

# Get Connected Get SUPPORTED



## Meeting the Mental Health Needs of the BAMER Communities

**Monday 11th July 2011**  
**10.30am - 2.30pm**

**Ithaca House**  
**27 Romford Road**  
**Stratford**  
**London E15 4LJ**

This is a partnership event organised by The Asian Health Agency's BME Leadership & Engagement project in partnership with The Independent Newham Users Forum (INUF), the Volunteer Network Centre Newham (VNCN) and Greater London Volunteering.

**GREATER LONDON  
VOLUNTEERING**  
Experts in Volunteering



# Meeting the Mental Health Needs of the BAMER Communities

## **Seminar Content**

The event is being organised by The Asian Health Agency's BME Leadership & Engagement Project in partnership with The Independent Newham Users Forum (INUF), the Volunteer Network Centre Newham (VNCN) and Greater London Volunteering.

The seminar will focus on promoting volunteering to relevant stake holders within the community and neighbouring boroughs to build awareness about the many useful benefits of volunteering that can enable individuals to take control of their lives and improve their health particularly among the BAMER community.

## ***Objectives of Seminar:***

- To raise awareness about the mental health needs of the BAMER Communities
- To empower BAMER communities to have their voices heard
- Encourage BAMER groups to get involved in volunteering
- Create a platform where individuals can develop through tailored support in matching them to suitable volunteering opportunities based on their needs, preferences and choices
- Promote greater effort around networking /outreach and partnership work with relevant stake holders to create a broader range of opportunities, whilst seeking to build sound working relationships to ensure there is a win, win outcome for all involved.

## **Cost**

**Free but places must be booked in advance.**

# Programme

- 10.30am** Registration & Tea/Coffee
- 11.00** **Welcome & Introduction**  
Aymero Gebremeskel, *Project Co-ordinator, BME Leadership & Engagement Project*
- 11:15** **Modern Model Volunteering**  
Trevor Jones, *Project and Volunteer Co-ordinator, INUF*  
**Q&A**
- 11:30** **Brighten Your Future Become a Volunteer**  
Marvalyn Brown, *Project Manager, Volunteer Network Centre Newham*  
**Q&A**
- 11.45** **Good Practice In Volunteer Management - An introduction to London's Volunteer Management Charter**  
Jen Anderson, *Development Worker, Greater London Volunteering*  
**Q&A**
- 12.00** Coffee Break
- 12.15** **Workshops**  
*Workshop 1:*
- How can volunteering benefit me?
  - What do you hope to get from volunteering? (goal setting)
  - Positive & Negative impacts on volunteering
- Workshop 2:*
- What are the barriers that prevent service users from volunteering and getting involved?
  - Other ways and means to get service users involved in decision making process to get their voices heard
- 12.45** **Feedback from workshops**
- 1.15** **Sharing Service User Personal Experience and Involvement**  
Devon Marston  
**Q&A**
- 1.45** **Reflections and Closing Comments**  
Aymero Gebremeskel – The Asian Health Agency  
Trevor Jones – INUF  
Marvalyn Brown – VN CN
- 2.00** **Lunch and Networking**

**Seminar: Get Connected, Get Supported, 11th July 2011**

Ithaca House, 27 Romford Road, Stratford, London E15 4LJ

**BOOKING Form**

First Name(s) \_\_\_\_\_ Surname \_\_\_\_\_

Position Held \_\_\_\_\_ Organisation \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Contact Name \_\_\_\_\_

Tel \_\_\_\_\_ E-mail \_\_\_\_\_

Please state which workshop you would like to participate in:

Workshop 1

Workshop 2

Please state any particular requirements e.g. food, disability access, language etc.

Signature: \_\_\_\_\_

Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

*Photocopy and complete for each additional participant*

**COMPLETE and post this form to:**

The Asian Health Agency, BME Leadership & Engagement Project,  
Dominion Centre, 112 The Green, Southall, Middlesex UB2 4BQ

**Alternatively, send the booking details in an email to:**

farah.chaudhry@taha.org.uk **or** admin2@taha.org.uk

**For further information contact:**

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or Jessie Jandu: 020 8571 7928 / admin2@taha.org.uk