

Race & Health

Seminar one: Mental Health Awareness

22 May 2025 6-7:30pm



The purpose



WHY are we doing this?

- People's **health and wellbeing** are affected by many things — like their **background, culture, and life experiences**.
- In a diverse place like **Newham**, it's important to understand how **ethnicity connects to health**, so we can make things fairer for everyone.



HOW are we doing this?

The events will be hosted **online every 2 month** on different topic to develop more **knowledge** and **awareness** of:

- The **data** and **academic evidence** of the relationships between ethnicity, health and wellbeing
- The **real live experiences** of people from different ethnicities around their health and wellbeing, and their family and friends
- The **support, services** and **resources available** for people.



WHO is leading this?

- The topics will be chosen by the **Newham Race Equality Forum** and the **Public Health team**.
- They'll focus on issues where some ethnic groups face **unfair differences in health**.

Why ethnicity focus?



While we recognize that other factors, such as disability, sexual orientation, gender identity, and more, also play a critical role in health equity, this seminar focuses specifically on ethnicity because:

- **Persistent disparities in health outcomes and access** to care among racial and ethnic communities point to an urgent and ongoing equity gap.
- People of colour often **experience worse health outcomes** compared to white populations. For example, they face higher rates of chronic diseases (such as diabetes and heart disease), as well as higher infant and maternal mortality rates.
- This work is **part of a broader project** aimed at exploring how race and ethnicity influence health outcomes.

Equality



The assumption is that **everyone benefits from the same supports**. This is equal treatment.

Equity



Everyone gets the supports they need (this is the concept of "affirmative action"), thus producing equity.

Justice



All 3 can see the game without supports or accommodations because **the cause(s) of the inequity was addressed**. The systemic barrier has been removed.

Guest speakers and their slides

Guest speakers and their slides

- **Mental health inequalities in minoritised groups** – focus on UK Muslims. Imran Khan, NIHR Research Fellow, Queen Mary University of London and Honorary counselling psychotherapist, NHS Talking Therapies Tower Hamlets. *(slides 6-11)*
- **Race, Ethnicity, Mental Health** – findings from research. Dr Niran Rehill, UCL Institute of Epidemiology and Healthcare. *(slides 12-15)*
- **Newham Talking Therapies** – what it is and support available. Elise Coote, CBT therapist and Community outreach Lead, East London NHS Foundation Trust. *(slides 16-26)*
- **Community Integrated Mental Health Service (CIMHS North)** – what it is and support available. Community Mental Health Nurse, East London NHS Foundation Trust. *(slides 27-29)*
- **Newham Black Men's Leadership & Engagement Programme** – what it is and support available. Mavis Wenham, ANKH Place CIC. *(slides 30-33)*
- **Space to Grow Newham** – what it is and support available. Ayomiposi Fagbayi, wellbeing practitioner, Space to Grow. *(slides 34-35)*
- **Ashok's Vision** – what it is and support available. Shofa Miah, founder. *(slides 36-38)*

Mental health inequalities in minoritised groups – focus on UK Muslims

Imran Khan

NIHR Research Fellow – Queen Mary University of
London

Honorary counselling psychotherapist – NHS
Talking Therapies Tower Hamlets

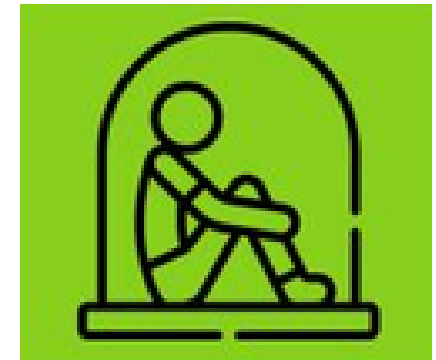
Mental health inequalities in minoritised groups



Experiences



Social
economic



Cultural stigma – fears
and concerns

Bansal, N., Karlsen, S., Sashidharan, S. P., Cohen, R., Chew-graham, C. A., & Malpass, A. (2022). *Understanding ethnic inequalities in mental healthcare in the UK : A meta-ethnography*. <https://doi.org/10.1371/journal.pmed.1004139>

Looking at barriers related to culture and beliefs:



1. Complex and diverse illness attributions
2. The roles of family
3. Patient-practitioner relationship
4. Language and communication challenges
5. Drawing strength from faith, spirituality and religion
6. Stigma and its consequences

Among UK Muslims



Inequalities



Unequal
recovery



Faith matters



Tannerah, A., Hazel, O., Desson, S., Farah, R., Kamil-Thomas, Z., Iqbal, H., Eames, C., Saini, P. and Bifarin, O. (2024), Consultations With Muslims From Minoritised Ethnic Communities Living in Deprived Areas: Identifying Inequities in Mental Health Care and Support. *Health Expectations*, 27: e14132. <https://doi.org/10.1111/hex.14132>

Integrating Islamic Psychology into Psychotherapy: Exploring faith within a talking therapy for Muslim patients

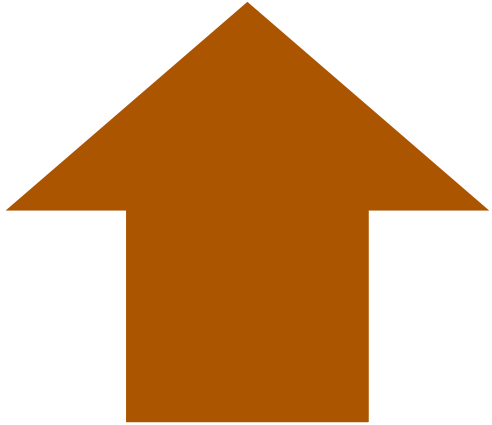


Race, Ethnicity, Mental Health – findings from research

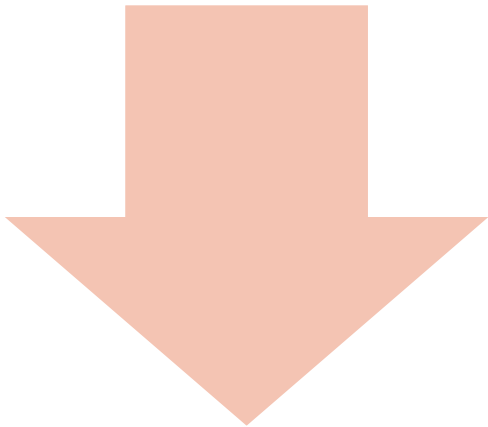
Newham Seminar 22nd May 2025

Dr Niran Rehill, UCL, UCLPartners





We all have ***mental health***

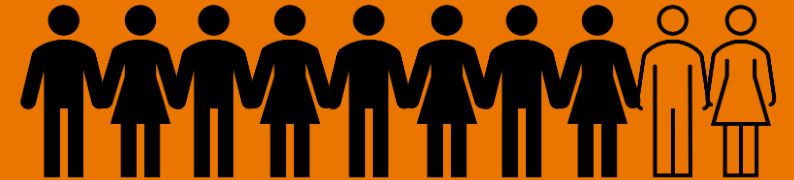


At any time, some people will have a ***diagnosable mental health condition***

- Anxiety disorder, Depression, Bipolar disorder, Psychosis, Schizophrenia...*and many more*

Mental health conditions are common...

as many as **84% of us*** will experience symptoms that fit a diagnosable mental health condition at some point in our lifetime.



Those people may not all seek help at the time, but they do have these experiences.

* Based on longitudinal cohort studies

... and treatable.

Adults

Common mental health disorders (conditions)

*no clear difference between ethnic groups

Ethnic minority groups are less likely to get the care that they need, for example:

People from **Black and Minority Ethnic groups as a whole** get a lot - but not all - of the benefit from psychological therapy

Black men are more likely to be sectioned under the Mental Health Act

Psychosis

x5 higher in Black and Caribbean groups

X2 higher in South Asian, Chinese and White Other groups

Children & adolescents



...es generally young people

...ldren and K generally able or prevalence mental health is

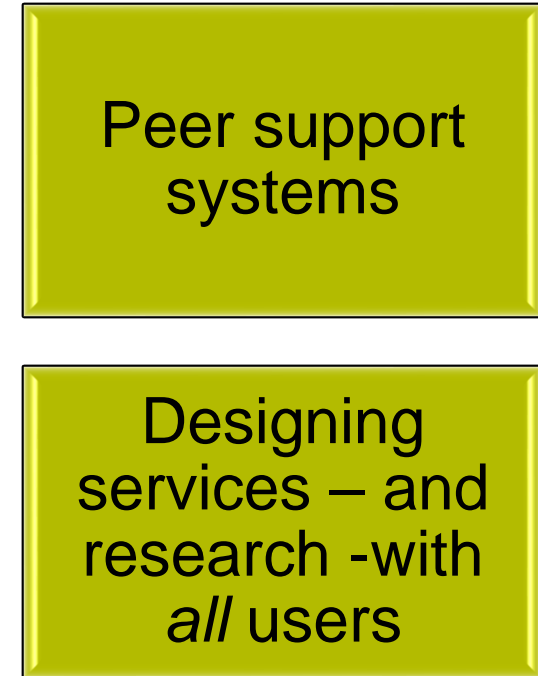
all comparisons are against White British ethnic group

What is getting in the way?



structural, institutional, interpersonal racism

What's promising in research?



Today

- **Who we are**
- **What is Talking Therapies?**
- **What we help with**
- **Referral criteria**
- **Other organisations for support in Newham**



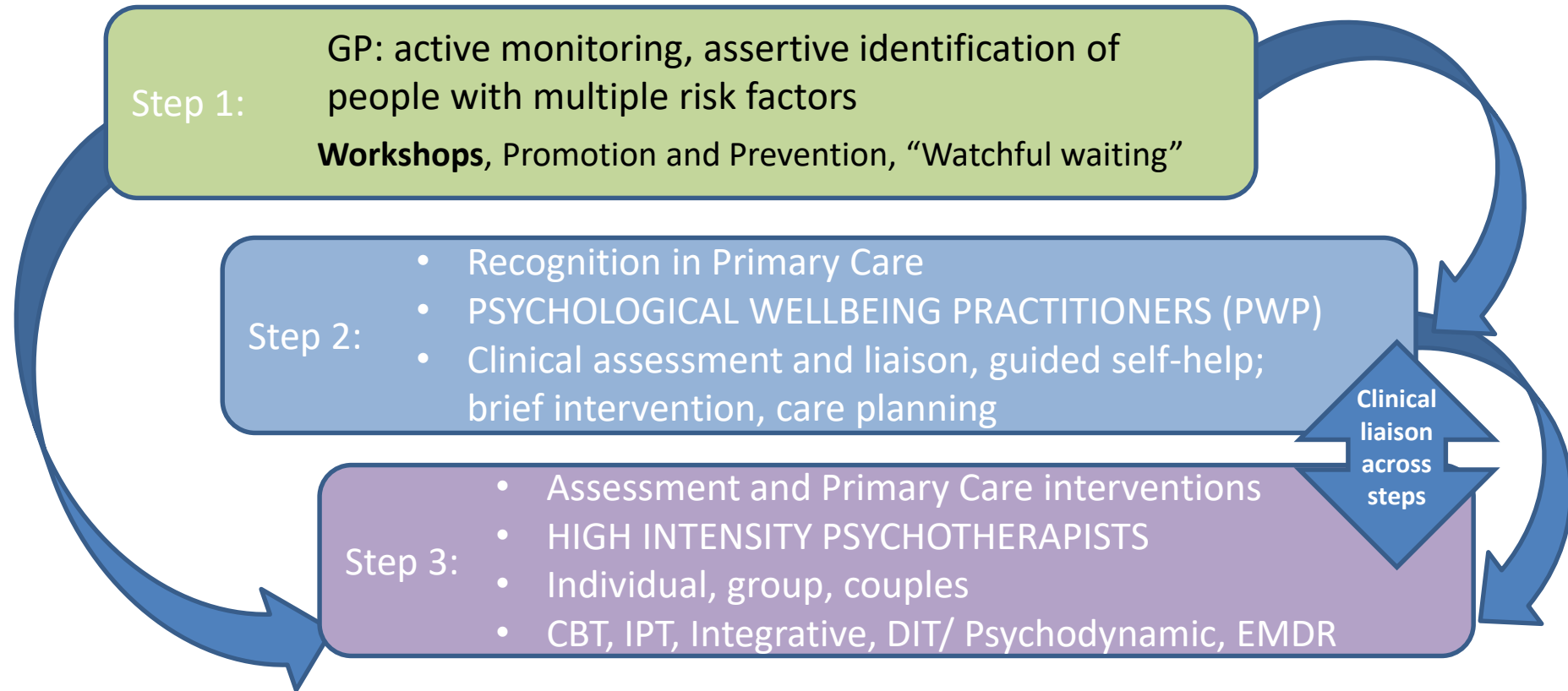
Who we are

- We offer primary care psychology support for the adult residents of Newham
- We aim to offer a brief course of evidence based therapy
- Its free and confidential
- Support can be accessed with the use of an interpreter or in a clients mother tongue



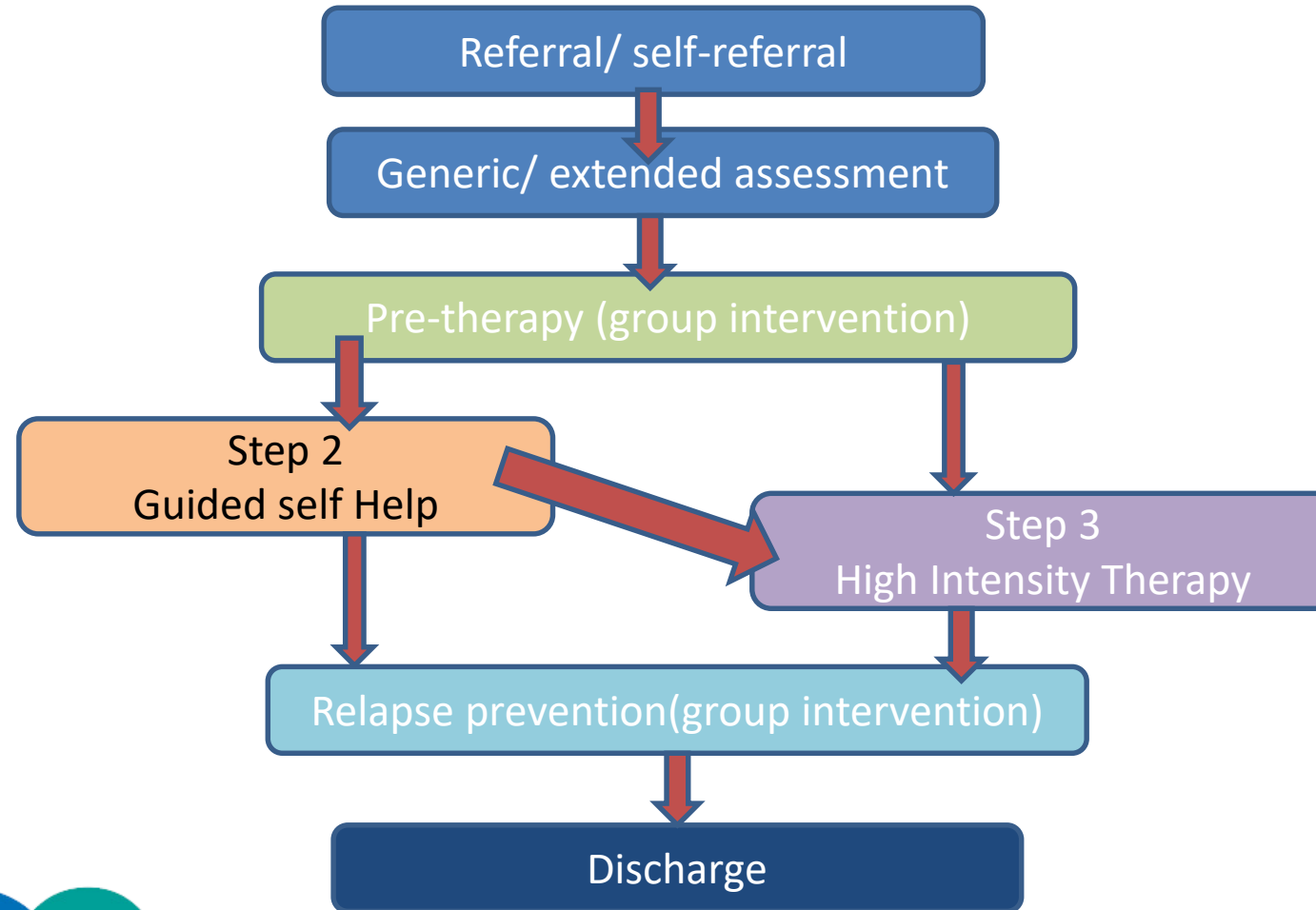
for anxiety and depression

Our structure





What we offer



How do we help?

We offer:

Online therapy

Group therapy

Workshops

Wellbeing classes

1-2-1 counselling and psychotherapy



What we don't offer support for in Talking Therapies

- Active, untreated and recently stabilised psychotic illness.
- Active, untreated and recently stabilised Bi Polar Disorder
- Crisis intervention as a priority.
- Active and acute risks to self and others- [Referral to Community Integrated Mental health service \(CIMHS\)](#)
- Moderate to Severe Disordered Eating – BMI under 18.5 and over 35- [Referral to ELFT Adult ED service](#)
- Bereavement- [Referral to drop in bereavement service](#)
- Formal diagnosis of a personality disorder- [Referral to Secondary Care Psychology service](#)
- Drugs, alcohol and substance misuse are primary problem- [Referral to Care Grow Live \(Newham Rise\)](#)
- Severe learning disabilities- [Referral to Adult LD service](#)
- Individuals who are undergoing court or legal procedure and seeking only *practical* support.
- Individuals who require specialist assessment and intervention. E.g. autism, Asperger's syndrome, ADHD, etc- [Referral to ADHD/LD assessment services](#)
- Severe and acute traits of psychopathic personality, antisocial personality disorder or sociopathy.
- History of criminal violence towards others which indicates a high risk.
- Individuals who do not accept that a psychological approach to the management of their health condition can benefit them.
- Under 18's.- [Referral to Child and Adolescent Mental Health services \(CAMHS\)](#)
- Have been discharged from NTT within the last 90 days.
- Have no address or GP in the borough of Newham.

Referral to Talking Therapies

- Referrals and self-referral on: 0208 475 8080
- On-line self-referral on: <https://www.newhamtalkingtherapies.nhs.uk/self-referral/>
- GPs can also refer

CLICK HERE

**To fill in our self
referral form**



for anxiety and depression

Things to consider before referring

- We would expect to see people with Common Mental Health Problems only.
- Therapy sessions are once per week (either group or individual. We offer face to face or video call via teams).
- Where there are concerns about risk of harm to self or others, we will assess risk and will refer on where the risk cannot be contained by a once per week contact.
- Cases are held and managed by an individual clinician rather than a team.
- Primary care services are subject to very high targets for throughput so clinical liaison time is very limited. Our primary purpose is to offer talking therapy and employment support.



Signposting services

Adult ED service:

<https://www.elft.nhs.uk/services/east-london-eating-disorder-service-adults>

Bereavement:

<https://www.thedropinbereavementcentre.co.uk/>

Care Grow Live (Newham Rise)

<https://www.changegrowlive.org/service/newham-rise/hubs>

Newham Adult LD service:

<https://www.elft.nhs.uk/services/newham-learning-disabilities-service>

Newham Autism assessment service:

<https://www.elft.nhs.uk/services/newham-adult-autism-diagnostic-service>

Newham ADHD assessment service:

<https://www.elft.nhs.uk/adult-adhd-services>

Newham Child and Adolescent Mental Health Service

<https://www.elft.nhs.uk/camhs/newham-child-and-adolescent-mental-health-service-camhs>

Newham Together café:

<https://www.mindthnr.org.uk/our-services/mental-health-services/newham-together-cafe/>



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CIMHS North

Community Integrated Mental Health Service

- Who we work with
- What we offer
- How to refer

What we offer



- ▶ The team:

Psychiatrists, Nurses, Psychologist, Clinical Associates in psychology, Art Therapist, Meaningful Interventions Practitioner, Support Workers, Peer Support Workers, Occupational Therapists, Community Connectors, Employment Support

- ▶ Adults 18+ who are experiencing mental distress
- ▶ People whose needs can't be better met by other services
- ▶ Front door to access other services

How to refer:

- ▶ GP
- ▶ Mental Health crisis line via NHS 111 'option 2'

Referrals from:

- ▶ Hospitals
- ▶ GP
- ▶ Social Workers
- ▶ Newham Talking Therapies
- ▶ Drug and alcohol services (CGL)
- ▶ Together Café



ANKH Place CIC: Newham Black Men's Leadership & Engagement Programme

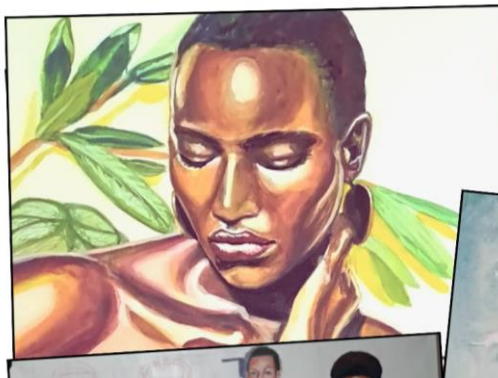
Living, working or studying in Newham

18-30 years

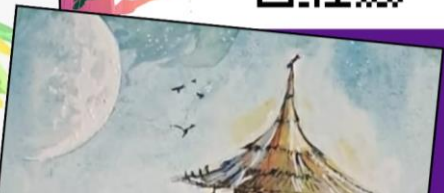
Lived experience of mental ill health and mental
health systems

Can you suggest some ideas on how black men can become more involved in their own decision making?

- Black men need friendship, wise counselling, accountability, and life guidance on themselves
- Having a safe space where they feel confident to speak up rather than just man up
- Sometimes you need people to deliver programs to their own communities. It should not become a race issue but more of a shared knowledge and understanding is needed. Caribbeans can relate when sharing stories of strict upbringing such as people from African background. You will relate to what you know and is there before you which ultimately is needed. Shared living experience is vital
- More education and awareness about how to access services to be taught in schools, and information to be shared by email or letters, advertisement in social media, run an authentic campaign by black males that are relatable to raise awareness about health issues
- By being more confident seeking advice or help and being accountable and exposed to the reality of health
- Provide courses that are inclusive and allow them to critically engage with the adult world and troubleshoot any barriers not addressed by the education and health system.
- More education and awareness about how to access services to be taught in schools, and information to be shared by email or letters, advertisement in social media, run an authentic campaign by black males that are relatable to raise awareness about health issues



5:00 PM



EMERGENCY FIRST AID QUALIFICATION W/ ATLANTIC PACIFIC

Join Atlantic Pacific (AP) Medics to learn how to deliver Emergency First Aid based

ANKH PLACE CIC presents
Newham Black Men's Leadership & Engagement Programme

INTRODUCTION TO CALISTHENICS

Join us to learn some of the basics of calisthenics! In this workshop we will discuss the importance of the practice, challenges and some great techniques known to kick start and help to mould your self fitness journey into calisthenics.

EVENT DETAILS

- Saturday
- 3rd May 2025
- 6:00 PM
- The Mix, 1a Cumberlan Road, E13

GO- HOSTED BY:
AARON CHAMBERS & BUILT BY BARZ

@Freehandxchambers
@builtbybarz

Part of a Partnership with: Newham

DREAM BIG
SET GOALS
TAKE ACTION

ANKH Place CIC presents
Newham Black Men's Leadership & Engagement Programme:

THE POWER OF CHOICE

TOOLS FOR SUCCESS!

Some of the sessions

BREAKING THE CYCLE

People from our communities who have any kind of gambling harm are 50% more likely to have experienced racism or discrimination in public compared to those who do not have gambling harms.

Led by **Project Coordinator Ryan Hines**, this interactive session is focused on empowering Black Communities to begin to tackle the disproportionate gambling harms affecting Black People in London.

This workshop will uncover how gambling harms are affecting our communities; explore what you can do to change the stigma and shame attached to it and provide leaders with the necessary safe spaces to signpost those affected.

ANKH Place CIC presents...

FINANCIAL LITERACY FOR BUSY ADULTS:

HINTS & TIPS ON HOW TO MAKE & SAVE MONEY

As part of the Black Men's Leadership & Engagement Programme

Some of the sessions:

Newham Black Men's Leadership & Engagement Programme

SO YOU WANT TO BE A leader?

In this session we will think about what it means to be a leader and why anyone would want the role. We will look at the leadership style of one of the most successful and vilified leaders in history and compare that style with some of the black male leaders in the history of the antiracist struggle.

15TH MARCH 2025
4:30 PM *free food
5:00 PM *session starts

The Mix, 1a Cumberland Road, E13

Additional Info:
Communication support, PAs and Childcare can be arranged

Lead Person:
WAYNE FARAH
Director of Partnership
Novarta & Partners



ANKH Place CIC presents...

FINANCIAL LITERACY FOR BUSY ADULTS:

HINTS & TIPS ON HOW TO MAKE & SAVE MONEY

As part of the Black Men's Leadership & Engagement Programme

This one-hour workshop is tailored for Black Men aged 18-30 years, who are ready to take charge of their financial future, without the hassle of long, complicated courses.
Facilitated by Anthony Lindsay CeMaP CoReR

Event Details:
Saturday 1st March 2025
4:30PM to 7:00 PM

The Mix, 1a Cumberland Road E13 8UH



ANKH Place CIC presents...

RISE & RENEW

Empowerment and Healing for Black Men

INSPIRATIONAL training solutions

8TH MARCH 2025, 4:30PM
***ARRIVE 4:30 PM FOR A DELICIOUS FREE MEAL ON US BEFORE THE SESSION BEGINS**

To provide a **safe space** for Black men to explore mental health challenges, supply them with practical tools and empower them to **prioritise self-care and personal growth**.

Event Trainer:
SIMON LEWIN
INSPIRATIONAL TRAINING SOLUTIONS

The Mix, 1a Cumberland Road E13 8UH

Sponsored by:
The Inspired Tier CIC
Newham London



ANKH Place CIC presents...

INTRODUCTION TO 3D PRINTING

FROM DESIGN TO REALITY

Multifactor

3D PRINTING
A hands-on session exploring the fundamentals of 3D printing, from design principles to practical applications, empowering attendees to bring their ideas to life.

Tuesday, 11th March 2025
Tutor: **Benjamin Adegoke**

SCHEDULE
4:30 PM - A Catered Meal
5:00 PM - Workshop Begins



ANKH Place CIC presents...

MINDFUL ARTS

Saturday, 8th March 2025
at 6:00 PM

This **Mindful Art** session will focus on being present and in the moment, giving full attention to the creative process. Starting with a **meditation/body scan**, followed by a **series of focused activities**; finally following a step-by-step, mindful drawing activity.

Communication and childcare support can be provided. Book ASAP via email and the registration form: <https://forms.gle/RuYGmFoa2eCKLodR7>

Crafted Corner,
27 Silvertown Way, E16 1DH



Space to Grow Newham

Support that helps children flourish

Space to Grow is a free emotional wellbeing programme for children aged 8 to 13 years old in Newham funded by The Children's Society and BBC Children in Need.

What do we do?

Our Wellbeing Practitioners offer **free workshops** such as: slime making, lava lamps, resilience, games night, emotion regulation, crochet, arts/crafts and much more!

We also have a **weekly drop-in** where children and young people can come to discuss anything that is affecting their emotional wellbeing

Where are we based?

We are based at the **Time Newham Hub** in Plaistow:

517-519 Barking Road, Newham, E13 8PS

"There's going
to be a
**brighter
future.**"

Space to Grow Newham

Support that helps children flourish

How can I access this?

If you are the parent or carer of a child aged 8 to 13 years old, who lives or goes to school in Newham, and would like to attend one of our many workshops, scan the QR code or visit our Eventbrite page to book a free space.

Additionally, we have a weekly drop-in on **Mondays at 14:00-18:00 at our Time Newham Hub**. This is a **free** space for young people to speak to our Wellbeing Practitioner to get advice and support about anything relating to their emotional wellbeing. Including, but not limited to,:

- Social media
- Relationships – friends, family, bullying
- Exam stress/transitioning from primary to secondary school
- Confidence/Self-esteem
- Mild anxiety and low mood

Want to know more?

Contact us via email or visit our wellbeing hub and we would be happy speak with you regarding any questions or queries!

spacenewham@childrenssociety.org.uk

Time Newham Hub in Plaistow: 517-519 Barking Road, Newham, E13 8PS



Ashok's Vision



Established in 2019 in memory of Shofa's late brother, Ashok Ali, who faced mental health challenges.

Focuses on youth mental well-being through nature-based and biodiversity activities.

Provides supportive environments for young people in Forest Gate, Newham.

Operate a weekly market stall every Saturday in Woodgrange Market Place.

Leads a youth team that delivers community events, work experience, volunteering, and mentorship opportunities.



Ashok's Vision



Ashok's Vision



Engaged thousands of young people over the last six years through Newham's People Powered Programmes funding.

Plans to expand into other London boroughs, secure sustainable funding, and collaborate with the NHS for integrated mental health support.

Through the charity, Shofa honors her brother's love for nature, play, and spirituality, while nurturing future youth leaders.

To get involved visit,
<https://ashoksvisioninternational.org/>



Other resources

Other support for adults



Good Thinking:

Good Thinking is an online platform that supports Londoners to look after their mental health and wellbeing in a way that works for them. Over 700,000 people have used the platform to tackle anxiety, stress, low mood, sleep problems and other mental health worries.

[Digital mental health and wellbeing support for Londoners | Good Thinking](#)



Newham Recovery College:

Recovery College offers free educational courses and workshops that enable people to:

- Grow within and beyond what has happened to them
- Discover a new sense of self, meaning and purpose in life
- Explore their possibilities and rebuild a satisfying and contributing life
- Learn practical skills such as budgeting, communication and healthy relationships

[newhamrecoverycollege](#) | [Instagram](#), [Facebook](#) | [Linktree](#)



More help for adults



Talk to your GP: If you've noticed changes to how you think and feel that concern you, talk to your GP about them.

Newham Together Café: [Newham Together Café | Mind in Tower Hamlets, Newham and Redbridge](#)

Mental Health Crisis: Call **111**, and press 2 to be directed to the All-Age Crisis Line. If at risk of injury, visit your nearest A&E or call 999.

Call **Samaritans**: Whatever you're going through, you can call us any time, from any phone for FREE in the UK and Ireland. Phone 116 123 or email jo@Samaritans.org

Child and Adolescent Mental Health Service (CAMHS)



What do we do?

We are a multi-agency specialist mental health service for children and young people with complex, severe or persistent emotional, behavioural or developmental problems.

We accept referrals from birth to their 18th birthday.

Services include:

- Specialist clinics, therapies, counselling, medication
- A multi-disciplinary review of all new referrals
- Emergency assessment of children and adolescents experiencing a severe mental health episode
- A rapid response service to the paediatric ward at Newham University Hospital to assess young people who have self harm

How to refer:

- Referrals can be made by contacting your GP, teacher or other health professional who can make a referral on your behalf if you are over 16 or with the consent of an adult you trust.

If you need to contact us please call **020 8439 9000** or alternatively email us at elft.enquiries-newhamcfcs@nhs.net between the hours of 9am – 5pm on Monday – Friday.

Source: <https://www.elft.nhs.uk/camhs/newham-child-and-adolescent-mental-health-service-camhs>

Online support for children



Organisation	Description	Contact
Shout	<p>Shout provides free, 24/7 text support for young people across the UK experiencing a mental health crisis.</p> <p>All texts are answered by trained volunteers, with support from experienced clinical supervisors. Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.</p> <p>Texts can be anonymous, but if the volunteer believes you are at immediate risk of harm, they may share your details with people who can provide support.</p> <p>Opening times: 24/7</p>	Text SHOUT to 85258
The Mix	<p>It offers support to anyone under 25 about anything that's troubling them.</p> <p>Email support available via their online contact form.</p> <p>Free 1-2-1 web chat service available.</p> <p>Free short-term counselling service available.</p> <p>Opening times: 3pm - 12am, seven days a week</p>	<p>Call: 0808 808 4994</p> <p>The Mix – Essential support for under 25s themix.org.uk</p>
Calm Harm	A free app providing support and strategies to help you resist or manage the urge to self-harm. Can be downloaded from Google Play or App Store.	calmharm.co.uk
Tellmi	<p>A free app for teenagers (11+) providing resources and a fully moderated community where you can share your problems, get support and help other people too.</p> <p>Can be downloaded from Google Play or App Store.</p>	tellmi.help
Combined Minds	Supporting young people's mental health	combinedminds.co.uk

Further support for children



Time Children's Society Hub:

Time for young people is our new emotional wellbeing support space for young people aged 10 to 25 who live and study in Newham, east London.

Chat health:

For 11-19 year olds. It is a confidential text messaging service that enables children and young people (aged 11-19) to contact their local nursing team for confidential advice and support **chathealth.nhs.uk** or text **07507 326645**

CAMHS:

A specialist mental health service for children and young people. Your doctor, school or school nurse can make a referral. There are lots of useful resources and workshops for families at **www.elft.nhs.uk/camhs**

Crisis line:

Call **111**, and press 2 to be directed to the All-Age Crisis Line. If at risk of injury, visit your nearest A&E or call 999.

Call Childline on [0800 1111](tel:08001111) or visit their website for helpful blogs and resources: [Childline](#) | [Childline](#)



newham.gov.uk

WE ARE NEWHAM.

Well Newham & Joy

- The **Well Newham Website** is a new standalone website for all things health and wellbeing specifically for Newham residents.
- The site contains **information** on all the **key themes** (mental health, physical health, money, housing, etc.) in easy to understand language
- Page dedicated to mental wellbeing:
<https://www.wellnewham.org.uk/healthy-mind>
- The Well Newham website links our new directory of services, powered by a platform called **Joy**.
- It is a centralised directory of **over 450 health and wellbeing services**.
- **Majority of the services are free.**
- Residents can self-refer, or you can refer them on their behalf.
- Browse services available: <https://services.thejoyapp.com/>



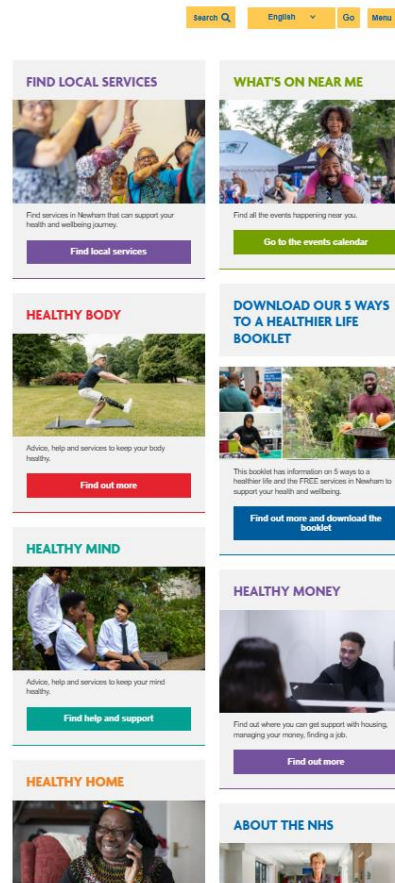
NEWHAM CENTRE FOR HEALTH
AND CARE EQUITY



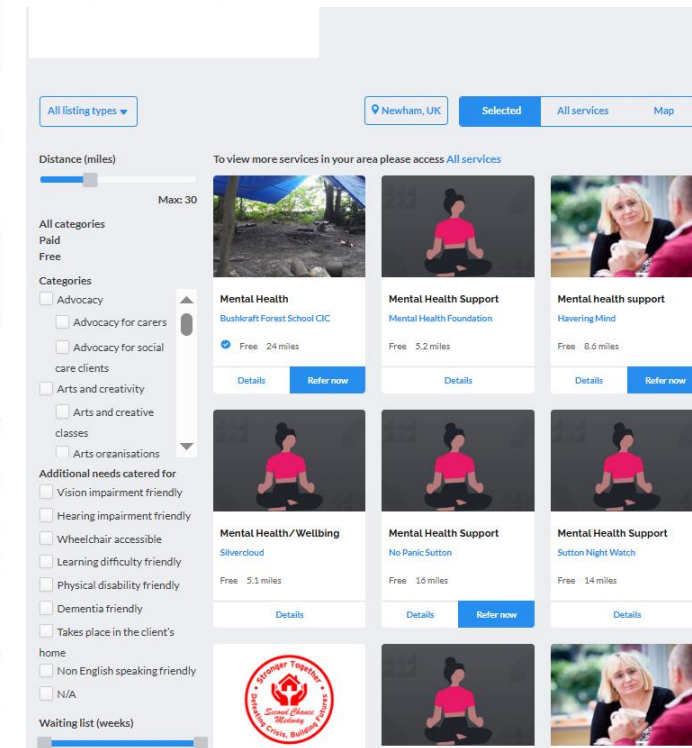
HELPING
EVERYONE IN
NEWHAM TO
LIVE WELL

Information and support to look after your health and wellbeing.

Well Newham Advice tool



joy



Your voice matters

Feedback



We would love to know:

- How would you rate overall today's session?
- What did you enjoy the most?
- What could be improved in the future sessions?
- What other health topics would you like us to cover in the future sessions?

Share with us your feedback by **completing short** form <https://forms.office.com/e/924yvXNWaM> OR **email** to communityhealthchampions@newham.gov.uk.



Thank you!

Next session : 17 July 6-7:30pm on Zoom

Theme: Healthy Eating

Reminder email with the log in details will be shared with the registered residents.

**For any questions, contact
communityhealthchampions@newham.gov.uk**

