

Creating New Pathways To Well Being



MISSION

Mellow is a pioneering East London-based NHS programme committed to improving the experience of African and Caribbean people with mental health problems & promoting their well-being within the community.

PROJECT PROFILE

Mellow was launched in 2000 to reduce the over-representation of young African and Caribbean men in mental health services in East London. As well as developing alternative and sustainable responses to mental distress, Mellow successfully works in partnership with statutory, voluntary and arts-based agencies nationwide, both as a facilitator and a consultancy. With an expanded brief targeting the wider community, Mellow became part of the East London & City Mental Health NHS Trust in April 2004. The award-winning project is central to the Trust's cultural diversity and race equality programme.

KEY AIMS

- Improve the experiences of African and Caribbean mental health clients to achieve greater control over their lives.
- Support East London statutory mental health services to implement the Developing Race Equality (DRE) programme.
- Increase client participation in service design, delivery and evaluation.
- Provide training, information and support enabling mental health practitioners to deliver services responsive to the needs of African and Caribbean clients.
- Encourage, promote and develop community-based programmes that develop the African and Caribbean clients' potential.
- Facilitate and support community groups to address well-being within African and Caribbean communities.



SERVICES

CAPACITY BUILDING

We endeavour to increase the ability of mental health professionals, and voluntary and community groups, to assess and target their activities to meet the needs of African and Caribbean people vulnerable to or experiencing mental ill health.

What we offer

Consultancy

We provide facilitated consultancy on service development, professional mentoring and line management support.

Specialist Information and Resources

We produce training videos, specialist directories, fact sheets and commission original research.

Tailored Training

Our training is developed and delivered using a range of interactive tools from drama, performance poetry and art to seminars and workshops.

“MELLOW ARE PIONEERS IN DEVELOPING INNOVATIVE AND CREATIVE RACE AWARENESS TRAINING PROGRAMMES TO TRUST-WIDE STAFF. THEY HAVE OFFERED US SPECIALIST GUIDANCE ON POLICY, SERVICE AND ORGANISATIONAL DEVELOPMENT TO MEET THE NEEDS OF THE BME COMMUNITIES.” MINA KAKAIYA Community Mental Health

Development Worker South West London Mental Health NHS Trust

CASE STUDY

4SIGHT A MELLOW DRAMA

In 2005, Mellow was commissioned by the London Borough of Hackney to develop a training programme to enhance staff understanding of how discrimination impacted on BME mental health clients and the legal framework in which they worked. Mellow held focus groups for clients and staff. Among the issues raised were staff attitudes towards clients and the promotion of clients in recovery as role models. The result was 4Sight, a three-day drama-assisted training programme to increase awareness and create change. Such was the programme's success that it will be rolled out across East London.



Newham Black people form 37% of compulsory admission rates compared to 23% representation of the general population



Tower Hamlets: Compulsory hospital admission rate for Black African and Caribbean people is 19%. The figure for the

SERVICES

COMMUNITY ENGAGEMENT

We create activities and programmes that increase awareness and understanding of mental illness within the wider community. Our flexible approach encourages greater community participation and ownership of the mental health agenda and services.

What we offer

- Stereohype** A quarterly mental health promotion initiative that promotes the well-being of African and Caribbean men through the Arts.
- Unbreakable Project** Raises awareness of mental health in the Somali community and promotes community inclusion through a variety of mediums such digital and new media facilitated by Black Flash Media.
- Early Intervention Programme** Each One Teach One was launched in October 2005 with the Harmony Project. Organises training and events to promote earlier intervention in mental health for young Black men.

“MY EXPERIENCES WITH MELLOW HAVE BEEN ‘LIBERATING’. I HAVE BEEN FACILITATED IN THE SELF-REALISATION THAT I CAN FREELY USE THE POWER WITHIN ME FOR THE ‘GOOD’ OF THE ‘NATURAL’ WORLD”.

PHILIP MORGAN Stereohype participant

CASE STUDY

STEREOHYPE

First launched in the City & Hackney locality in February 2003, Stereohype is a quarterly mental health promotion event that constructively challenges the stigma Black men with mental health problems face. Hosted within creative, artistic and ‘safe’ environments, clients and service users debate topical concerns and showcase their talents alongside established artists. Nearly 600 people, including carers, teachers, youth workers and mental health staff, have attended seven events. Around 40% of attendees have been service users. South Lambeth and Maudsley Mental Health Trust has commissioned Mellow to run the programme in Lambeth.



general population is 9%

SERVICES

EVENT MANAGEMENT

We facilitate and manage events - from design to delivery - that are creative, engaging and effective. Our events stimulate dialogue and generate solutions on BME mental health issues, promote race equality and enhance cultural competence.

What we offer

- 2004 Deadly Silence** A board governance event. Commissioned by NIMHE West Midlands and Strategic Health Authority, Birmingham and the Black Country.
- 2003 Operation 500** Consultation event on community development and improving mental health provision for BME communities. Commissioned by North East London Strategic Health Authority.
- Real & Relevant** Explored workable approaches for young Black men with mental health problems. In collaboration with Rethink.
- 2002 Hidden Skills Hidden Talents** Hidden Talents. Examined the barriers young Black men with mental health problems experienced seeking employment. In collaboration with Harmony, Community Links, Aston Mansfield and Sainsbury Centre for Mental Health.

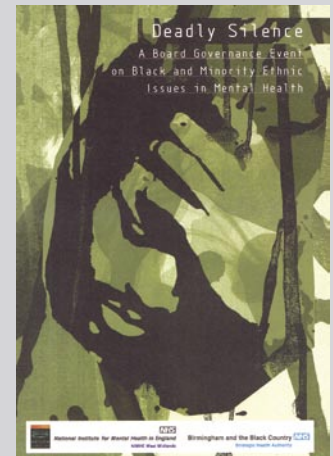
“I’M A PASSIONATE FOLLOWER OF MELLOW’S WORK. DEADLY SILENCE WAS A GREAT OPPORTUNITY TO WORK WITH THEM. USING DRAMA TO MAKE BOARD MEMBERS THINK ABOUT MAINSTREAMING DELIVERING RACE EQUALITY WAS POWERFUL AND EFFECTIVE. WE HAD EXCELLENT BOARD REPRESENTATION AND MELLOW DELIVERED ON THE AGENDA.”

RANJIT SENGHERA Race Equality Lead NIMHE West Midlands

CASE STUDY

DEADLY SILENCE

Delivered in Birmingham on 6th October 2004, Deadly Silence was a carefully crafted drama tool, targeted at PCT and Mental Health Trust board members in the West Midlands. Developed in consultation with local clients and survivors, the one-day event attracted over 100 delegates to explore Delivering Race Equality. The play tackled a range of real-life dilemmas on racism, control and restraint, and cultural sensitivity backed by presentations, workshops and round table discussions. Over 90% of those surveyed after the event said that the topics were very appropriate.



Newham: Black Caribbean people make up 16% of inpatients admissions compared to 9% of the general population.

SERVICES

PARTNERSHIP PROGRAMMES

We work in effective and creative partnership with voluntary and statutory organisations to deliver more culturally appropriate services directly to the target audience.

I Ment U

Mentoring Programme for young African and Caribbean men in partnership with Rethink.

AKABA

Specialist employment support to young African men with mental health problems. Funded by the London Development Agency, Akaba is run in partnership with Kush Housing Association, Access Employment & Training Services and Sainsbury Centre for Mental Health.

CASE STUDY

I MENT U

This new mentoring project, provides community-based support and befriending services to young African and Caribbean men aged 13 to 20 who have had contact with CAMHS, youth offending teams or leaving care services. A partnership between Mellow and Rethink, the project covers three East London Boroughs – Hackney, Tower Hamlets and Newham. After an extensive matching process, volunteer mentors are recruited and trained to facilitate the ‘mentees’ through the transition from social care to independent living.



“NOTHING SEEMS IMPOSSIBLE WHEN WORKING WITH MELLOW. THE INCLUSION OF A FLAGSHIP SERVICE LIKE MELLOW IN THE NHS SHOWS THAT THE NHS MEANS BUSINESS ON RACE EQUALITY AND SOCIAL INCLUSION TO ADDRESS THE NEEDS OF BLACK PEOPLE.”

PAUL GREY Independent User Consultant Sainsbury Centre for Mental Health

HERE ARE SOME OF THE ORGANISATIONS WE HAVE WORKED WITH:

A Better Way Ahead

Afiya Trust

The African and Caribbean Mental Health Commission

Antenna Outreach Project

Aston Mansfield

Birmingham and the Black Country Strategic Health Authority

Black Flash Media

CEMVO

City & Hackney PCT

Community Links

Continuing Care and Engagement Services

Creative Collective

The Department of Spiritual and Cultural Care, ELCMHT

ELBWO Centre

Enwreni Productions

Hackney, London Borough of Harmony Project

The Immediate Theatre

Kush Housing Association

Kushite Theatre

Lee House Rehabilitation & Employment Centre

London Art

Loud Minority

Mental Health Act Commission

Mental Health Education Project

Mind African Caribbean Project

Mind, Tower Hamlets

Newham Primary Care Trust

Newham Asian Women’s Project (NAWP)

Newham Mental Health

Carers Association

NIMHE West Midlands

North East London Strategic Health Authority

Rethink

Sainsbury Centre for Mental Health

Social Action for Health

South Lambeth

& Maudsley Hospital

South West London Mental Health

NHS Trust

Tower Hamlets Primary Care Trust

Tower Hamlets African & Caribbean Mental Health Organisation

Waltham Forest Black Peoples

Mental Health Association

Young Minds



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Achievements

2005 / Rethink Award for Partnership Working
in Reducing Mental Health Inequalities

2002 / East London and City Mental Health Trust
Staff Award for Partnership Working

2002 / Footprints National Mental Health
Achievement Award (Statutory Sector category)

Design & Photography by Ochee

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Editorial consultancy by The Creative Collective

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