

BME Health Forum Multilingual Emotional Wellbeing Project

Has been running in different formats since 2012
Funded by CCGs core funding and funding from RBKC

- The BME Health Forum train bilingual staff and volunteers from different organisations to provide 1:1 emotional support and practical help in the clients' mother tongue
- Training lasts 6 days and covers: basic counselling skills, boundaries, goal setting, problem solving, safeguarding basics, supporting clients without judging them and not giving advice
- Project is evaluated using WEMWBS and 'how healthy do you feel today scale'

Currently delivered by:

- Abbey Community Centre
- Al-Hasaniya
- Paddington Development Trust (Champions projects)
- Chinese National Healthy Living Centre
- French African Welfare Association
- Iranian Association
- Midaye, Somali development network
- Mosaic Community Trust
- Queens Park Bangladesh Association
- Goal for 2018/19 is to support 237 clients

Languages the project is delivered in:

- Arabic
- Bangla
- Cantonese
- English
- Farsi
- Mandarin
- Somali
- Spanish

Some results from 2017/18

- 197 clients supported (target was 185)
- 98% improved more than 10% on 'How are you feeling today scale'
- Average improvement on the WEMWBS 5 point scale was 1.148

**Below are some statements about feelings and thoughts.
Please tick the box that best describes your experience of each over the last 2 weeks**

	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling useful					
I've been dealing with problems well					
I've been thinking clearly					
I've been feeling close to other people					

We would like to know how good or bad your health is TODAY.

This scale is numbered from 0 to 100.

100 means the best health you can imagine.
0 means the worst health you can imagine.

Mark an X on the scale to indicate how your health is TODAY.

Now, please write the number you marked on the scale in the box below.

YOUR HEALTH TODAY =

