



BME Volunteering and Well-Being Events Report

MAY 2019



BACKGROUND

We supported volunteers to extend health awareness and health checks to vulnerable communities. We did this through harnessing volunteers' creativity in organising community events and projects to bring isolated people together. We recruited harder to reach volunteers, providing quality support to them, through capacity building and mentoring. In doing so, this project enabled us to develop volunteers, support people at vulnerable times in their lives and strengthen community support networks. Supporting and mentoring six volunteers of BME backgrounds, we ensured excellent modelling, upskilling for the job market and on-going sustainability for the work.

The report summarises volunteer involvement in two BME events: A Well-Being Fair and a Volunteering Fair held in March/April 2019.



A multicultural Volunteer Fair open to everyone from black and minority ethnic backgrounds in Brighton and Hove.

1pm – 4pm

Saturday 16th March 2019

BMECP, 10A Fleet Street, Brighton, BN1 4ZE

A family friendly event with **FREE** refreshments, practical advice and information on everything you ever wanted to know about volunteering.

- **No booking required**
- **FREE Bus tickets if you travel to the event on the bus**
- **Attend for your chance to win a £50.00 shopping voucher**

Come and discover how volunteering can help you to find new friends, be part of the community, learn new skills, and even advance your career. Whether it's a single event or a more long term commitment, your help makes all the difference.

For info & to get involved: ratnajanbibi@trustdevcom.org.uk / 07445 183 142



BME Volunteer Fair is delivered by The Trust for Developing Communities, Community Base, 113 Queens Road, Brighton, BN1 3XG



মাল্টি কালচারাল ভলান্টিয়ার ফেয়ার

আপনার ভবিষ্যৎ উন্নত করুন এবং একটি পরিবর্তন আনুন

একটি পারিবারিক বন্ধুত্বপূর্ণ ইভেন্ট, সকল জাতিগত ব্যাকগ্রাউন্ডের লোকদের কাছে খোলা, **বিনামূল্যে** রিফ্রেশমেন্ট, ব্যবহারিক পরামর্শ এবং স্বেচ্ছাসেবক সম্পর্কে আপনি যা জানতে চান তা সম্পর্কে তথ্য।

আপনার কমিউনিটিতে সাহায্য করে আপনি কিভাবে উপকার পেতে পারেন তা আবিষ্কার করুন; **নতুন বন্ধুদের** **পছন্দ করুন**, নতুন দক্ষতা শিখুন, আপনার ইংরেজি উন্নত করুন, **নতুন মানুষের সাথে দেখা করুন**, আপনার কর্মক্ষেত্রে **সুযোগ** বাতাল, কমিউনিটির অংশ হয়ে উঠুন

এখানে বিভিন্ন **ভূমিকা** এবং **প্রচুর সুযোগ** আছে; আপনি একটি ইভেন্টে সাহায্য করছেন বা একটি দীর্ঘমেয়াদী অধীকার করছেন **নতুন**, বাগান করা, রান্না করা, শিশু **বয়স**, **ভারতীয়**, যেকোনো ধর্মীয় গ্রন্থ, সময় ব্যয় পরিশোধ এবং সুবিধা মত সময় এবং স্থান নির্বাচন করার সুযোগ আছে

দুপুর ১ টা - বিকেল ৪ টা

শনিবার ১৬ মার্চ ২০১৯

বিএমইসিপি, 10 এ স্কিট স্ট্রিট, ব্রাইটন, BN1 4ZE

- কোল বুकिং এর প্রয়োজন নাই
- বিনামূল্যে বাস টিকিট, আপনি যদি বাসে এ অনুষ্ঠানে আসেন
- £ 50.00 শপিং ভাউচার জিতার সুযোগের জন্য উপস্থিত থাকুন

তথ্যের জন্য এবং অভিত হতে যোগাযোগ করুন
ben@sussexinterpreting.org.uk / 01273 234825



Nyonstata a Sussex Interpreting Services, Community Base, 113 Queens Road, Brighton, BN1 3XG



BME Wellbeing Fair

The greatest Wealth is Health

A multicultural Wellbeing Fair open to everyone from black and minority ethnic backgrounds in Brighton and Hove.

10.30am – 2.30pm

Tuesday 2nd April 2019

BMECP, 10A Fleet Street, Brighton, BN1 4ZE

A family friendly event with **FREE** hot lunch, creative activities, practical advice and information. **Come and discover** what's happening locally and where you can go for help and support to improve your health and wellbeing.

- No booking required
- FREE Bus tickets if you travel to the event on the bus
- Attend for your chance to win a £50.00 shopping voucher

Arabic, Bengali, Cantonese, Farsi, Portuguese and Turkish interpreters will be available at the event. If you would like to attend and need an interpreter, call Sussex Interpreting Services on **01273 234825** after 3pm. Leave your name, phone number and a message with your language need.

For info & to get involved: ratnajanbibi@trustdevcom.org.uk / 07445 183 142



نمایشگاه چندملتی تندرستی سلامتی بزرگترین ثروت است

نمایشگاه تندرستی جهت پذیرش کلیه اقلیت ها در برایتون و هو
یک نمایشگاه چندملتی درمورد تندرستی برای شرکت کلیه افراد با سابقه هرگونه اقلیت
در برایتون و هو برگزار می شود

10.30 صبح - 2.30 بعد از ظهر

سه شنبه 2 آوریل 2019

BMECP, 10A Fleet Street, Brighton, BN1 4ZE

یک رویداد دوستانه خاتوندگی به همراه ناهار گرم رایگان، فعالیت های خلاقانه، پیشنهاد و حمایت های
عملی با حضور در این نمایشگاه **کشف** خواهید کرد که چه چیزهایی در محل زندگی تان در جریان است
و برای کمک و حمایت جهت بهبود سلامتی و تندرستی به کجا می توانید مراجعه کنید

- رزرو جا ضروری نیست
- بلیط رایگان در صورت استفاده از اتوبوس برای این نمایشگاه
- در این نمایشگاه برای شانس برنده شدن 50 پوند کوپن خرید شرکت کنید

مترجم زبان عربی، بنگالی، کانئونی، فارسی، پرتغالی، و ترکی در این نمایشگاه
در دسترس می باشد

در صورت تمایل به شرکت و نیاز به مترجم پس از ساعت 3 بعد از ظهر با مرکز خدمات مترجمین با
تلفن **01273 234825** تماس بگیرید، نام، شماره تلفن و زبانی را که نیاز به مترجم دارد به پیام
گیرنده



Printed by Sussex Interpreting Services, Community Base, 113 Queens Road, Brighton, BN1 3XG

PROCESS

Volunteer Recruitment

Potential volunteers were identified through directing marketing targeting BME community members and BME students at both University of Sussex and University of Brighton. They each completed a volunteer pack with information about the project to express their interest, relevant experience and availability.

The volunteers answered these questions:

- Why are you interested in this volunteer opportunity and how will this benefit you in the future?
- What is your knowledge of the BME communities and what do you think are the barriers for them to improve their wellbeing?
- What experiences (voluntary or paid experiences) do you have of delivering projects, activities and events?
- Your ability to communicate in both English and other languages.

Six eligible volunteers were recruited, three students from University of Sussex and three residents of BME backgrounds following an interview. This was followed by group induction where volunteers learnt about TDC and our work, signed a volunteer agreement, detailing expenses, insurance and TDC policies relating to equality, volunteering, health and safety.

Volunteer Development

Volunteers are central to TDC and we provided a comprehensive induction, regular training and supervision. Volunteers received monthly mentoring sessions from the Community Development Worker, covering future ambition, training needs, recruitment supports and time management, enabling volunteers to successfully manage their volunteer commitment with academic, work and family commitments.

Lack of confidence was a key issue identified by all volunteers, which resulted in volunteers attending the six week 'Realise Your Potential' course externally at Friends Centre.

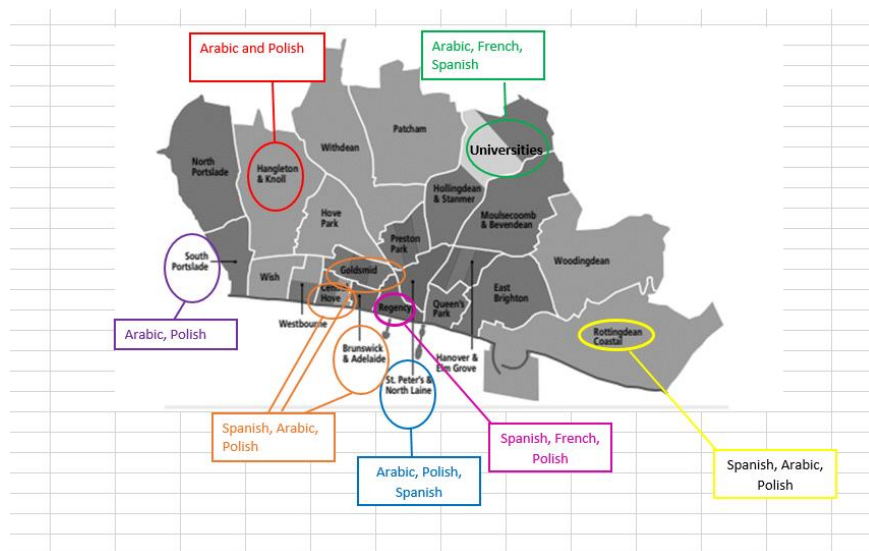
Volunteer Involvement

The volunteers helped with delivering the BME Volunteer Fair on Saturday 16th March and the BME Wellbeing Fair on Tuesday 2nd April. They were involved in all aspects of the events with support from two Community Development Workers. The volunteer's key tasks were

- Event planning
- Publicity and Promotion
- Marketing
- Advertising
- Setting up
- Delivering the events themselves
- Event follow up
- Feedback and Data collection
- Event review

Case Study: Volunteer involvement in publicity and promotion

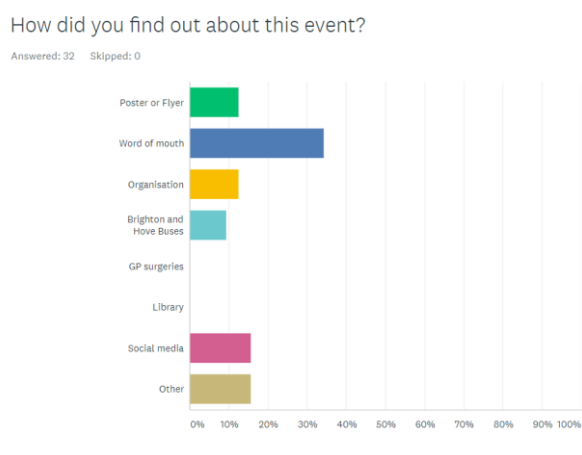
Using the 2011 Census data, volunteers identified where the major BME communities are located in Brighton and Hove.



They identified BME places of interest to put up posters and flyers – supermarkets, grocery stores, restaurants, nails and beauty parlours. Google maps was used to identify locations, listing them according to the districts, making it easier to plan a route to put up posters.

Volunteers visited many local BME community groups to promote the events.

The graph below demonstrates how BME people found out about the events:



Sussex Interpreting Services translated both event posters into the six most requested languages in Brighton and Hove, which were distributed via post and emails. Volunteer interpreters took event posters to meetings and phoned around before the event to remind people with language barriers of the event.

Volunteer Impact

The events were extremely popular with 470 people attending from a diverse range of backgrounds.













The beneficiaries included people from BME communities with long term health conditions, those who are unemployed, have language barriers and older people. By providing an opportunity for them to come together with service providers we enabled conversations, understanding and knowledge sharing.

We minimised additional barriers by offering free bus tickets, so service users could afford to travel to the event. We provided interpreters in six different languages including Bengali and Farsi so people could communicate in their preferred language, giving them immediate knowledge of the service and building their confidence to re-contact the services in the future.

Sussex Interpreting Services at the BME events removed language barriers and enabled people to converse in their chosen language.

Supporting people of BME background to access services allowed them to integrate in the community, participate in activities and improve their health and wellbeing. BME individuals gained knowledge and confidence to get involved directly and to take responsibility for their health and wellbeing. Feedback shows we were successful in removing barriers to accessing services and the value and demand for such events.

Photos from BME Volunteer Fair and the BME Wellbeing Fair 2019

		
Volunteers signing people in	Volunteers serving food	Volunteer collecting monitoring DATA and feedback
		
Volunteers assisting with Children's activities	Volunteer photo	Volunteers interacting with event attendees
		
Event attendees taking part in health and wellbeing activities	Brighton and Hove Buses	Wellbeing Wheel by Mind
		
Flower arranging	Hand massage	Sewing activity

List of Organisation at BME events

BME Volunteer Fair Saturday 16th March 2019		BME Wellbeing Fair Tuesday 2nd April 2019	
Advice Matters Citizens Advice Money Advice Plus St Luke's Advice Service Brighton Housing Trust Advice YMCA Youth Advice Centre Albion in the Community Ambigo CIC Artspace Brighton and Hove Bahá'is of Brighton and Hove Barnardo's BMECP Centre Brighton Dome & Festival Brighton Fringe Cityparks, Brighton and Hove Council East Sussex Fire & Rescue Service Fabrica Art Gallery Healthwatch Brighton and Hove Healthy Lifestyles Team, Brighton and Hove Council Impetus Brighton and Hove Independent Visitor Service, Brighton and Hove Council LGBT Switchboard Library Services, Brighton and Hove City Council Little Green Pig Martlets Hospice Mindout Momentum, BAME mentoring, University of Brighton ONCA Gallery Racial Harassment Forum RISE Sanctuary on Sea School and Governance Development Service, Brighton and Hove City Council Survivors' Network Sussex Community NHS Foundation Trust Sussex Interpreting Services Sussex Partnership NHS Foundation Trust Sussex Police Terrence Higgins Trust The Trust for Developing Communities Voices in Exile Volunteer Centre, Community Works Volunteer Plus, Brighton and Hove City Council YMCA Downs Link Group Youth Offending, Brighton and Hove City Council		Action on Hearing Loss Mindout YMCA Right Here Impact Initiatives Brighton and Hove Clinical Commissioning Group The Chattri Memorial Group Terrence Higgins Trust Welfare Rights Team The Hangleton & Knoll Project RISE Amaze Brighton and Hove Sexual Health and Contraception Voices in Exile Mind in Brighton and Hove Healthy Lifestyles Team, Brighton and Hove Council Brighton and Hove Buses Macmillan Horizon Centre The Carers Centre Carers Hub. Synergy Creative Community BMECP Centre Albion in the Community East Sussex Fire & Rescue Service Communities, Equality and Third Sector Team, BHCC Brighton Housing Trust Transport Planner Bahá'is of Brighton and Hove Brighton and Hove Wellbeing Service Oral Health Sussex Interpreting Services Martlets Hospice in Hove Healthwatch Brighton and Hove Diabetes UK The Trust for Developing Communities Migrant Esol Support Hub Social Prescribing Impetus Brighton and Hove LGBT Switchboard Possibility People Southdown Recovery BeeZee Bodies	
TOTAL	44 organisations	TOTAL	42 organisations

Volunteer Progression

Three of the volunteers have continued their volunteering at TDC by supporting our social prescribing project, undertaking community research in a neighbourhood and gaining office skills as an administrative volunteer.

Other volunteers have gone on to support the Tarner Multi-Cultural group by organising a range of talks and activities for BME communities.



Tarner Multicultural Group

A family friendly 6 week project open to everyone interested in improving their health and wellbeing.

10am - 12pm, Wednesday 29th May to 3rd July, **come** to the **Tarner Multicultural Group** at Brighton Unemployed Centre and Family Project (upstairs Café area) to **discover** what's happening locally, and where you can get support to improve your health and wellbeing.
No booking needed and open to all.

FREE Health and Wellbeing Talks	FREE Activities
At Brighton Unemployed Centre and Family Project 6 Tilbury Place, Brighton, BN2 0GY	Various location, dates and times
10am – 12pm, Wednesday 29th May <i>Social Prescribing</i> for people with social, emotional or practical needs. <i>Mental health and wellbeing</i> with <i>Mind</i> Brighton and Hove.	Zumba 5.30pm - 6.15pm Wednesday 29 th May
10am – 12pm, Wednesday 5th June <i>Free travel help</i> for people looking for work. <i>Healthy relationships advice</i> from <i>Rise</i> , supporting people affected by domestic abuse.	Dancing 10am - 11am Monday 10 th June
10am – 12pm, Wednesday 12th June <i>Migrant ESOL</i> support from MESH Project Workers. <i>Dementia Awareness Training</i> with <i>Dementia Action Alliance</i> .	Healthwalk 10am – 11am Tuesday 18 th June
10am - 12pm, Wednesday 19th June Learn about what causes <i>Diabetes</i> , how to prevent it and manage symptoms with <i>Diabetes UK</i> .	Pilates 11am – 12pm Tuesday 25 th June
10am – 12pm, Wednesday 26th June Calling all adults and families wanting to improve their <i>health and wellbeing</i> with <i>Healthy Lifestyles Team</i> .	Funkfit 4.45 - 5.45pm Thursday 27 th June
10am – 12pm, Wednesday 3rd July Learn about HIV, transmitted infections and maintaining good <i>sexual health</i> with <i>Terrence Higgins Trust</i> .	Birling Gap 10am – 3pm Thursday 4 th July

For info and to get involved contact: Ratna Jan Bibi, Community Development Worker, BME Communities (Wellbeing) ratnajanbibi@trustdevcom.org.uk / 07445183 142

All volunteers were invited to a celebratory picnic.





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