

Khudeja Amer-Sharif

Shama Womens Centre

- 1. Mission**
- 2. Our Community**
- 3. Bereavement to Achievement Mental Health Service**
- 4. Recommendations**

Mission

***'Empower women to become more active, economically, educationally and socially',
Through a range of activities that develop their confidence, language, employability skills and improve health & well being'.***

Holistic Offer

Barriers

English (ESOL)

Textiles/IT

Creative/Social Activities

Help to Find Work

Volunteering

Counselling :

Bereavement

Domestic Abuse

Holistic Therapies

Health awareness

Gym/ Sauna, Nursery



Empowering Women To Achieve.....

Impact

- **Work: 15,000 +**
- **Qualifications: 30,000+**
- **Volunteers: 2000 (Highly Commended Lloyds)**
- **Improved Health and Well being : 87%**
- **Seen as 'experts' by professionals**

Who Are They?

- **Majority BME women of Leicester**
- **Increasingly refugees/asylum seekers**

Barriers

Unemployment

**Educational
Attainment/Skills**

Cultural

Domestic Abuse/FGM

Health Inequalities : Mental Health

Empowering Women To Achieve.....

Local Context

Mental Health

- In Leicester BME communities experience **inequalities** in accessing mental health services
- 'mental health in SE Asian women in Leicester goes unrecognised'
- Suicide higher in Asian women.
- 'are **dissatisfied with the mental health services they receive and are over represented in compulsory detention** (JSNA 2017)

Issues

- **Mental Health**

- Increase in mental health within BME Women
- Bereaved BME Women suffer in Silence
- Expected Norm/Stigma

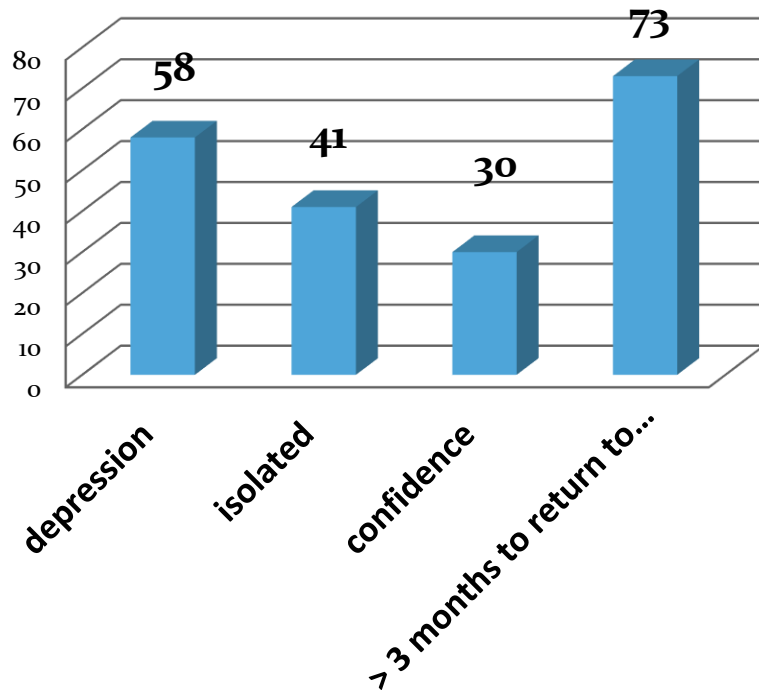
Mapping of Local Services highlighted : 2014

- Only **11%** BME women take up of local bereavement counselling services by BME women
- **89%** (Bereaved clients) used IAPT **Services found it didn't meet cultural expectations and , only 7%** would use it again

Mental Health Research

WHY?

Bereaved BME women suffered



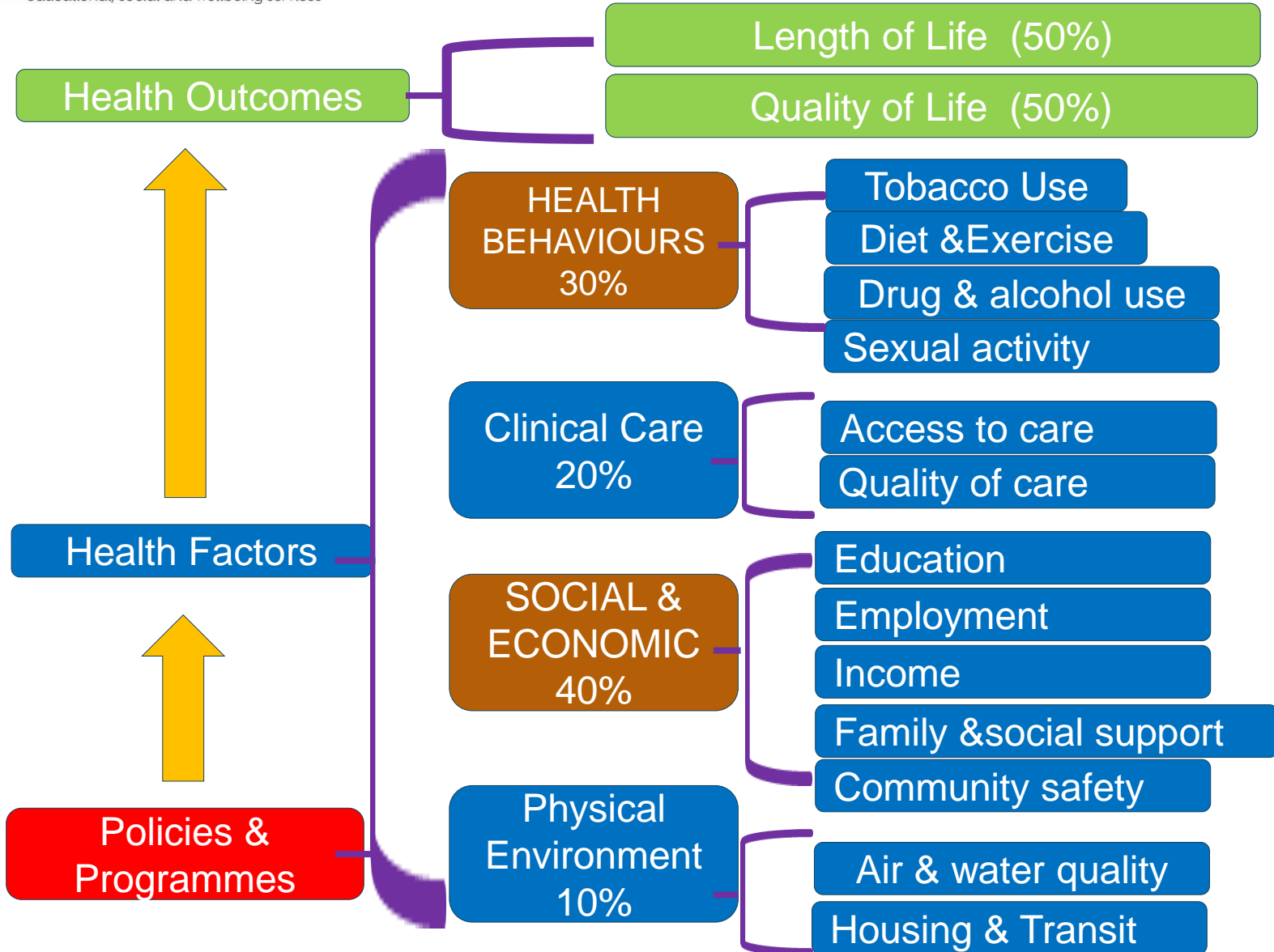
- SWC research (474) BME women related this **to lack of culturally conducive service**

- **NEED FOR: :**

- **97% Multi-lingual Bereavement Counsellors**, independent of family. **Ongoing support**
- **95% local accessible, women's only** service to **share experiences** with other bereaved women
- **91% Opportunity to participate in activities** to gain confidence, **overcome isolation** and help into work

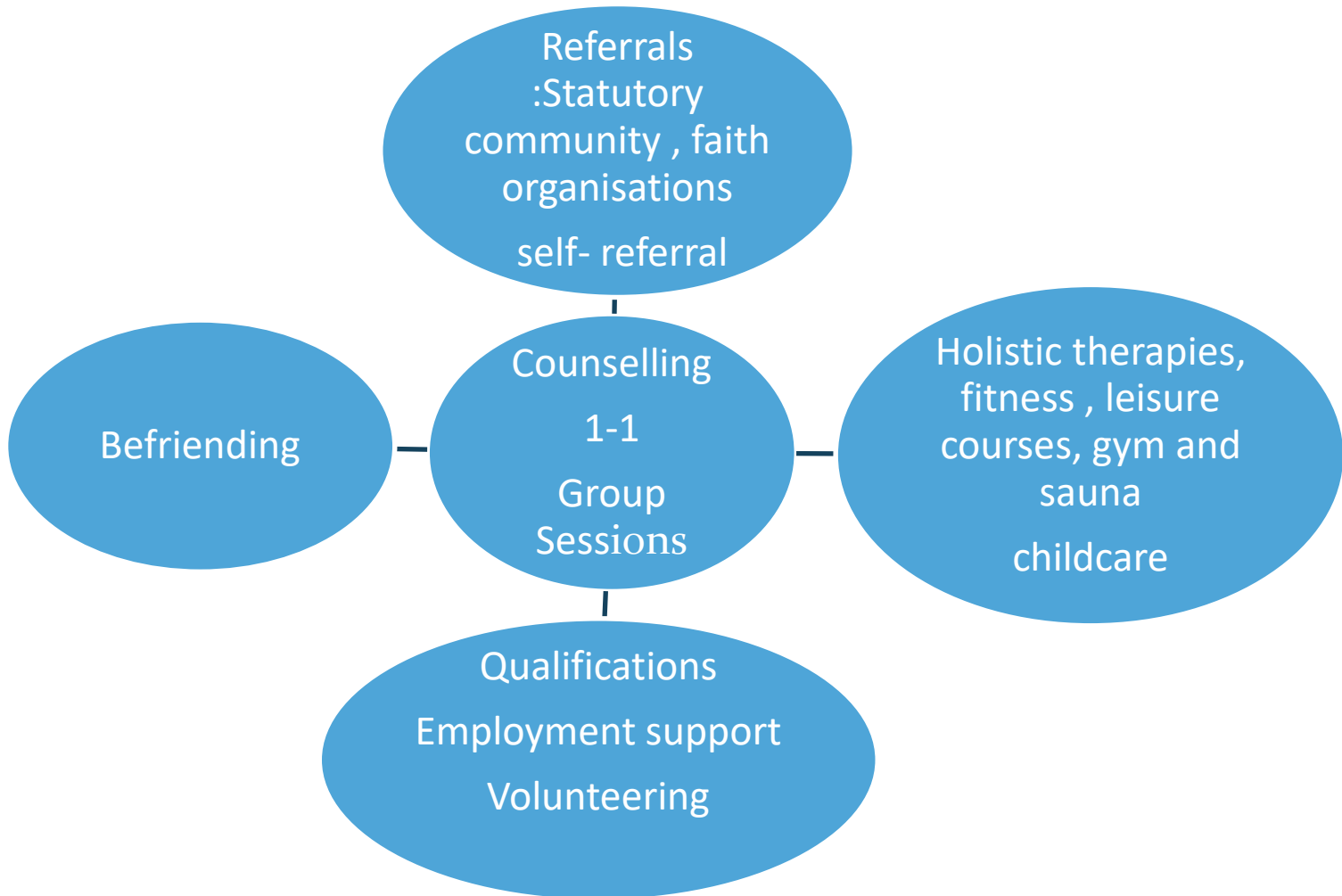
- **2017 Research :**

Extended to **family Counselling**



Empowering Women To Achieve.....

Bereavement to Achievement

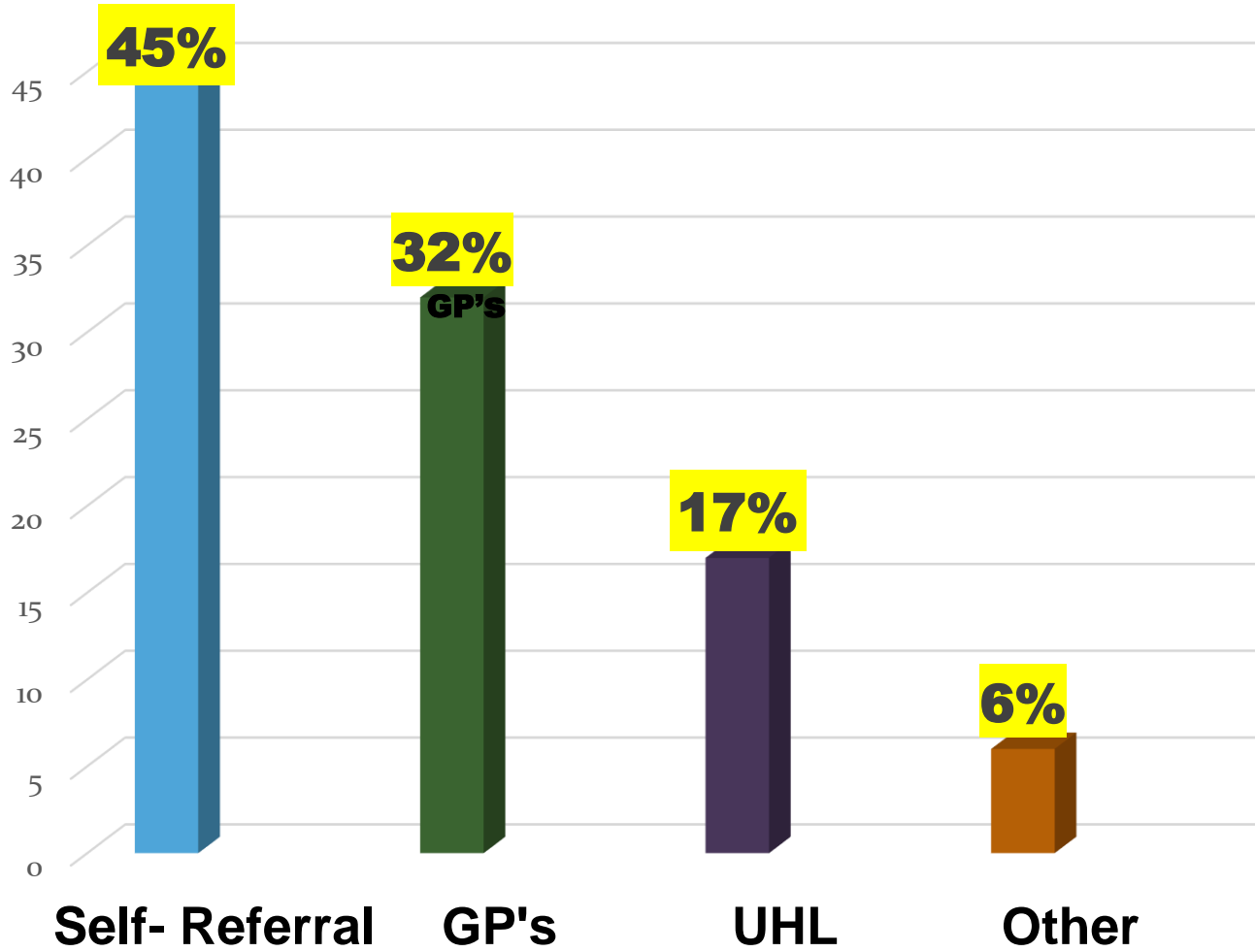


Empowering Women To Achieve.....

Bereavement to Achievement

- 2014-2019 funded by Big Lottery.
- Integrated with Primary and Secondary Care:
- UHL Bereavement Services, LPT, IAPT, Health agencies, Laura Centre
- Hospices, Community/Faith groups
- Described as '**Inspirational**' by NHS England

Referrals



Impact of BTA

- **1,225** women/families accessed the programme
- **98%** Improved emotional/physical well being
- **73%** reduction in requiring statutory mental health services
- **89%** less isolated
- **95%** increase in confidence
- **45%** signposted other agencies
- **363** **Accredited qualifications**
- **150** **gained employment**

Cost Savings : Health & Social Care

Over 4 years

- Primary Care : 50% reduction in seeing GP
- Prescription Costs : 20%
- Secondary Care: £1.7m
- A&E : £160,000
- Ambulance : 270
- £66,000 employability skills
- **Total : £2.1 million** (*Public Health Leicester, 2018*)

Recommendations

- The Health & Wellbeing Board notes that there is a risk that this service cannot continue after March 2019 due to financial uncertainty.
- It is noted that the work of the service can support the **NHS Long Term Plan** with priorities such as:
 - Address health inequalities through social prescribing
 - Children and young people's mental health

What our users say

<https://shamawomenscentre.co.uk/bereavement-counselling>

More Information



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Shama Women's Centre

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