



# 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.



## BME Volunteer Fair

Enhance your future and make a difference!

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

**1pm – 4pm**

**Saturday 16<sup>th</sup> 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](mailto: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 পারে তা আবিষ্কার করুন; **নতুন বন্ধুদের** **সহান** করুন, **নতুন দক্ষতা** শিখুন, **আপনার ইংরেজি উন্নত** করুন, **নতুন মানুষের সাথে দেখা** করুন, **আপনার** **কর্মসম্পাদনের সুযোগ** বাতাল, কমিউনিটির অংশ হয়ে উঠুন

এখানে বিভিন্ন **ভূমিকা** এবং **প্রচুর সুযোগ** আছে; আপনি একটি ইভেন্টে সাহায্য করছেন বা একটি দীর্ঘমেয়াদী অধীকার করছেন **নতুন** বাসন **করা** রান্না **করা**, **শিশু** **সহ**, **ডাউন**, **শেখা** **শেখানো** **প্রশিক্ষণ** **প্রদান**, **সমর্থন** **প্রদান** **পরিবেশ** এবং **সুবিধা** **মত** **সময়** এবং **যান** **নির্বাচন** **করার** **সুযোগ** **আছে**

দুপুর ১ টা - বিকেল ৪ টা

শনিবার ১৬ মার্চ ২০১৯

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

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

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



Nyonmatta 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 2<sup>nd</sup> 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](mailto:ratnajanbibi@trustdevcom.org.uk) / 07445 183 142



## নمایشگاه چندملتی تندرستی

سلامتی بزرگترین ثروت است

نمایشگاه تندرستی جهت پذیرش کلیه القیبت ها دربرایتون و هو  
یک نمایشگاه چندملتی درمورد تندرستی برای شرکت کلیه افراد با سابقه هرگونه القیبت  
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 ختوانگی بهمه راه ناهارگرم رایگان، فعالیت های خلاقانه،بیشنهاد و حمایت های  
عملی با حضوردراین نمایشگاه **کشف** خواهید کرد که چه چیزهایی در محل زندگی تان درجریان 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، کانتونی، فارسی، پرتغالی، و ترکی در این نمایشگاه  
در دسترس می باشد

در صورت تمایل به شرکت و نیاز به مترجم بهین 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 پیغام  
گیرید



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.

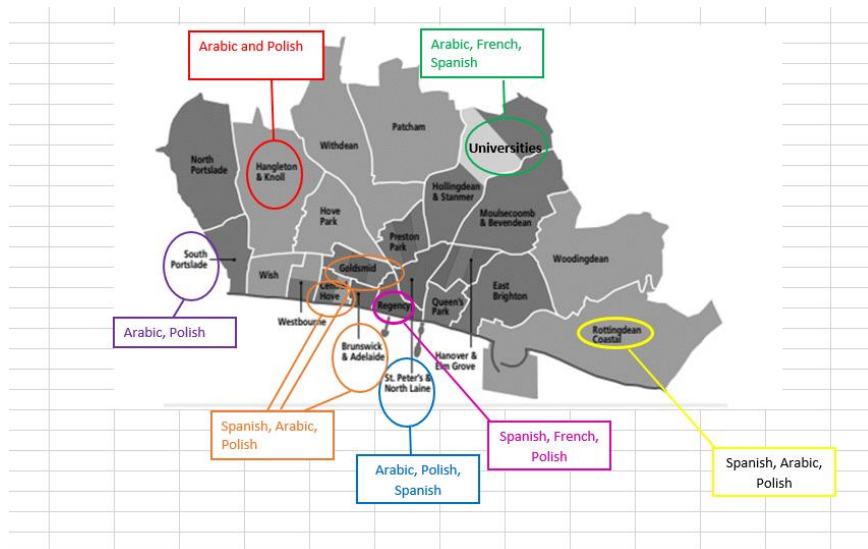
## Volunteer Involvement

The volunteers helped with delivering the BME Volunteer Fair on Saturday 16<sup>th</sup> March and the BME Wellbeing Fair on Tuesday 2<sup>nd</sup> 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

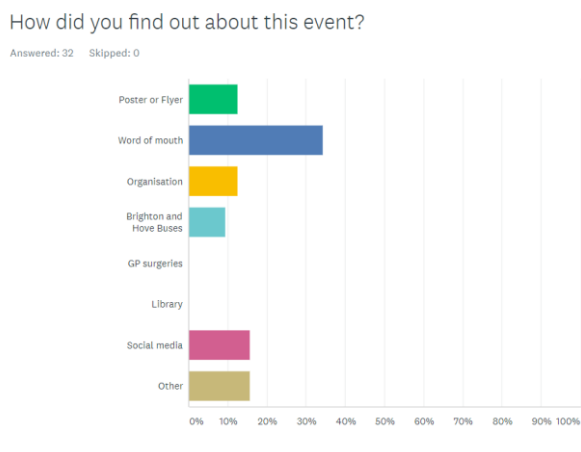
Using the 2011 Census data, volunteers identified where the major BME communities are located in Brighton and Hove.



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

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



## List of Organisation at BME events

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

# 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 Turner Multi-Cultural group by organising a range of talks and activities for BME communities.



## Turner Multicultural Group

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

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

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

All volunteers were invited to a celebratory picnic.

**TDC Staff & Volunteer Picnic**

Date: Tuesday 4<sup>th</sup> June 2019  
Time: 12:30pm-2:30pm  
Venue: Brighelm Garden (Weather permitting)

*Come join us for the annual TDC staff & volunteer picnic!*  
Please RSVP by 29<sup>th</sup> May 2019 to [louiseyu@trustdevcom.org.uk](mailto:louiseyu@trustdevcom.org.uk) and also let Louise know if you have any dietary requirements.  
Looking forward to seeing you all!



The Trust for Developing Communities, Community Base,  
113 Queen's Road, Brighton, Bn1 3XG 01273 234769

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