

MBS WELLBEING COMMUNITY INTEREST COMPANY

Black

History

Month

2022



REPORT Black History Month Transforming Health 2022



Collaborative Partners



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Introduction

Black History Month is one window in the calendar year that celebrates African & Caribbean culture and achievements. A space for greater learning and understanding that encourage integration with the wider community.

Working with Windrush partners Mbilla Arts, Waltham Forest Twinning Association and Black Women in the Arts developed programme to respond to this year's Black history month theme Black health and Wellbeing.

Acknowledging health practitioners past and present in the NHS, Primary care and Community-based. Creatives who use their artistry to entertain, inspire and bring happiness and enjoyment to an audience.

Our event Black History Month-Transforming Health 2022 took place on Thursday 13 October 2022 from 12 - 5pm at Leytonstone Library and was funded by London Borough of Waltham Forest and featured in their boroughwide Black History Month celebrations.

Event Programme of Activities

The atmosphere was calm and friendly, seating arranged at arm's length, face masks, hand sanitiser and gloves were made available considering age and health vulnerabilities. Participants could also view displays placed around the hall by Retired Caribbean Nurses, Waltham Forest Twinning Association and Sonia Morris, nutritionist.

Two organisations provided leaflets / promotional materials Mbilla Arts, Drumming for health workshops for adults to learn to play the djembe drum to alleviate anxiety and depression. Positive East based in Bethnal Green, HIV awareness Tresca Wilson and Beth Hopson brought leaflets, cups, and bags which was taken up by participants.

Cultural Welcome - Participants were greeted with African drumming for a duration of thirty minutes performed by one of our Windrush partners, Seneke Sillah from Mbilla Arts.

Opening Ceremony - This was disappointing we had to make changes to the programme because the upstairs library and hall were not accessible to people with disabilities and older people as the lift was not working. Therefore, our Mayor Councillor Karen Bellamy could not meet residents and open the event she stated that if prior notice was given the venue could have been changed.

Nutrition and Demo - Sonia Morris registered nutritionist (RNutr.) and trainer provide community-based services centred around healthy lifestyle. The one-hour health session offered participants opportunities to learn more about the different types of foods and vegetables that produce vital nutrients for the body and how to introduce this into diet. This is also important in the management and control of health conditions like diabetes, stroke, hypertension. Demonstrated how to make smoothies and the health benefits such as a boost to the immune system, answered questions posed by participants.

Windrush and Black Health Display - Mervin Caesar John, chairperson of Waltham Forest Twinning Association. Delivered a 10-minute synopsis on the educational displays visiting libraries across the borough. For the event displays were focused on health practitioners Mary Seacole, Windrush Nurses research into Sickle Cell and Thalassemia that created better life chances for sufferers.

Page | 2 **Light Refreshments / African Drumming and Talk** - During lunch participants enjoyed a selection of sandwiches including vegan, salad, fresh fruits, and carrot cake. Nutritionist commented it was well balanced. In the background African drumming followed by ten-minute talk on the different meaning of the five drums in West African culture.



*Sonia Morris Nutritionist (RNutr.)
Nutricise Health*



*Seneke Sillah, Director and Lead Musician
Mbillla Arts*



*Mervin Caesar-John, Chairperson
Waltham Forest Twinning Association*

Presentation “What A Journey” Retired Caribbean Nurses Association

We had the privilege of listening first hand to three retired Windrush nurses who talked about how the Caribbean nurses' individual stories were captured with a series of interviews, video recordings, and collection of artifacts. It was a project and exhibition organised by Black Women in the Arts as a historical record and resource for learning held at Hackney museum 2014-15.

Recounted stories of living in, training on hospital wards until they qualified. They were ambitious worked across London and other parts of the country gained experience to further career progression. Some encountered barriers that they had to overcome in order to gain promotion, or work in a specialist field e.g., midwifery, sister, health visitor alongside getting married, having children, and balancing family life.

Chair Exercise

Walter Browne, director, qualified fitness / personal trainer, from Chair Exercise Ltd. A full hour of all around body workout. Stretching to loosen muscles, strengthen arms and legs to increase movement and balance, which was great fun participants thoroughly enjoyed themselves.

Medley of Songs – the talented international/local Caribbean artiste Deloris Francis gave a ten-minute performance of her popular original hits from soca to reggae. It was a fitting end to the afternoon, everyone was dancing and singing along very uplifting.

Overall, the event was highly successful, for some participants it was the first time they had ventured out since the pandemic and reconnect to their culture something they missed. We had excellent support from three volunteers. Thirty-six participants signed attendance sheets, and nineteen (fifty three percent) completed the evaluation forms.

Page | 3 The Evaluation Report is on page 4.



Members of the Retired Caribbean Nurses Association



Seneke Sillah and Participants



*Walter Browne, Fitness Instructor
Chair Exercise Ltd*



*Deloris Francis Local International
Recording Caribbean Artiste*

Evaluation Report

Introduction

Page | 4

The pandemic changed how we normally engage and communicate with residents, especially those who are vulnerable due to age, disability, or long-term illness.

This is our first event since that time, and we wanted to gauge the responsiveness and reactions of participants, including any concerns they may have about attending events and what changes we can introduce to re-establish services and activities in the community.

Analysis of Data

Feedback from the survey captured the experiences and topics that appealed the most and how our service delivery met their needs and the affect it had on customer satisfaction.

The collated information established that thirty-six participants signed attendance sheets and 19 (53%) completing the evaluation questionnaires. The information derived from this is very useful the breakdown of Waltham Forest residents totalled ten 52.6% others eight 42% and one unstated, also sixteen signed up for information about future activities. The findings are as follows:

Section 1 Questions 1 - 4

Question 1. What is your overall opinion of the event?

The participants answers exceeded expectations with an endorsement of our service delivery and customer satisfaction methods.

Excellent	Good	Need Improvement	Poor	Total
13	6	0	0	19

Question 2. What did you like about the event?

Here we can see the positive outcomes for participants such as enjoyment, content informative and educational, atmosphere was great, indicating a high level of satisfaction. We can use this as a template to introduce more health and prevention sessions to also reach the wider community.

Please see highlighted and full list below:

- I like all of the activities put on. The atmosphere was great. The organisers were very helpful and kind.*
- Very informative and lively, need more events like this should not be limited to October.*

1. Talking about the Caribbean and Windrush Nurses.
2. Variation of different speakers.
3. No comment.
4. Very interesting especially Nutrition and the Nurses speech

5. All.
6. Everything was very good and enjoyable
7. Everything thing was very good and enjoyable
8. From the outside there was no publicity for the event. Welcome was good and Food was a lovely bonus.
9. I like all of the activities put on. The atmosphere was great. The organisers were very helpful and kind
10. This event was very well executed and was in a good and relaxing atmosphere. Overall, everything was good, the time slots were very well planned.
11. Everything was very good
12. Very informative and enlightening and friendly
13. I liked everything about the event
14. I loved the Event. I think the section on Nutrition was very beneficial
15. The fact that contributions made by Black and Ethnic Minorities are celebrated. The talk on Nutrition was good and very much appreciated.
16. Very varied. The Nurses' comments re today's nursing were apt. We are experiencing a revolution for the worst.
17. A lot of general issues were covered would be good if more time were added, but it was good to at least get the overall info. More people came than I thought was expected and it was great to have a selection of even though time was limited. I hope another event will be organised for next year.
18. Content was informative and educational. Time keeping was observed. Tasting of smoothies from the Nutritionist supported her presentation. Refreshments varied and enjoyable.
19. Very informative and lively, need more events like this and should not be limited to October.

Question 3. Is there anything you would like to add or change?

To this question nine participants made valuable suggestions for us to consider when planning and organising future events or activities. Four no changes required and six no comment please see highlighted comments and full list below.

Add or Change			
Yes	No	No comment	Total
9	4	6	19

Comments:

- ***The use of overhead projector for display would have served for those in the rear of the seating area.***
- ***Maybe a whole day affair where more talks could take place and the audience might have more interaction. Apart from that. Overall, it went well.***

1. The ability for the audience to ask questions would be an added bonus
2. Different venue
3. More publicity beforehand
4. If you are having it here again, please make sure the lift is working

5. More events
6. Nurses back on the wards. Do this.
7. Maybe a whole day affair where more talks could take place and the audience might have more interaction. Apart from that. Overall, it went well.
8. The use of overhead projector for display would have served for those in the rear of the seating area.
9. As already mentioned, events like this should not be limited to October

Question 4. Did you experience any difficulties getting to or using the venue?

Leytonstone Library is a council building open to residents, the fact that the mayor attended but could not perform official duties as the lift was out of order also could not use the stairs. This meant the planned opening ceremony could not take place, which was very disappointing for participants.

There appears to be a lack of disability awareness and how this can impact on people with disabilities and older people to make them feel included when they go out in the community. Senior members of staff who were aware of this issue should have reported this to the mayor.

Difficulties using venue Yes	Difficulties using venue No	Total
6	13	19

Comments:

- Pity about the lift being out of order, the Council’s responsibility not yours.
- Just the stairs.
- Within the venue lift out of order.

ADDITIONAL COMMENTS

Out of the six comments two mentioned difficulty using stairs and one mentioned the need for accessible venues for people with disabilities, see also question 4.

- Well done and best wishes to all the participants and organisers
- Need accessible venue to keep these events for people with disabilities
- I am a committee member of Waltham Forest U3A, open to all who live in the borough. <https://u3asites.org.uk/walthamforest>. Email: membership@wfu3a.org.uk or phone: 020 8524 7674
- My first Black History event for the year. I am a member of the Retired Caribbean Nurses.
- Getting to the venue was not hard although I travelled from South London, but the lift was out of order, making it difficult to climb the stairs.
- Difficulty using stairs, lift out of order

Section 2 About You

Question 1. Do you have a disability or long-term illness?

Have a Disability Yes	Do not have a Disability No	Not stated	Total
9	9	1	19

Question 2. Do you want to meet new people and take part in different activities?

Meet New People/Different Activities No	Meet New People/Different Activities Yes	Not stated	Total
3	15	1	19

Page | 7

Question 3. What is your Age Group?

The highest number of participants were between the age group of 65-79 (68.42%), followed by Over 80 (15.77%), 50-64 (10.53%) 40-49 (0%) and one not stated.

Age Groupings					
40-49	50-64	65-79	Over 80	Not stated	Total
0	2	13	3	1	19

Question 4. Ethnic Group

White British	White other	Asian British	Black British	Mixed Heritage	Other	Not stated	Total
1	0	0	15	0	2	1	19

Question 5. Which area of Waltham Forest do you live in?

The event also attracted seven participants from surrounding boroughs and one from south London which is 42% close to the figure of Waltham Forest participants 52.6%.

Leyton	Leytonstone	Walthamstow	Chingford	Total LBWF	Not stated	Total
4	2	3	1	10	1	11

Newham	Plaistow	East Ham	Dalston	Enfield	Streatham	Total
3	1	1	1	1	1	8

Total Participants			
LBWF	Others	Not stated	Total
10	8	1	19

Report written by Joan Nicholson, Director
MBS WELLBEING COMMUNITY INTEREST COMPANY

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