



VBMET 2022

SUMMER EDITION NEWSLETTER



15 YEARS PROVIDING OPPORTUNITIES FOR THE COMMUNITY

VBMET are here, 15 years on, providing opportunities for the community to have support in many ways. Voice of BME Trafford (VBME-T)'s aim is to give a voice to the BME communities in Trafford to improve participation and representation at all decision-making levels in order to address the inequalities experienced by BME people whilst improving their life opportunities.

VBMET provides health activities and space to develop ways to overcome challenges and ways to make life improvements that support our community in obtaining a healthier lifestyle.

We provide information, awareness and support to help our BME community to thrive. We focus on the agenda of health and work to help reduce the vast inequalities in outcomes we see across the Borough of Trafford. We work together with the Local authority, other health organisations, individual practitioners and of course with local residents and the wider community.

CONTACT VBMET

Speak to one of our staff members or volunteers

TEL:
0161 848 7018

MOBILE:
0792 8843 762

EMAIL:
office@voicebmet.co.uk

OUR PROGRAMMES

21ST AGENDA

Voice of BME Trafford was successful in being funded by the Lottery Community Fund in December 2019 to deliver a 3 years programme focusing on BME health and wellbeing within Trafford with our programme named '21st Agenda - Health and Wellbeing Programme'.

Our focus is to highlight and work on inequalities and addressing this within the 21st century. Supporting the reduction in levels of poor health among BAME communities in North Trafford where poverty, poor health and ethnicity often coincide.



Trafford College course completion gift day



INSPIRING HEALTH & WELLBEING COURSE

This programme is delivered in partnership with Trafford College for residents of Trafford. We are in the 3rd year of delivering this programme (twice yearly) the training course modules focus on wellbeing and adopting a healthier lifestyle. This is done via building knowledge and ability upon areas such as personal development, health and fitness, food and nutrition, stress management and mindfulness. You also get to achieve an accredited qualification from the college accrediting body once completed. All for free!!! We are partway through our existing course and the next course will be starting in October 2022 get in touch if you would like to know more.

Achieve an accredited qualification from the college for free!

NEXT COURSE STARTS OCTOBER 2022.

GET IN TOUCH IF YOU WOULD LIKE TO KNOW MORE

MEN'S PROJECT

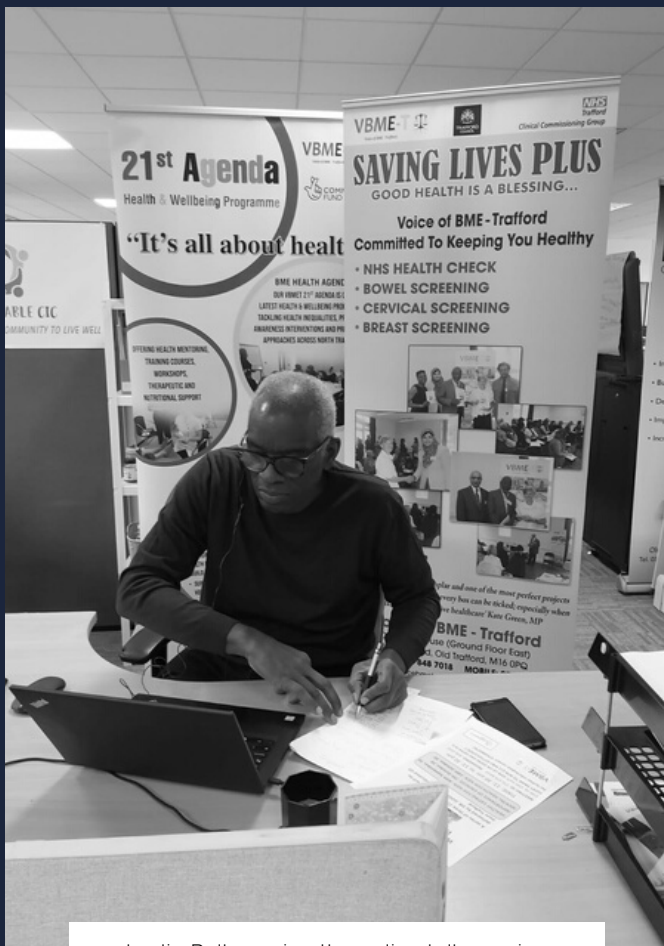
Our goal with our "Men's Health Focus" is to create stronger health awareness and the association between men and health. We aim to add value and impact on the key and most prominent issues that affect BME men and health related illnesses. We commit to supporting matters of diabetes, prostate cancer, high blood pressure and long covid. Raising awareness and shedding light on health matter for men is one of our on-going priorities. We are currently collecting feedback from a men's questionnaire to capture some the root causes to health delays for men and sharing this information back in to the community on the outcomes to support a wider awareness of the issues.



D's Fitness sessions for Men at Gorse Hill Studios



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Having a voice to influence change



Leslie Bell running the online talk session

TIME 4 MEN

Look out men for our Men's Questionnaire.

We need and value your input in addressing this agenda.

Our BME men's health focus group, 'Time 4 Men' is held every last Tuesday at **Limelight** at lunch time.

To get involve please drop us an Email: office@voicebmet.co.uk

END OF YEAR SEMINAR

Our end of year seminars have been successfully showcasing our work during the year and how we have been striving to deliver our intended programmes and activities to meet our objectives, albeit some challenging times along the way, i.e. lockdown as one of them. We undertook our first end of year seminar during lockdown online, our 2nd was face to face and with a good turn out from the community and practitioners.

See link to the events on our you tube channel that took place in 2021.

Look out for your invite for our November 2023 seminar!

(159) 21st Agenda - Health and Wellbeing Program - YouTube



Mumba Kafula delivering a Wellbeing Confidence session



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VBME Trafford Podcasts

Voice of BME Trafford (VBME-T)
Bowel Cancer - everything you need to know

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PLAYLIST

- Shirley Marshall talks Cervical Smear Testing 2022-01-1
- Interview with Mark Bussel on Men's Menta... 2021-08-2
- Mental Wellbeing - diet and lifestyle support 2021-05-0
- Bowel Cancer - everything you need to know 2021-04-0

DIGITAL RESOURCES

Our team have been working effectively to have valuable resources on health and wellbeing and mental health, for people to refer back to, in their own time and in their own homes. Our blogs and webpages can be translated into different languages, using the translation we have function on our website. (See link below)

MENTAL HEALTH AND WELLBEING - VOICE OF BME-T (VOICEBMET.CO.UK)

Our webpage has links for :

- the NHS mental health website
- self-help resources on CBT)

Voice of BME's website also has valuable podcasts on mental health & wellbeing and healthy lifestyle.

MORE BLOGS & PODCASTS ON HEALTH MATTERS COMING SOON

SCREENING

HEALTH AWARENESS SESSIONS

We at VBMET provide links to awareness raising and continue to share with the BAME communities any programmes that support NHS health screening checks, such as bowel, cervical and breast screening. Our awareness raising is targeted at reducing cancer in the BAME community of Trafford. VBMET has developed an excellent track record of contributing to interventions aimed at engagement, prevention and support and we continue to help and shape change. Our focus is on mental capacity and health promotion, physical activity and exercise, resilience to change and staying motivated, health in dietary intake and nutrition, improving health confidence and self-esteem.

We provide language and information support to patients using different languages by multi lingual staff.

HEALTH SCREENING



- (159) CERVICAL SCREENING IN ENGLISH - YOUTUBE
- (159) CERVICAL SCREENING IN ARABIC - YOUTUBE
- (159) CERVICAL SCREENING IN URDU - YOUTUBE



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ANSWER CANCER



ANSWER CANCER PROJECT

Our partnership with Answer Cancer Programmes aims to increase the uptake of NHS screenings across Greater Manchester and target communities where uptake has been low. VBMET have been contracted to carry out our targeted engagement work to increase uptake of cervical screening within the 25 - 49 age group. We support the GP Practices to improve their screening uptake by telephoning patients to encourage them to attend for screening, responding to any questions/issues of concern and booking an appointment. We support BME communities by promoting cancer awareness and adopt lifestyle changes, we also work in collaboration with partner organisations to improve networking and planning.

Our support to Robert Derbyshire medical practice resulted in 529 women booking for cervical smear test. Currently, we have been re-commissioned to support another underperforming practices in full xxx(PCN) for cervical smear tests which we cover within other medical practices in Levenshulme, Gorton and Longsight.

HEALTHY HEART MATTERS

DIABETES AND PULMONARY HEART PROGRAMME

This project is commissioned by CCG Trafford to provide support to individuals who are at risk or living with cardio vascular diseases (including heart problems).

We provide 1-to-1 support over the phone or face to face to support the individual whilst encouraging them to engage in their rehabilitation activity and assist their completion.

We also provide Healthy Shopping support, Walk for Heart groups, and where needed, a member of staff can accompany the person to improve their motivation.



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INCLUDED IN THE PROGRAMME

- **Walk 4 Heart- Individuals will be signposted or referred to local walking groups. This assists active exercise as we have created walking, talking buddies at the same time as keeping fit.**
- **Cook 4 Heart- support group: cooking workshops to demonstrate cooking for healthy heart, facilitated by qualified nutritionist and a chef to learn healthy cooking skills.**
- **Healthy shop - available via our Health Mentors who support you with identifying your healthy shopping requirements and within a set budget. To maintain a healthy lifestyle, it is essential to 'shop-smart', buying health and ingredients for healthy meal preparation.**
- **Awareness Workshops - with updated information and talks from local practitioners that provide you with up to date and useful healthy agendas.**
- **Our Health Mentors work to provide 1 to 1 support to individuals to set targets towards moving in the direction of healthy living goals.**

LIFESTYLE PROJECT

SAVING LIVES & BETTER LIVING



With the project 'Saving Lives & Better living' funded via Trafford council and THT, we are contributing towards the prevention and early intervention agenda by promoting lifestyle changes and health screenings hence, minimising the risk of ill health.

Under this project we are supporting the medical practices in the North of Trafford to increase the uptake of NHS Health screening in the Trafford Borough as well as providing free opportunities for the local residents to increase their physical activity through walking groups and chaired based exercises.



Ibrat Naseem delivering Healthy Heart & Hip class

TRAFFORD WELLBEING EVENT

Voice of BME is actively working with the other delivery partners to hold collaborative Trafford Wellbeing Events. We managed to bring together Age UK's Health Bus along with Empower You, Pakistani Resource Centre, Answer Cancer, Mile Shy and few other local businesses. This has provided the opportunity for the local community to access free health checks and information on different local activities.

HEALTHY HEART & HIPS EXERCISE

These exercise sessions provide an excellent opportunity to increase the physical activity of people with limited mobility or generally not very active. This sessions are offered face to face at Limelight and also through virtual medium. Attendees socialise, exercise, meditate and have fun at the same time.

LIFESTYLE PROJECT

SAVING LIVES & BETTER LIVING



TALK ABOUT MY GENERATION

The project was funded by Trafford Council for the local residents (aged 50 and over), to up-skill them by receiving the training from Yellow Jigsaw to be the community news reporters. This has been a very unique project where three local residents came forward to be trained on different skills including column writing, videography, podcast creation etc. Under this project a video report has been created on the Healthy Hips and Hearts exercise sessions by one of the reporter Ibrat xxxxxxxx surname : (See link below).

<https://talkingaboutmygeneration.co.uk/healthy-hips-and-heart-classes-keeping-trafford-fit-and-well/>

LONG COVID PEER SUPPORT GROUP

Covid has affected all of us in some way. Many of us are left with imprints of covid and long term detrimental effects. A culturally appropriate support group is much needed to provide people a safe space to share their views. This peer support group in Trafford will be starting from September 2022, funded by Greater Manchester Integrated Care, providing a holistic approach for people experiencing long COVID, primarily targeting Pakistani- South Asians communities.

Our long Covid initiatives are 1 to 1 support as well as group working, to provide coping strategies to those dealing with long covid. Within the Pakistani (south Asian) communities providing culturally appropriate and accessible support, which reduces barriers.

With a person-centred approach this support group provides the attendees a safe place to share their feelings and emotions without any judgement. A chat group has also been created and managed by Voice of BME for ongoing support, connection and communication.

This support group works closely with the local medical practices, social Prescribers, care navigators and local pharmacies to get the referrals.

INTERVIEW & PRESENTATION SKILLS FOR EMPLOYMENT

The course covered interview practice and using models and techniques to enhance their best self and be ready for that next interview. This programme started through lockdown where many had lost confidence in many aspects of their life and looking for work was found challenging for some. This training supports participants in identifying key areas employers would look for in an employee and helping them to identify those skills they have that match some of the job roles and requirements they were interested. Participants have been successful in obtaining employment since being on the course.

Individuals from the local communities can also self-refer by emailing on: office@voicebmet.co.uk

or call on 0161 848 7018 or text: 07928843762

VBMET 2022

OTHER PROJECTS



VOLUNTEERS TO BECOMING STAFF

Our Volunteers are our prime asset. They provide real time and energy to meeting needs and supporting the BME residents of Trafford. Most of our volunteers stay with us on average for a year or longer and many go on to either developing their own community work or into employment or training. We provide regular case studies of our volunteer's development over their time and beyond VBMET. We have a proud and lasting legacy of a pool of great volunteers that without, we would not have a VBMET.

Some of our case studies will be presented at our 15th Year Celebration **event on August Friday 26th starting at 10.30am at the Limelight Centre in Trafford.**

Register now to avoid disappointment and come and celebrate with us as our journey evolves.

Come and have lunch and network with others.

Come and meet our Council Leader and our Trafford Mayor and Mayoress.



OUR BLOG

Our nutritional blogs are packed full of relevant and useful informative information on nutritional health. Our main blogger is our volunteer Mark Beattie who we recruited because of his skillsets and passion for nutrition. Mark Beattie is a recent graduate of a BSC(Hons) Nutritional Science course at Manchester Metropolitan University. Mark has been with VBMET for over a year now and provides us with invaluable support and commitment.



OUR PODCAST

We have currently a growing range of topic areas such as Bowel Cancer and nutrition as well as new approaches we are trialling such as interview conversations with a professional Advanced GP. Practitioner on topics such as Cervical smear testing and also encouraging women. We also have podcasts on men's mental health and talks to a Mental Health Practitioner that has had mental ill health issues in his own life. We want to use our podcast channel as another medium to support health matters in Trafford. For a chance to tune in please visit our new website. www.voicebmet.co.uk see link xxxxxx

OUR WEBSITE

Aswini Udhayakumar, has provided us with all our digital and technical support over the years and we are proud of her success in mastering sometimes complex situations that she works out and rectifies each and every time. Her limitless knowledge and foresight had been a valuable resource to VBMET. Her tireless effort and support has continued to allow VBMET to grow especially in our website and online Presence.



CURRENT COMMUNITY ACTIVITIES

For further details about any of our activities below please contact us!

Email: Office@voicebmet.co.uk

Call: 07928843762

Text: 07928843762

The Venue for all activities is:
Limelight centre, St. Bride's Way, Old Trafford, M169NW,

Register for an event early to avoid disappointment.



DAY & TIME

ACTIVITY

Last Tuesday of every month
12-2pm

Time 4 Men Focus Group

Wednesday
10:30 to 12:30 & 1:30 to 2:30

Healthy Heart Matters workshops.
Walking group with Mile Shy

Thursday
10:30 to 2:30 & 1:30 to 2:30pm

Inspiring Health and Wellbeing Course -10:30 to 2:30
Healthy Hearts and Hips -1:30 to 2:30 pm

Friday (Starting in September)
10.30 to 12.30

Long Covid Peer Support Group

UPCOMING EVENTS 2022

Friday – 26th of August, 2022
10:30 to 12:30

15 year Celebration of VBMET in the community

Tuesday- 30th of August, 2022
11:00 to 12:30

Launch of Long Covid Peer Support Group

Friday 2nd September
11.00 – 2.00pm

Interview and Presentation skills Training
(5 week course)