



## Upcoming Events

### Healthy Body, Healthy Mind

2 June 2009

The Iranian Disability Support Association provides one to one counselling support in Farsi at Richmond Royal Hospital.

On Tuesday 2 June, 2009 there will be a workshop on parenting skills in Farsi from 5.30 to 8.00pm. Please call Farid Ansari 020 8758 2048 for more details and future workshops



### Bike Across Cultures

20 June 2009

Come and enjoy some exercise at Richmond Park! Biking and walking for the whole family. Please contact Zerrin for more information.

### Open Day Hounslow Mosque

13,14,15 June 2009

Everyone is welcome to come to the Open Day at Hounslow mosque, whether you normally go there to worship or you would have always liked to see a mosque from the inside.

There will be an exhibition on Islam and a range of information on health and well-being.

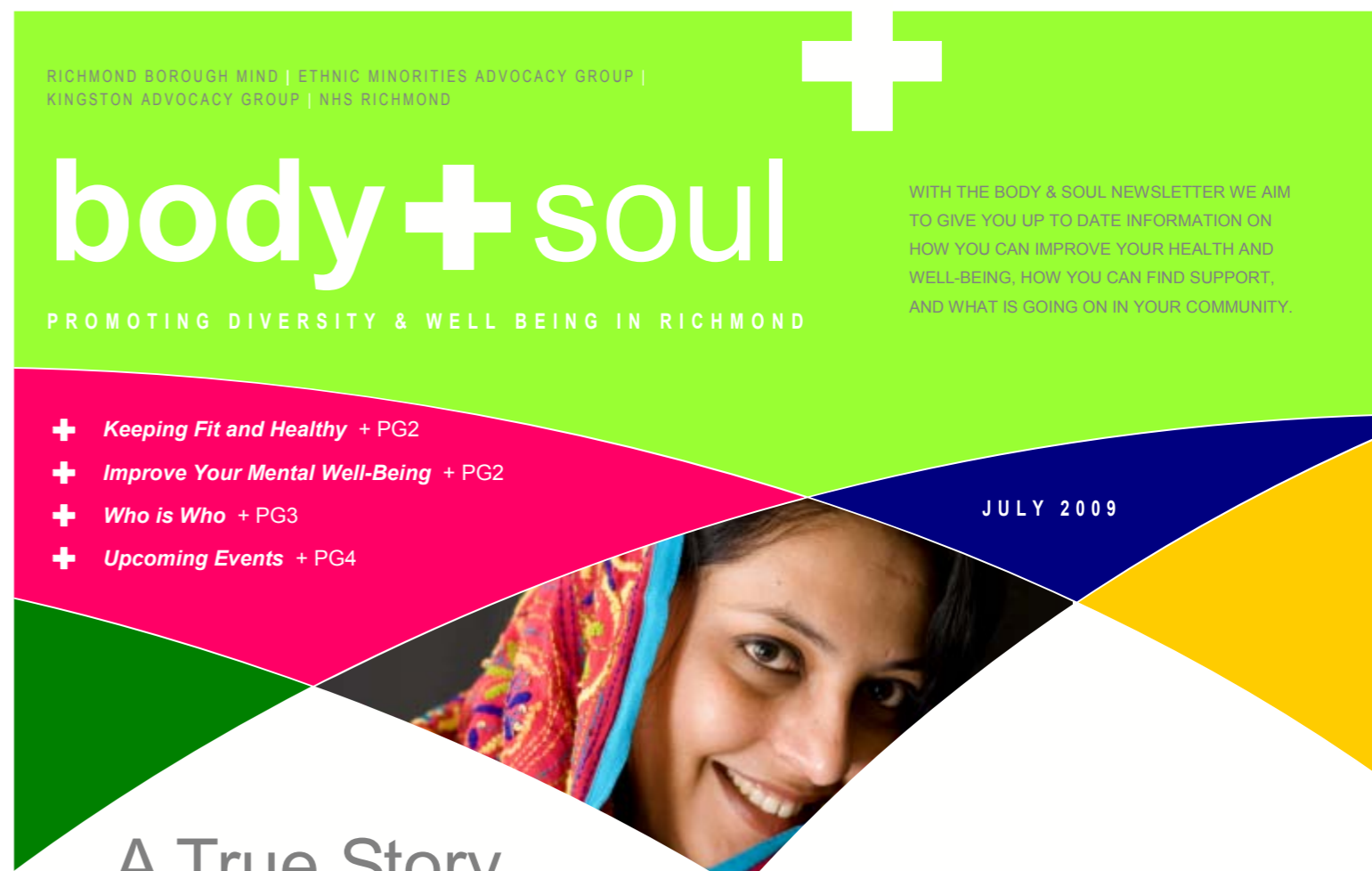
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RICHMOND BOROUGH MIND | ETHNIC MINORITIES ADVOCACY GROUP | KINGSTON ADVOCACY GROUP | NHS RICHMOND

# body + soul

PROMOTING DIVERSITY & WELL BEING IN RICHMOND

WITH THE BODY & SOUL NEWSLETTER WE AIM TO GIVE YOU UP TO DATE INFORMATION ON HOW YOU CAN IMPROVE YOUR HEALTH AND WELL-BEING, HOW YOU CAN FIND SUPPORT, AND WHAT IS GOING ON IN YOUR COMMUNITY.

- + *Keeping Fit and Healthy* + PG2
- + *Improve Your Mental Well-Being* + PG2
- + *Who is Who* + PG3
- + *Upcoming Events* + PG4

JULY 2009

## A True Story...

Namita Acharya tells us about an Iranian client she has supported.

As a mental health advocate, I supported a gentleman who was suffering from Post Traumatic Stress due to the torture he had experienced in the hands of the Iranian Guards. Upon arrival in the UK he lived in Essex, where he became a victim of clan conflict. Together with his pregnant wife, he moved to Richmond, where he thought he would finally be safe.

To find accommodation for his young family, he went to the Housing Department. There he was told that his story was not true - he must have made it up! Hearing this, he burst out in anger. This was misconstrued and he was barred to be there. After this experience, he felt he could no longer trust anyone, especially in the authority. Later, he was in the high risk category at the Richmond Community Mental Health Team.

When he came to Kingston Advocacy, I was told that I may not be safe to see him alone. Slowly I managed to create trust between us. With the help of the Local MP, the Consultant Psychiatrist and the Social Worker I negotiated his and his family's need for social housing. It took 5 months of hard work to get a house for the family. By the time he came back to see us after a month of his move, his wife was working in a café and he was studying English at Richmond College.

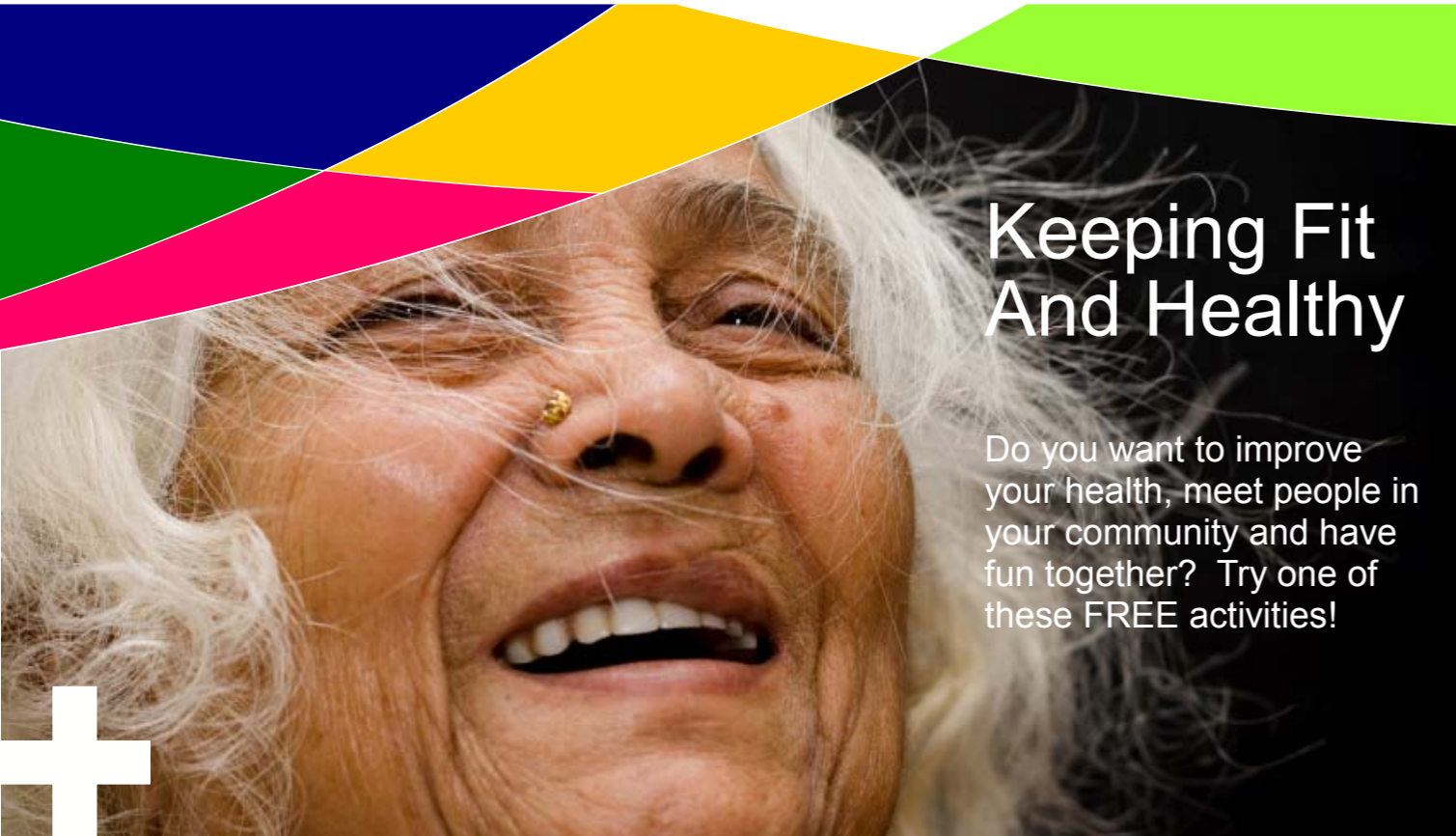
## Happy Soul 2009

This year's Happy Soul festival saw a diverse range of communities and ages coming together to celebrate diversity and well-being in Heathfield, Whitton and Ham. The festival was organised by a partnership of organisations and funded by South West London St George's Mental Health Trust & NHS Richmond.

More than 100 people attended each of the community events and enjoyed free film screenings, well-being workshops such as yoga and reiki, a poetry performance by Jean Binta Breeze and classic Indian dancing.

The festival was organised to celebrate the diversity in Richmond's community and to raise awareness about mental health.





# Keeping Fit And Healthy

Do you want to improve your health, meet people in your community and have fun together? Try one of these FREE activities!

## Healthy Lifestyle Group

This is an 8 week course on weight control, nutrition, mental health, and health promotion. The course is offered in Heathfield at the Edgar Road community centre on Fridays 1-3pm until 26th June. And in Mortlake, the Old Bakery, rear of training centre, Lower Richmond road, SW14 7HJ 10am-12pm Friday mornings beginning 11th September.

## Health Walks

Interested in joining a health walking group, or starting a new one, contact Zerrin for details of your nearest group.

## Ethnic Health Group

Meets fortnightly Fridays 10 am-12pm at Whitton community centre, Percy Road, Whitton, TW2 6JL. We have information sessions, exercise classes, chat and support with a light lunch.

## Ham Multicultural Women's Group

meets Tuesdays fortnightly 4.30-6.30pm-Ham Children's centre, Ashburnham Road. You can bring your children, share experiences, make friends and enjoy a meal together.

## Dance Classes

Come and learn line dancing and salsa on Wednesdays 1-2pm at EMAG 111A Kneller Rd, Whitton, TW2 7DT. Keep fit and healthy and make friends!

# BME Mental Health Steering Committee



To promote race equality and well-being for all communities in Richmond, Richmond Borough Mind has set up a partnership between NHS Richmond, South West London St Georges Mental Health Trust, Kingston Advocacy Group, Ethnic Minorities Advocacy Group and Richmond Borough Mind. This steering committee aims to create a central vision on providing more culturally appropriate care in Richmond. For more information, please contact Bertine.

My name is Bertine de Jongh and I work as a Community Development Worker with migrants and ethnic minorities at Richmond Borough Mind.



As a migrant myself, I understand what it feels like to always be considered "different" and how isolating it can be to move to a new country where you do not know anyone or do not speak the language. Even when you have lived in the UK for your whole life, you may still experience discrimination and feel that service providers do not really understand what you are going through.

As a community development worker, my work is all about working together with local communities and service providers to promote well-being and to establish more culturally appropriate mental health services.

If you want to be involved in promoting mental health and well-being in your community, as a volunteer, community ambassador, organisation or you simply want to make your story heard, please contact me. I also edit the newsletter!

Hello, my name is Zerrin Izli and I work for the Ethnic Minorities Advocacy Group (EMAG).



I am the Ethnic Health Action Worker, which means I act as a health advocate to support BME families with any health issues. I have been in my post for six months now and absolutely love my job!

As a Turkish Cypriot I understand the issues around being a minority and how this in itself can present you with barriers to a fair and equal

representation in work, education and health. My role is to support you, signpost you to the correct services, and work with service providers to recognise and address your needs.

I am Namita Acharya and I work at KAG Advocacy in their Richmond office which covers the borough of Richmond. I have been working with them for the last 9 years as a specialist advocate for people from diverse communities.



During this time, I have had the opportunity to meet people from disadvantaged backgrounds and have seen the difficulties that they face in accessing services on equal footings. I have also experienced that with the proper support a person can slowly but surely be empowered and is able to live effectively in the community.

If you need any individual support related to housing, benefits, immigration and/or your mental health, please contact me. Also, you can read more about my work on the front page of this newsletter.

Would you like more information or do you need individual support? Contact us!

Hi there! My name is Malvia Kenlock and I work in Richmond as a Black Minority Ethnic Community Development Worker for Richmond Borough Mind.



Most of my work involves meeting people out in the community listening to their needs and concerns and seeing how we can work together to improve mental well-being. I do this through a mix of workshops, information sessions and setting up community based projects.

Please contact me if you want more information about mental health. If you are already using mental health services, please let me know if you want to be involved in a support group or service user forum!

# Improve Your Mental Well-Being

## Beating the Blues

'Beating the Blues' is a confidential, computer-based service that has been proven to help people suffering with mild and moderate depression to get better and stay better and is based on Cognitive Behavioural Therapy (CBT). Please contact your GP for a referral or contact Bill Austin: 075 9241 6638

## Mental Health Workshops

Do you want to learn more about stress, depression and improving your mental health? Come to one of our mental health workshops! Please phone Malvia for more information.

We all think of how we can improve our physical health, but often neglect our feelings. Here are some ways you can try to improve your mental well-being.

## Do You Speak Farsi?

The Iranian Disability Support Association provides one to one counseling support to people from Farsi speaking communities as well as group workshops. If you wish to make an appointment or come to one of the workshops, please call Farid Ansari: 020 8758 2048