



Newsletter

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Introduction

This is the Seventh edition of the Tamarind Newsletter, keeping you informed and up to date on what Tamarind Centre is doing, what we have achieved our successes and plans for the future.

Tamarind provides services including Outreach Support, Group Drop in and Counselling to the BME Community of Coventry.

We have found that some people are confused about what counselling is and how it can help and below is information which we hope will explain things more clearly!

So what is Counselling?

Counselling is a Therapeutic process (a Talking Therapy), a tool which can be used to help with many different issues, for example stress, anxiety, depression etc. Our counsellors will walk with you through your issues by listening and empathising whilst helping you to focus and offering challenges where appropriate.

We offer person centred counselling, which basically is looking at the whole person and working on issues that are present in the here and now, looking at what is important and relevant to you at this moment in time and helping you to explore this.

Facts about BME (black minority ethnic) accessing counselling!

BME patients are more likely to be prescribed drugs or ECT rather than psychotherapy or counselling. This fuels the "circle of fear" that deters many BME patients from seeking early treatment for their illness. (Delivering Race Equality in Mental Health Care)

How could counselling benefit you?

- Knowing that at Tamarind you will receive a culturally sensitive service,
- Having somebody to share your feelings and thoughts with,
- Feeling confident that information you share is confidential,
- Being respected, listened to and understood,
- Helped to focus and clarify your thoughts and feelings,
- Knowing that somebody is there for you, giving you "me time"

How people have felt after having counselling!

- Feeling of being listened to,
- Nice to have somebody, who I felt understood where I was coming from,
- Not feeling judged, or alone,
- Feeling relieved, reduced stress and pressure,
- Felt good to talk to somebody from the same culture as me

If you feel you need to talk to somebody, and would like to try counselling, please feel free to give a member of our helpful team a call on 024 76227712!

**Promoting
Positive
Mental Health
for the
Black Minority
Ethnic
Communities**

OPEN DAY

On May 7th 2009 we held an open day, which was a celebration / get together, a chance for clients to meet and share experiences, this was also an opportunity for our management committee to meet clients which they like to do as a way for them to get to know our client base and client requirements, around 50 people attended the day, it was both a social and information sharing day.

LIVERPOOL TRIP

On 22 May we had a trip to Liverpool in conjunction with Coventry Carers Centre, the purpose of the trip was to visit the International Slavery and Maritime museum. The museum focuses on the slave trade through history and shows cultural events and history, there were some powerful sounds, images and words making the visit very personal and poignant. The trip was well attended with a full coach of around 50 people. The day was enjoyed by all, and is definitely a place we would recommend visiting!



SUMMER TRIP

Every year Tamarind provides a seaside trip for clients who might not otherwise be able to experience this, and on 24th July we visited Rhyl in Wales. Rhyl is a small quiet seaside town, there is a frontage, shops and the weather was good for us! We took 2 coaches with approximately 100 clients and carers, the day was a great success and gave people a chance to relax, unwind and explore a new place.



COOMBE TRIP

On 11th August, we had a trip to Coombe Abbey Country Park, provided by Culture & Leisure service Coventry City Council, who offer this trip for people who might not have the opportunity to visit the park. We were lucky and had a good sunny day, so clients explored the park, visitors centre learning about the history of the abbey and park and we had picnics. As part of the trip our group took photos of the park, which would be used by the park service. We had 24 clients and carers attend the day.



CARIBBEAN FESTIVAL



The Annual Coventry Caribbean Festival took place on the 25th July with many people attending from across the city, giving a taste of Caribbean culture, there were performances, cultural food and activities, and information stalls. Our team attended the Festival to promote our service giving leaflets and providing information.

WORLD MENTAL HEALTH DAY

On 9th October 2009 we had an Aromatherapy workshop to celebrate world mental health day which was on Saturday 10th October. Last year we focused on Depression, and this year we focused on relaxation we had 25 ladies attend and they learned about complementary therapies focusing on aromatherapy.

BLACK HISTORY MONTH

The month of October is when we celebrate Black History Month, There were events across the City to celebrate and there was an Event at the West Indian Community Centre which we attended and had a stall giving information and leaflets.

Tamarind held a black inventors workshop to show the positive impact that black people have had on our modern way of living, the group learned about the various items from a hair comb, right up to traffic lights which were invented by black people and our members were surprised to learn how black people had contributed to society.



MASSAGE THERAPY

After the successful take up of an initial trial period providing massage to our clients, we have decided to continue providing this service and it will run on a fortnightly basis. The massage is pre-booked and each session is £5.00 for 30 minutes, massage is a therapeutic process which can relax and help relieve stresses. This service has proved to be much needed and there have been a lot of positive comments about the therapy and our therapist, some of which are below:

- *Felt totally relaxed and chilled!*
- *Really enjoyed, I feel better!*
- *Best Massage I've had, I want more please!*

EXTEND EXERCISE

Our Monday group has had Extend exercise sessions, the purpose of these sessions is to encourage physical activity, extend is a light exercise done to music, the majority of which can be done whilst seated. Our ladies found this beneficial and enjoyable and we are looking at doing this again in the future

ESOL ENGLISH GROUP

This year see's the end of our ESOL English Group provided by Adult Education, the group has run for many years now and we were sad to see it finish.

Don't worry though we now have an arrangement with Henley College who run an ESOL English course at our centre, and we have had a good response to this with around 12 people attending. The group run's on a Monday from 1-3pm weekly.

TRAILBLAZING

This trailblazing exercise was a part of IAPT (Improving Access to Psychological Services) which is a scheme to improve access to psychological services, IAPT is about looking at offering more talking therapies to all sections of the community.

The Exercise was about looking at how inclusive current NHS services are, and why BME people are not accessing them. Tamarind staff took part by looking at what services are needed in Coventry and who would most benefit from these services. Our team brought awareness from experience and knowledge about the BME Community in Coventry and our clients views about mental health services. We have found that there is a need for specific services that are culturally sensitive.

CONSULTATION

On 21st May our staff attended a Carers & User Consultation at the Caludon Centre, this was a chance for clients to give views and opinions about mental health services and say how they could be improved.

A tamarind user attended giving feedback of her experiences of using mental health services.

PARTNERSHIP WORKING

Tamarind has been working in partnership with the Coventry & Warwickshire Partnership Trust and one of their workers has been supporting our Tuesday Men's group to identify the needs of the BME Community. We are working together to ensure that the Delivering Race Equality Actions are achieved in Coventry in relation to BME service users including:

- **Better quality and more intelligently used information;**
 - **More appropriate and responsive services;**
 - **Increased community engagement.**

COFFEE MORNING

In October we started a new coffee morning group, targeting African Caribbean women, the group will run on a fortnightly basis and is a chance for like minded people to meet, socialise and self help.

For more Details, Please contact us!

SERVICE USER ACHIEVEMENTS

Back to work– we are pleased and proud to say that five of our clients have now found gainful employment in different areas across the city and we would like to wish them luck in their new roles!

During the last few months we have supported around 30 people back into education services, helping clients to find the courses they want and need, including English, Maths, Computers, Self Help and many more! Learning new skills is something we promote to our clients as we have seen the improvement this has had on confidence, self belief and self worth!

Some of our services users have participated at events across the city, providing entertainment in the form of music, poetry and art, and also supported us in promoting the good work the centre does!

Our clients have attended and even led workshops on various subjects for different organisations.

PERSONAL NOTE

We would like to say congratulations and send our love and best wishes to our social work student Mimi, who recently had a beautiful baby boy!

Future Plans, Activities & Events

MASSAGE

We will be providing massage for ladies on a monthly basis, session cost £5.00 for 30 minutes and must be pre-booked!

Please phone for details of dates and times!

BME USER FORUM

The next BME User Forum is taking place at St. Peters in December, this is an opportunity for people to come along and give their views on issues that anyone has regarding Mental Health Services in Coventry.

Date: Thursday 10th December 2009 10.30am-12.30

CHRISTMAS

Each year we have an end of year celebration and will be having a get together for all our clients to celebrate our achievements and look forward to the new year!

Date: Thursday 17th December 2009

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