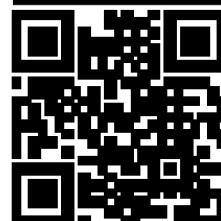




ANNUAL REPORT 2023/24


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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.

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 the 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 the development of culturally sensitive services.



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Croydon, CR0 3RG

☎ 020 8684 3719
✉ info@bmeforum.org
🌐 www.cbmeforum.org



Chair's Introduction

Paulette Lewis MBE

It is with great pleasure that I present our Annual Report for 2023/2024. This year marks a significant milestone, our 20th anniversary, offering a moment to reflect on two decades of dedicated service to our communities and to look ahead with renewed purpose.

Over the past year, we have focused on building a sustainable and resilient organisation, strengthening our strategic direction while responding to ongoing

challenges. Community engagement remains central to our work. Through meaningful collaboration and co-designed initiatives, we continue to support cohesion and development within our communities.

Despite a difficult and uncertain environment, we have remained committed to addressing health inequalities and supporting those most affected by systemic barriers. Our advocacy, engagement, and project delivery have been key to creating lasting, positive change.

We are especially passionate about empowering future generations. Listening to young people and ensuring their lived experiences shape the services we provide is at the heart of our mission. Our goal is to build sustainable, impactful projects that leave a lasting legacy.

Like many grassroots organisations, we have faced growing financial pressures. With reduced access to funding, we recognise the importance of being more strategic and innovative to secure our long-term sustainability. Strengthening community participation and deepening partnerships across the borough continue to be essential as we refine our three-to-five-year strategic plan.

Despite these challenges, we are proud to have delivered vital healthcare and community development initiatives in partnership with local stakeholders. Our focus remains on providing inclusive, transparent, the evolving needs of our communities. Our dedicated team plays a crucial role in our success. We continue to invest in staff development and organisational transformation to ensure we are prepared for the future. I am deeply grateful for the energy, creativity, and commitment our team brings to their work every day.

I would like to extend my heartfelt thanks to our CEO, management team, staff, Trustees, partners, and community members for their collective dedication throughout the year. Your ongoing support has been instrumental in delivering vital services and shaping responsive, community-led projects.

As we look ahead, we remain committed to ensuring that community voices continue to guide our work, and to foster strong partnerships that will help us grow and adapt. On behalf of the Board and Trustees, thank you for your continued support and trust. We look forward to the future of Croydon BME Forum with confidence unity and ambition.

Paulette Lewis MBE FILM
Chair

Chief Executive Officer

Dr Andrew Brown

As we look back on 2023/24, it has been a year of tremendous progress for the Croydon BME Forum. We are proud of the milestones we have reached, thanks to the hard work and dedication of our team, volunteers, and supporters.

One of our key achievements was the launch of the Macmillan Cancer Project, which now delivers vital support services across six South West London areas, helping to bridge gaps in cancer care for our communities.

In addition, our EMHIP programme has continued to grow, supporting individuals with mental health challenges and providing a safe space for those in need. We have also seen the continued success of our Long-Term Conditions and Core 20Plus5 projects, where we've been able to reach over 3000 individuals this year, ensuring access to essential services for those with chronic conditions and promoting health equity across Croydon.

A significant moment for our organisation was the celebration of Windrush 75, a poignant occasion to reflect on the contributions of the Windrush generation and their descendants. This milestone allowed us to honour their legacy and reinforce our commitment to advocating for the rights and well-being of Black and Minority Ethnic communities.

None of these successes would have been possible without the unwavering commitment of our team, volunteers, and Board of Trustees. I would like to extend my heartfelt thanks to all who have contributed to our achievements this year. Your tireless efforts have made a real difference, and I am truly grateful for your support.

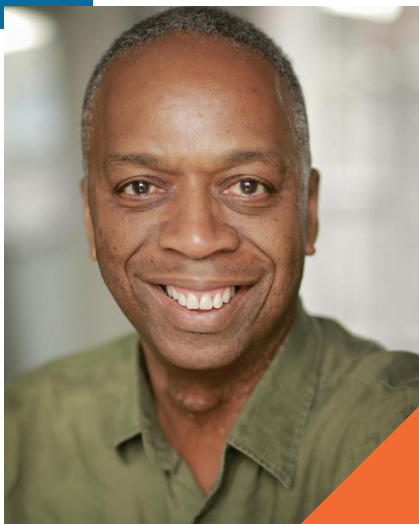
Additionally, I would like to express our deepest gratitude to our funders over the past 12 months: Maudsley Charity Trust, the NHS, Macmillan Cancer Trust, and South West London Integrated Care Board (SWL ICB). Your generous support has enabled us to continue our vital work, and we are privileged to have you as partners in our mission.

Looking ahead to 2024/25, we are preparing for another exciting year. We have already secured new projects that will further our mission of improving health, well-being, and social equity for BME communities in Croydon. However, we are also mindful of the challenges ahead, particularly with the anticipated spending cuts within the NHS, which may impact our ability to deliver some of our services. Despite these challenges, we remain determined to find innovative solutions and continue to provide the high-quality support our communities depend on.

I look forward to continuing this journey with all of you and thank you once again for your continued trust and partnership.

Dr Andrew Brown
(Honorary Fellowship London South Bank University)
CEO, Croydon BME Forum





Business Operations Manager

Kelvin O' Mard

(Oct 2023 – Apr 2024)

Since joining the Croydon BME Forum in October 2023, I have focused on strengthening the organisation through three key strategic priorities:

- **Staff Health and Wellbeing:** Introduced an enhanced annual leave package and launched an Employee Assistance Programme to better support our team.
- **Infrastructure and Sustainability:** Reviewed and updated key policies, completed a Safeguarding Audit, improved financial procedures, and implemented local 'Smarter Working' protocols.
- **Health and Safety Compliance:** Conducted regular inspections across our sites (Head Office, Wellness Centre, and Croydon Wellbeing Space) to ensure full Health & Safety compliance.
- **Project Portfolio:** Supported over 20 active projects, including Cancer Awareness, Community Mental Health Development, Core20PLUS5, and Macmillan's 'Can You C Me'.
- **Activities & Events (Jan–Mar 2024):** Delivered more than 30 in-person and online events such as Let's Talk Cancer, the Winter Engagement Programme, and the Community Health Fair at Fairfield Halls.
- **Total Reach:** Engaged over 3,000 participants.



Croydon BME Forum is proud to partner with The Felix Project, a London-based charity committed to reducing food waste and fighting hunger. Through this collaboration, we have been able to deliver free, nutritious food to vulnerable individuals and families across Croydon, including single fathers, elderly residents, refugees, and low-income households.

This support is especially vital during school holidays, when the pressure on families to provide daily meals significantly increases. Thanks to the Felix Project, we've been able to offer essential food parcels and hot meals to those most in need.

Beyond food distribution, this initiative has fostered intergenerational volunteering opportunities, bringing together older and younger community members to support delivery efforts, strengthening local connections and shared purpose.



Long-Term Conditions (LTC) Project Annual Report 2023/24

The Long-Term Conditions (LTC) Project is a proactive and preventative health initiative aimed at reducing the impact of chronic illnesses—particularly hypertension, diabetes, and cardiovascular diseases—among Croydon’s Black, Asian, and Minority Ethnic (BAME) communities. Delivered in partnership between Croydon BME Forum and the Asian Resource Centre of Croydon (ARCC), the project focuses on early intervention, education, community health checks, and signposting to health services in underserved areas like New Addington and Thornton Heath.

Key Achievements

- 1,126 community members received a health check
 - 825 at community events
 - 301 at community hubs in CR0 and CR7 wards
- 569 people (68%) identified with moderate to high diabetes risk
 - 75% from ethnic minority backgrounds
 - 67% aged between 50–80
- 217 individuals (26%) recorded high blood pressure (140mmHg+)
 - 75% from BAME communities
 - 52% from CR0 and CR7
- 29 people recorded abnormal pulse readings
 - 45% of these were from New Addington and Thornton Heath

Demographic Highlights

- Majority of those at risk were Black African, Black Caribbean, or South Asian
- Highest risk groups were aged 60–70
- Focus wards included CR0, CR7, and SE25

Community Outreach

- 127 health screening events delivered
- 20 targeted awareness-raising events
 - 13 events in New Addington
 - 10 events in Thornton Heath
- 596 total attendees
- 59 pieces of health communication material developed and shared
- 309 GP referrals made
- 134 individuals consented to their results being shared with their GP
- 150 follow-up calls made to ensure engagement with healthcare services
- 30% confirmed having seen their GP after referral

Volunteer Engagement & Training

- 27 active event health champions supported delivery
- 20 conversation champions trained since 2021
- 4 official training sessions delivered this year
- Champions supported in community awareness, health checks, and follow-ups

Conclusion

The 2023/24 LTC Project delivered strong, measurable impact through community-rooted engagement, targeted outreach, and health education. With rising risks among BAME populations, the continued focus on early intervention and community-based support remains vital to reducing health inequalities across Croydon.

Cancer Awareness Project 2023-2024

RM Partners
NW & SW London Cancer Alliance

The Cancer awareness programme a partnership with RM Partners.

The programme is essential for raising awareness of the importance of early diagnosis in the Black and South Asian community.

Raising awareness about different types of cancer and their symptoms helps individuals recognize potential warning signs early. Early detection often leads to more successful treatment outcomes and improved survival rates.

We aim to:

- Raise awareness of key risks of cancer
- Raise awareness of importance of early diagnosis and treatment to avoid complications
- Raise awareness of what actions can be taken to reduce the risks



OUR IMPACT (2023–2024)

47 Community Events Held (between 2023 -2024)

- 33 Events in 2023
- 14 Events in 2024

1,099+ People Engaged

Partnerships Built

- 75 Partnerships (2022–2023)
- 8 New Partnerships in 2024
- Building stronger communities. Creating lasting change.



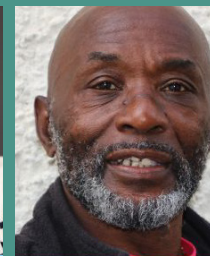
Our Work With Prostate Cancer UK

Over the last 18 months the Croydon BME Forum has been working with PCUK & other Black stakeholders, including men with lived experience, academics, and clinicians to reach a consensus on the core message for Black men, from Black men, regarding their risk of prostate cancer and the PSA test. This group is referred to as Black Men's advisory committee.



Cancer Champions

We developed “Croydon Cancer Champions” to engage with communities, individuals and voluntary sector groups. Our champions undertake activities to reach the targeted and risk communities through events and awareness raising. We currently have 11 Cancer Champions registered and our 3 main supports are pictured below.



Coffee Social Mornings every third Thursday of the month

Held on the third Thursday of each month at our head office on Mitcham Road, our Social Coffee Mornings offer an informal space for conversation and connection. Over the past year, we hosted 14 sessions and engaged in one-on-one discussions with 191 individuals about screenings and related services.

We hosted workshops to build and enhance knowledge around capacity building and awareness raising.

Attendees learnt how to effectively spread awareness in their communities and were able to ask questions to our speaker, Josiah Kwesi Eyison, CEO and co-founder of iSpace Foundation.

In partnership with
Core20+5

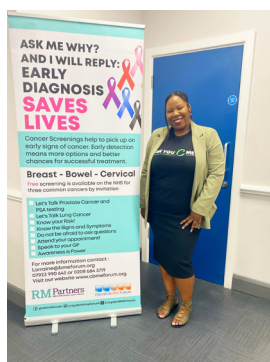


ON A MONDAY: THE DAY WHEN
EVEN COFFEE NEEDS COFFEE!

We host Pop-Up stalls and Health awareness events which play a crucial role in promoting health education, prevention, and overall well-being in communities. These events provide valuable information about available cancer screenings, signs, symptoms, prevention methods, healthy lifestyles, and available healthcare services. They empower people to make informed decisions about their health. These events also raise awareness about the importance of preventive measures such as vaccination, screenings, regular check-ups, and healthy behaviours. By emphasizing prevention, they can help reduce the incidence of diseases and improve public health outcomes.



Our Let's Talk initiative is a monthly online event, where we dive into various lifestyle topics and share insights with like-minded individuals. Topics have included The Cancer Awareness project and what is screening, Core20+5 project and the areas it covers, Men's Health and GP fears, Employment and The Monday Blues.



**Black Women Rising - Unseen, Unheard:
A Spotlight on Health Inequalities in Breast Cancer**
Hosted by Dawn Butler MP and in partnership with Black Women Rising

This event was organised and fully funded by Gilead Sciences

Image taken at Parliament with Founder of Black Women Rising Leanne Pero & Lorraine, our Cancer Awareness Manager

Healing Families, Empowering Communities



A Story of Growth and Commitment in Croydon

In 2022, something quietly powerful began in Croydon. A small group of local leaders—pastors, imams, community workers—stepped forward to learn a new way of helping their communities. They enrolled in a bold new programme under the Ethnicity and Mental Health Improvement Project (EMHIP): the Systemic Family Therapy Training.

These 19 individuals, all from Croydon's richly diverse Global Majority communities, brought with them a deep understanding of their people's struggles—and a powerful desire to do more. Many were already supporting families through faith, community events, or informal counselling. But this training gave them something different: a professional, structured, culturally responsive therapeutic toolkit.

Led by renowned therapist Prudence Skynner, the training stretched over two years. The first year was rooted in theory—weekly sessions exploring family systems, relational patterns, and the emotional dynamics that so often go unseen. Trainees balanced evening classes with full-time jobs and family life, showing a level of dedication that can't be measured by certificates alone.

Now in Year 2, the group is putting that knowledge into action. Each participant is completing 60 supervised clinical hours, supporting real families as lead clinicians, co-therapists, or reflective team members. Every session is backed by expert guidance and peer learning, ensuring the highest standards of care.

The stories emerging from these sessions are already making an impact—stories of couples reconnecting, parents and children learning to speak honestly, and communities realising that healing is possible, right here, with people they trust.



As we look to early 2025, the upcoming graduation will be more than a celebration of coursework. It will be a tribute to resilience, faith, and the power of community leadership. These 19 trailblazers are not just therapists in training—they're the future of accessible, culturally competent mental health care in Croydon.

This is what EMHIP stands for: creating real change by investing in local people. Through the Systemic Family Therapy Training, we are building more than skills—we're building a movement.

■ At a Glance

- 19 trainees enrolled
- 100% from Global Majority backgrounds
- Muslim and Christian faith leaders represented
- 60 supervised clinical hours per trainee
- 2-year programme: Year 1 theory-based, Year 2 practice-based
- Training delivered by Prudence Skynner, Systemic Family Therapist

Key Intervention 1 - EMHIP Mobile Wellbeing Hubs

The first intervention we have launched is to establish Mental Health & Wellbeing Mobile Hubs across Croydon to improve access to mental health care for BAME communities. These are an all age, whole family hub service delivered within places of worship, community-based organisations and places which are known by and comfortable for communities to access.

The delivery for this intervention began in September 2023, after a soft launch in August 2023, with provision to develop the service for two years.

The team is working in partnership with the following organisations to provide support in their locations:

Centre of Change in New Addington, New Testament Church of God in Croydon, The Wellness Centre in Croydon, Socco Cheeta in South Norwood, Music Relief Foundation in Thornton Heath and Norbury Girls school in Croydon.



The mobile hub consists of a team of a non-clinical team manager and support workers (youth and general), there is also additional provision for a clinical mental health team. The hub operates as a drop-in service and acts as an access-point for advice and support. This includes, on-site counselling, signposting to other services and providing workshops. In total we've seen and supported over 200 individuals across the borough of Croydon in the first year of operation.

Systemic Family Therapist training

A key part of the EMHIP programme overall is empowering communities to support themselves, and the Systemic Family Therapy training is an additional way to do this. This initiative started in 2022 in Croydon, with 19 local BME community and faith leaders registered to receive the training.

This is 2-year commitment ending in 2024, with training provided by Prudence Skynner, developing therapy skills to enable participants to support the mental health and wellbeing of their local communities. Since September 2023, our trainees began year 2 of their training and as part of this are completing 60 supervised clinical hours, providing support to local families and couples.

The year ahead . . .

The year ahead looks challenging exciting and full of potential for the Ethnicity Mental Health Improvement Program.

EMHIP is now across multiple boroughs and we are looking for better ways to collaborate to ensure the long terms success and sustainability of the program. To support this the SWL Race & Health alliance is being created. This alliance will share and consolidate learnings across the boroughs, create an overarching strategy on how we can best serve the BME community, and secure the funding to allow local level interventions to flourish.

We'll also be looking to put in place clear structures, processes and guidelines for the mobile mental health and wellbeing hubs and the program overall. We're hoping this will give more clarity for the team and also make sure we're providing a consistent experience for the community which in turn will lead to better outcomes.

For more information on the Ethnicity Mental Health Improvement Program overall please reach out to emhiphub@bmeforum.org, for information about the Mental Health and wellbeing hubs specifically please contact Terry@bmeforum.org



Mental Health Community Development Worker



Supporting Adults Aged 25–65

The Croydon BME Forum's Community Development Worker (CDW) service continues to make a profound impact on the mental wellbeing of adults aged 25–65 from Black and Minority Ethnic (BME) backgrounds. Guided by national evidence and rooted in the local community, the service aims to reduce mental health inequalities by connecting, supporting, and empowering residents.

Our Approach

The CDW programme serves four main functions:

- Change Agent – working with commissioners to influence service provision
- Service Developer – improving access and cultural competence in existing services
- Capacity Builder – strengthening BME-led voluntary and community groups
- Access Facilitator – supporting residents to navigate and benefit from mental health services

In Croydon, where over 51.6% of the population are from non-white backgrounds, this work is both urgent and essential.

Key Initiatives Delivered

Games Hour

Frequency: Weekly

Total Attendees: 83

This social drop-in has proven vital in combating isolation, especially among older men.

Activities include chess, dominoes, Scrabble, and informal health talks.

The session also integrates health checks and advice, offering holistic support in a relaxed setting.

Community Impact

- **Mood improvement:** 89% of Sip and Paint attendees reported increased mood levels
- **Service Navigation:** CDWs supported users in resolving housing issues and legal access to care
- **New peer support group:** Initiated for carers of individuals with schizophrenia
- **Cross-referrals:** One attendee from Sip and Paint referred to Compassionate Chats for additional support



Mental Health Community Development Worker

Supporting Adults Aged 65+



Sip and Paint

Frequency: Monthly Total Attendees: 23
(89% reported improved mood)

A creative wellness activity that provides safe expression and community bonding. The sessions offer participants a space to decompress, connect, and explore mindfulness through art.

Strategic Partnerships

- **Croydon Social Prescribers:** Hosted a mapping session with VCSE and statutory bodies
- **Race Equality Foundation:** Delivered training on health checks for people with severe mental illness
- **Croydon Learning Disability Team:** Delivered autism and learning disability training to 23 Forum staff
- **London South Bank University:** Ongoing collaboration on stroke prevention and future barbershop health initiative
- **Access Social Care:** Co-designed improvements to the Forum's free legal chatbot

Reflections & Forward Look

The CDW programme continues to respond to emerging issues like the cost-of-living crisis and housing insecurity—both linked to declining mental wellbeing.

Plans for the next year include financial literacy workshops, outreach redesign for male engagement, and new collaboration around long-term conditions and prevention.

With dedication, empathy, and a commitment to cultural relevance, the Mental Health CDW service stands as a trusted bridge between underserved communities and the support they need.

Chats with the Chaps / Just for Men

Format: Monthly (Online)

Though participation was lower this year, the programme has evolved with a refreshed name and strategy to better reach and engage Black men, a group historically underrepresented in mental health services.

Join us every last Wednesday of the month at 6:30pm

CHATS WITH THE CHAPS

FACILITATED BY:
HAFIZ SANNI AND
GEROME FRANCIS

Join us for discussions about health and wellbeing, sports, social media and other interesting topics.

SO, MARK THE DATE AND DON'T BE LATE.

To request the Zoom link, e-mail shawon@bmeforum.org
Mobile number: 07355877634
Location: Zoom
Meeting ID: 385 207 6159

Scan the QR code to register.

@cbmeforum | @croydonbmeforum | CroydonBMEForum | Eventbrite | CROYDON BME FORUM

Sip and Paint

Adult downtime. All are welcome.

Join Us For

Canvas painting / Light music / Good energy
Fun space/Light snack (bring something along, if you'd like)

Starting Friday,
30th August 2024
10:00am - 12:30pm
(And every, last
Friday of alternate
months).

Location: Croydon BME Wellness Centre,
Wellness Centre, Unit 1040/1042,
First Floor Whitgift Centre Croydon CR0 1LP
(Landmark: Opposite Waterstone's Bookstore)

Register using Eventbrite
Contact Shawon at 07355877634 or shawon@bmeforum.org
Spaces are limited.

@cbmeforum | @croydonbmeforum | CroydonBMEForum | Eventbrite | CROYDON BME FORUM

Energy Redress / Croydon Healthy Homes for All 2023-24

Project Overview

The Energy Redress / Croydon Healthy Homes for All project became fully functional in August 2023. Since then, it has gained significant momentum and impact across the borough.

Key Achievements (to end of April 2024)



Community Engagement

- Held or attended 10 events
- Delivered 23 workshops, talks, or group sessions, reaching 746 households
- Reached an additional 2,660 households via leaflet drops and social media
- Provided light-touch advice to 429 households

Direct Support to Residents

- Conducted 11 home visits for vulnerable residents
- Delivered 144 face-to-face appointments offering tailored energy advice
- Made 235 telephone advice calls Informed 91 households about the Warm Home Discount
- Signed up 170 households to the Priority Services Register with their utility suppliers
- Provided support and advice to 1,039 distinct households

Capacity Building

- Trained 16 frontline workers and volunteers to support energy advice in the community

Advocacy and Casework

We supported residents with complex utility issues, including:



- Making numerous calls to energy and water suppliers
- Escalating three cases to the Energy Ombudsman, all of which were resolved in favour of our clients, resulting in £500 in compensation

Referrals and Financial Impact

We referred households to insulation and home improvement schemes, generating an estimated £10,000 in insulation improvements per quarter for local residents.

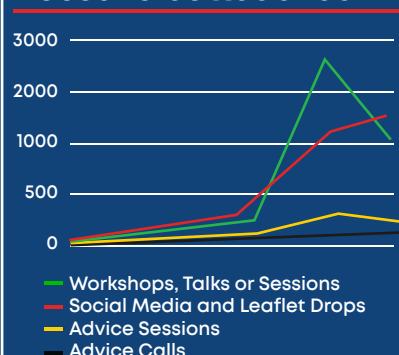
Advice Topics Covered

Our energy advice has spanned a wide range of topics, including:

- Cavity wall and loft insulation
- Draughtproofing measures
- Radiator foil, shelves, and curtain placement
- Use of heating and hot water controls
- Importance of ventilation, particularly when generating moisture
- Smart meter pros and cons
- Understanding and managing energy and water bills
- How to take accurate meter readings
- Efficient water use, including mastering the 4-minute shower
- Seasonal energy-saving tips

(e.g. using TRVs effectively when heating is off)

Households Reached





Patient Carer Race Equality Framework (PCREF)

PCREF was a recommendation from the national Mental health Act Review to eliminate the unacceptable racial disparities in South London and Maudsley (SLaM) NHS Trust in access, experiences and outcomes (AEO), to significantly improve the trust and confidence of Black communities in their services. The PCREF approach is a partnership between the Trust and Host organisations, Croydon BME Forum and Lambeth Black Thrive. Our partnership brings together Trust staff and Black service users, their carers and communities to jointly develop the PCREF.

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 inequalities in SLaM outcomes illustrates that the transformation of mental healthcare 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 the Independent Advisory Groups (IAGs), 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 in the final phase, which is the implementation 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 covers 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 with a focus on Older Adults and CAMHS services.

In partnership with



Black Mental Health Conference

Croydon BME Forum in partnership with the London Southbank University (LSBU) hosted a Black Mental Health conference on Wednesday 26 th April 2023 at the LSBU Croydon Campus. This conference offered a space to explore how mental health affects black people and emphasised Croydon's mental health initiatives: Patient Carer Race 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 approach. In addition, there were prior requests at the Croydon Independent Advisory Group community meetings to learn more about neurodiversity and advocate for people who are neurodiverse.

Initially, the core focus of the conference was neurodiversity and later expanded into other topics, racial disparities, mental health and trauma. Thus, these topics addressed issues in the community and offered a safe space to continue breaking down the stigma around mental health.

IAG development

With the results of the IAG development to strengthen and sustain their independence in 2022/23. Maudsley Hospital awarded Croydon BME Forum with a short-term fund to maintain the momentum with training events. The training events were the Black Mental Health course, a psychoeducation training delivered by Felisha Dussard, that illustrated how black mental health differs from others, and helped to look within and how the attendees can apply these teachings to ourselves. Also, a two-part Community Research programme delivered by Karl Murray that enabled participants to understand community-based research methods, the tools and implementation. These two courses were essential to increase the IAG members skills and knowledge that will inspire new ideas and strategic development to work on the Patient Carer Race Equality Framework (PCREF) and within their IAGs.

Next steps:

Croydon BME Forum and Black Thrive were later awarded with two-year funding to continue the IAG development for all 4-borough IAGs while the change ideas are embedded in the South London and Maudsley hospital mental health services. In June 2024, the IAG Community Manager began the post to continue the development and strengthening of the Croydon and Lewisham Independent Advisory Groups for the next two years. Croydon BME Forum will work in partnership with Black Thrive and Maudsley Charity to ensure that all four boroughs: Croydon, Lewisham, Lambeth and Southwark work together to achieve a meaningful change for black service users and carers.



Black History 365 – Celebrating Culture All Year Round
As part of This is Croydon – London Borough of Culture, Croydon BME Forum launched Black History 365 (BH365) – a bold initiative to embed Black history and creativity into the borough’s cultural landscape throughout the year.



Project Overview

Black History 365 was designed to challenge the idea that Black history should be confined to a single month. Instead, it aimed to celebrate, educate, and empower all year round. With a focus on creativity, collaboration, and community, BH365 brought together over 15 partners, engaged more than 1,700 participants, and delivered 21 commissions and events across Croydon.

Key Achievements

Launch Event at Fairfield Halls, featuring high-profile speakers and a borough-wide invitation to engage.

Community Commissions Fund, targeted at groups that had not previously received London Borough of Culture funding, offering new platforms for grassroots creativity.

Whitgift Market, providing BME traders a visible commercial space in central Croydon.

‘LET’S TALK! to Our Sisters’,

A women-led event drawing 80–100 attendees, focusing on career journeys and empowerment.

Croydon Black Book Community Library, developed in partnership with the Black British Book Festival, now a permanent resource encouraging literacy and cultural pride.

Youth workshops with Rap Therapy, run in collaboration with Croydon Library and Norbury High School for Girls, combining music, creativity, and self-expression.

Arts and crafts family workshops, promoting cross-cultural connection and free access for all.

Partnerships

- Kora
- The Intergenerational Wellbeing Garden Project
- The Front Room
- Syrus Consultancy
- The Nehemiah Project
- Black British Book Festival

These collaborations fostered intergenerational and cross-sector engagement, stretching the impact of every pound invested.

Impact and Legacy

The success of BH365 demonstrated a clear community appetite for year-round, inclusive cultural programming. Every event was well attended, despite the absence of a formal marketing team, underscoring the demand for spaces that celebrate identity, creativity, and belonging.

Thanks to strong delivery and community resonance, sponsorship has been secured for a further two years, ensuring this work continues to grow and reach new audiences.



Equality, Diversity and Inclusivity (EDI) Research Project



Croydon Health Services
NHS Trust

What is EDI?



Equity – We start by meeting people at their place of need and treating them fairly

Equality – We aim to ensure that everyone has equal access and achieve the desired outcomes

Diversity – Recognising and valuing differences in people. As we come from a wide range of backgrounds and mindsets, which helps create and empowered and multi-cultured society

Inclusion – This is a real sense of belonging, where people feel valued, irrespective of their background, identity or circumstances

Key Legislation – Equality Act 2010

EDI is an essential fabric of personal and professional life.

The UK Equality Act provides legal protection for ‘nine protected characteristics’

These are:

1. Age
2. Disability
3. Gender reassignment
4. Marriage and civil partnership
5. Pregnancy and Maternity
6. Race
7. Religion or belief
9. Sexual orientation.



Two Research Projects


- Improving the experience and access to health care provisions for Croydon's Black Communities
- Improving Black pregnancy care and maternity from pre-conception to delivery (and up to 5 years)

Maternity Health Research Project

Black Maternal Events Issues

100	Issues
54	English not their first language
35	Difficulty to access GP
58	Do not trust their GP
66 44	Do not trust their hospital
93	Go to the pharmacy for medical assistance
77 23	Do not feel any care and respect when they are accessing health care
80 20	Do not feel listened to
62 38	Never approached for clinical trials
	*Answers in red relate to black women who had babies at Croydon University Hospital

I am a PERSON!
Not a CHECKLIST!



Beyond Health Care Checklists
Let's talk about Medical Health Taboo Issues
Trust: Do you trust your GP or Hospital?
Trials: Why is there so much resistance to Clinical Trials?
Turning Point: Let's create SOLUTIONS!

Time: 1-3 pm

23rd October, 5-7pm Online
24th October, 3-5pm Offline
Zoom Meeting ID: 876 0849 9904

For Information email:
info@bmeforum.org
Juliya@bmeforum.org

Address: Wellness Centre, 1st Floor
Whitgift Centre, Croydon, CR0 1LP
Refreshments available and £15 Voucher
5-7pm Online £15 Vouchers

NIHR | National Institute for Health Research

Talking Black Womb

Black Maternity Health Matters Community Feedback

Harrowing Black Maternity Facts

- Black women are twice more likely to experience still birth and baby death than white women. <https://www.npeu.ox.ac.uk/>
- Black women are at a higher risk of and early birth and low birthweight babies. <https://www.npeu.ox.ac.uk/>
- 40% Black women miscarriage, which is nearly 50% of total births, comparable to their white counterparts. (www.evidence.nihr.ac.uk)
- Black women are 4 times more likely to die within 6 weeks (42 days) after giving birth. (www.evidence.nihr.ac.uk)

Key Findings
Participants Experiences
Recommendations
Guest Speakers – Q&A Panel
Next Steps


Date: 20th May 2024 Time: 1-3 pm | Register on Eventbrite

LOCATION: WELLNESS CENTRE, IN WHITGIFT CENTRE, CROYDON, FIRST FLOOR, OPPOSITE WATERSTONES BOOKSTORE, CR0 1LP

For more information Email: Juliya@bmeforum.org

CROYDON BME FORUM | NIHR | National Institute for Health Research

FROM INVISIBLE TO VISIBLE... YOUR HEALTH MATTERS!



THE GLOBAL MAJORITY (BLACK) AND MINORITY ETHNIC COMMUNITIES AND HEALTHCARE PROFESSIONALS.

The community requested a report back (feedback) on the EDI project findings. It will include:

- Survey findings
- Recommendations
- Q&A from the community to the Health Professionals panels
- Next steps.

1000 BAME Respondents	Issues
619	English is not their first language
525	Difficulty to access GP services
515	Do not trust their GP
328	Do not trust their Hospital
836	Going to the pharmacy for medical assistance
590	Do not feel any care and respect when they are accessing health care
589	Do not feel they have a say in their own health care planning
622	Do not feel listened to.
760	Never approached for clinical/medical trials

For more information Email: Juliya@bmeforum.org

CROYDON BME FORUM | NIHR | National Institute for Health Research

Next Steps

1. Advocate for recommendations to be implemented, measured and monitored
2. Promote and advocate Anti racist practices to be embedded into organisational culture
3. Arrange more community feedback events
4. Arrange a Health and wellbeing event bring EDI, Anti-Racism, Patient liaison and experience working groups together
5. Compile a final report on health disparities and present in the House of Lords

Mental Health Personal Independence Coordinator Service (April 2023 to March 2024)

The MHPIC service offers one-to-one support to individuals who are 18 years and over, registered with a Croydon GP and experiencing poor mental health.

This service provides clients with:

- Direct person-centred support
- Support to co-ordinate daily tasks and manage Personal Recovery Plan
- Assistance to access and use community support services.
- Support to manage and maintain physical and mental health and general wellbeing.
- Referral and encouragement to engage with clinical interventions.

Statistics

A total of 378 community visits were done this year – this includes home visits, accompanying clients to various activities and appointments and going for walks or taking the bus as a start to relieving Agoraphobia and social anxiety.

Additionally, the team has set 664 goals with clients – 538 of which have been achieved.

Referrals Received – April 2023 – March 2024

SOURCES

GPs	Q1	Q2	Q3	Q4	Total
Huddles	9	15	12	12	48
ICN+ MDTs	17	20	35	32	104
Comm. Hub	10	15	12	4	41
Mental Health HCA	3	2	4	3	12
Primary Care	-	-	3	4	7
Mentalitioner	-	-	1	0	1
CHWS	3	1	1	2	7
Rec. Space	1	0	1	0	2
CBMEF	0	2	1	0	3
Social Prescribers	-	-	2	6	8
Total	43	55	72	63	233

LOCALITIES

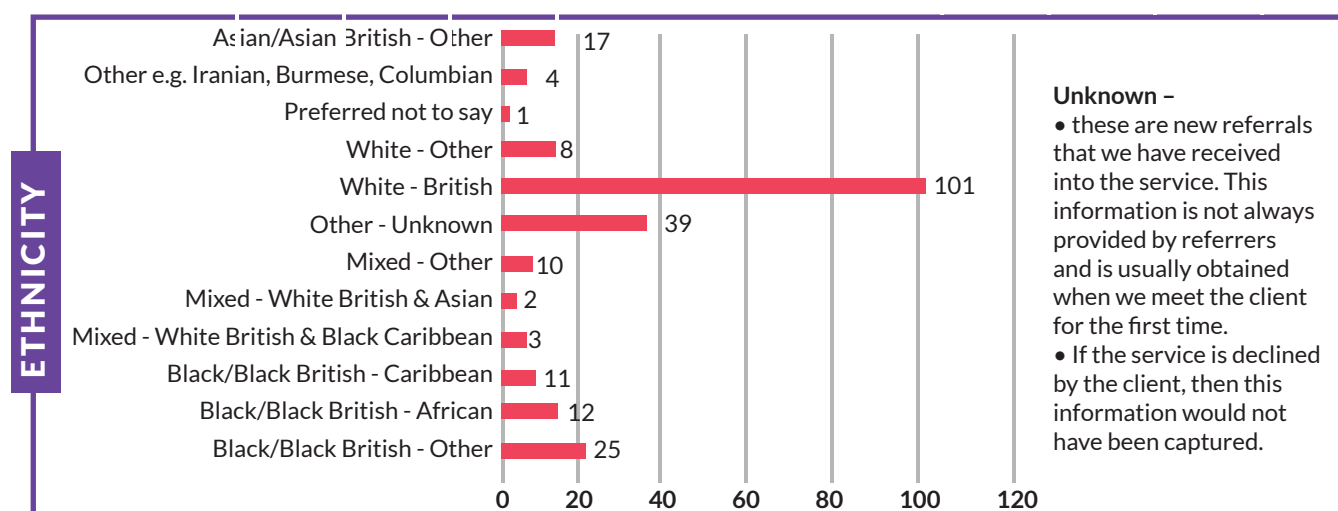
Locality	Q1	Q2	Q3	Q4	Total
North East	5	15	8	13	41
North West	7	9	18	12	46
Central East	9	9	14	7	39
Central West	9	12	11	18	50
South East	6	5	10	8	29
South West	7	5	11	5	28
Total	43	55	72	63	233

AGES

Ages	Q1	Q2	Q3	Q4	Total Year
18-24	1	1	3	51	10
25-34	3	7	8	12	30
35-44	11	6	8	10	35
45-54	10	5	19	8	42
55-64	10	14	12	15	51
65+	8	22	22	13	65
Total	43	55	72	63	233

GENDER

Gender	Q1	Q2	Q3	Q4	Total Year
Male	16	22	25	23	86
Female	27	33	47	40	147
Total	43	55	72	63	233



Introduction to the Project

The “Can You C Me?” project officially launched in early 2024, with a bold mission to tackle cancer inequalities across six South West London boroughs: Croydon, Wandsworth, Merton, Sutton, Kingston, and Richmond. Funded for three-years by Macmillan Cancer Support and delivered in partnership with Croydon BME Forum, the project aims to improve the experiences and outcomes of people from Black and ethnic minority communities affected by cancer.

With the core team in post from February, the first quarter focused on building strong foundations - introducing the project to key stakeholders, initiating community outreach, and raising awareness of our work. This period was vital for listening, learning, and laying the groundwork for meaningful, long-term engagement.



Key Achievements This Quarter

- **Successful Launch Events:** Hosted two major launch events in Croydon and Wandsworth, with attendance from borough Mayors, NHS stakeholders, and local leaders, setting the tone for future community collaboration.
- **Strong Community Uptake:** Received 57 client referrals in just two months, demonstrating immediate need and trust from local residents.
- **Media & Visibility:** Featured on Riverside Radio and Radio Jackie, with over 850,000 combined listeners, significantly boosting public visibility.
- **Stakeholder Engagement:** Initiated partnerships with GPs, hospices, local organisations, and grassroots groups across all six boroughs.
- **Event Planning:** Began preparations for the first borough-wide Cancer Conference in Croydon, scheduled for July 2024, with a focus on lived experience, professional insights, and systems change.

Looking Ahead: April – June 2024

In the coming quarter, we will:

- Deepen engagement in all boroughs and connect with local partners.
- Facilitate community conversations to capture lived experience.
- Map out future Cancer Conferences uniting BME communities and health professionals.

Closing Summary

This first quarter marks the beginning of a transformative and community-led programme. With strong engagement already underway, the next stage will focus on amplifying lived experience, influencing systems, and ensuring that no one is left behind in cancer care. We look forward to growing our impact and continuing to work alongside our communities, partners, and funders to deliver change that matters.

Past Events

FILM SCREENING
POLITICS OF MADNESS & Q&A

SATURDAY 16TH SEPTEMBER | **TIME 1PM - 4PM**

Please come and join us for a film screening, followed by Q&A of the insightful documentary: Politics of Madness, that highlights how activist, Buddy Larrier managed to fight for justice of an unjust misdiagnosis in the UK.

Hosted by Nathaniel Pamah, Founder of Holistic Mastery, and mental health practitioner.

VENUE: WELLNESS CENTRE, UNIT 1040/1042 FIRST FLOOR WHITGIFT CENTRE, CROYDON CR0 1LP
LANDMARK: OPPOSITE WATERSTONE'S BOOKSTORE

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

www.bmeforum.org | [Facebook](https://www.facebook.com/croydonbmeforum) | [Instagram](https://www.instagram.com/croydonbmeforum) | [LinkedIn](https://www.linkedin.com/company/croydonbmeforum) | [YouTube](https://www.youtube.com/channel/UCqJmKjKjKjKjKjKjKjKjKjKj)

LIGHT DEPENDENT RACE PRIZE

JOIN OUR COMMUNITY FOCUS GROUP TO TACKLE HEALTH INEQUALITIES IN LONDON!

Be part of the conversation on ethnic disparities in health and how to address structural racism. Led by PROFESSOR SIR MICHAEL MARMOT, this report aims to create a fairer future by acting on social determinants like housing, living costs, skills, and climate change.

TOGETHER, LET'S BUILD A HEALTHIER, MORE EQUITABLE COMMUNITY. CONTACT US NOW TO SECURE YOUR SPOT AND MAKE A REAL IMPACT!

Date: 25th July 2023
Time: 5pm - 7pm
Address: Sea Mitham Road, CR0 3RG

Share your views, shape the final recommendations, and be rewarded with a £35 voucher

For more information: info@bmeforum.org

www.bmeforum.org | [Facebook](https://www.facebook.com/croydonbmeforum) | [Instagram](https://www.instagram.com/croydonbmeforum) | [LinkedIn](https://www.linkedin.com/company/croydonbmeforum) | [YouTube](https://www.youtube.com/channel/UCqJmKjKjKjKjKjKjKjKjKjKj)

Scan QR code to visit our website

GET INVOLVED
WE'RE HERE TO SERVE YOU

AGED 25-65

Do you live in Croydon?
Are you between the ages of 25 - 65 years?
Would you like to engage in activities to help manage your mental health?
Activities will include: Party with Art, Comedy Sessions, Support Groups, Sporting events, Exercise classes and more.
Scan the QR code and register your interest.
You will be contacted once activities become available.
If you would like further information, feel free to contact us using the details below.

For more information:
07355877634
Shawon@bmeforum.org
www.bmeforum.org

www.bmeforum.org | [Facebook](https://www.facebook.com/croydonbmeforum) | [Instagram](https://www.instagram.com/croydonbmeforum) | [LinkedIn](https://www.linkedin.com/company/croydonbmeforum) | [YouTube](https://www.youtube.com/channel/UCqJmKjKjKjKjKjKjKjKjKjKj)

Scan QR code to visit our website

CROYDON BME FORUM
COFFEE MORNING
24TH OF AUGUST | TIME: 11AM - 12:30PM

Come and join us for tea, coffee etc. and lets discuss all things health.

Talk on Core 20 Plus Presentation on Cervical Cancer

Register to our mailing list to get regular updates.

Location: Croydon BME Forum, 566 Mitcham Road Croydon CR0 3RG.

For More Information
www.bmeforum.org or email info@bmeforum.org

www.bmeforum.org | [Facebook](https://www.facebook.com/croydonbmeforum) | [Instagram](https://www.instagram.com/croydonbmeforum) | [LinkedIn](https://www.linkedin.com/company/croydonbmeforum) | [YouTube](https://www.youtube.com/channel/UCqJmKjKjKjKjKjKjKjKjKjKj)

DO YOU NEED SOMEONE TO TALK TO?

The Wellness Team are here to help people with one-to-one support and facilitate workshops that are designed to provide information and understanding about mental health and promote social inclusion.

BOOK A FREE APPOINTMENT WITH US TODAY OR DROP IN FOR WELLBEING SUPPORT:

THIS IS A SAFE SPACE
CARING
COMPASSIONATE
CHILLED

Phone: 0208 684 3719 / 07724 831 663
Email: Wellbeing@bmeforum.org

Address:
The Wellness Centre,
Unit 1040/1042, First Floor, Whitgift Shopping Centre, Croydon, CR0 1LP
Landmark: Opposite Waterstones bookstore.

www.bmeforum.org | [Facebook](https://www.facebook.com/croydonbmeforum) | [Instagram](https://www.instagram.com/croydonbmeforum) | [LinkedIn](https://www.linkedin.com/company/croydonbmeforum) | [YouTube](https://www.youtube.com/channel/UCqJmKjKjKjKjKjKjKjKjKjKj)

Scan QR to visit our website

FEED YOUR MIND.
HOW IS YOUR MENTAL HEALTH AFFECTED BY YOUR NUTRITION?

➤ Introduction on nutrition and its impact on our body and brain.
➤ What are the harmful molecules and chemicals to our brain and nervous system?
➤ How to protect us against unwanted compounds?
➤ The benefits of nutrition to our brain.

Date | Thursday 16th November
Time | 12pm - 1pm

Zoom Meeting ID: 385 207 6159
REGISTER ON EVENTBRITE
Please contact: shakira@bmeforum.org

www.bmeforum.org | [Facebook](https://www.facebook.com/croydonbmeforum) | [Instagram](https://www.instagram.com/croydonbmeforum) | [LinkedIn](https://www.linkedin.com/company/croydonbmeforum) | [YouTube](https://www.youtube.com/channel/UCqJmKjKjKjKjKjKjKjKjKjKj)

EMHIP
ETHNICITY & MENTAL HEALTH IMPROVEMENT PROGRAMME

The Ethnicity & Mental Health Improvement Programme (EMHIP) is a community-led intervention programme to reduce ethnic inequalities in access, experience, and outcome of mental health care.

As part of this initiative, the Wellbeing Mobile Hub is a mental health and general wellbeing support service being offered in different community locations to improve access to care.

WE PROVIDE:
• Wellbeing Advice and Workshops
• Social Support Guidance
• Youth Mental Health Support
• Free Counselling

For more info please contact
0208 684 3719 | emhiphub@bmeforum.org
www.bmeforum.org/emhip
[Facebook](https://www.facebook.com/croydonbmeforum) | [Instagram](https://www.instagram.com/croydonbmeforum) | [LinkedIn](https://www.linkedin.com/company/croydonbmeforum) | [YouTube](https://www.youtube.com/channel/UCqJmKjKjKjKjKjKjKjKjKjKj)

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BLACK HISTORY QUIZ NIGHT 2023

DATE:
Wednesday 13th December
START TIME: 7PM
Location: online zoom

After a hilarious and educational night last year, we are back for another Black History quiz! Prizes for the winning team.

Register now as an individual or email us to register your team.

Register now online
www.bmeforum.org/bhn2023
or 800 to info@bmeforum.org
eventbrite link: <https://bit.ly/3awCm0n>

www.bmeforum.org | [Facebook](https://www.facebook.com/croydonbmeforum) | [Instagram](https://www.instagram.com/croydonbmeforum) | [LinkedIn](https://www.linkedin.com/company/croydonbmeforum) | [YouTube](https://www.youtube.com/channel/UCqJmKjKjKjKjKjKjKjKjKjKj)

SUICIDE PREVENTION WORKSHOP
for Parents and Carers
facilitated by Mind in Brent, Wandsworth and Westminster

To understand the signs and behaviours a child may display when contemplating suicide

Gain more confidence supporting someone who may be suicidal.

Learn how to ask directly about suicide

Date: Wednesday 29th November 2023
Time: 6pm-7pm
Location: ONLINE ZOOM
Register on Eventbrite

Contact: shakira@bmeforum.org
for further information and support.

www.bmeforum.org | [Facebook](https://www.facebook.com/croydonbmeforum) | [Instagram](https://www.instagram.com/croydonbmeforum) | [LinkedIn](https://www.linkedin.com/company/croydonbmeforum) | [YouTube](https://www.youtube.com/channel/UCqJmKjKjKjKjKjKjKjKjKjKj)

Past Events

FOR PARENTS AND CARERS
BY MIND IN BRENT, WANDSWORTH
AND WESTMINSTER

SUICIDE PREVENTION WORKSHOP

Please join us for Part 2 of the Suicide Prevention Awareness workshop.

Our aim is to offer continued assistance to parents and caregivers in managing children and young adults who may be contemplating suicide.

This session will provide you with the tools necessary to assist your loved ones in creating a safety plan.

Get some tips on how to communicate openly and directly about it while learning helpful phrases!

Date: Wednesday 21st February 2024
Time: 6pm-8pm
Location: ONLINE ZOOM
Register on Eventbrite

Contact: shakira@bmeforum.org for further information and support.

[@bmeforum](https://www.bmeforum.org) [croydonbmeforum](https://www.bmeforum.org) [CroydonBMEForum](https://www.bmeforum.org)

zoom Eventbrite

THE WELLBEING LOWDOWN

Your mental health affects the risk of getting a long-term condition. Find out how to take care of your mental health to adopt other healthy lifestyle habits to better prevent/manage a long-term condition.

Date: Friday 16th February 2024
Time: 6:30 - 8:00pm
Location: Zoom
Meeting ID: 385 207 6159

For more information on preventing and managing CKD or to register for an event:
Visit: www.cbmeforum.org
Call: 02082 177 008
Email: Clare@bmeforum.org

You can visit our Wellness Centre at the below address
Unit 1040/1042, First Floor, Whitgift Shopping Centre, Croydon, CR0 1LP (Opposite Waterstones bookstore)

[@cbmeforum](https://www.bmeforum.org) [croydonbmeforum](https://www.bmeforum.org) [CroydonBMEForum](https://www.bmeforum.org)

LET'S TALK ABOUT SCREENING THE 'IMPORTANCE OF EARLY DIAGNOSIS'

Raising awareness about different types of cancer and their symptoms, helping the community to recognize potential warning signs early.

Early detection often leads to more successful treatment outcomes and improved survival rates.

In some cultures, there can be stigma associated with cancer, which might prevent individuals from seeking medical care or discussing their diagnosis openly.

By increasing awareness and promoting open conversations about cancer, we can reduce stigma and create a more supportive environment for cancer patients and survivors.

For more information
Email: lorraine@bmeforum.org

Guest speakers:
Lorraine Marks (Breast Cancer Now)
Jeff Thompson (Cancer Don't Let It Win)

Hosted by:
Lorraine Chang-Edwards

Date:
Wed 20th March 2024
Time: 11am - 1:30pm
Location:
Socco Cheta - 44B, Portland Road, Croydon SE25 4PQ

[@bmeforum](https://www.bmeforum.org) [croydonbmeforum](https://www.bmeforum.org) [CroydonBMEForum](https://www.bmeforum.org)

NEURODIVERSITY AND NEURODEVELOPMENTAL CONDITIONS PROJECT

Neurodiversity refers to the natural differences in our brains. These differences result in some individuals having neurodevelopmental conditions making them neurodivergent, whilst individuals who do not have neurodevelopmental conditions are neurotypical.

Neurodevelopmental conditions can include Communication Disorders such as:
ASD (Autistic Spectrum Disorder/Condition),
ADHD (Attention deficit hyperactivity disorder),
ADD (Attention deficit disorder),
and Specific Learning Disorders such as: Dyslexia, Dyscalculia, and Dyspraxia.

Neurodiversity is a positive term that highlights the idea that there is no 'right' or 'wrong' way of thinking, learning, and behaving, only different ways which should all be celebrated.

Croydon BME Forum is dedicated to foregrounding the voice of the Black community with neurodevelopmental conditions. We want to hear directly from you about your neurodiverse experiences, challenges, and needs, so that we can develop culturally appropriate recommendations that will support you.

JOIN US AT ONE OF OUR EVENTS TO SHARE YOUR EXPERIENCE:

Drop-in Sessions
Information Workshops
Training Sessions
Focused Support Sessions

For more information please contact:
Jade@bmeforum.org
0208 684 3719
www.cbmeforum.org
[/neurodevelopmental](https://www.bmeforum.org/neurodevelopmental)

[@bmeforum](https://www.bmeforum.org) [croydonbmeforum](https://www.bmeforum.org) [CroydonBMEForum](https://www.bmeforum.org)

LET'S TALK: EARLY DIAGNOSIS WITH AMIRAH MORGAN-WOOD AKA PRINCESS AMI

Early Diagnosis Saves Lives

"Breast cancer, it's out of my control but it's something I have to live with. I am a breast cancer warrior that is positively in control of my mind and not allowing my mind to take control of me! Sharing is caring and awareness is knowledge. Together we can beat cancer! Let's talk about signs and symptoms and screenings."

"I stay strong, I stay positive, I exercise my right state of mind. I beat this and I'm still beating it. It hasn't beaten me, so I know for a fact that not allowing feelings to become facts and staying in control of your mind, trying your best at all times, being proactive and continuing to live the greatest life that you can, is the best thing you can do when facing circumstances like these."

For more information please contact:
lorraine@bmeforum.org
0208 684 3719
www.cbmeforum.org

Date : TBC
Time: TBC
Location :TBC

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YOUR VOICE IS NEEDED!

Black and ethnic minority communities are not well represented in how decisions are made concerning wellbeing issues.

Croydon BME Forum is conducting research on Neurodiversity issues within BME communities, and how things can be changed.

YOU'LL HAVE THE CHANCE TO WIN A £30 VOUCHER FOR COMPLETING THE SURVEY. BE PART OF A NEW CONVERSATION.

Complete the online survey, see link below:
<https://www.surveymonkey.com/c/nnc>

WOULD LIKE TO JOIN OUR FOCUS GROUPS, AND PUT FORWARD YOUR VIEWS?
Send your name and contact details to:
james@bmeforum.org
www.cbmeforum.org/neurodevelopmental

[@bmeforum](https://www.bmeforum.org) [croydonbmeforum](https://www.bmeforum.org) [CroydonBMEForum](https://www.bmeforum.org)

Talking Black Womb

Black Maternity Health Matters Community Feedback

Harrowing Black Maternity Facts

- Black women are twice more likely to experience still birth and baby death than white women. <https://www.npeu.ac.uk/>
- Black women are at a higher risk of and early birth and low birthweight babies. <https://www.npeu.ac.uk/>
- 40% Black women miscarriage, which is nearly 50% of total births, comparable to their white counterparts. (www.evidence.nihr.ac.uk)
- Black women are 4 times more likely to die within 6 weeks (42 days) after giving birth. (www.evidence.nihr.ac.uk)

Key Findings
Participants Experiences
Recommendations
Guest Speakers - Q&A Panel
Next Steps

Date: 20th May 2024 Time: 1-3 pm | Register on Eventbrite

LOCATION: WELLNESS CENTRE, IN WHITGIFT CENTRE, CROYDON, FIRST FLOOR, OPPOSITE WATERSTONES BOOKSTORE, CR0 1LP

For more information
Email: juliyah@bmeforum.org

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DO YOU NEED SOMEONE TO TALK TO?

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BOOK A FREE APPOINTMENT WITH US TODAY OR DROP IN FOR WELLBEING SUPPORT:

THIS IS A SAFE SPACE
— CARING
— COMPASSIONATE
— CHILLED

Phone: 0208 684 3719
Email: Wellbeing@bmeforum.org

Address:
The Wellness Centre,
Unit 1040/1042, First Floor, Whitgift Shopping Centre, Croydon, CR0 1LP
Landmark: Opposite Waterstones bookstore.

[@bmeforum](https://www.bmeforum.org) [croydonbmeforum](https://www.bmeforum.org) [CroydonBMEForum](https://www.bmeforum.org)

RAISING MEN'S HEALTH AWARENESS IN YOUR COMMUNITY

ATTENDANCE FOR MEN OF ALL AGES (WOMEN WELCOME TOO!)

TALK/CONVERSATION
EMHIP (ETHNICITY & MENTAL HEALTH IMPROVEMENT PROGRAMME),
ROUTINE HEALTH CHECK UPS & PREVENTIVE CARE,
PHYSICAL WELLBEING - EMANCIPATION RUN GROUP,
ENERGY CO-ORDINATOR,
CROYDON WORKS CALAT CROYDON ADULT LEARNING
THORNTON HEALTH LIBRARY COMMUNITY GARDEN
THAI CHI DEMO
ONSITE SEATED CHAIR MASSAGE

DATE: TUESDAY 11TH JUNE 2024 TIME: 11AM TO 2PM

VENUE:
SOCCO CHETA COMMUNITY HUB, 44B PORTLAND ROAD, SE25 4PQ

FOR MORE INFORMATION INFO@BMEFORUM.ORG

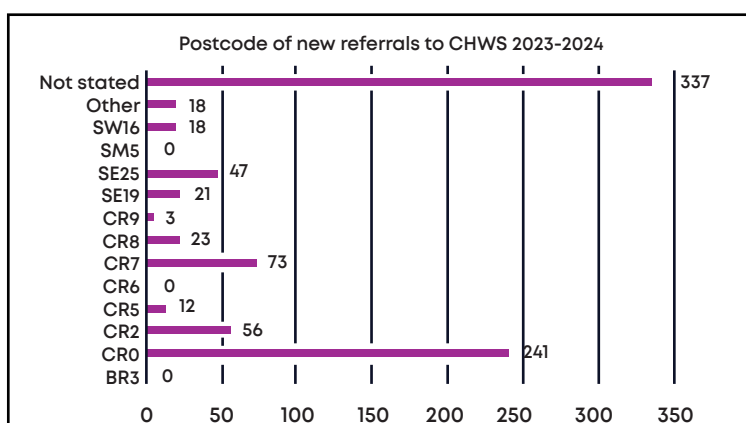
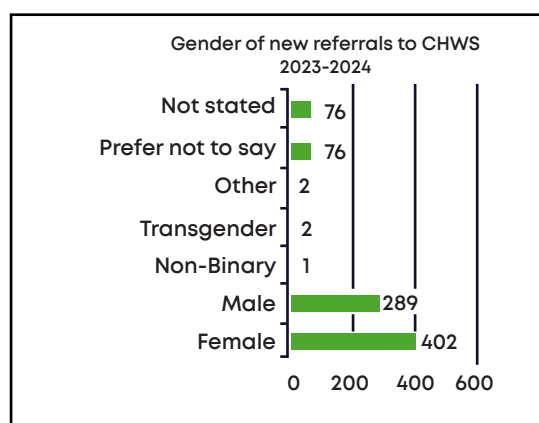
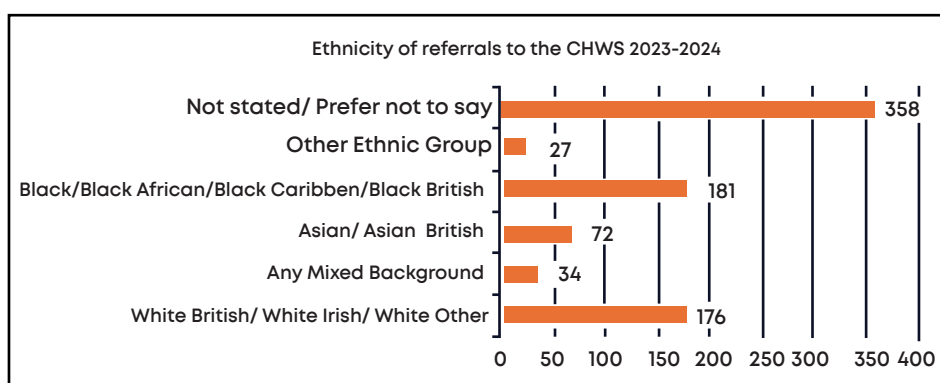
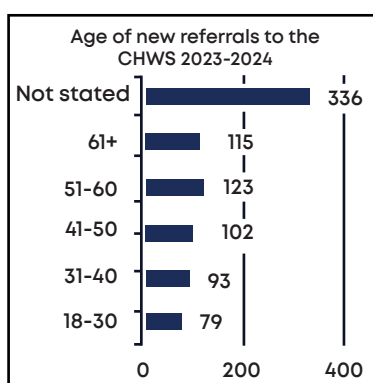
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The Croydon Health and Wellbeing Space (CHWS) provides information, advice and guidance on issues affecting mental health. Delivered in partnership with Mind in Croydon, Croydon BME forum and NHS South London and Maudsley, CHWS reaches people and communities who could otherwise fall through the gaps of mental health support.

In 2023 – 2024, the space has experienced a growth in the number of people accessing the service. The team has delivered 3027 support sessions, totalling 1205.2 contact hours. This is a 29.2% increase from 2022-2023. 1631 of these sessions were accessed through drop ins either via face-to-face, phone, or email contact. The team delivered 726 pre-booked appointments for clients, 114 of these being telephone appointments. 528 clients received support on more than one occasion. 27% of total support provided in 2023-2024 was financial support, closely followed by peer support at 26%, and housing support at 18%. This reflects the existing need in Croydon, with many struggling to cope with the increasing cost-of-living.

162 hours (82 sessions) of drop-in support was provided by external organisations such as the Department for Work and Pensions (DWP), Working Homes, Status Employment, Mind in Croydon Carer's Support, and FJC - totalling 207 clients supported this year. 261 clients accessed peer support groups at CHWS, with a total of 107 sessions provided, totalling 123.5 hours of peer support. The Connect and Cope group, run in partnership with Mind in Croydon's Recovery Space, has been especially popular with sessions now running weekly. The service has also benefitted from 548 volunteer hours in 2023 – 2024. This is a 111.6% increase from 2022-2023.

848 new clients registered 2023-2024 – 91% of these being self-referrals. The largest percentage of these referrals came from the "Black or Black British" demographic (21%). We have also seen a 114.1% increase from 2022-2023 in the number of males accessing the service for the first time. The age group who accessed the service the most times was age 51 – 60 years (40%). Additionally, 28% of these referrals came from the CR0 postcode area.





Barbershop Project

Changing Lives with a Single Haircut



In 2021–2022, Croydon BME Forum partnered with London South Bank University to explore the feasibility of using barbershops as a space for community health interventions. The initial study trained **eight Black barbers** in Croydon to deliver **blood pressure checks** and offer healthcare advice to their clients. The success of that pilot laid the foundation for a more ambitious initiative Launching in August 2024.

Project Aim

The expanded project aimed to deliver holistic, culturally sensitive health services to Black men in a familiar and trusted environment.

Barbers were equipped to:

- Take customers' blood pressure readings
- Refer those with readings of 140/90 or higher to the Long-Term Conditions (LTC) Coordinator at the Croydon BME Forum Wellness Centre

Key Results

- 167 blood pressure checks completed by two participating barbers (representing 84% of the 200-check target)
- 25 customers (15%) referred to the LTC Coordinator for further health support
- 15 customers (9%) referred directly to their GPs for very high readings
- 8 of the 25 referred customers followed up with the LTC Coordinator
 - After making checks more accessible (closer to the barbershops), 6 of the 8 followed up with referrals

These results suggest that while most Black men screened had healthy blood pressure, a notable minority (24%) required clinical intervention, highlighting the value of this proactive, community-based approach.

Community Impact

- Two participants shared how the intervention increased their health awareness, leading to tangible changes such as:

- Improved diets
- Increased physical activity
- Booking follow-up GP appointments
- Better sleep management

One father expressed appreciation for the convenience and cultural relevance of being able to check his blood pressure while getting a haircut — a simple act that potentially prevented long-term health issues.

Recognition and Awards

The Barbershop Project gained national attention and acclaim:

- Featured on BBC News and ITV News
- Winner of the Outstanding Contribution to the Local Community at the Times Higher Education Awards 2024
- Runner-up in the People's Choice Award for best poster at the Guy's and St. Thomas' Nursing Research Day





WINDRUSH CELEBRATION AT CROYDON MINSTER 75

As part of its commitment to cultural celebration, remembrance, and community cohesion, Croydon BME Forum hosted a powerful commemorative event at Croydon Minster in June 2024 to mark the 75th anniversary of the Windrush Generation. The event brought together over 200 local residents, leaders, school children, and community groups to honour the legacy and resilience of the Windrush community.

Programme Highlights

The celebration opened with a vibrant welcome featuring music, food stalls, and a live steel pan performance by Dougie Dallaway, setting a joyful tone for the evening. Guests were then welcomed into the Minster by Croydon BME Forum and Father Andrew, who led the opening prayer and shared the history of the church.

Youth and Community Engagement

Young people from Old Palace of John Whitgift School played a significant role in the programme, offering a message of appreciation to the Windrush Generation that reflected the event's intergenerational significance.

Notable contributions included:

- A formal tribute by **Executive Mayor Jason Perry** and Councillor Patricia Haye-Justice, honouring the Windrush Generation and their descendants.
- A historical overview by lecturer **Audrey Allwood**, providing rich context and reflection.
- An inspiring sermon by Bishop Rosemarie Mallett, supported by worship from Bishop Mark Nicolson and his team.
- A Bible reading by Sheila Campbell, offering spiritual reflection at the heart of the service

The programme also offered practical and cultural insights, with:

- **Selena Green** of United Legal Access providing information on the Windrush Compensation Scheme.
- **Virginia Smith** from the Museum of Croydon presenting on Caribbean influencers and their local impact.

A particularly heartfelt moment was the recognition of the **Young At Heart Group**, made even more special by the generous contribution of flowers from Councillor Joseph Lee. His personal presentation of the floral arrangements brought warmth and joy to the occasion, symbolising appreciation for the Windrush Generation's legacy. His thoughtful gesture was deeply valued and left a lasting impression on all who attended.

Closing and Celebration

The evening concluded with gospel music from **Roger Samuels**, followed by continued celebration outdoors with more food and a performance by the **Old Palace Steel Band**, bringing the evening to a joyful close.

Impact and Significance

- Over **500 attendees** from across Croydon's diverse communities
- Engagement of **youth, civic leaders, faith leaders, and cultural representatives**
- Strengthened community bonds through **recognition, reflection, and celebration**
- Highlighted the importance of **intergenerational dialogue and ongoing advocacy**

The Windrush 75 Celebration at Croydon Minster was a powerful reminder of the importance of community-led remembrance and the value of recognising those whose contributions have shaped the borough and the nation. The Croydon BME Forum remains proud to lead such events that honour legacy, promote unity, and bring people together in meaningful celebration.

Mental Health Community Development Worker - Older Adults



Annual Highlights 2023/24

The **CDW programme - Older Adults** continues to be a cornerstone in tackling mental health inequalities, reducing social isolation, and building trusted relationships with Croydon's Black and Minority Ethnic (BME) communities. Over the past year, we've expanded our services, developed innovative projects, and strengthened partnerships that centre the needs of older adults, carers, and underrepresented groups.

Key Engagement Activities

We delivered a variety of support services that directly addressed social isolation, digital exclusion, mental health, and financial stress, particularly among over-55s:

Programme	Frequency	Average Attendees
Young At Heart Group (YAHG)	Weekly	20
The Reader Poetry Group	Fortnightly	15
Mobile Phone Boot Camp	Monthly	27
Benefits & Pensions Advice	Weekly	12
Sewing Workshops	Weekly	18
Compassionate Chats (Bereavement)	Monthly	12

Strengthening Communities

- **YAHG** has grown into a trusted weekly mental wellbeing forum for over-60s, combining cultural education, dementia awareness, financial guidance, and emotional support.
- **Compassionate Chats**, run with St Christopher's Hospice, created safe spaces for community members to openly discuss bereavement and loss.
- **Mobile Tech Boot Camps**, run with Clear Community Web, empowered older residents with confidence in using digital tools to combat isolation.
- We facilitated **Windrush storytelling sessions**, capturing generational experiences while building pride and identity ahead of the 75th anniversary.

Capacity Building & Service Development

We supported local groups like Turf Building Project and Thornton Heath Library through funding applications and community gardening schemes. We also facilitated training on dementia, safeguarding, and digital inclusion to help organisations better serve BME residents.

Impactful Partnerships

We forged and deepened collaborations with:

- **Off the Record** – delivering Cultural Competency training for SLAM staff.

- **Access Social Care & Legal Aid** – supporting Windrush compensation and Care Act awareness.

- **Age UK, Croydon Dementia Action Alliance**, and **Croydon NHS** – improving access and understanding of age- and dementia-related issues.

- **London Probation Services** – engaging service users in the Intergenerational Gardening Project.

Forecasting: Future Focus

Looking ahead, we are:

- Planning financial literacy workshops to support residents amid rising living costs.
- Co-creating Windrush 75 celebrations to ensure cultural heritage is honoured.
- Exploring the launch of a befriending service to tackle loneliness among the over-65s.

"The CDW programme is about listening to the community, amplifying their voices, and turning their ideas into action. It's not just service delivery—it's cultural care."
— Croydon BME Forum CDW Team

Wellness Team

In July 2023, the Wellbeing Advisor project expanded into a three-member Wellness Team to meet growing needs. They provide 1:1 mental health support, help with housing, employment, education, and run online workshops and Wellbeing Saturdays, monthly events aimed at reducing isolation and promoting wellbeing.

The team launched an Asylum Seeker Project offering tailored support for asylum seekers, including emotional wellbeing sessions, signposting, and help navigating essential services.

In partnership with a Family Practitioner (funded by My Ends), they also assist families with parenting tools and emotional support, working with partners like Mind.

Workshops covered topics like mental health, nutrition, long-term conditions, and cultural celebrations, including Black History Month and International Women's Day.

With increasing housing and financial challenges post-COVID, the team supports clients with emergency housing applications, benefits, and connects them to local services and community programmes for lasting impact.



13 partners facilitated workshops at the Wellbeing Saturdays and online



12 wellbeing workshops face to face and online



276 people engaged in 1:1 Wellbeing sessions



373 attended the Wellbeing workshops online and face to face

JOIN US FOR THE SICKLE CELL AWARENESS TALK

- An educational talk amplifying the voices of those living with sickle cell disease
- What are the symptoms?
- How does it affect members of the black community?

Thursday 23rd November 2023
6pm-7.30pm

Guest Speakers:
Sickle Cell & Thalassemia Support Group
Mr Shomari Brown & Jaudat Whyte
Lived Experience

To request the Zoom link, e-mail grace@bmeforum.org or join Zoom meeting: <https://us02web.zoom.us/j/3852076159>
Meeting ID: 385 207 6159
Website: www.cbmeforum.org

Eventbrite

CROYDON BME FORUM

BLACK HISTORY 365 CROYDON BME FORUM

REFRESH AND RECHARGE: FAMILY ARTS AND CRAFTS DAY

A day to unleash your imagination and embrace artistic expression to improve your wellbeing. In celebration of Black History Month, we will have images of inspirational people to get your creative juices flowing. It will be a space for families to come together and be playful, whether it's to nurture your own inner child or spend some quality time with your children.

ALL IS WELCOME: CHILDREN, ADULTS AND FAMILIES.

DATE: SATURDAY 14TH OCTOBER
TIME: 1PM - 4PM

Venue: The Wellness Centre, Unit 1040/1042, First Floor, Whitgift Shopping Centre, Croydon, CR0 1LP
Landmark: Opposite Waterstones bookstore.

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THE CROYDON BME FORUM'S Women's Event

16TH MARCH

May we all, brace yourselves for the mother of all women's events - a fierce gathering for networking and feeling like Queen! Grab yourselves for the Women's Empowerment Workshop featuring the incredible Mrs. Jemmy Blackwell, Chantelle Berry, and Robina Black. Let's shake things up and conquer together!

Speakers:
SPEECH: ANNA BLACK, MENTAL HEALTH ADVISOR
SPEECH: LADY DEBORAH, NUTRITION & WELLNESS ADVISOR
SPEECH: CHANTELLE BERRY, MENTAL HEALTH ADVISOR

VENUE: THE WELLNESS CENTRE, UNIT 1040/1042 FIRST FLOOR, WHITGIFT SHOPPING CENTRE, CROYDON CR0 1LP (OPPOSITE WATERSTONES BOOKSTORE)

Come and be part of a day filled with motivational keynote speeches, engaging workshops, and panel discussions hosted by accomplished women.

FOR MORE INFORMATION EMAIL: SHARON@BMEFORUM.ORG

[@cbmeforum](https://www.cbmeforum.org) [croydonbmeforum](https://www.cbmeforum.org) [CROYDONBMEFORUM](https://www.cbmeforum.org)

Community Connectors

**CORE20
PLUS 5**

Overview

The The Core 20 Plus 5 Connectors Programme at Croydon BME Forum supports African and Caribbean communities by addressing health inequalities across five priority clinical areas:

Hypertension, cancer, respiratory disease, maternity care, and severe mental illness.

Our team creates safe, welcoming spaces where community members feel empowered to speak openly about their health and make informed decisions.

Key Stats & Achievements

■ Community Engagement & Reach

- 300+ community groups reached through outreach and communications
- 150+ health checks delivered at events
- 100+ participants completed the Macmillan Cancer Survey
- 300 people supported through Christmas Food Banks
- 100 health and wellbeing leaflets distributed during food bank sessions

■ Events & Activities Delivered

- 2 cancer conferences hosted, focused on prostate and general cancer awareness
- Monthly coffee mornings held on key health themes
- Disability & Fertility Focus Groups established for targeted outreach
- Baby donation project and Refugee hotel visits supported families with care packages
- Mobile Boot Camps held with Clear Community Web to improve digital confidence
- Intergenerational Wellness Garden brought elders and students together
- Winter engagement and food pack distributions supported vulnerable households
- Bi-weekly "Walk & Talk" sessions with Emancipated Run Crew promoted physical wellbeing

■ Strategic Influence

- Regular participation in ICB and Proactive Care Board meetings
- Delivered mental health and NHS app awareness sessions across multiple sites
- Supported World Mental Health Day, Windrush 75 events, and CAHN monthly meetings

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+

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

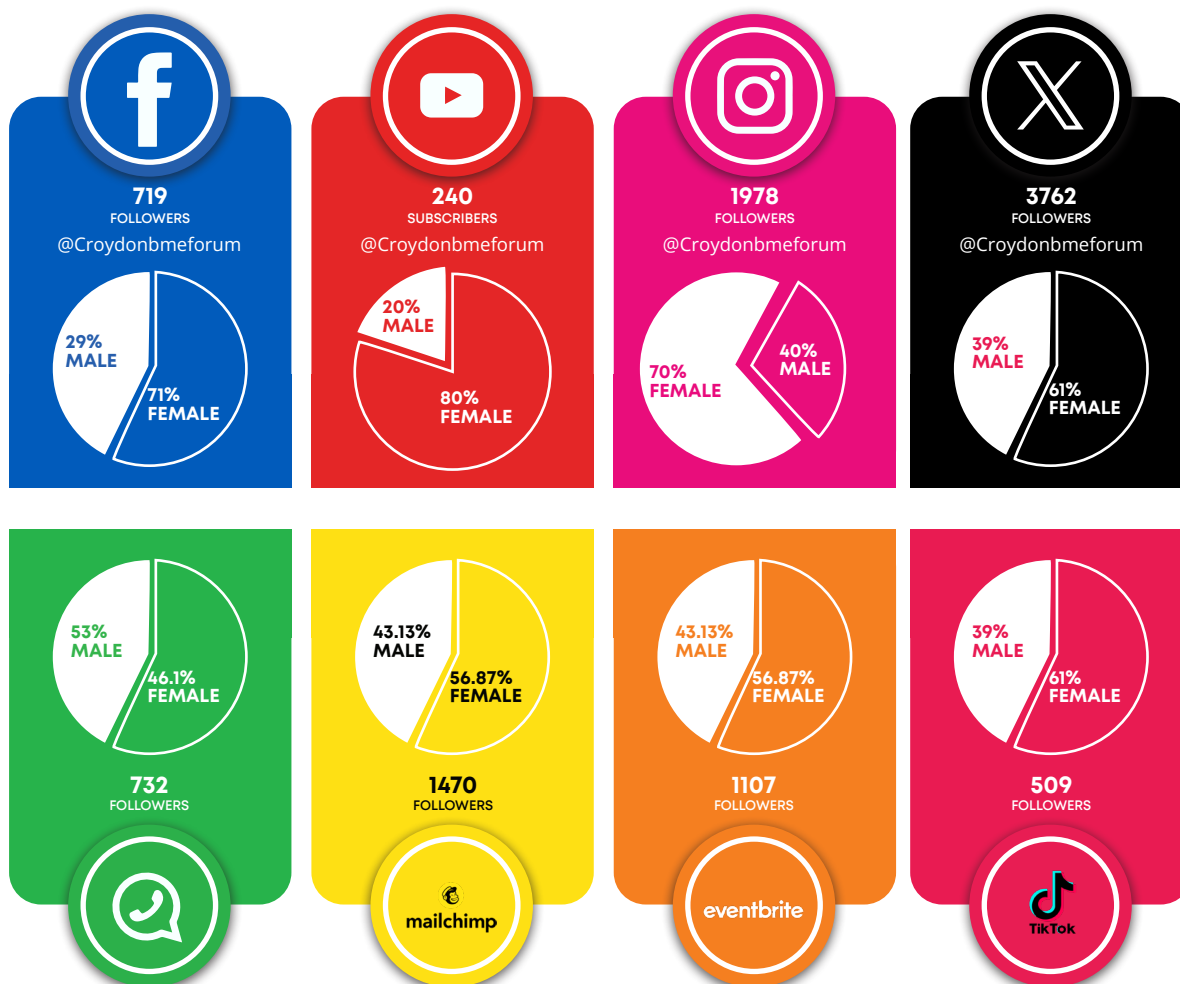


**The Wellness Center 1st, Floor
Whitgift Centre Croydon CR0 1LP**

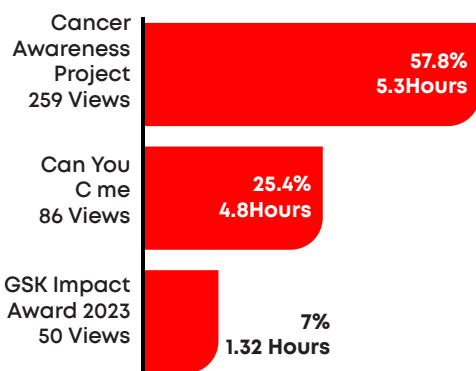
Email: info@bmeforum.org

Phone: 0208 684 3719

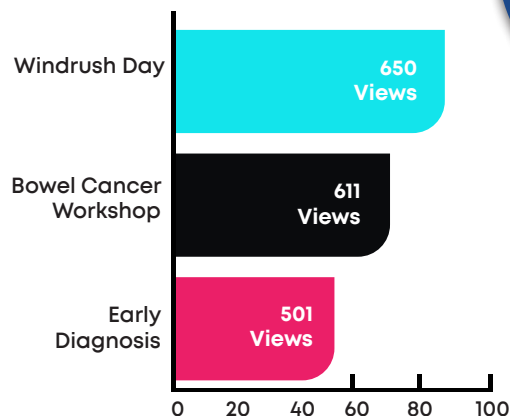
Most used social media channels by Croydon BME Forum 2023/24



Viewing Equivalent



Most Watched



Croydon BME Forum
Noticeboard
WhatsApp group



Report for the Financial Year 2023 to 2024

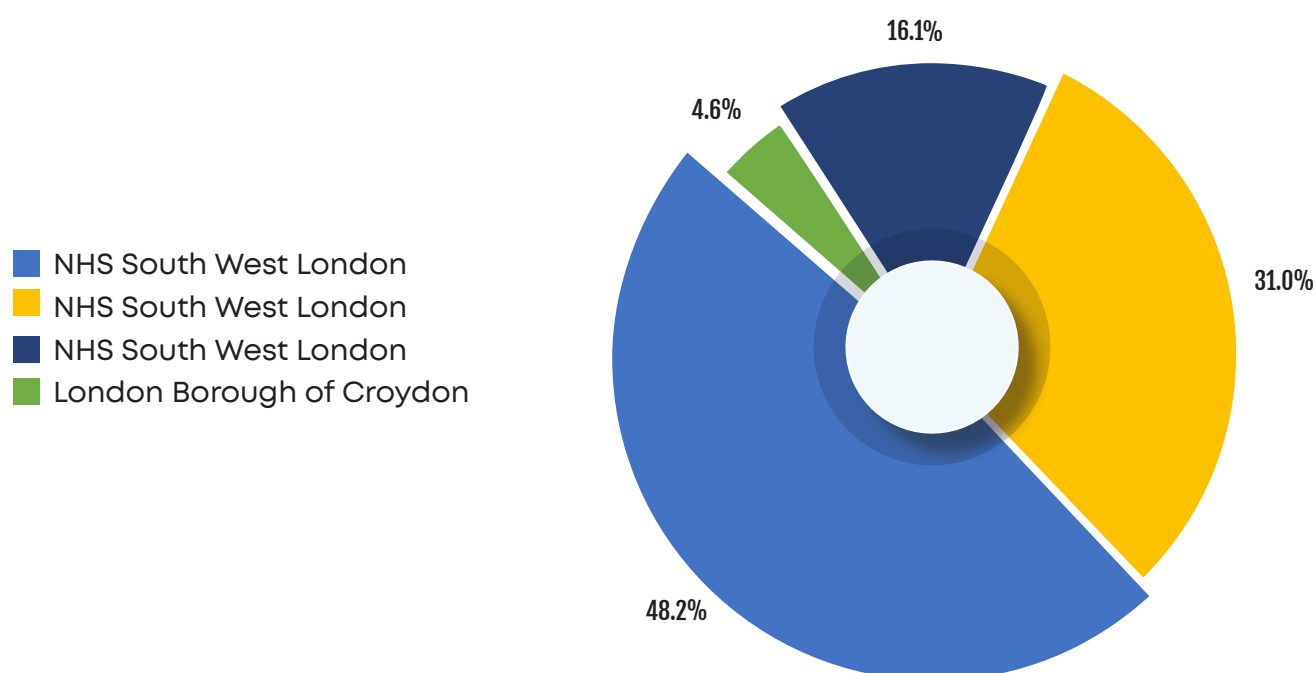
The Trustees of Croydon BME Forum carried out an independent audit for the financial year ending 31st March 2024. The Forum's turnover for this period was £1,553,798, with total expenditure of £1,304,774. This resulted in a surplus of £249,024, which will be reinvested to strengthen our programmes and organisational capacity.

Our strong financial performance reflects the continued support of NHS South West London and Macmillan Cancer Support, whose funding has enabled the Forum to expand vital services tackling health inequalities in Croydon.

The accounts give a true and fair view of the Forum's financial position as of 31st March 2024 and have been prepared in accordance with UK Generally Accepted Accounting Practice and the Companies Act 2006.

Further details on income and expenditure are outlined below.

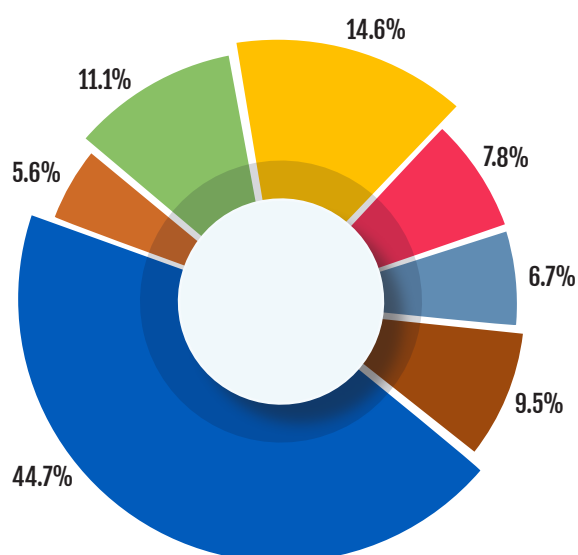
Contract Income	Project	2023 £
NHS South West London	MHW Hub	249,075
NHS South West London	MHPICS	160,313
NHS South West London	CDW Service	83,025
London Borough of Croydon	Large Ignite Fund	24,000
Total Contract Income		516,414



Restricted

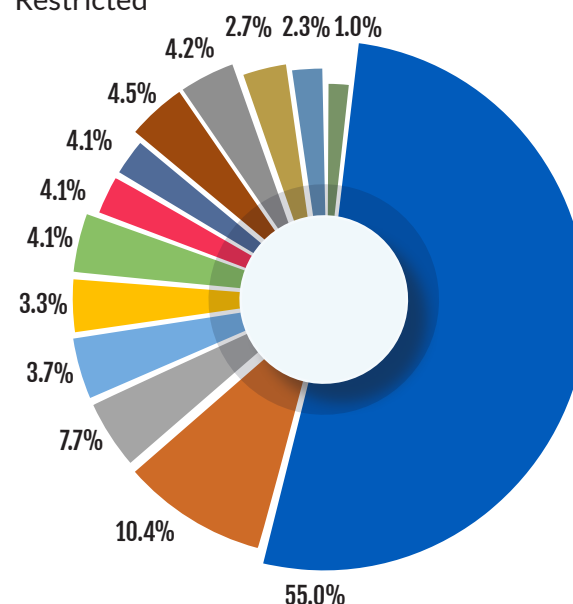
NHS – The Ethnicity and Mental Health Improvement Project	507,166
NHS – Wellbeing Team	95,570
NHS/Asian Resource – Long Term Conditions	38,137
Croydon University – Equality, Diversity and Inclusion Project	70,666
Croydon University – Maternity Project Grant	21,000
NHS/RMP Cancer Awareness Project	34,040
NHS Core 20 Plus	38,345
Macmillan Cancer Support	30,883
The Maudsley Charity Trust	10,000
Windrush Community	1,451
Energy Redress	41,400
Mayor of London – My Ends Project	25,000
NHS SW London ICB – Neurodevelopmental Conditions	9,200
Total Restricted	922,858

Unrestricted



The Caribbean African Targeted Health Improvement Programme	5,000
GSK Core Funding Grant	40,000
AMRO Project Grant	8,500
Anti-racism practice learning hub Grant	6,025
Asylum Seekers Project Grant	7,000
Chronic Kidney Disease Grant	13,090
Other Grants	9,962
Total Unrestricted	89,577
Total Grant Income	1,012,435
Total Contract & Grant Income	1,528,849

Restricted



Income from other trading activities	3,127
Investment income	21,822
Turnover	1,553,798
Expenditure on Charitable Activities	
Empowering Communities	1,097,604
Equality and Cohesion	191,861
Building Capacity	15,309
Total expenditure	1,304,774
Surplus	249,024

We extend our sincere gratitude to our dedicated Trustees for their unwavering commitment, guidance, and support over the past year.

Their leadership and vision have been instrumental in advancing our mission and achieving meaningful impact.

Trustees



Paulette Lewis - Chair

Ashok Kumar - Vice Chair

Chandra Babu - Treasurer

Vivienne Witter - Secretary

Patrick Reid - Trustee

Ghazala Mirza - Trustee

Yvonne Walsh - Trustee

Malti Patel - Trustee

Our Funders

- Amro
- Access Social Care
- Croydon Council
- Croydon University Hospital
- Energy Redress
- Maudsley Charity
- Macmillan Cancer Trust
- London South Bank University
- South London & Maudsley (SLaM)
- South West London ICB
- 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
- Berry Legal
- Black Thrive Global
- CAHN – Caribbean African Health Network
- Croydon Neighbourhood Care Association (CNCA)
- Croydon Voluntary Action (CVA)
- Clear Community Web
- Felix Project
- Healthwatch Croydon
- John Ruskin College
- King's College London University
- Manju Shahul-Hameed Foundation
- Metropolitan Police
- Mind In Croydon
- Norbury High School
- Off The Record
- Race Equality Foundation
- Socco Cheta
- Voice4Change England
- Wandsworth Community Empowerment Network (WCEN)
- South East Cancer Help
- St Christopher's Hospice

A Special Thanks


Croydon BME Forum would like to offer its heartfelt gratitude to everyone who has supports us throughout the year in various ways. First and foremost, we thank our Board of Trustees and valued partners, who continue to stand by our mission, offering invaluable advice, guidance and unwavering support whenever needed.

Staff List


We also want to express our deep appreciation to all our staff and volunteers; without you, none of our projects would be possible. From planning to delivery, you consistently turn ideas into extraordinary experiences.

The team goes above and beyond to ensure our clients receive the best possible support and services.

Andrew Brown	Chief Executive Officer
Kelvin	Operations Manager
Troy	Finance Manager
Anisah	Business HR Administrator / PA to CEO
Nadine	Office Coordinator
James	Partnership Worker
Talita	Events Manager
Lisa	Core20 Coordinator
Lesley	Core20 Coordinator
Clare	Long-term Conditions & Chronic Kidney Disease Coordinator
Lorraine	Cancer Awareness Coordinator
Kayleigh	Project Coordinator
Carol	Energy Coordinator
Tracey	Energy Coordinator
Juliyah	EDI Researcher & Maternity Healthcare Facilitator
Stella	EMHIP Programme Manager
Rasheed	EMHIP Programme Manager
Cereta	EMHIP Hub Manager
Terry	EMHIP Hub Manager
Larome	EMHIP Support Worker
Gerome	EMHIP Support Worker
Jake	EMHIP Youth Support Worker
Hannah	EMHIP Youth Support Worker
Maame	EMHIP Support Worker
Lucia	EMHIP Support Worker
Tanya	Lead Wellbeing Advisor
Shakira	Wellbeing Advisor / Family Health Practitioner
Grace	Wellbeing Advisor
Shelly	Mental Health Community Development Worker (Older adults)
Shawon	Mental Health Community Development Worker (18 – 65's)
Saffron	Macmillan Programme Manager
Zak	Macmillan Cancer Support
Michael	Macmillan Cancer Support
Ebado	Macmillan Cancer Support
Keleisha	Mental Health PICS
Meadhbh	Mental Health PICS
Zalika	Mental Health PICS
Candice	Mental Health PICS
Francis	Mental Health PICS
Tamera	Mental Health PICS
Shay	Mental Health PICS
Savannah	Health and Wellbeing Space Support Staff
Natasha	Health and Wellbeing Space Support Staff
Danielle	Health and Wellbeing Space Support Staff
Rachel	Health and Wellbeing Space Support Staff

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Address

Croydon BME Forum

56A Mitcham Road, Croydon, CR0 3RG

The Wellness Centre

Unit 1040 - 1042

1st Floor Whitgift Centre , Croydon CR0 1LP

Croydon Health And Wellbeing Space

Unit 1101-1102, Whitgift Centre , Croydon CR0 1TY

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