

# HAZ

news

Together we can make a difference

November 2004 Issue 1



## Six month progress report

Brent **NHS**

Teaching Primary Care Trust  
Working with our partners for a healthier Brent

# Brent HAZ – History and Future

Health Action Zones (HAZs) were set up as a response to the alarm about Health Inequalities as defined in the Acheson report of 1998 (Independent Inquiry into Health Inequalities, DOH). Central government funding was to be made available in the areas where inequalities were greatest. In Brent we must remember that this is 'extra money'. Whilst we have greater inequalities than some other areas they must still address this issue from within their core budget.

That is why we must make the most of what time and resources we have left in the final two years of Brent HAZ.

Geographic Information Systems (GIS) used in the Public Health annual report shows us how we can use the improving data being collected to expose the health inequalities in Brent. The challenge for us is to make use of this information to target interventions and make informed projections to plan for future services and seriously reduce the inequalities that exist in our community.

Since the publication of the Acheson report (1998), the government has become more robust in the targets that it sets and more sophisticated in how it measures progress against inequalities indicators. Through the use of Public Service Agreements (PSA's), it is now the responsibility not only of the health sector but local authorities to meet health inequalities targets. Similarly, socio-economic inequalities that impact upon the health of the population are represented across targets for all government departments.

Locally, this means that it is the responsibility of Brent teaching Primary Care Trust (tPCT), the council, police, education sector, emergency services, the business sector and the community and voluntary sector (all those agencies and sectors represented on the Local Strategic Partnership) to work together to identify the health inequalities that exist in Brent and develop strategies and programmes to tackle them. Since all aspects of our lives – from where we live, to what we eat, to where we go to school, to our life chances and the environment that surrounds us – all impact upon our health and fundamentally our life expectancy then no service, agency or sector are outside of the solution.

In July 2004 the London Health Observatory forecast concluded that "if current trends continue, the health gap in London will not reduce by 2010. Those tPCT's with the greatest inequalities are also those with the worst health status, and their relative position will continue to worsen." It goes on to recommend that "local targets need to be determined by local tPCT's working together with strategic health authorities and local strategic partnerships."



*Welcome to HAZ News, the first in a series of newsletters published by Brent HAZ. In the coming eighteen months, there will be three more issues of the newsletter, providing information about the working of HAZ and also updates about HAZ funded projects. We hope these newsletters will act as a link between the statutory and voluntary sector providers working together to address health inequalities in Brent. In each newsletter, there will be profiles of innovative projects and inspiring stories about individuals and community groups that are making a positive contribution to the health and well-being of the residents of Brent.*

**Jackie Collins**  
**Brent HAZ Manager**

**BRENT HEALTH  
ACTION ZONE**

The HAZ team are Jackie Collins (HAZ Manager), Kathy Doyle (PA), Meher Basit (Part time Capacity Building Worker). The HAZ team would like to thank all our community and health partners for their ongoing support.

Health Action Zones were charged by the government with building partnerships across sectors, engaging communities and staff, being innovative and taking an evidence based approach that could be shared and disseminated for others to replicate successes and learn from failures.

In the final two years of the HAZ we have established new models of working across sectors and have set up systems to monitor the progress of programmes and individual projects. We have taken a decision to focus on the health targets within the inequalities agenda as well as addressing issues that have a significant local impact and affect those most hard to reach communities where inequalities are most acute.

Over the course of the next 18 months we must move the agenda away from HAZ as 'additional' to health inequalities work into what is possible within the mainstream. We should create a local set of indicators using data available to us reflecting the broader determinants of health and find ways to bend mainstream funding to target resources to impact on specific populations. Not all projects will nor should receive continued funding from the tPCT core budget after March 2006. Support will be given to organisations to seek external replacement funding where appropriate.

The legacy of the HAZ needs to be as much about a model of working through cross-sector partnerships to tackle health inequalities as it ever was about funding. The HAZ will be holding an event in Spring/Summer 2005 to consider these issues with its partners.

In addition, the responsibility of the HAZ team over the next 18 months is to provide evidence to support the following:

- Community based prevention and service delivery is an efficient use of resources in tackling health inequalities.
- The model that we have established can be applied to other diseases, conditions and areas of health work.
- The kind of partnership working that we have developed through the steering group has resulted in the sharing of resources, expertise and genuinely joined up working.
- Within the community based projects, monitoring will be seen as a valuable tool for collecting evidence for future fundraising and mainstreaming rather than a reporting mechanism.
- Project based funding, when properly targeted, can assist the tPCT in meeting its core objectives and performance indicators.
- The impact of prevention and services delivered from a community development perspective are effective and lasting.
- Community development is a crucial tool and a core function of the tPCT in tackling health inequalities.

For further information about the HAZ programme for the next 18 months. **Contact** Jackie Collins, HAZ Manager,  
 TEL **020 8795 6230**  
 EMAIL **jackie.collins@brentpct.nhs.uk**

A paper has been produced to begin the discussion about the future role of community development in the health services. The paper is available from:

**Brent HAZ**  
**Wembley Centre for Health and Care**  
**116 Chaplin Road, Wembley**  
**Middlesex HA0 4UZ**  
 TEL **020 8795 6220**

*“We must make the most of what time and resources we have left in the final two years of Brent HAZ.”*



### Performance Monitoring and Evaluation

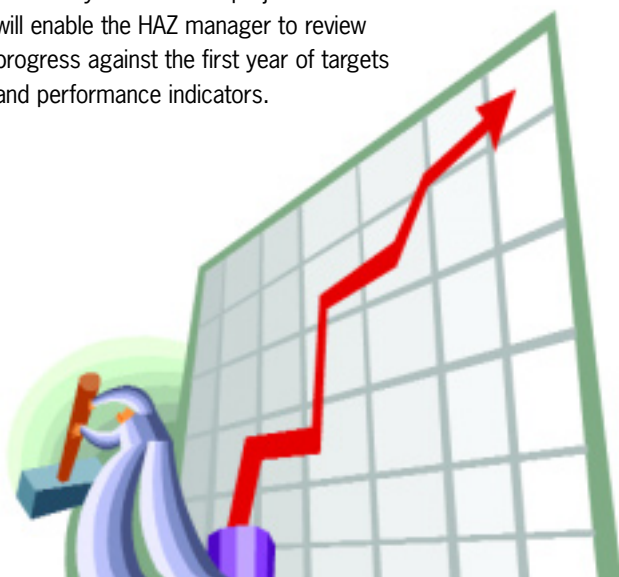
*Monitoring is often viewed as a mechanism for checking up on projects and is seen as an administrative burden. With support from the HAZ team we are encouraging the projects to see it as a way of building evidence to prove the value, impact and success of the project and support the case for continuing funding at the end of the HAZ.*

#### Monitoring Reports

At the beginning of this financial year, all projects, both new and old had to write a work programme which formed the basis of their performance monitoring targets. Monitoring is carried out on a quarterly basis through a standardized pro-forma measuring project delivery against these performance indicators. The form has been designed to minimise the administrative task and maximise the usefulness of the information collated from quarter to quarter.

We know that the HAZ funding will end in 2006, performance monitoring enables us to build the case for continuing funding for those projects that show their worth. Realistically there will not be sufficient funds within the tPCT to mainstream all of these projects and so the HAZ will support projects to seek external sources of funding where appropriate. This process will begin in March of next year so as to allow time for funding to be identified and applications made.

A mid way evaluation of projects in March of 2005 will enable the HAZ manager to review progress against the first year of targets and performance indicators.



### Community Involvement Workstream

#### Background

Since 2000 the Community Involvement Workstream has been the central bridge between the Health Action Zone and the community and voluntary sector.

This Workstream has several functions:

- The Community Involvement Workstream is the main mechanism for the Health Action Zone to communicate with the Community & Voluntary Sector (CVS) in the Borough.
- The Workstream enables the CVS to influence the direction and priorities of the HAZ.
- The Workstream is able to respond to the evolving Community Participation agenda. In the past this has included establishing Community representation for the Local Strategic Partnership, development of the Community Network, public and patient involvement in the new tPCT, the creation of a community development trust for Brent.
- The Workstream is a central platform for Community Involvement in the local NHS.
- Route for CVS to input into the Health Sector – the Workstream has 2 seats on the Health & Social Care Partnership (Sub Group of the Local Strategic Partnership) and is part of the Health & Social Care Joint Planning Structures.
- Key issues and changes within local NHS are brought to Workstream to inform CVS (e.g the development of PALS service).
- Opportunity for CVS to communicate with senior figures within local NHS.
- To promote the work carried out by HAZ funded projects.

The Community Involvement Workstream meets in the Bridge Park Centre (Stonebridge) every 2 months from 11am – 12.30pm. Dates for future meetings are as follows: 18 November 2004, 13 January 2005, 10 March 2005, 12 May 2005.

**Contact** Kathy Doyle on **020 8795 6220** or **kathy.doyle@brentpct.nhs.uk** to be put on the mailing list.

The Community Involvement Workstream runs in partnership with the Healthy Living Network which takes place on the same day from 10 – 11.30am. **Contact** Chris Baguma on **020 8795 6224** or **chris.baguma@brentpct.nhs.uk**

## Payment for Involvement Scheme

The Payment for Involvement Scheme (PfIS) was established and funded by Brent Health Action Zone in 2000. The aim of the scheme was to make a small payment to voluntary and community sector representatives in recognition of their time, contribution and expertise in the advancement of health sector planning, service delivery and evaluation.

As the scheme progressed, it became apparent that there were some circumstances where individuals would be eligible to claim (if they were a service user or carer, and in some circumstances, if they were management committee members of community and voluntary sector organisations.) Whilst the level of payment was set at £15 per meeting in order to allow individuals to claim without disrupting their entitlement to welfare benefits, it became apparent very early on that the scheme stepped outside of the routine systems of the Inland Revenue and the Benefits Agency and despite great efforts a local deal could not be made to exclude payment through this scheme for claimants. Unfortunately due to these problems and the operational difficulties of the scheme many people stopped claiming and the project was suspended.

Having taken a fresh look at the scheme and sorting out many of the operational difficulties the HAZ team have re-launched the Payment for Involvement scheme and it is now much easier for community and voluntary sector groups, service users and carers to benefit from this funding. It is hoped that by showing that if the scheme can operate effectively then people will use it and it should therefore be taken on by the tPCT as a mainstream public and patient involvement project.

Expenses for travel and childcare or carers respite is available to claimants in addition to the payment scheme.

The scheme operates for many of the tPCT public involvement and joint working meetings. If you think your meeting may be eligible.

**Contact** Kathy Doyle  
on **020 8795 6220** or  
**kathy.doyle@brentpct.nhs.uk**

*Once the trainees have successfully completed the course, they will begin placements with community groups as keep fit instructors for a minimum of 20 hours.*



## New Brent HAZ Website

Brent HAZ is in the process of developing a sub site within the new tPCT website which will serve as the reference point for accessing news and information about the HAZ's projects and programmes. The website will have monitoring updates as well as information about projects and organisations working with HAZ in addressing health inequalities in the borough. Plus we will have a special section listing all the HAZ reports from 1999. It is envisaged that the new website will be activated in the next few months and will be accessible through the Brent tPCT website: [www.brentpct.nhs.uk](http://www.brentpct.nhs.uk)

## Community Health Development Fund (CHDF) – Awards 2004

Another successful funding round of the CHDF awards took place with 14 local community and voluntary organisations awarded approximately £48,000 to carry out interesting and innovative work for bettering the health of the local community. The total amount available for the awards was £50,000 but this year's bids amounted to £250,000, making the decisions very difficult for the panel. The CHDF encourages applications from a wide range of interest groups, however because of the level of applications, priority was given to organisations with an average annual income of £20,000 or less. We realise that this condition was tough on middle and large size organisations and so the issue will be taken up by the HAZ committee to make recommendations about future funding. Details about the fund will be available next year.

## BCPAP Exercise and Fitness Instructor's Course 2004

Following borough wide publicity, the Exercise and Fitness NVQ Level II Instructor's Course began from 12 September at Bridge Park Leisure Complex. The course is being run by DCB Fun and Fitness and nineteen candidates have registered to complete the course which will end in December. The candidates will then have a written and a practical exam.

Once the trainees have successfully completed the course, they will begin placements with community groups as keep fit instructors for a minimum of 20 hours. The more time the new instructors give to community projects the more they will benefit from being part of the Brent Community Physical Activity project (BCPAP) and receive equipment, insurance cover and further training. As a result we hope to build up the number of 'accessible' keep fit and exercise classes taking place in Brent.

Becky Hale, the new Physical Activities Co-ordinator, can be contacted through the HAZ office on **020 8795 6220**.

## PROJECT UPDATE

### Diabetes

Since April 2004, Brent HAZ has been supporting various projects under three priority areas: Diabetes, Cancer and TB. For most of the projects, the time from April has been one of developmental work, marking the initial stage of the projects.

A worker has been recruited by the **Brent tPCT Community Diabetes Project**. Workshops are being held for people newly diagnosed with diabetes alongside courses for existing diabetics. The first newsletter has been produced in seven community languages.

**Contact** Leena Sevak TEL **020 8795 6155**

EMAIL [leena.sevak@brentpct.nhs.uk](mailto:leena.sevak@brentpct.nhs.uk)

The specific issues faced by deaf and hard of hearing people with diabetes, such as accessibility and lack of awareness of their needs, have been raised through seminars and attendance at different events across the borough as part of the project of **Brent Deaf People's Group (BDPG)**. **Contact** Pauline Latcham

TEL **18002 020 8782 1575**

EMAIL [info@brentdeaf.org](mailto:info@brentdeaf.org)



For the **Brent Community Physical Activities Project (BCPAP)**, new instructors are being trained to provide community based exercise classes.

**Contact** Becky Hale TEL **020 8795 6220**

EMAIL [rebecca.hale@brentpct.nhs.uk](mailto:rebecca.hale@brentpct.nhs.uk)

A diabetes nurse has been recruited and awareness-raising sessions have been organised for people with learning difficulties, their families and carers across Brent by **Brent Learning Disability Partnership**. **Contact** Scott O'Hare TEL **020 8937 4341** EMAIL [scott.o'hare@brent.gov.uk](mailto:scott.o'hare@brent.gov.uk)

A help desk has already been set up at Central Middlesex Hospital by the **Brent Association for the Blind** and they have already advised 280 people. **Contact** Dave Pearce TEL **020 8423 5141** EMAIL [info@aftb.org.uk](mailto:info@aftb.org.uk), [dave@aftb.org.uk](mailto:dave@aftb.org.uk) WEBSITE [www.aftb.org.uk](http://www.aftb.org.uk)

## PROJECT PROFILE

### Elders' Voice / New Testament

Elders' Voice / New Testament have recruited a Community Diabetes Worker who organised a three day course as part of Diabetes Awareness Week about type 2 diabetes amongst the over 60 year olds. The course was based on the view that empowering people who have type 2 diabetes with the right type of knowledge enables them to make informed decisions about their health and change their behaviour for the better.

Nineteen people with type 2 diabetes from a variety of ethnic origins took part. During the three days audio visual aids were used to explore diabetes, its related complications and ways to prevent or delay them. A booklet about diabetes was also produced to accompany the course. This was given to participants on the first day for them to keep and use as a reference.

The three days were arranged one week apart to give participants time to study and retain information both at home and during the course. Attendance was 100% and participants were highly motivated to learn more.

Each participant was asked to complete a pre-course and a post-course questionnaire comprising 16 questions about the main aspects of diabetes, its complications and prevention. By comparing the two it was possible to measure the impact of the course. There was an incredible increase in the participants' knowledge and awareness – prior to the course less than 1 in 5 participants answered half the questions correctly compared with 3 in 4 participants answering 80% of the questions correctly after the course. The participants' blood sugar, blood pressure and weight were taken and they will be monitored regularly over the next year to see whether this shift in awareness will lead to changes in behaviour that result in improved indicators of diabetes control.

The results are very encouraging. Given the success of the course, similar courses will be carried out in the future. The project will also go on to provide one to one advice to clients about diabetes based on their own personal circumstances.

For more information about **Elders' Voice/New Testament**,

**Contact** Helen Cylwik TEL **020 8968 8170**

EMAIL [elders.voice@btconnect.com](mailto:elders.voice@btconnect.com)

*Elders' Voice / New Testament have recruited a Community Diabetes Worker who organised a three day course as part of Diabetes Awareness Week about type 2 diabetes amongst the over 60 year olds.*

## PROJECT UPDATE

### Cancer

**Cancer Black Care (CBC)** have begun consultations with different agencies and community groups as well as developing a media campaign for radio around the causes and prevention of cancer. (See opposite for related story about CBC's partnership project with Kwikfit).

**Contact** Ike Odina TEL **020 8961 4151**

EMAIL [ike.odina@cancerblackcare.org](mailto:ike.odina@cancerblackcare.org)

WEBSITE [www.cancerblackcare.org.uk](http://www.cancerblackcare.org.uk)

**Afghan Association of London (Brent)** organised three half-day workshops on lung and breast cancer for the Afghan community in Brent and there are plans to organise workshops on smoking cessation and cancer in schools which have a significant Afghan student population.

**Contact** Hooshang Paigir TEL **020 8903 5617**

EMAIL [aalbrent2000@yahoo.co.uk](mailto:aalbrent2000@yahoo.co.uk)

WEBSITE [www.afghan-association.org.uk](http://www.afghan-association.org.uk)

Two ex-nurses have been recruited by **African Women's Care** to deliver the main tasks of the project which include identifying the best places to disseminate advice and information about the benefits of cancer screening and the translation of material into the main African languages.

**Contact** Jane Lanyero TEL **020 8459 9006**

EMAIL [africanwomencare@hotmail.com](mailto:africanwomencare@hotmail.com)

**Brent Carer's Centre** have been supporting carers of people suffering from cancer already on their database as well as new clients accessing their service.

**Contact** Nicola Pieterse TEL **020 8795 6249**

EMAIL [nicola.pieterse@brentcarerscentre.org.uk](mailto:nicola.pieterse@brentcarerscentre.org.uk)

Dealing with the homeless and the issues around screening, **Cricklewood Homeless Concern (CHC)** have been making referrals for diabetes and tuberculosis screening as well as giving information about smoking cessation to the clients accessing their service.

**Contact** Ali Ramathan TEL **020 8208 1608**

EMAIL [the.director@cricklewoodhomelessconcern.co.uk](mailto:the.director@cricklewoodhomelessconcern.co.uk)

WEBSITE [www.chc.org.uk](http://www.chc.org.uk)

Two part-time Health Promotion Workers have been recruited by the **Iraqi Welfare Association (IWA)** to develop and distribute information material in the Iraqi community, run seminars and do outreach work. A newsletter is being developed to inform about the common signs and symptoms of cancer.

**Contact** Hanna Field TEL **020 8970 2151**

EMAIL [hannafield@hotmail.com](mailto:hannafield@hotmail.com) WEBSITE [www.iwa-uk.org](http://www.iwa-uk.org)

**Brent Irish Advisory Service (BIAS)** have recruited and trained new volunteers for their elders project to carry out smoking cessation, and advice and general support.

**Contact** Sue Newman TEL **020 8459 6655**

EMAIL [bias.brent@btconnect.com](mailto:bias.brent@btconnect.com)

## PROJECT PROFILE

### Cancer Black Care at Kwik-Fit

Well, it was another 'fine day at the office', as the Cancer Awareness Project being spearheaded by Cancer Black Care (CBC) embarked upon another phase of their project.

Cancer Black Care has really taken the word 'partnership' literally and linked up with the Brent's entrepreneurial movers and shakers.

This weekend saw Cancer Black Care working hand-in-hand with the folks of Kwik-Fit at Staples Corner, London NW9, where they met with customers and the staff team. (Ike, the Cancer Information Officer, is seen here giving some information in the tyre bay).



Photo: Ike Odina

Prostate and testicular cancers were discussed in the cosy and comfortable environment of the automotive workshop. Customers and staff were spoken to as tyres were examined, exhausts replaced, brakes checked and wheels aligned.

There was something for everyone, a few ladies were informed, regarding Breast cancer – this being National Breast Cancer week.

In three sessions, spread across the weekend (from Friday evening through to Sunday afternoon), about 100 people benefited from the event. They were spoken to and given relevant information leaflets, especially concerning the signs and symptoms of cancer.

Initial feedback from the customers showed that they valued the efforts of a voluntary/community based organisation, i.e. Cancer Black Care, actually coming out into the community to meet people where they feel comfortable... and it's no myth that the male of the species tend to feel more at ease when surrounded by cars – one wonders why!!!

This type of event is a trend that Cancer Black Care will continue to develop, so look out; the next venue... could be yours!

Many thanks to the fellows at Kwik-Fit!

**Contact** Ike Odina TEL **020 8961 4151**

EMAIL [ike.odina@cancerblackcare.org](mailto:ike.odina@cancerblackcare.org)

WEBSITE [www.cancerblackcare.org.uk](http://www.cancerblackcare.org.uk)

## PROJECT UPDATE

### TB

**Asian People with Disabilities Alliance (APDA)** have recruited staff and are near completion of the mapping phase of the project. The map of the patient route will assist them in providing informed support and advice in the pilot project for patients with TB. **Contact** Javaid Iqbal and Meena Saleem TEL **020 8961 6773**

EMAIL [apdmcha@aol.com](mailto:apdmcha@aol.com)

WEBSITE [www.apda.org.uk](http://www.apda.org.uk)

**Brent Refugee Forum** and **Brent Homeless Families Group** are the lead agencies for carrying out research about the experience of people with TB and the stigma associated with it. The project is currently going forward for approval with the local research network.

**Contact** Amna Mahmoud TEL **020 8214 1434**

EMAIL [brentrefugeeforum@chancelhouse.co.uk](mailto:brentrefugeeforum@chancelhouse.co.uk)

**Brent and Harrow Community Health Projects** and **Brent Indian Association** are in the process of testing the translation of existing resources about TB. They will also run campaigns within the Asian and African media.

**Contact** Jagdish Patel (BIA) TEL **020 8903 3019**

EMAIL [info@brentindianassociation.org](mailto:info@brentindianassociation.org)

WEBSITE [www.brentindianassociation.org](http://www.brentindianassociation.org) and Edwin Mapara (B&H Community Health Projects)

TEL **020 8459 6155**

EMAIL [aemapara@aol.com](mailto:aemapara@aol.com)

WEBSITE [www.bhchprojects.org.uk](http://www.bhchprojects.org.uk)



*Brent Refugee Forum and Brent Homeless Families Group are the lead agencies for carrying out research about the experience of people with TB and the stigma associated with it.*

## ONGOING PROJECTS

As well the projects within the three priority areas, HAZ continues to fund several projects because of their impact in addressing health inequalities from previous years.

As part of the **Capacity Building project**, support has been provided to several individual community and voluntary organisations such as BAA, LWR/Holistics. The Capacity Building project includes the **Community Health Development Fund (CHDF)** which completed another successful round of funding for voluntary and community groups from Brent and has also supported the development of the Multi-faith Forum. Staff has been recruited for the **Social Enterprise Project** which has been promoted through local networks. Meetings have been held with second tier VCS organisations, enterprise sector, public sector, sub-regional agencies and networks. The **Healthy Living Development Fund (HLDF)** includes the **Brent Community Physical Activities Project**. **Contact** Jackie Collins at Brent HAZ for all these projects, TEL **020 8795 6230**  
EMAIL [Jackie.Collins@brentpct.nhs.uk](mailto:Jackie.Collins@brentpct.nhs.uk)

**Brent Citizens Advice Bureau** have got two separate projects running with the support of HAZ. The first project trains Refugee Volunteers to be CAB advisors and the second project provides Benefits Advice in two Primary Care settings: Kilburn Park Medical Centre and Blessing Medical Centre.

**Contact** Jacqueline Carr TEL **020 8459 3617**

EMAIL [jacqueline.carr@brentcab.co.uk](mailto:jacqueline.carr@brentcab.co.uk)

**RFET Brent QUEST** continues to exceed its targets in placing its clients in education/training and employment. See related story on page 10. **Contact** Jan Lemmon TEL **020 8459 9020**  
EMAIL [jan.lemmon@richmondfellowship.org.uk](mailto:jan.lemmon@richmondfellowship.org.uk)  
WEBSITE [www.richmondfellowship.org.uk](http://www.richmondfellowship.org.uk)

**Brent Carers Centre Primary Care Project** has built awareness among health care professionals of the role and needs of carers. The project has directly assisted 100 carers this year offering them advice, training and support.

**Contact** Odeta Pakalnyte TEL **020 8453 2213**

EMAIL [odeta.pakalnyte@brentpct.nhs.uk](mailto:odeta.pakalnyte@brentpct.nhs.uk)

or Kathleen Mulligan TEL **020 8453 2212**

EMAIL [Kathleen.Mulligan@brentpct.nhs.uk](mailto:Kathleen.Mulligan@brentpct.nhs.uk)

**Brent Refugee Forum** have been developing their infrastructure in the early part of this year as well as organising two refugee week events, supporting refugee community organisations, producing regular newsletters and acting as a focus for refugee issues in the borough.

**Contact** Amna Mahmoud TEL **020 8214 1434**

EMAIL [brentrefugeeforum@chancelhouse.co.uk](mailto:brentrefugeeforum@chancelhouse.co.uk)

There has been a substantial increase in the membership of the **Health from Leisure committee** and activities in the work of the **Health Development Worker at Chalkhill**. The project ran its fourth successive health fair at Wembley ASDA and runs regular groups and workshops for elders and the Chalkhill community. **Contact** Gloria Travers TEL **020 8901 1150**  
EMAIL [gloria.travers@brentpct.nhs.uk](mailto:gloria.travers@brentpct.nhs.uk)

**Cricklewood Homeless Concern (CHC)** continue to run their Life Skills Education project, which has seen a substantial growth in the number of users since April 2004 to events such as the Athletico Football team, the Writing/Numeracy project, the Literacy project and the Basic Computer Skills class. At present, CHC are using an innovative new tool for case management. **Contact** Danny Maher TEL **020 8208 1608**  
EMAIL [the.director@cricklewoodhomelessconcern.co.uk](mailto:the.director@cricklewoodhomelessconcern.co.uk)  
WEBSITE [www.chc.org.uk](http://www.chc.org.uk)

Discussions are underway with the Allotments Officer (Brent Council) to acquire a fourth site at Dors Close Allotments in Kingsbury as part of the **Food Innovations Project** who have successfully recruited 3 volunteers, bringing the total of volunteers to 140. The Buddy Mentoring System has been successfully running at South Kilburn Community Garden and Birchen Grove. The project has also successfully supported Grassroots Produce Food Co-op to deliver 150 food boxes.

**Contact** May Mo TEL **020 8903 2562**

EMAIL [bbe2uk@yahoo.co.uk](mailto:bbe2uk@yahoo.co.uk)

WEBSITE [www.bb-environment.org](http://www.bb-environment.org)



*The Food Innovations Project has also successfully supported Grassroots Produce Food Co-op to deliver 150 food boxes.*



### RFET Brent – The QEST Centre

*In every newsletter, we will be profiling a project that has made a difference to an individual, a group or a community through improving health and addressing health inequalities. In this issue, we have **Linda's Story**, who approached RFET Brent QEST because of mental health issues and was facilitated to find employment which greatly enhanced her mental health and well being.*

Linda registered with RFET Brent QEST in Feb 2004. Linda had suffered from depression and anxiety attacks for 2 years. Before her mental ill health Linda had worked for an ICT company as a technical engineer and training officer.

Having contacted RFET Brent QEST to gain some assistance in getting back to work, either paid or voluntary. Linda (seen here kneeling on the left at the AGE Concern project in Brent) was assigned an Employment Advisor, Rash Patel (also seen in the picture kneeling on the right); together they drew up a personal profile and career profile. After exploring several options, Linda felt that she would like to pursue her keen interest in gardening that she has developed over several years. As a result she has acquired a wide range of knowledge and expertise within this field, and has found this activity to have a positive effect on her mental health.



Photo: Rory Gilder

Linda had progressed from having many different ideas for her future training and employment to concentrating on something she enjoys and finds beneficial to her mental health.

The Employment Advisor contacted Age Concern in Brent with a view to setting up a volunteer gardening placement for Linda. All parties met and a placement commenced in April 2004. With the help of RFET Brent QEST Linda started to draw plans of the garden and also contacted Homebase in Willesden who donated lots of plants and materials. From this she has made the front garden vibrant and full of colour. Linda enjoyed this placement and has built great relationships with all the staff. So far Linda has committed a lot of time and effort and has given the gardens a new look.

At the end of August, QEST were contacted by Park Royal Hospital who were looking for someone to take on their gardening maintenance contract, they had been referred by the Central and North West London (CNWL) Trust User Employment Programme having initially contacted the Trusts Vocational Services Manager. Meetings were set up at Park Royal Hospital with Linda and her Employment Advisor to look into the possibility of Linda taking on paid work. Out of these meetings came a plan to set up a voluntary gardening scheme. Linda will be responsible for maintaining the gardens and Brent QEST will provide volunteers enlisted from Park Royal to work alongside her and will teach them relevant gardening skills and allow them to take responsibility for certain areas of the garden to encourage ownership. Volunteers will be learning social and physical skills as well as building their self-confidence and helping with their daily routine.

Linda is now making the transition from voluntary work into paid employment, through QEST and the CNWL User Employment Programme, who assist people with mental illness experience opportunities of paid employment within the trust.

Overall Linda had progressed from having many different ideas for her future training and employment to concentrating on something she enjoys and finds beneficial to her mental health.

For more details about RFET Brent QEST  
**Contact** Jan Lemmon TEL **020 8459 9020**  
EMAIL [jan.lemmon@richmondfellowship.org.uk](mailto:jan.lemmon@richmondfellowship.org.uk)  
WEBSITE [www.richmondfellowship.org.uk](http://www.richmondfellowship.org.uk)

*Linda felt that she would like to pursue her keen interest in gardening that she has developed over several years. As a result she has acquired a wide range of knowledge and expertise within this field, and has found this activity to have a positive effect on her mental health.*

Being open to new initiatives and taking on new projects has been one of the hallmarks of Brent HAZ and recently two more areas have been identified and developmental work is underway thanks to an additional grant of £125,000 by the Department of Health. It is envisaged that two additional projects will commence from January 2005, following consultations with key providers in the borough. The intention is that these two projects should be delivered within the community and voluntary sector and that we must work with the mental health services from the very beginning to ensure that they have a realistic chance of mainstreaming at the end of the HAZ funding project.

## Mental Health

Following the tradition of user and community involvement to address inequalities, this project creates an opportunity to extend this to the specific field of mental health. Two areas of concern have been marked out for this project in mental health: **Service User Involvement** and **Advocacy**.

The aim of the **Service User Involvement** project is to extend the range and create dynamic opportunities through which mental health service users can engage with, influence and direct the current and future provision of mental health services. The project will facilitate an environment where service users feel able to participate in the planning, delivery, monitoring and

evaluation of services. This will be achieved through individual support and capacity building and the use of group training, workshops and support. This project will be run by Brent User Group (BUG). **Contact** Fiona Hill for further information, TEL **020 8452 7125**  
EMAIL **fiona@brentusergroup.fsnet.co.uk**

Through the **Mental Health Advocacy Development project**, Brent HAZ is committed to developing a formal advocacy service for in-patients at Park Royal Hospital. The service will support patients at the time of their discharge from the hospital through individual advocacy and liaison with mental health professionals. It will aim to assist mental health patients be aware of their rights and options. This project will be delivered by Loud and Clear. **Contact** Chris George for further information, TEL **020 8900 2221**  
EMAIL **Chris.George@loudandclear.org**

## Young Disabled People with Sensory and Physical Impairment

In recent years, research has highlighted that young disabled people face difficulties in accessing education, employment as well as discrimination and difficulties accessing transport, buildings, open spaces and opportunities for leisure and services.

This project will be using the social model of disability to identify those young people who define themselves as having a physical or sensory impairment, to map what services are currently available to them and what young disabled people feel about those services. Following a comprehensive mapping, the project will work with young people to make recommendations about how to meet their needs, encouraging inclusion, participation and access to services as well as facilitating the transition from youth to adult services. A specialist consultant will carry out this piece of work and make recommendations to health and social services.



*Being open to new initiatives and taking on new projects has been one of the hallmarks of Brent HAZ.*

## GOVERNANCE OF THE HEALTH ZONE

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The Health Action Zone is based within the Public Health Directorate of Brent tPCT. The HAZ committee is the governing body for the HAZ and it is made up of representatives from the tPCT, Brent Council and the umbrella bodies of the local community and voluntary sector. The community has the majority representation on the Committee.

The HAZ committee is, in turn, a sub group of the tPCT Board, which is the management body for the Brent Teaching Primary Care Trust.

One of the Trust boards non executive Directors, Steve Maingot is the chair of the HAZ committee.

### HAZ committee

Steve Maingot	<b>Non Executive Director Brent tPCT</b>
Geraldine Quinn	<b>Brent Association of Disabled People</b>
Sue Newman	<b>Brent Irish Advisory Service</b>
Amna Mahmoud	<b>Brent Community Network</b>
Phil Sealy	<b>Health, Race &amp; Social Care Forum</b>
Hanna Field	<b>Brent Refugee Forum</b>
Jagdish Patel	<b>Brent Indian Association</b>
Gloria Travers	<b>Community Involvement Workstream</b>
Iris Brown	<b>Women's Health Network</b>
Director	<b>Brent Black African and Caribbean Mental Health Consortium</b>
Director	<b>Age Concern</b>
Judith Stanton	<b>Director Public Health Brent tPCT</b>
Stephen Jones	<b>Director Joint working Brent tPCT</b>
Cathy Wellstead	<b>Brent Council</b>
Chief Executive	<b>Brent Council</b>

### Non voting members

Jackie Collins	<b>HAZ Manager</b>
Mike McGowan	<b>Finance manager Brent tPCT</b>
Marco Inzani	<b>Head of Health Promotion Brent tPCT</b>
Clementine Femiola	<b>Brent LSP Health manager</b>



### Contact

Jackie Collins, Brent HAZ Manager, TEL **020 8795 6230**  
EMAIL [jackie.collins@brentpct.nhs.uk](mailto:jackie.collins@brentpct.nhs.uk)

Kathy Doyle TEL **020 8795 6220**  
EMAIL [kathy.doyle@brentpct.nhs.uk](mailto:kathy.doyle@brentpct.nhs.uk)

ADDRESS **Brent HAZ, Wembley Centre for Health and Care,  
116 Chaplin Road, Wembley, Middlesex HA0 4UZ**

Brent **NHS**

Teaching Primary Care Trust

Working with our partners for a healthier Brent

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