B|C Better Community
B|N Business Network

in Partnership with the School of Psychology,
University of East London

UEL
University of
East London

MENTAL HEALTH
AND WELL-BEING
BRITISH MUSLIM
YOUTH 2019

Monday, 29th April 2019
Time: 9:30 - 16:00

University of East London
1 Salway Place, London E15 1NF

About us

Better Community Business Network (BCBN)

BCBN is a Muslim-led charity, bringing together professionals, key government officials and heads of charities to facilitate community engagement. Since its inception BCBN has raised over £1.4million in funds for community causes and has attracted support from respected figures such as HRH The Prince of Wales; Former Deputy Prime Minister, Rt Hon Nick Clegg; Former Justice Secretary, Rt Hon Chris Grayling; Mayor of London, Rt Hon. Sadiq Khan amongst others. BCBN provides grants to grassroots voluntary and community groups working with deprived communities in the UK, programme areas range from education and poverty to social cohesion, health and well-being. BCBN also works with academic institutions, researchers, think tanks and government, seeking to overcome barriers to a more just and equal society.

University of East London (UEL)

With London campuses in Stratford and Docklands, the UEL is at the heart of the industrial and creative shift east, and a powerful global gateway. Over the past 125 years, the University has prepared graduates for the jobs of the future and has nurtured a longstanding tradition of applying research and knowledge to address issues with real-world relevance seeking to promote collaborative action and drive social cohesion and innovation with local, national and international partners.

Formally established in 1965, the School of Psychology at UEL embodies the aspirations of its founders, and of people everywhere, who regard University education as personally transformative, vocational through high calibre course-provision, purposefully oriented to preparing graduates as able and invested to contribute to social, economic and industry located needs and see these as opportunities to-make-a-difference. Evidence-based Social Justice Agenda sits at the heart of the School's civic engagement projects, with an accomplished record of shaping policy development and setting guidelines for practice. Echoing this applied professional ethos, in the most recent Research Excellence Framework (REF 2014) the School of Psychology was ranked 1st, nationally, for "research impact" (having secured 100% 4* ratings).

www.uel.ac.uk/psychology, @UELPsychLondon

Our Delivery Partners:

LANTERN INITIATIVE

THE MUSLIM NETWORK COLLABORATION

MCAPN
MUSLIM COUNSELLOR & PSYCHOTHERAPIST NETWORK

Inspirited Minds

BCBN in partnership with the School of Psychology at the University of East London are delighted to host an interactive, one-day conference focussing on the mental health and well-being of Muslim youth in England. This will be the first mental health and well-being conference focussing on Muslim youth which will bring together multiple sectors including Muslim community leaders, health, social care, education, charitable organisations, academics researchers and policy makers.

The conference will cover the mental health and well-being issues that most affect British Muslim youth, showcase case studies, emphasise importance of prevention, identify gaps in service provision and policy.

Who the conference is aimed at:
Local authorities, public health, NHS service commissioners and providers, researchers, mental health practitioners, third sector community organisations working with Muslim youth, Muslim community leaders and institutions, academics and journalists.

Conference objectives

- To increase awareness of the mental health issues facing Muslim youth and the need for access to culturally and faith appropriate mental health and well-being resources/ services

- To help raise the profile of mental well-being in this population group

- To help decrease the stigma of mental illness within the Muslim community by creating dialogue and cross sector engagement

- To share/ support evidence-based research

- To provide a platform for learning, discussion, support and facilitation

- To form a post-conference report, with recommendations for the statutory services, government, researchers, funders and Muslim communities.

The Programme

- The landscape, challenges and outlook for young Muslim's mental health and well-being.

- Research: presenting findings on research around mental health in the Muslim and BAME community

- Highlighting top mental health issues experienced by Muslim youth

- The role of public health services and practitioners in addressing mental health issues and the needs of the Muslim community

- A panel discussion with Muslim organisations and leaders on making an impact on prevention, treatment and well-being

- Discussion groups on conference topics, sharing best practice and outcomes contributing to the report

Discussion groups and interactive workshops

1. The provision of cultural and faith sensitive resources and services for Muslim youth

This session will showcase examples of service providers who are tailoring their offer to suit the needs of Muslim youth. This is aimed at public health services, local authorities and organisations actively engaging with mental health in BAME/ Muslim communities.

2. Mental health awareness and reducing stigma in Muslim communities

Raising awareness of mental health issues and reducing associated stigma about mental health. This session will support participants to recognise the signs of deterioration and poor mental well-being in our youth and to discuss interventions to a growing epidemic. This is aimed at Imams, parents, Muslim leaders and organisations.

3. Inequalities in mental health: the role of research and development of cultural-sensitive resources

This session will focus on stimulating the research agenda and influencing policy makers by identifying the key gaps and challenges in health research, with concentration on reducing inequalities in mental health of Muslim youth. This is aimed at researchers, academics, funders and public bodies.

4. Creative therapies and the storytelling of lived experience of mental health

Using role play and creative arts, the therapist will demonstrate the use human sculpturing, voice work and storytelling to explore mental health issues. The session will help increase self-awareness and offer a creative way for an individual or group to explore and solve personal and social problems. This is for anyone who would like to explore feelings and behaviour with others in a safe environment and professional support. This session is also useful in learning from and engaging with people who have experienced mental health issues, first hand.

PURCHASE YOUR TICKET FOR THE CONFERENCE TODAY:

BOOK HERE

or visit muslimmentalhealth.eventbrite.co.uk | For enquiries email events@bcbn.org.uk

Conference location

University of East London, Stratford Square, 1 Salway Place, London E15 1NF

Travel information:

University Square Stratford is in the centre of Stratford - five minutes' walk from Stratford station.

Public Transport:

By public transport, it is served by national and London Overground rail services, as well as the Underground Central and Jubilee lines, and the DLR. Bus routes calling at Stratford station include: the 25, 69, 86, 104, 108, 158, 238, 241, 257, 262, 276, 308, 425, and the D8.
By road, the campus is accessible via the A12, A13 roads, and the A406 London circular.

Parking:

Parking is not available for students during peak hours (8.00am-5.00pm, Monday-Friday), although Blue Badge holders can apply for a peak hours parking permit. All students can apply for an off-peak parking permit, allowing them to use the campus car parks at Docklands and Stratford outside these times.

Walking from Station:

1. Exit Stratford Station and cross the Great Eastern Road to enter Stratford Shopping Centre
2. Walk straight ahead through the centre until you see the exit on your right leading onto Stratford Broadway
3. Take the exit
4. Turn left and walk along Broadway past the market stalls and the church
5. Cross the road on your right hand side (you will see Stratford Library in front of you)
6. Once you are in front of the library, facing the building, turn right and follow the road around to the left. You are now on Romford Road
7. Follow the road for around 5 minutes and you will see the University of East London on your left
8. Walk down Water Lane approximately 30 metres; the main entrance to the campus is in a slip road called The Green

The report

Working towards improving the mental well-being of Muslim youth in England: challenges, solutions and practical case studies

National healthcare policies state that professionals should take account of cultural identity and provide appropriate healthcare for minority ethnic and religious groups. Professionals receive little practical support to do this, there is also very little research evidence about how to meet the needs of minority faith groups.

The government's five-year mental health plan is aimed at improving access to mental health services nationally. The Prevention Concordat for Better Mental Health Programme developed by Public Health England (PHE) seeks to bring together leading Muslim organisations to better understand issues affecting Muslims around mental well-being. The Concordat also looks at how organisations can work together to improve the mental well-being of the community and aims to facilitate local and national action around preventing mental health problems and promoting health and well-being.

The report, commissioned by BCBN will highlight the key findings of the conference, sharing best practice and recommendations on mental health needs within the Muslim community. In doing so, we intend to address and aid the gap in knowledge, access and collaboration between statutory services, institutions and community organisations for a more informed, community-centric approach to the mental health needs and provisions of Muslims in the UK.

B | C **B | N** Better Community
Business Network