

# ENFIELD SAHELI Mental Health Project

## Quarterly Newsletter

### THIS ISSUE INCLUDES:

**Mental Health Care & Ethnic Minority  
Variety Programme**

**Pledge on Domestic Violence  
Sewing Project**

**Dates for your diary**

#### **Mental Health Care & Ethnic minorities in The Guardian Newspaper.**

Rosie Winterton, the health minister, said people from black minority ethnic communities were less likely to come forward voluntarily for mental health treatment, more likely to stay longer as in-patients in psychiatric wards, and more likely to be prescribed medication or electro-convulsive therapy instead of psychological treatment.

Ministers committed the government to a five year plan to halt racial discrimination in NHS mental health services in England, which was exposed last year by an inquiry into the death of David "Rocky" Bennett who died in the psychiatric ward in Norwich in 1998. The inquiry under Sir John Blofeld, a retired high court judge, found in February last year that Mr Bennett was killed by being held face down on the floor for 28 minutes by at least four mental health nurses. The judge blamed the Department of Health for the poor standard of treatment offered to patients from ethnic minorities. Ms Winterton rejected the inquiry's call for the government to accept that services were affected by "institutional racism". She said "we have accepted racism and discrimination exist within our mental health services and we want solutions that deliver a real change" the government also rejected a proposal for a three minute time limit on restraining patients face down on the Floor.

The National institute for Clinical Excellence is due to produce guidance soon on restraint techniques, but they are expected to focus on what staff do rather than for how long they do it.

The five –year plan will commit to:

- Reduce the disproportionate rates of compulsory detention of ethnic minority patients.

- Reduce the fear of mental health services.
- Prevent deaths due to the use of restraints;
- Provide minority ethnic patients with more psychological therapies;

#### **Getting evidence to end domestic violence.**

All police officers will now be carrying a checklist of people to interview, things to look for and evidence to gather. Enfield Crown Prosecution Service says that the checklist will enable prosecution to proceed even if the victim or survivor withdraws any allegations. Even if the allegations made have been withdrawn the police will ensure there's early evidence against the person which could include statements from children, neighbours, details of previous call-outs, questions about sexual abuse, whether the partner has access to weapons and so on. If there is strong evidence the victim does not need to be present in the court.

According to a Refuge, the national charity working with women and children affected by domestic violence, two women are killed each week by a current or former partner while one in nine women are severely beaten by partners each year. In Enfield alone more than 2,700 incidents were reported in 2003/04. There is one refuge in the borough comprising four safe houses which are available for victims of domestic violence.

Source : The Gazette

## Dates for your diary

**Friday 29th April 2005**

**1.30 pm - 4.00 pm**

Educational courses for women suffering from  
Mental Health illness

**Friday 27th May 2005**

**1.30 pm - 4.00 pm**

Linda will provide us a talk on cervical screening

**Friday 24th June 2005**

**1.30 pm - 4.00 pm**

An awareness raising talk on blood donation.

The above events will be held at  
Community House.

Refreshments are available at all our Drop-ins

Enfield Saheli Presents  
A Variety Programme on  
**Saturday 23rd April 2005**

At Darji Pavilion, Oakthorpe Road, Palmers Green London  
N13 5HY

**Time: 6 pm - 10.30 pm**

Programme includes a full Vegetarian Meal, Music,  
Dance - Indian Classical and Bollywood.

**Tickets available:**

£10 for Adults ages, 12 years and over.

£7 for Children under the age of 12 and

Children under 3 years old are free

Cheques can be made payable to :

**Enfield Saheli - Tsunami Appeal.**

Further information and tickets can be obtained from  
Enfield Saheli - 020 8373 6218 / 6220

Please make sure you have a ticket as they will not be sold at  
the door.

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

Sewing classes for Asian Women  
BY

**Mrs Malik**

**(AN ASIAN FEMALE SEWING TUTOR)**

Would You Like to Learn New Skills in:

- Pattern cutting
- Shalwar Kameez
- Sari blouses & Trouser Suits

Join the Sewing Class on every Friday at  
the Mental Health Drop-in, 10.00 am-1.00  
pm For details please contact Sabah / Hasu  
on 020 8373 6220

**Schedule for Arts & Crafts  
Project as follows:-**

Mar/Apr - **Tissue paper project**

May/June - **Tye & Dye + batik**

Registered Charity Number: 1045236