

LEICESTER CITY HEALTH AND WELLBEING BOARD
DATE: 16th March 2023

Subject:	Mental Health – Everyone’s Business Jamila’s Legacy
Presented to the Health and Wellbeing Board by:	Rehana Sidat – CEO and Founder of Jamila’s Legacy
Author:	Rehana Sidat

EXECUTIVE SUMMARY:

Mental health affects everyone, and it is collectively everyone’s business to destigmatise poor mental health and ensure those who need support are able to access it at the time it is needed. This is particularly relevant amongst some ethnic minority groups, where additional challenges and barriers to identifying and addressing mental health needs are faced.

Jamila’s Legacy is non-profit organisation offering advice, advocacy, support, a listening service, self-care and training activities to individuals interested in maintaining their own mental well-being and supporting others.

The presentation will highlight the scope and purpose of the organisation, the reason it was set up, it’s vision and mission, and touch on the projects it delivers.

RECOMMENDATIONS:

The Health and Wellbeing Board is requested to:

Note the work delivered by Jamila’s Legacy and identify opportunities to support and endorse it.

