

# THE CULTURAL ADVOCACY PROJECT

The **Cultural Advocacy Project** aims to support community groups and organisations to promote well being and support individuals and families to look after their mental health.

This support is coproduced with community members so it is reflective of specific cultural needs. Each organisation is offered tailor made training and consultancy to help establish groups and events which can best achieve these aims.



## WE AIM TO

Help reduce the sense of isolation experienced by BAME community members struggling with their mental health.

Help improve the wellbeing and self-confidence of people experiencing distress, taking into consideration their specific cultural needs.

Help enable individuals to access support services in a timely way and work alongside community groups and mainstream providers to ensure these services are inclusive and support cultural needs.

## WE OFFER

The Cultural Advocacy Project can help you to develop services to support members of your community with their mental health.

In addition to training and support to help you establish these initiatives, we also offer individual fundraising coaching and assistance, to help ensure what you have created is sustained.

We also facilitate meeting spaces for you to discuss your individual and broader cultural needs with other community representatives and service providers to help shape community policies and mental health services.

## HOW WE WORK

Our team will hold an initial consultation with members of your organisation to discuss your specific needs and experiences of your community.

We will then coproduce services and approaches with you that will make a difference for individuals and your community

We offer financial assistance for one year to help you run activities as well as ongoing support and coaching.



# OUR COMMUNITY DEVELOPMENT OFFERS

## Peer Support Group

**Training in mental health peer support group facilitation for your members.**

Peer Support Groups aim to promote wellbeing and resilience through mutual support and problem solving.

We offer training to help you establish a peer support group and ongoing personal development sessions and coaching to assist you in ensuring your initiative is successful. Our support may also include direct input into the group from one of our staff members, to support facilitators in developing their facilitation skills.

**Financial Support:**  
Up to £2340 for one year/  
weekly group

## Community Awareness Events

**1 day Community Awareness Events** for members of your organisation and your local community, to explore mental health topics in a cultural context, through training and discussion.

These events are a great way to highlight local resources and opportunities for community members to become engaged in mental health.

**Financial Support:**  
Up to £400 per coproduced event

## Staff and Volunteer Training

**Culturally specific mental health training** for staff and volunteers to deliver 1-1 support to individuals within your community.

This includes ways of understanding mental health experiences and developing listening and supportive skills. Follow up sessions and ongoing support through regular group supervision and volunteer support is also offered.

**Financial Support:**  
Up to £500 per volunteer for expenses

## PARTNER ORGANISATIONS WILL ALSO BE OFFERED



### Fundraising Support

We can provide training and support with fundraising applications for specific mental health projects. Workshops will cover planning and project design and bid writing skills. Ongoing support will be offered to help you develop your applications.



### Reference Group Meetings

Community representatives will be invited to talk about relevant issues with us and Camden and Islington NHS Trust to better integrate policies and practices in mental health with the cultural needs of your community.



### Help Line

We offer ongoing support to staff and volunteers for support to develop practice skills in working with people experiencing distress.

### CONTACT THE CULTURAL ADVOCACY TEAM AT:

Mind in Camden, Barnes House,  
9-15 Camden Road, London, NW1 9LQ  
Tel. 0207 241 8988

