

The discussion will also uncover the significant role of research in strengthening black communities and institutions, how and why research is funded while paying particular attention to the fun side of research, how young people can begin to explore research and the pathways towards a viable career in the field.


DATE: Thursday 27th October 2022
Time: 7pm
Location: www.Zoom.com
Register: bit.ly/blackresearch

Eventbrite

#croydonbmeforum #croydonbmeforum #croydonbmeforum

2022 TIME FOR CHANGE: ACTION NOT WORDS BLACK HISTORY MONTH

THEN AND NOW



This session focuses on the journey from the West Indies to London. There is current interest to capture the stories of the migration experience in the UK. Let's explore leaving the West Indies and travelling up to first entering the UK.

What was your experience?
 Let's talk about it and capture your thoughts for historical contributions.

DATE: Wednesday 5th October 2022
TIME: 3PM TO 4.30PM

See zoom link for online session.
Location: Zoom
Meeting ID: 385 207 6159

Register now online: www.croydonbmeforum.org/ohm2022 or RSVP to info@croydonbmeforum.org
 eventbrite link: <https://bit.ly/2WwZwUy>

CROYDON BME FORUM

#croydonbmeforum #croydonbmeforum #croydonbmeforum

2022 TIME FOR CHANGE: ACTION NOT WORDS BLACK HISTORY MONTH

CANCER AWARENESS PROGRAMME

YOU ARE INVITED

GET EDUCATED GET SCREENED



Come along to our information stall at Croydon University Hospital to find out about the importance cancer screening. Information on Bowel, Breast, Cervical, and Prostate cancer will be available on the day. Free Raffle on the day.

DATE: 12th /13th October 2022
TIME: 11AM TO 3PM

Contact: Lorraine@croydonbmeforum.org

Register now online: www.croydonbmeforum.org/ohm2022 or RSVP to info@croydonbmeforum.org
 eventbrite link: <https://bit.ly/2WwZwUy>

CROYDON BME FORUM

#croydonbmeforum #croydonbmeforum #croydonbmeforum

CROYDON
www.croydon.gov.uk

NORBURY HIGH SCHOOL for GIRLS

Croydon Health Services
 NHS Trust

CROYDON BME FORUM

Support under MHPIC Service has included accompanying clients to appointments, encouraging and supporting clients to leave home by doing joint walks, supporting clients to access food banks, IT support, and form-filling. Clients have also been signposted and referred to other services for additional support i.e., crisis support, safeguarding referrals, citizens advice, befriending services, counselling etc.

There are currently nine MHPICs who cover the different localities under the Integrated Care Network. MHPICs continue to attend GP Huddles and ICN+MDT Meetings where they accept referrals, make referrals to other health services, and advocate clients' needs to other health professionals. We also maintain an active weekly presence at the Community Hubs.

Over the past year MHPICs have attended various training sessions including sessions on advice first aid, confidence and posture, welfare benefits, suicide prevention, domestic abuse and multiple disadvantages & trauma informed practice.

Statistics

A total of 457 home and community visits were done over this year. Additionally, the team has set 754 goals and achieved 698 goals with clients over this year.

Referrals Received – April 2022 – March 2023

SOURCES

Source	Q1	Q2	Q3	Q4	Total
GPs	21	25	4	16	66
Huddles	37	22	15	29	103
ICN+MDTs	6	5	7	13	31
Comm.Hub	2	5	3	1	11
CHWS	0	4	3	1	8
Rec.Space	0	1	0	0	1
Total	66	62	32	60	220

LOCALITIES

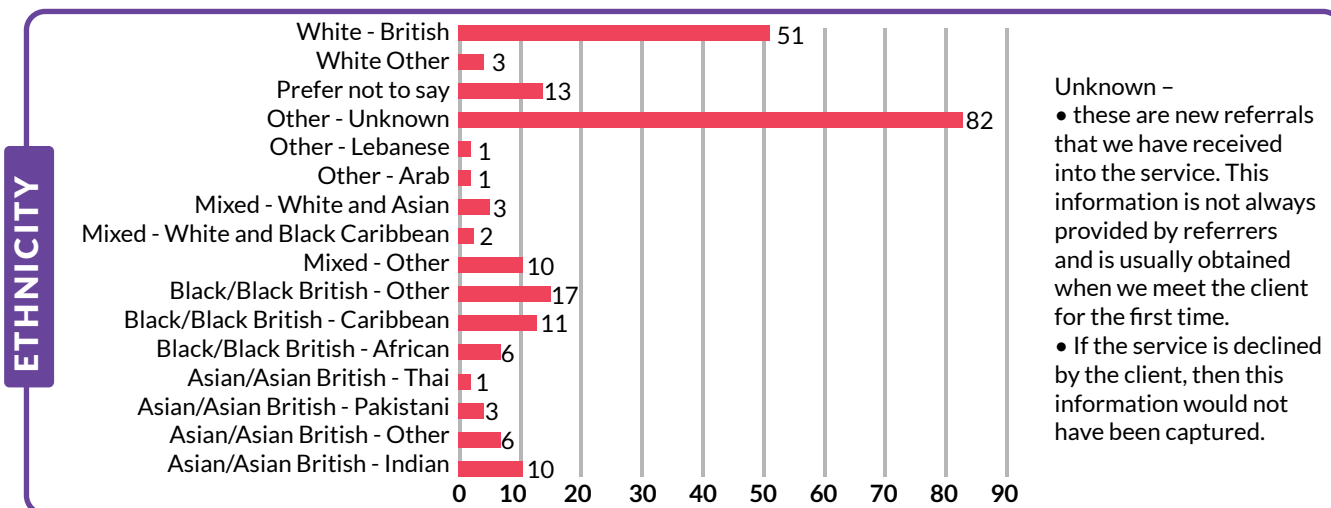
Locality	Q1	Q2	Q3	Q4	Total
North East	8	16	7	4	35
North West	18	14	11	17	60
Central East	18	10	5	23	56
Central West	9	8	6	8	31
South East	5	8	2	4	19
South West	8	6	1	4	19
Total	66	62	32	60	220

AGES

Ages	Q1	Q2	Q3	Q4	Total Year
18-24	4	1	0	4	9
25-34	13	11	3	11	38
35-44	5	9	3	13	30
45-54	11	11	11	9	42
55-64	11	18	6	11	47
65+	21	12	9	12	54
Total	66	62	32	60	220

GENDER

Gender	Q1	Q2	Q3	Q4	Total Year
Male	27	20	13	23	83
Female	39	42	18	37	136
Non-Binary	0	0	1	0	1
Total	66	60	32	60	220



Past Events

young minds matter
YOUTH EVENT
DATE: SAT, 9 JULY
TIME 12PM-5PM

Book your tickets on Eventbrite or www.cbmfforum.org/youngminds-matter
 Location: The Wellness Centre, 1st Floor Whitgift Centre, Opposite Waterstones Bookstore

Join us for a full day of real-life discussions, networking (live music and entertainment, psychoeducation, live demos, face, and more)

Backlog Mental Health Support, RECOGN, NHS, Croydon BME Forum

HEALTH AWARENESS DAY

Blood Pressure Checks, Diabetes Checks, Cancer Awareness Information, Nutrition & Exercise, HIV Awareness, Mental Health Talks, Prostate Cancer Advice, NHS Conversations

TIMETABLE FOR THE DAY
 12PM **MAN IN VAN TALK**
 1PM **LUNCH**
 2PM **NHS CONVERSATION TALK**
 3PM **HEALTH & WELLBEING TALK**
 4PM **RAFFLE**

Date : Wednesday 17th August 2022 | Time : 11am - 5pm
 Shiloh Worship Centre
 61-69 Bensham Grove, Thornton Heath CR7 8DD
 Nearest Buses : 450 and 250 (Free vouchers for raffle)
 For more information info@bmfforum.org

HEALTH AWARENESS DAY

RAFFLE AND PRIZES TO BE WON

- Blood Pressure Checks
- Diabetes Checks
- Cancer Awareness Information
- Mental Health Talks
- Prostate Cancer Advice
- Nutrition & Exercise
- NHS Conversations
- HIV Awareness

Date : Wednesday 31st August 2022
 Time : 11am - 5pm
 Socco Cheta, 44b Portland Road SE25 4PQ

Nearest Buses : 197-192-190 (Free vouchers for raffle)
 Nearest Train Station: Norwood Junction
 For more information info@bmfforum.org

“Man-Tell in conjunction with Croydon BME Forum Presents a Discussion on

INSTITUTIONAL RACISM

Everyone is WELCOME

Part 1: Wednesday 30th March 2pm-4pm
 Part 2: Wednesday 6th April 2pm-4pm

Location: The Wellness Centre, First Floor, Whitgift Centre, North End (Opposite Waterstones).

THE PSYCHE OF BLACK MEN

Black male community leaders panel discussion focusing on topics that impact Black Men in the UK

The focus is to address the barriers to black men getting support and seeking help.

- It's an opportunity to understand the journey of a black man's mind.
- Topics include: Family, Working life, Communication, Finance, Purpose, Mental and Emotional Health, Trauma and Woman.

PANEL: Andrew Brown, Lee Townsend, Terry Cracke, Kevin Vento, Dexter Simms, Chakka Shombe.

12TH JULY 2022, 7:00 - 8:30PM

MAN TELL IN PARTNERSHIP WITH THE CROYDON BME FORUM PRESENTS:

MEN'S FORUM

DYSFUNCTIONAL EMOTIONS: THE CONCLUSION

DATE: THURSDAY 17 MARCH 2022
 TIME: 6:30PM-8:30PM
 ZOOM MEETING ID: 395 207 8169

FOR MORE INFORMATION CONTACT: info@bmfforum.org

BOXING HIIT TRAINING FOR MEN WITH COACH X

COACH X

» EVERY THURSDAY STARTING 14TH JULY »
 7.00 PM - 8.30PM
 FITNESS X HEALTHY MIND/HEALTHY BODY WORKSHOPS

VENUE: 56A MITCHAM ROAD CROYDON CR0 3RG

Celebrating Love

In light of Valentine's day, please come and join us to celebrate loves in all forms, sharing positive and uplifting stories about love.

Bring a lover, friend or relative.

Date: Wednesday 15th February Time: 5pm on zoom

HEALTHY MIND HEALTHY BODY

The 12-week program focuses on 12 pillars of well-being. This continues from the 7-DAY CHALLENGE HEALTH BOOSTER session—six pillars on the body and six pillars of the Mind.

THE 12 PILLARS INCLUDE:

1. mindset clarifying the mind with the action and vision board
2. Why - remember your why
3. mindfulness
4. Nutrition
5. Sleep
6. Movement
7. Connection
8. Digestion of the second brain
9. Long-term convictions
10. Healthy emotional well-being
11. Healthy habits
12. Meal plans.

Limited time offer and biggest discount EVER! **save £899**
 The offer is available for the first 20 members that it will return to RRP of £899

For more information contact Caroline@bmfforum.org

Past Events

Meditation WORKSHOP

Please come along and join us for a Meditation workshop where you can feel stress-relief and learn some meditation techniques.

Date: Wednesday 5th April at 5pm - 6pm
Venue: Wellness Centre
 The Wellness Centre,
 Whitgift Centre First Floor, Unit 1040/42
 Croydon CR0 1TY and Online
 For more information contact: info@bmeforum.org

Please register your free place at Croydon BME Forum Eventbrite.

CROYDON BME FORUM

RELATIONSHIP COACHING

Having fulfilling relationships can significantly contribute to a positive wellbeing.

Following on from our Valentines Day special: Celebrating Love, we will have Vida, Life and Relationship coach to share advice and guidance on how to have satisfying relationships.

Date: Wednesday 1st March
 Time: 5pm - 6pm | Venue: Zoom
Date: Wednesday 15th March
 Time: 5 - 6pm | Venue: Zoom

Please register your free place at Croydon BME Forum Eventbrite.
 For more information contact info@bmeforum.org

@bmeforum @croydonbmeforum CroydonBMEForum

Bowel Cancer Awareness

Knowing the symptoms could save a life

Online Wed 5th October 2022

GUEST SPEAKER:
 LISA-LYNA OFOSU-ASARE
 HEALTH IMPROVEMENT SPECIALIST

Book Now via Eventbrite

Zoom Meeting ID: 3852076159

Hosted by: Lorraine Croydon BME Forum, Croydon BME Forum, RM Partners, NHS

"There is no limit to what we as women can achieve"
 Michelle Obama

We Celebrate You.

8th March

HAPPY INTERNATIONAL Women's Day 2023

At Croydon BME Forum, our message to you this International Women's Day is to Love The Skin You're In!

Embrace yourself, embrace uniqueness and embrace equality.

@bmeforum @croydonbmeforum CroydonBMEForum

THURSDAY 2ND MARCH 2023
TIME: 11AM - 1PM

CANCER AND LOSS: EXPLORING GRIEF AND BEREAVEMENT

Come and join us for tea, coffee and a discussion on grief and Bereavement.

In this session we look at what loss is and how we might experience it; we will also explore different types of loss.

Location:
 The Whitgift Shopping Centre (1st Floor) Opposite Waterstones Bookstore, Croydon, CR0 1LP

Organised by:
 Lorraine Croydon BME Forum, RM Partners & The Community Action Team at St Christopher's Hospice

For more info call: 020 8664 3779 or 07530 908 090
 Email: info@bmeforum.org
 Web: www.stchristophers.org

St Christopher's RM Partners

ONLINE SAFETY

ONLINE GROOMING AND KEEPING SAFE ONLINE WITH EMERGE WORLDWIDE

Thursday 18 August

Please come and join us to learn about online grooming and keeping safe online, where they'll be information on popular online platforms, strategies used to groom others, warning signs and reporting.

Guest speakers:
 Emerge Worldwide

Time: 6:30pm - 8pm
Location: www.zoom.com
Meeting Number: 385 207 6159

Contact us for more info: info@bmeforum.org

Eventbrite Croydon BME Forum

SUPPORTING DIFFERENCE:

A Support Group for those Who have or may have Autism and ADHD

The BME Forum and South London and Maudsley have come together to provide a support group for Men within the Black community.

This is a safe and confidential space that has been created for Croydon residents who have or may have Autism and ADHD or want to find out more about the condition.

"ADHD and Autism does not define you, a diag needs can empower you to find the best tools to navigate your life in a less stressful way."
 Caroline Townsend

Date: Wednesday 11th May 2022
Time: 6.30 pm

For more information contact: info@bmeforum.org
 Location Zoom Meeting ID: 385 207 6159

NHS South London and Maudsley CROYDON BME FORUM

BOOK A WELLBEING APPOINTMENT WITH US

DO YOU NEED SOMEONE TO TALK TO?

Wellbeing appointments are available for all stages in our lives and may need to speak with someone who can listen and understand our struggles and experiences.

We understand the importance of how improving our emotional and mental health wellbeing can have a positive impact in every area of life and would like to help you overcome any challenges in your life.

**EMOTIONAL AND MENTAL HEALTH SUPPORT
 WELLBEING WORKSHOPS
 ADVICE AND GUIDANCE**

Telephone: 020 8841 3377 and 07530 908 090
 Email: info@bmeforum.org
 Address: Croydon BME Forum, The Wellness Centre, Unit 1040/42, First Floor, Whitgift Shopping Centre, Croydon, CR0 1LP

@bmeforum @croydonbmeforum CroydonBMEForum

UNDERSTANDING CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH

DISCUSSION TOPIC

Is your child/young person experiencing challenges with their mental health?

Do you want to learn more about mental health?

Gather a better understanding of mental health and learn how to access support and treatment services available to your child or young person.

Share your experiences and challenges whilst learning how you can advocate for your family.

Tuesday 25th July 2023

Please contact: shakira@bmeforum.org to register attendance.

@bmeforum @croydonbmeforum CroydonBMEForum

CAN YOU C ME?

THE CROYDON CANCER CONFERENCE 2022

The Croydon BME Forum organised a conference entitled 'Croydon Cancer Conference 2022 - Can You C Me?' The conference aimed to address racial disparities within cancer support, raise the voices of marginalised communities and emphasise the importance of healthcare equality. Attendees joined talks with panels of guest speakers and workshops on living with cancer.

Topics included:

- The impact of cancer on finances
- Ethnic disparities within cancer treatment or care
- Cancer and loss
- Afro hair and cancer
- Breast cancer

Speakers and workshop hosts were a mixture of healthcare professionals and those with lived experience of cancer.

Information on where to access advice and support for individuals who have received a cancer diagnosis and their families & loved ones was also provided.

This was fulfilled through signposting during the workshops and stalls from various organisations being present during the event.

Funded by

**MACMILLAN
CANCER SUPPORT**



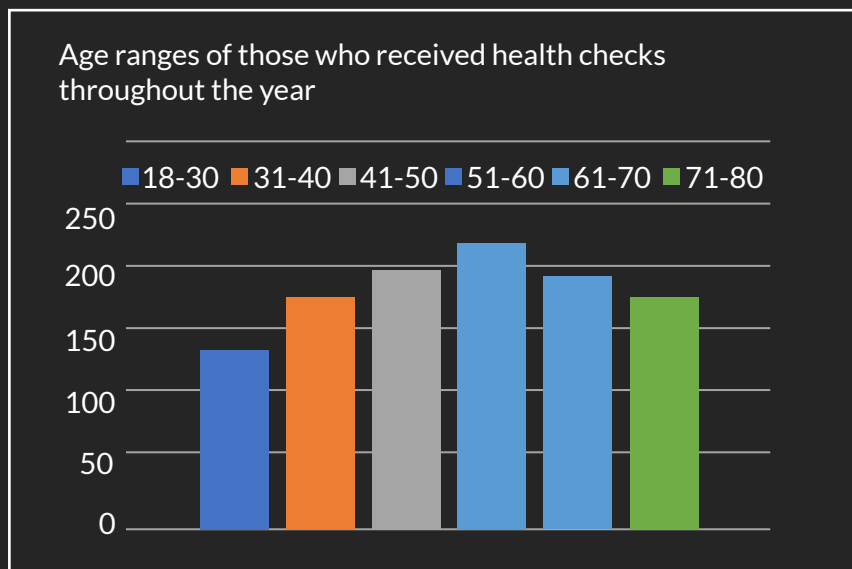
Long Term Conditions Outreach Programme

The Long terms conditions project, funded by the Integrated Care Board in 2020, continues to spread awareness on high blood pressure, diabetes, and chronic obstructive pulmonary disease (COPD) within Croydon.

The total number of those health checked reached 1231 between 1 st April 2022 and 31 st March 2023.

BP at/above 140mmhg	329
High diabetes risk	707
African/Caribbean minority	494
Men	420
Women	811

The project has further broadened connections with existing hard to reach communities which include the homeless, refugees, and various faith groups. NHS emails, introduced earlier in the year, helps the client re-engage with their surgery by addressing barriers experienced by client – struggle to get an appointment, waiting times etc.



60% Women
40% Men



57% required further investigation for diabetes risk score.

7 COMMON SYMPTOMS OF TYPE 2 DIABETES



27%
BP at and above 140



20%
Received GP follow-up



In Partnership



Wellbeing Advisor April 2022-March 2023

The wellbeing advisor two- year project started in June 2021 providing 1:1 mental health support and hosting and delivering workshops to predominately BAME people in the community. Within the last year of the project, the wellbeing advisor project slowly developed into a service in the Wellness centre as the needs of the community increased due to the impact of COVID-19 due to reduced or non-existent services. Since the Croydon Health and Wellbeing space have launched, the wellbeing advisor project have been working with them to ensure that the community receive the help they need.

Wellbeing workshops

The wellbeing workshops predominantly takes place online in the evenings on a weekday, and within the last year of the project, we facilitated some workshops in-person at the Wellness Centre. The workshops have covered various topics in mental health and wellbeing either lead by the wellbeing advisor or a guest speaker.

We have engaged with 338 people and worked with 11 partners who have covered topics such as employment, building relationships, meditation, bereavement, suicide, therapy, anxiety and loneliness, positive mindset and social care needs. 24 wellbeing workshops have been delivered in the second year of the project.

1:1 Mental health support

The 1:1 sessions provide a safe space at the Wellness Centre where the individual feels supported and listened to, to find solutions to their problem. There are 6 sessions for the individual to explore what will help them and the services available to them with the support of the wellbeing advisor. We can signpost the individual to integrate into the Croydon BME Forum projects, Croydon Health and Wellbeing Space, Mind in Croydon and other external organisations and community groups, which essentially provides a support network for the individual and how we can make the life of the individual more manageable.

Individuals can either self-refer, be referred from external organisations and groups or drop-in to the Wellness centre and get support. The main client need has been mental health support where they sought further help with counselling services in Croydon. Some of them use the space to understand what they need and look into other areas of their lives such as employment, education, housing and social activities. Since the impact of COVID-19 and the cost of living, we have observed an increase of complex clients entering the Wellness Centre and receiving referrals from either external organisations or via word of mouth in the community, to assist in housing support and completing benefit forms. With this observation, it highlighted the need to develop the wellbeing advisor project into the Wellness Team, that comprise of a team of three wellbeing advisors that provide 1:1 mental health support, assistance with housing, homelessness, employment, education, and social activities. Alongside, facilitating wellbeing activities and events.

Wellbeing Advisor project data April 2022 – March 2023

11

We have worked with 11 partners for the wellbeing workshops

24

24 wellbeing workshops online and face to face

634

634 people have signed up for wellbeing workshops

13

13 clients have registered for one to one wellbeing sessions

34

We have conducted 34 one to one wellbeing sessions

16

16 unique workshop topics



Community Connector

**CORE20
PLUS 5**

What is Core20 Plus5?

It is the national NHS England's improvement approach to reducing health inequalities at both national and system levels. 'Core20' represents the most deprived 20% of the national population as identified by the index of multiple deprivation, while 'Plus' includes the additional percentage of people selected by the Integrated Care System. The '5' denotes the 5 key clinical areas, which are high blood pressure/diabetes, early cancer, chronic respiratory diseases, maternity, and severe mental illness.

Croydon BME Forum's two Community Connectors provide services in the African/Caribbean communities, located primarily in the south of Croydon, as well as in the north of the borough where high health inequalities were found, or large deprivation exists.

Community Engagement:

Croydon BME Forum organised four in-person events to raise health awareness in the community. These were held at Shiloh Worship Centre in Thornton Heath, Socco Cheta in South Norwood, and the Wellness Centre in Croydon. Two focus group workshops were also organised around disability and health inequalities.

In partnership with the Long-term Conditions' Coordinator, over 160 health checks were completed, which included high blood pressure and diabetes screenings.

To enhance the community's knowledge about services that are available and accessible to them, the team collaborated with existing organisations working in this field in the borough. Resultantly, through these partnerships, clients were signposted to required services in and around Croydon.

To address the health issues that impact the community, a safe space and platform was provided for people to voice their concerns about their health issues as well as general information related to services. Furthermore, concerns

and success stories shared by the community were relayed to our NHS partners in Southwest London to facilitate knowledge sharing and improvement to services.

Awareness Days were utilised as a vehicle for updating the community about vital information from the NHS, including changes within the healthcare system, vaccination apps, immunisations, and any emerging risks to health.

Activities 2022- 2023

160 health checks completed 2 workshops delivered

4 events hosted 900 members of the community engaged with

200 individuals referred to other agencies

Talks: presentations

- Long-term conditions
- Cancer Awareness - prostate/breast/ovarian
- Core20plus5- What Is It
- Diabetes
- Nutrition
- Eating Healthy and exercise
- Men's Health- Maintaining a healthy bladder with prostate cancer
- Mental Health and wellbeing 25- 65 and over 65+

Black Mental Health Conference



RACIAL DISPARITIES | NEURODIVERSITY | MENTAL HEALTH

The Croydon BME Forum in partnership with the London Southbank University (LSBU), hosted a Black Mental Health Conference on Wednesday 26th April 2023 at the LSBU's Croydon campus. This conference offered a space to explore how mental health affects black people and emphasised Croydon's mental health initiatives such as Patients and Carers Racial Equality Framework (PCREF), Ethnicity and Mental Health Improvement Programme [(EMHIP), Holistic Mastery, and Push 'N' Play.

The conference was a response to numerous requests from the community to promote the PCREF programme. In addition, there were prior requests at the Croydon Independent Advisory Group (IAG) community meetings to learn more about neurodiversity and advocate for people who are neurodiverse.

As such, the core focus of the conference was initially neurodiversity; however, this later expanded into a wider scope to include other topics such as Racial disparities and, Mental health and Trauma; thus highlighting other IAG projects, addressing issues in the community and offering a safe space to continue breaking down the stigma around mental health.



EST 1892

LSBU



The Wellness Centre



ABOUT THE SERVICE

The Wellness Centre is a holistic drop-in hub located in the centre of Croydon. Our goal is wellness and prevention - to improve lives and avoid hospitalisation.

We work in partnership with a diverse group of mental health professionals and providers supporting Black Minority and Ethnic communities in Croydon.

OUR FOCUS

Health & Wellbeing

Awareness Workshops

Physical Activities

Community Events

WE OFFER

The Wellness Centre has an exciting range of group events and activities to help improve mental wellbeing, physical health, social skills and awareness.

This includes:

- Coffee Mornings
- Support Groups
- Games Club
- Energy Awareness Advice
- Health Checks

You can also access our drop-in sessions with a member of our Wellness Team for one-to-one referrals to discover support services in the borough.

The Wellness Center 1st, Floor Whitgift Centre Croydon CR0 1LP

Email: info@bmeforum.org - Phone: 0208 684 3719



Aligned with the global goal to end AIDS by 2030, AHF UK is committed to promoting HIV prevention and testing especially amongst BME communities who are disproportionately affected by HIV according to UK statistics.

Black and minority ethnic groups are disproportionately affected by HIV, with Black Africans having the highest numbers of undiagnosed infections, very high levels of stigma and low knowledge of basic HIV facts.

As such, AHF UK provides anonymous and rapid HIV tests in Croydon and surrounding areas through its own testing sites, at outreach sites and special events across the area.

The organisation is active at events throughout the year, including International Condom Day, Croydon Pride, National HIV Testing Week (UK), Black History Month and World AIDS Day.

It also provides HIV self-test kits for home testing across the country.

AHF UK also works in partnership with community organisations such as Croydon BME Forum, Croydon Sexual Health, faith groups and local businesses to deliver HIV prevention & advocacy by providing - education, testing, sexual health information and free condoms.

The partnership with the Croydon BME Forum complements their existing health programs by providing awareness and testing for HIV and Sexual Health.

Main goals of AHF UK:

- Promote HIV testing and education especially amongst BME communities, hence the close working relationship with the Croydon BME Forum.
- End HIV transmission by promoting early testing.
- Increase awareness on the new prevention technologies.
- End HIV stigma and discrimination [the biggest barrier to HIV testing].

With these goals as the guiding principles, the HIV testing service is available on a weekly basis, every Thursday from 2:00 – 5:00pm, at the Croydon BME Forum’s Wellness Centre (WC), located in Whitgift Centre.

To find out more information, please visit www.freeHIVtest.uk



Testing data April 2022 - March 2023

Total tested 579 at WC and at outreach events

Age range at Testing	Negative	Positive	Linked successfully to care	Lost to care
15-19	25	0	-	-
20-24	85	1	1	-
25-29	110	0	-	-
30-39	189	2	1	1
40-49	95	1	1	-
50+	75	1	1	-
Total	579	5	4	1

Croydon Health and Wellbeing Space

The Croydon Health and Wellbeing Space (CHWS or the space) opened on 4th January 2022. It is a partnership between the NHS, Croydon BME Forum and Mind in Croydon, designed to focus and emphasise on providing better access to mental health services and support for people who have not previously engaged with support, including BME communities. The space combines clinical mental health and social care expertise under one roof to improve access, experience and outcomes.

It is part of the Mental Health Transformation programme, which aims to utilise community-based interventions to prevent worsening of an individual's mental health to crisis point.

Clients can walk in, be referred by a healthcare professional or signposted by statutory or voluntary organisations. Support workers provide advice and assistance with housing, welfare benefits, debt, mental health, physical health and employment related issues.

Clients can also access the CHWS website (<https://croydonhws.co.uk/>), which acts as a virtual hub to anyone who may not be able to access the physical space.



Contact Information:

Croydon Health and Wellbeing Space
First Floor, Unit 1101-1102
Whitgift Centre
21 N End, Croydon CR0 1UY
Next to Holland & Barrett

Tel: 0203 154 9539
info@croydonhws.co.uk
www.croydonhws.co.uk
@croydonhws/



IN PARTNERSHIP WITH



My Ends

The core model of MyEnds recognises the critical role and collective impact community stakeholders have in local violence reduction initiatives. The current programme has won an MJ award in the 'Better Outcomes' category for its partnership approach to solutions to tackle violence.

This approach has seen more than 54,000 young people and community members supported through nearly 40,000 activities and interventions, including detached youth work, intensive mentoring, diversionary activities, community outreach, sport and holistic support.



Young at Heart Group "YAHG"

YAHG established during the COVID-19 pandemic, played a pivotal role in providing social connection and support to individuals.

This online group offers a safe space for meaningful conversations, enabling participants to feel valued and connected.

Weekly sessions continue to provide opportunities for interactive discussions, professional advice from Croydon NHS services, doctor-led health talks and Mental Health professionals, Counsellors, Dementia Support and advice and facilitators' insights. This group is committed to promoting holistic well-being and positive mental health among individuals aged 60+.

For more information on how to join or take part in one of the sessions, please email Shelly@bmeforum.org

LET US BE YOUR ADVOCATE IN YOUR COMMUNITY.

DISCOVER OUR Young AT HEART GROUP

The ultimate space for connecting and engaging with people 55 years & over. With us, you can expand your horizons, learn new skills, and experience the uplifting power of human connection. We're here to combat isolation, boost mental health, and provide unwavering support.

Join us Every 1st & last Wednesday of the month 3pm to 4.30pm.

Location: Zoom
Meeting id: 385 207 6159
<https://us02web.zoom.us/j/3852076159>

Scan QR Code to visit our webpage
For more info please contact
☎ 07923 490 644 ✉ shelly@bmeforum.org

CRYSTAL PALACE F.C. CROYDON BME FORUM

@cbmeforum CroydonBMEForum CroydonBMEForum www.cbmeforum.org

Our Future Projects

Croydon BME Forum is shaping a future where health disparities are mere memories, where every voice is valued, and where the community is at the heart of progress. The Forum is embarking on projects which will have a significant impact on BME communities.

The Cancer Support Project in partnership with Macmillan. This is a three-year programme with the key aim of intervening to improve the experience, outcomes and understanding of cancer treatment within BME communities in the Croydon area. The project will also provide healthcare providers and decision-makers with an awareness and a deeper

understanding of the disparities in patient experience and health outcomes about minority communities and enable planning that takes into account the cultural needs of the Black and Ethnic Minorities Communities.

Croydon BME is dedicated to understanding the unique experiences of women from ethnic minority communities in fertility services. Our Women's Health Service project will explore issues and barriers experienced by black women in accessing gynaecology and fertility services and how these could be addressed.

Our focus on Black, Asian and other ethnic minority communities reflect our commitment to equity and justice in health care.

Coming Soon in 2023/24

Maternity Research Project

The EDI Researcher will look at, what: Support, information, advice and guidance is available from preconception to delivery (and up to 5 years) for black mothers and babies.

Improve the early recognition and management of pre-natal and ante-natal deterioration in Black Women and Babies.

Chronic Kidney Disease (CKD)

Working in partnership ARCC and Croydon BME Forum will build on their existing programme of activities to:

- Deliver lifestyle advice and provide to Core 20 communities.
- Increase understanding of the importance of early detection and treatment
- Improve diagnosis, reduction in the number of people progressing to develop CKD

Black History 365

Black History 365 will deliver a combination of partnerships and commissions projects as well as CBME Forum led projects. Starting in October 2023 and finishing in 2024 we will deliver various projects all funded by London Borough of Croydon.

Energy Redress Project

The project will increase awareness of domestic energy issues and reduce the risk of fuel poverty amongst harder to reach and BME communities, likely to be disproportionately affected by the impacts of high energy prices. An energy adviser will deliver training sessions across the borough and online, which will include energy efficiency, energy bill and tariff advice, energy debt support, and support applying for grant funding.



REPORT FOR THE FINANCIAL YEAR 2022 TO 2023

The Trustees of Croydon BME Forum carried out an independent audit for the financial year ending 31 st March 2023. The turnover for the period amounts to one million, one hundred and twenty six thousand and sixty seven pounds (£1,126,067) and the expenditure for the said period was one million, six thousand, eight hundred and ten pounds (£1,006,810). Giving the Forum a surplus of £119, 257 which is reinvested within the organisation for its capacity development. The accounts gave a true and fair view of the state of the Forum as at 31 st March and of its income and expenditure resources.

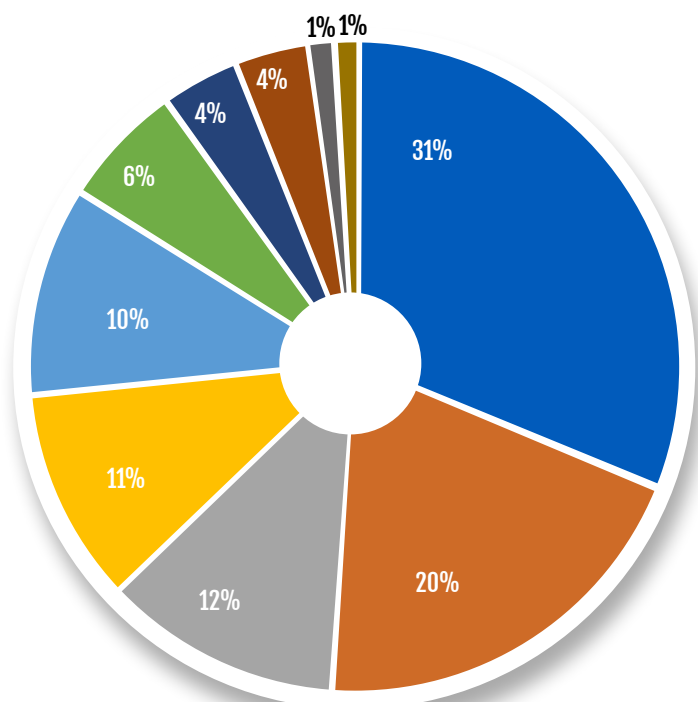
The accounts was prepared in accordance with the UK general accepted accounting practice and in accordance of the Companies Act 2006.

Please see a breakdown of the source of revenue and how those revenues were expended.

Contractor	Project	2023 £
NHS South West London	MHW Hub	249,075
NHS South West London.	MHPICS	160,313
London Borough of Croydon	Community Vaccine	92,634
NHS South West London	MPPICS	84,921
NHS South West London	CDW Service	83,025
London Borough of Croydon	Core Infrastructure	50,400
NHS South West London	Wellness Centre	30,750
London Borough of Croydon	Partnership Co-Ordinator	29,792
NHS England and NHS Improvement	Organisations	9,990
London Borough of Croydon	Other Contracts	7,750
Total Contract Income		798,650

2023 Contractor's Income

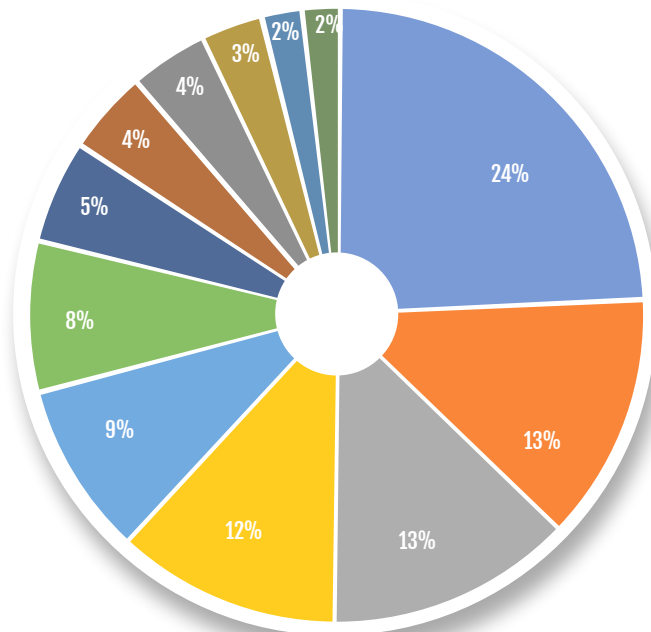
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- London Borough of Croydon
- NHS South West London
- London Borough of Croydon
- NHS England and NHS Improvement
- London Borough of Croydon



Grant Income	2023
	£
SLAM	67,250
NHS Long Term Condition	35,755
NHS Cancer Awareness Project	35,620
NHS Core 20 Plus	32,397
Mayor of London- My Ends Project	25,000
Windrush Community	21,940
Macmillan Cancer Support	14,900
Kickstart	12,057
Croydon University	11,333
Energy Redress	8,978
The Maudsley Charity Trust	6,000
The Caribbean African Targeted Health Improvement Prog	5,000
Total Grant Income	276,230
Total Contract and Grant Income	1,074,880

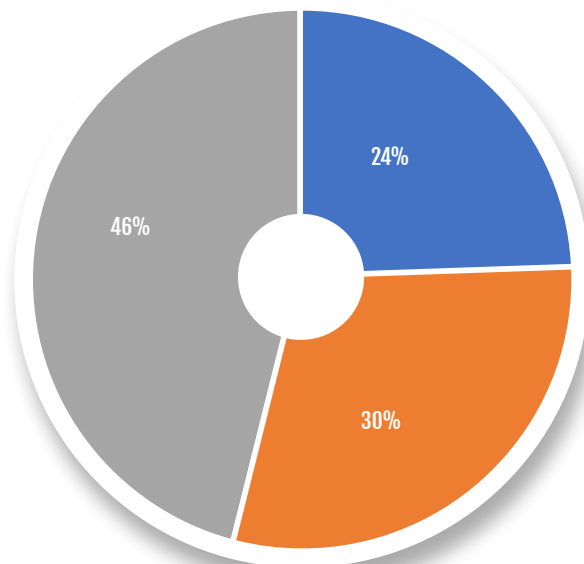
2023 Grant Income

- SLAM
- NHS Long Term ConEthnicity and Mental Health
- NHS Cancer Awareness Project
- NHS Core 20 Plus
- Mayor of London- My Ends Project
- Windrush Community
- Macmillan Cancer Support
- Kickstart
- Croydon University
- Energy Redress
- The Maudsley Charity Trust
- The Caribbean African Targetted Health Improvement Prog



Expenditure on Charitable Activities

Expenditure	£	£
Equality and Cohesion	243,875	199,975
Building Capacity	299,633	152,826
Empowering Communities	463,302	491,045
	1,006,810	843,846



■ Equality and Cohesion ■ Building Capacity ■ Empowering Communities

Our Funders

- Croydon Council
- Croydon University Hospital
- Macmillan Cancer Trust
- My Ends (Mayors Office)
- London South Bank University
- South London & Maudsley (SlaM)
- South West London CCG (Croydon)
- RM Partners

Our Partners

The following organisations have worked with us over the past 12 months.

- Asian Resource Centre Croydon (ARCC)
- Aids Health Foundation (AHF)
- Age UK Croydon
- Black Thrive Global
- Cancer Don't Let IT Win
- CAHN – Caribbean African Health Network
- Croydon Council – Healthy Homes Team
- Croydon Drop in
- Croydon Neighbourhood Care Association (CNCA)
- Croydon Voluntary Action (CVA)
- Clear Community Web
- Diabetes UK
- Healthwatch Croydon
- Integrated Care Support Services
- John Ruskin College
- King's College London University
- Manju Shahul-Hameed Foundation
- Metropolitan Police
- Mind In Croydon
- Norbury High School
- Off The Record
- PJs Community Services
- Race Equality Foundation
- Voice4Change England
- Victim Support
- Wandsworth Community Empowerment Network (WCEN)
- South East Cancer Help
- Socco Cheta Community Hub
- St Christopher's Hospice
- Superhighways

A Special Thanks

Croydon BME Forum would like to offer their gratitude to several people who have assisted in different ways throughout the year. First and foremost, to our board of trustees who continue to support our endeavours, and offer valuable advice and guidance when needed:

Trustees

Paulette Lewis MBE – Chair of Trustees

Ashok Kumar – Vice Chair

Chandra Babu – Treasurer

Viviene Witter – Secretary

Patrick Reid – Trustee

Ghazala Mirza – Trustee

Yvonne Walsh – Trustee

Malti Patel – Trustee

Staff List

A big thanks to all the staff and volunteers, without whom our many projects would not be possible. From organising to delivering, they always make it an extraordinary experience. The team go above and beyond to ensure the clients get the best possible and deliver our services.

Andrew Brown – Chief Executive Officer

Gifty – Operations Manager

Troy – Finance Manager

Nadine – Office Coordinator

Anisah – Business Administrator

Kayleigh – Project Manager

Lisa – Core20 Coordinator

Clare – Long-term Conditions Coordinator

Viknesh – Long-term Conditions Coordinator

Lorraine – Cancer Project Coordinator

Juliyah – EDI Researcher / Community Facilitator

Stella – EMHIP Programme Manager

Tanya – Lead Wellbeing Advisor

Shelly – Mental Health Community Development Worker

Caroline – Mental Health Community Development Worker

Keleisha – Mental Health Personal Independent Coordinator

Meadhbh – Mental Health Personal Independent Coordinator

Zalika – Mental Health Personal Independent Coordinator

Candice – Mental Health Personal Independent Coordinator

Debi – Barbershop Project Manager

Daniel – Young Londoner’s Fund Co-ordinator

Marvin – My Ends Capacity Builder


Trevor – Health and Wellbeing Space Support Staff


Natasha – Health and Wellbeing Space Support Staff

Danielle – Health and Wellbeing Space Support Staff

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 /CBMEForum

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 Croydon BME Forum

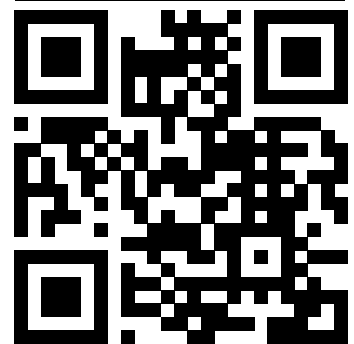
 Croydon BME Forum

 www.cbmeforum.org

 020 8684 3719



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Address

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The Wellness Centre
1st Floor Whitgift Centre , Croydon CR0 1LP

Croydon Health And Wellbeing Space
Unit 1101-1102, Whitgift Centre , Croydon CR0 1TY

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