

# ENFIELD SAHELI Mental Health Project

## Quarterly Newsletter

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### PUBLIC HEALTH REPORT

The second public health report has been published by PCT. This year the focus has been on the health needs of vulnerable groups such as those with learning difficulties and mental health problems.

Studies estimate that one in four people will experience a mental health problem in their life. For minority groups in Britain the prevalence of mental health problems is estimated to be higher in comparison to the white population than in the other groups. The table below shows findings from the Ethnic Minority Psychiatric Illness Rates in the Community for common mental health problems.

Ethnic Groups	Common Mental Health Problems
Bangladeshi	12.6%
White	15.8%
Black Caribbean	17.3%
Indian	18.1%
Irish	18.5%
Pakistani	19.6%

The same study found evidence that ethnic minorities using mental health services are more likely to be:

- Diagnosed with Schizophrenia and under diagnosed with depression.
- Admitted to the hospital through the police
- Over –prescribed psychotropic medication

- Admitted to hospital excessively, especially via courts.

The report "Safety First" found that 24% of all people committing suicide had been in contact with mental health services in the previous year. If this finding is applied to Enfield then it is expected that 6 people committed suicide in 2001 to have been in contact with mental health services in the year prior to their death. The observed number of suicides of people in contact with the mental health services in Enfield in 2001 was 5.

### Tsunami Event

Enfield Saheli presented a charity programme in order to raise money for the Tsunami disaster on the 23rd April at Darji Pavilion in Palmers Green. The event proved to be a huge success attracting people from all walks of life. The event raised £1,000. A cheque was presented to Maupiya Sevana Children's Home in Sri Lanka.

The programme started at 6pm and ended at 10.30pm. A three course meal was provided and there were Indian, Classical and Bollywood dances which were performed by professional and amateur dancers. Attendees thoroughly enjoyed the evening.

The event was given coverage in some of the local newspapers.

***Enfield Saheli's AGM :***  
***21st Sept.2005 from 6pm - 9.00 pm***

## Dates for your diary

**Friday 29th July 2005**

**1.30 pm - 4.00 pm**

Vino will introduce us with some new techniques in flower arrangement.

**Friday 26th August 2005**

**1.30 pm - 4.00 pm**

Vino will introduce us with some new techniques in flower arrangement.

**Friday 30th September 2005**

**1.30 pm - 4.00 pm**

Indian Film.

The above events will be held at Community House.

Refreshments are available at all our Drop-ins

### **ASIAN WOMENS MENTAL HEALTH CONSULTATION WORKSHOP**

The workshop was organised by Enfield Saheli in conjunction with the Mental Health Consortium on the 6th May 2005 at Community House. It was successfully attended by 45 women from various backgrounds to share their concerns and thoughts. The Enfield PCT and the London Borough of Enfield in collaboration with Gem Developments are developing a mental health strategy for black and ethnic minority communities. The strategy aims to raise the profile of BME communities and also to make recommendations for statutory, voluntary and other local providers to improve the mental health provision.

The purpose of the workshop is to feedback on a) How the mental health services in Enfield could be improved in order to meet the cultural/religious needs in the BME communities. b) How can the BME communities in Enfield take a active role in identifying, addressing and shaping the services around mental health in Enfield.

The outcomes the need for included cultural awareness amongst agencies and organisations working around mental health. Language barriers and interpreters are seen as major problem in accessing the services. Religious sensitivity in hospitals, need to overcome the stigma, isolation and attitudes within our BME communities and more provision for counselling. It was concluded that BME Communities need to be actively involved at a strategic level and during the monitoring and implementing stages in order to ensure that the needs are represented at all levels.

The participants felt that the workshop would have been more productive if a representative from the statutory organisation was present at the workshop. A report will be sent out to all participants.

### **Women's Health Day**

**Friday 1st July 2005**

**9.15am-4.00pm**

All Invited

#### **Draft Programme**

- **Breast and Cervical Screening**
- **Healthy Eating**
- **Let's Get Physical**
- **Sexual Health**
- **Women in society**
- **Women and Mental Health**

**Aim** -To raise awareness of women's health issues and the services available to them.

**This is a free event for all individuals and groups** at the Community House, Edmonton N9 0PZ.

Registered Charity Number: 1045236

**Many thanks to our users, supporters, friends and Enfield NHS Primary Care**