

Health and Wellbeing Workshop

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For better
mental health



The logo for Common Unity, with the word "common" in black, "unity" in a larger black font, and "harmony in mind" in a smaller black font between them. Three overlapping circles in shades of orange and red are positioned behind the text.



the centre for **voluntary action**



Freshwinds

Background of the Community Development Workers CDW Team

- Community Development Workers (CDW's) were commissioned initially to work along the Delivering Race Equality in Mental Health Care guidelines. CDW's were working with BME communities raising awareness and tackling stigma around mental health and wellbeing.
- This role has been expanded since October 2011, so they will now work with vulnerable communities in a new citywide service on a more comprehensive, cohesive programme.
- The Community Cohesion Programme (CCP) with its emphasis on community turns the SPA approach on its head with Multiple Access Points (MAP) promoting a range of engagement opportunities and taking a holistic approach to engagement.
- The new CDW agenda has a stronger focus on mental wellbeing and wellness, with training being delivered to support and promote good mental health and early recognition and intervention.

THE DEFINITIONS

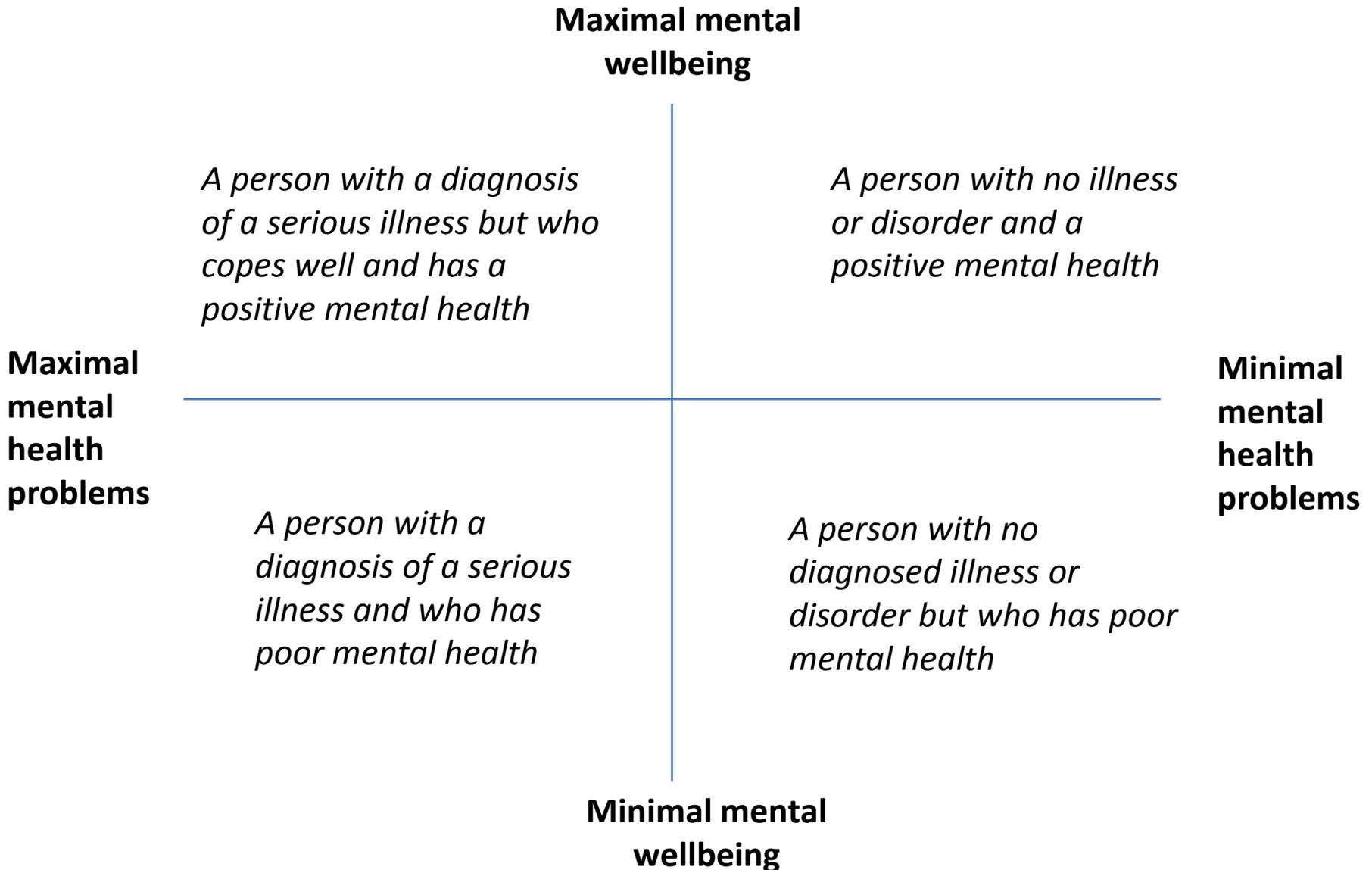
“Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”

World Health Organisation

“Wellbeing is defined as good or satisfactory condition of existence; a state characterized by health, happiness, and prosperity.”

Online dictionary

Mental Health Continuum Exercise



5 ways to Well Being



City Wide Community Cohesion Programme

