

COMMUNITY ACTION FOR PARTNERSHIPS IN HEALTH MICROGRANTS PROGRAMME: A PROGRESS SUMMARY

NHS Legacy and Health Equity Partnership (LHEP) in partnership with
Greater London Authority (GLA)



SUPPORTED BY
MAYOR OF LONDON



WHAT IS COMMUNITY ACTION FOR PARTNERSHIPS IN HEALTH (CAPH)?

The Community Action for Partnerships in Health (CAPH) programme provides microgrant funding of up to £5000 to London based organisations working directly with communities

Building on our shared learning from the pandemic, this funding programme responds to a need to champion and amplify existing work led by community organisations towards the mitigation of health inequality, and support the innovation and delivery of new projects focussed on improving the health and wellbeing of communities, or proposing solutions to overcome identified barriers to health services.

Applicants were invited to propose:

- A programme of work or project to build stronger relationships between communities and health services to increase trust in the NHS and support services to respond to community health priorities,
- A programme of work or project to reduce health inequalities in access to or experience of health services to improve the health and wellbeing of London communities,
- A programme of work or project to support communities to navigate health services or improve the cultural competence of services, mitigating health inequalities within underserved London communities.

CAPH projects build strengthened relationships between communities and health services, strive to increase trust and support services to respond to community health priorities and support communities to navigate health services and improve the cultural competence of services.

Partnership between communities and the health system is at the core of CAPH and is fundamental to establishing better preparedness to emergencies and crises, as well as tackling the long-standing barriers and health inequalities communities face.

We're delighted to be working alongside 20 grant recipients delivering CAPH projects in London. This pack is a progress summary of some of their work, which has reached over 3,000 people from a wide range of London communities. [Find out more about the 20 grantees](#). More information about LHEP and the GLA can be found [here](#).

SUMMARY OF GRANT RECIPIENTS'

NORTH CENTRAL LONDON	<u>MENUCHA LTD</u>	4
	<u>THE HAPPY BABY COMMUNITY</u>	5
NORTH EAST LONDON	<u>MISGAV</u>	6
	<u>MUSLIM DOCTORS ASSOCIATION & ALLIED HEALTH</u>	7
	<u>PROFESSIONALS CIC</u>	
	<u>THE LOVE TANK CIC</u>	8
	<u>VISION ABILITY CIC</u>	9
	<u>WINNERS COMMUNITY GROUP CIC</u>	10
NORTH WEST LONDON	<u>ABDUL MAGEED EDUCATIONAL TRUST</u>	11
	<u>ALRIDHA FOUNDATION</u>	12
	<u>FAMILY FRIENDS</u>	13
	<u>HORN OF AFRICA DISABILITY AND ELDERLY ASSOCIATION (HADEA)</u>	14
SOUTH EAST LONDON	<u>UNFOLD</u>	15
	<u>COCO COLLECTIVE COMMUNITY HUB</u>	16
SOUTH WEST LONDON	<u>LAMBETH SOMALI COMMUNITY ASSOCIATION</u>	17
	<u>LONDON LGBTQ+ COMMUNITY CENTRE</u>	18
	<u>PEOPLE FIRST (SELF ADVOCACY)</u>	19
	<u>CONNECT: NORTH KOREA</u>	20



MENUCHA LTD

PROJECT TITLE: COMMUNITY AND HEALTH PROFESSIONALS LEARNING PROGRAMME

(C-HELP) SMALL TALKS

BOROUGH(S): BARNET

Summary:

We facilitated 8 small talks and were able to meet the needs of the perinatal women in the community after the abhorrent Oct 7th attacks in Israel. Calls to our service went up 45% as pregnant and new mothers were especially affected. As a result we held a mental health webinar featuring a panel of psychologists and therapists to discuss the importance of recognising when you may need further help.

The webinars were so helpful that many women continue to download them from our website to this day.

Next steps:

We will continue our C-Help project by raising awareness of common mood disorders in the perinatal period, psych-education on how to look after oneself and where and when to access support.

REACHED:

600 PEOPLE

FIND OUT MORE:

Website:

<http://www.menucha.info>

Twitter:

www.twitter.com/LondonMenucha

Instagram:

www.instagram.com/menucha_london

Facebook:

www.facebook.com/MenuchaLondon

THE HAPPY BABY COMMUNITY

PROJECT TITLE: CULTIVATING HEALTHFUL BEGINNINGS: EMPOWERING PREGNANT MUMS IN GESTATIONAL DIABETES PREVENTION.

BOROUGH(S): CROYDON; KINGSTON; MERTON; SUTTON; WANDSWORTH

Summary:

Our project is to empower pregnant asylum-seekers through collaborative, workshops, fostering nutritional awareness and advocacy to combat gestational diabetes.

- We gathered data and information from hospitals and the diabetes team at Croydon University Hospital
- We worked with two nutritionists in gestational diabetes to review the food and exercise that is recommended and its suitability for this population.
- We reviewed the possibility of women in this community living on £9 per week and having little or no access to formal exercise or buying food themselves.
- We reviewed the appropriate information to give women with Type 2 gestational diabetes to help plan for their pregnancy, being cognisant of the risks.
- We provided translated materials for use in hospital bags.
- We have assessed what food/vouchers we can buy and give to women after sessions.

Next steps:

We are developing the community members who will deliver the workshops and testing the materials.

REACHED:
200 PEOPLE

FIND OUT MORE:

Website:

<http://www.happybabycommunity.org.uk>

MISGAV

PROJECT TITLE: AWARENESS/SUPPORT FOR YOUNG WOMEN WITH SO CALLED 'HIGH-FUNCTIONING' AUTISM/ADHD

BOROUGH(S): HACKNEY; HARINGEY

Summary:

We delivered 9 events dedicated to understanding and supporting learning disabled users with a focus on autism and ADHD.

The events touched on various areas including strategies to live with neuro divergence and to help those with ND and related anxiety/depression, as well as training on epilepsy and safety and awareness of learning disabilities. We also delivered focussed training session to mental health peer mentors aimed at increasing predictability for autistic users and reducing anxiety.

Next steps:

We have shared the monitoring information with Compass Wellbeing/ East London NHS Foundation trust and their external evaluators; as well as working with partners to understand the importance of cultural sensitivities and the impact of mental health monitoring on some communities.

REACHED:

65 PEOPLE

FIND OUT MORE:

Website:

www.misgav.org.uk

Twitter:

www.twitter.com/Misgavcharity

MUSLIM DOCTORS ASSOCIATION & ALLIED HEALTH PROFESSIONALS CIC

PROJECT TITLE: CULTURALLY RESPONSIVE HEALTH MOT MOSQUE POP UP CLINICS

BOROUGH(S): LONDON-WIDE

Summary:

We hosted a number of events and used it as an opportunity to support the community to optimise their health.

120 people attended 3 in-person events with 20 attending online and 65 requests to receive the recording. 30 volunteers supported our events, including a range of health care professionals such as GPs, hospital doctors, pharmacists, mental health practitioners and dentists.

We partnered with two London mosques to use faith spaces for on-going health outreach work to ensure sustainability, and developed educational resources with input from GPs, pharmacists and an Islamic scholar, including a presentation and culturally sensitive evidence-based healthy lifestyle fact sheets.

Next steps:

We are hoping to share a resource pack more widely as part of a pre-Ramadan campaign which will be relevant in the future for the community and for health professionals, and continue to build relationships with ICBs and local mosques.

REACHED:

200 PEOPLE

FIND OUT MORE:

Website:

<https://muslimdoctors.org/>

Twitter: @muslimdoctors

LinkedIn:

<https://uk.linkedin.com/company/muslim-doctors-association>

Facebook:

https://www.facebook.com/muslimdoctorsassociation/?locale=en_GB

Instagram:

<https://www.instagram.com/muslimdoctorsassociationuk/>

THE LOVE TANK CIC

PROJECT TITLE: DEVELOPING A VACCINATION/PRP INITIATION OUTREACH MODEL FOR YOUNG GBMSM

BOROUGH(S): HACKNEY; NEWHAM; TOWER HAMLETS

Summary:

18 participants – all young GBMSM eligible for HIV PrEP – were recruited across 4 focus groups. The results of the focus groups highlighted the key barriers to accessing HIV PrEP are limited appointments at sexual health clinics (especially for young GBMSM migrants). The focus groups also demonstrated high acceptability and enthusiasm for an outreach model for delivering PrEP to communities in non-clinical settings (e.g. bars, clubs and clinics) proving a non-clinical delivery of PrEP is a vital way to address remaining HIV inequities.

Next steps:

The findings formed a 16 page report and key findings were included in a press release, which was picked up by Attitude Magazine, Yahoo News and the iPaper. The report also generated significant interest from clinicians interested in implementing the model and ameliorating barriers. The findings of the report have also been used to shape our outreach work, policy directives and working priorities in the coming year.

REACHED:

5000 PEOPLE

FIND OUT MORE:

Website:

<http://www.the Lovetank.info>

Twitter:

[Twitter.com/the Lovetankcic](https://twitter.com/the Lovetankcic)

Instagram:

[Instagram.com/the Lovetankcic](https://www.instagram.com/the Lovetankcic)

VISION ABILITY CIC

PROJECT TITLE: ENABLING ACCESS

BOROUGH(S): HACKNEY; NEWHAM; REDBRIDGE; TOWER HAMLETS

Summary:

We worked with Visually Impaired People (VIP) in East London to understand their challenges, experiences and suggestions regarding access to health care services.

Health care professionals, the Mayor of Newham Rokhsana Fiaz and cllr Neil Wilson, the Deputy Cabinet Member for Health and Adult Social Care of Newham attended some of our events, and VIPs were able to voice their concerns to get real time feedback from the people in charge.

Feedback was received from over 90 people which will be shared with health care professionals and local councils representatives. We have also assisted 12 VIPs in booking appointments with health services and six more to apply for their Freedom Pass and/or Blue Badge, making it easier for them to travel to appointments.

REACHED:

108 PEOPLE

FIND OUT MORE:

Website:

<http://www.visionability.org.uk>

LinkedIn:

<https://www.linkedin.com/company/vision-ability/>

NEXT STEPS:

Strengthening partnerships with health service providers

Offering one-on-one support for visually impaired people who want help booking GP and hospital appointments, screening tests, or immunisations.

WINNERS COMMUNITY GROUP CIC

PROJECT TITLE: SENIORS IN PHYSICAL ACTIVITY

BOROUGH(S): BARKING AND DAGENHAM; ENFIELD; HARINGEY; HAVERING; REDBRIDGE

Summary:

An innovative project enabling senior citizens to participate in sports, recreation, and physical activities for the purpose of improving their health and well-being.

Winners Community Group CIC will develop and implement a health network program bringing health and well-being professionals such as physiotherapists, keep fit instructors, general practitioners, mental health and general social workers together with our people seeking asylum and refugee community group

We managed to engage well with our elderly through-out the period. Many live in isolated conditions following COVID-19, but this project helped to get them out which they enjoyed.

REACHED:

50 PEOPLE

FIND OUT MORE:

Website:

<http://winnerscommunitycic.com>

NEXT STEPS:

We will produce a report which will be shared to networking partners for good practice.

ABDUL MAGEED EDUCATIONAL TRUST

PROJECT TITLE: VIBRANT & HEALTHY COMMUNITY HUB

BOROUGH(S): CAMDEN; HAMMERSMITH AND FULHAM; ISLINGTON; KENSINGTON AND CHELSEA; WESTMINSTER

Summary:

The launch activity garnered significant participation, with 42 attendees representing diverse backgrounds, including NHS workers, City of Westminster staff, maternity community champions and various organisations. Participants engaged in fruitful discussions about available health services within the community.

The event was well-received, and the accessible venue, along with quality food and refreshments, contributed to a successful project kick-off.

Next steps:

We have established connections with health professionals who have delivered exceptional services to us, and we are committed to continuing our efforts in health promotion. To serve the community, our peer support cafes are held twice weekly: every Tuesday at Church Street Library, 67 Church Street, London, NW8 8EU, and every Thursday at Grosvenor Hall, Vincent Street, Pimlico, London, SW1P 4HB.

REACHED:

64 PEOPLE

FIND OUT MORE:

Website:

<https://www.amet.online/>

ALRIDHA FOUNDATION

PROJECT TITLE: EMPOWERING ARAB COMMUNITIES FOR HEALTH EQUITY: A COLLABORATIVE APPROACH

BOROUGH(S): BRENT; HARROW

Summary:

By leveraging already established rapport and trust within the Arab communities, we effectively reached over 1000 individuals via social media and 150 people in person, facilitating discussions on health priorities and raising awareness about vital health services. This engagement led to a deeper understanding of community needs and preferences, informing the development of targeted interventions.

The project's multi-faceted approach, which included workshops, community forums, and media campaigns, as well as a focus on cultural sensitivity, contributed to tangible improvements in health equity within the Arab communities of Harrow and Brent.

Next steps:

We are committed to increasing our connection and work with health partners and NHS institutions such as the ICBs. The Arab community is a community that faces proven health inequalities and challenges which need to be addressed. We will continue to nurture the partnerships formed through this project and others to explore opportunities for further collaboration to address health inequalities and promote health equity in our communities.

REACHED:

2444 PEOPLE

FIND OUT MORE:

Website:

<http://www.alridha.org>

Twitter:

www.twitter.com/alridha_fdn

Instagram:

www.instagram.com/alridhafoundation

Facebook:

www.facebook.com/alridhafoundation

FAMILY FRIENDS

PROJECT TITLE: PEER SUPPORT

BOROUGH(S): KENSINGTON AND CHELSEA

Summary:

We have seen 21 children and young people between the ages of 1-17 years old, across 5 clinics since November 2023. We have taken a continuous improvement approach and so far gained feedback from 7 people who have used our services. We have found that the children and young people and their families disclose things to the student doctors and Family Friends, which they would to a GP. However, GPs get a de-brief and are able to build a full picture of the children and their families lives.

The project has secured funding to roll out this model and deliver services to the primary care network. The funding will help train a roving team to deliver services to the community

Next steps:

- Develop volunteering opportunities for CYP and families
- Set up a CYP steering group to support monitoring, evaluation, CYP health promotion and support with the design and development of the project.

REACHED:
31 PEOPLE

FIND OUT MORE:

Website:

<http://www.familyfriends.uk.com>

HORN OF AFRICA DISABILITY AND ELDERLY ASSOCIATION (HADEA)

PROJECT TITLE: BLACK HEALTH MATTERS IN EALING

BOROUGH(S): EALING

Summary:

A total of 96 participants including health professionals attended across 4 events.

23 of the participants presented issues that required further support and we have summarised the impact of the aftercare support we provided in a case study. We emphasised the determinants of good health and well-being which resulted in some participants inquiring about further support around mental health and Female Genital Mutilation/Cutting. We were also able to support participants with grievances around access to health and social care support and housing and welfare benefits issues.

Next steps:

Events by themselves solve some of the issues highlighted, but it is the follow up and dedicated interventions that will offer solutions to identified needs, hence why we are still working with participants that required further support. We have made connections with Ealing Public Health and have been asked to deliver more work to support the black community in Ealing with their health and wellbeing.

**REACHED:
84 PEOPLE**

UNFOLD

PROJECT TITLE: WOMEN'S PEER SUPPORT GROUPS

BOROUGH(S): KENSINGTON AND CHELSEA; WESTMINSTER

Summary:

We hosted numerous health-focused information sessions for our three women's peer support groups. Subjects covered included Maternity Trauma and Loss Care, Trauma and Loss, Healthy Relationships Awareness, Women's Health and Diabetes and more. These events facilitated conversations in the groups and raised awareness of the support available.

We found women seeking asylum were not aware of the 111 service or that they could seek support from their local pharmacy. We also opened conversations on Talking Therapy, what mental health is, and what support may be available through the NHS. It was apparent that there is stigma attached to people admitting publicly that they are struggling. However, many attendees opened up during one-to-one conversations with group facilitators and Unfold staff.

Next steps:

We have connected with the Local Immunisation Coordinator, and have planned for them to be joining the groups quarterly as the cohort of attendance changes.

We will continue hosting information sessions on accessing Primary Health Care. We also run coordination meetings that bring together organisations that work with people seeking asylum and refugees in Westminster and Kensington & Chelsea and have invited NHS departments and GPs that we work with to attend in order to share combined learning and insights to offer a holistic service.

REACHED:

82 PEOPLE

FIND OUT MORE:

Website:

www.unfold.org.uk/

Instagram:

<https://www.instagram.com/unfoldmentoring/>

Facebook:

<https://www.facebook.com/UnfoldMentoring/>

Twitter:

<https://twitter.com/UnfoldMentoring>

COCO COLLECTIVE COMMUNITY HUB

PROJECT TITLE: WELLBEING WEDNESDAYS

BOROUGH(S): LEWISHAM

Summary:

Meetings were held with my local GP surgeries, mental health occupational therapists and voluntary social prescribing service to learn and understand the process of social prescribing for clients and particularly to unpick the bottle necks that people from the Afro- diaspora face when going through the mental health system, in order to help streamline efficacy.

I learnt of the different pathways and recognised that we are not only an early intervention tool but also a recovery pathway. As a consequence we have been able to co-create our flyers and outreach to both GP and VCS pathways, highlight where and when clients ought be informed of our service and how

Next steps:

continue to devise systems that enable better pathways for people of colour into social prescribing alongside GPs mental health organisations and social prescribing VCS. We will also continue to work very closely with 2 social prescribers from Modality to assess and analyse the system.

REACHED:

12 PEOPLE

FIND OUT MORE:

Website:

<http://coco-collective-community-hub.business.site>

Instagram:

www.instagram.com/cococollective_org/

Facebook:

www.facebook.com/cococollective.org

LAMBETH SOMALI COMMUNITY ASSOCIATION

PROJECT TITLE: COMMUNITY HEALTH ACCESS PROJECT (CHAP)

BOROUGH(S): LAMBETH; SOUTHWARK; WANDSWORTH

Summary:

Through the project we've been able to reach and support individuals who health professionals have struggled to engage with. The group was mainly men between 45 to 70 who had lower health outcomes and did not take up yearly health checks like blood tests and hypertension/glucose checks.

Many of these individuals suffered with chronic diseases like diabetes, hypertension, mental health amongst others. Some received support from our sessional workers at specific locations and others attended small groups and/or 1:1 sessions at the Centre. During the project we were able to meet and support 25 individuals, using a variety of methods to engage them, including speaking to them in their mother tongue. This helped us to win their trust and deliver health message effectively.

We were able to purchase 4 diabetic test machines and 4 blood pressure monitors, some of which are available at the Centre so when people attend, they can check their blood pressure and glucose level. The idea is to empower our community to take their health checks seriously in the future. We are currently working with Lambeth Public Health Specialists to promote childhood immunisation, particularly MMR vaccination.

**REACHED:
41 PEOPLE**

LONDON LGBTQ+ COMMUNITY CENTRE

PROJECT TITLE: LGBTQ+ VOICES & OUR HEALTH

BOROUGH(S): LONDON-WIDE

Summary:

Our project will gather insights as to how to improve healthcare services to truly welcome LGBTQ+ patients. We will host open meetings with a queer doctor for the community to share their concerns

We held six focus groups open to all LGBTQ+ people; three at London LGBTQ+ community centre and three online via Zoom; three were BSL interpreted.

For the sessions, a semi-structured discussion guide was developed by the researchers. Notes were made during the focus groups by the researchers, and these were analysed with a thematic framework approach.

Having semi-structured sessions allowed us to let the conversation expand and take unique directions depending on the group, their concerns and stories; while also having a structure that sustained all sessions.

We are grateful to all participants, as they opened up to us and shared their experiences, some of which were rather challenging and traumatic.

REACHED:

28 PEOPLE

FIND OUT MORE:

Website:

<http://https://londonlgbtqcentre.org/>

Instagram:

<https://www.instagram.com/ldnlgbtqcentre/>

Facebook:

<https://www.facebook.com/ldnlgbtqcentre/>

Twitter:

<https://twitter.com/ldnlgbtqcentre>

LinkedIn:

<https://www.linkedin.com/company/london-lgbtq-community-centre-project>

TikTok:

<https://www.tiktok.com/@ldnlgbtqcentre>

NEXT STEPS:

We are looking into:

- 1) finding additional funding to explore ways to continue supporting the community
- 2) connect with key stakeholders within the NHS to share our recommendations

PEOPLE FIRST (SELF ADVOCACY)

PROJECT TITLE: ADVOCACY PLUS - LIVING OUR BEST LIVES!

BOROUGH(S): LAMBETH

Summary:

The project was led and delivered by people with learning disabilities and strengthened links with people in the local community with learning disabilities.

Positive partnership working resulted in the delivery of engaging and informative sessions and meant we exceeded our target of reaching 50 people from the local community.

Attending and presenting at the Lambeth Assembly helped us to engage with our audience in Lambeth, and feedback from participants has been very positive. Their ideas have shaped sessions and provided ideas for future sessions.

Next steps:

Three local organisations have shown an interest in working together to run more workshops in the future, they include Breaking Out The Bubble, Share Community, Life Long Family Links and The Baked Bean Company.

REACHED:

67 PEOPLE

FIND OUT MORE:

Website:

<http://https://www.peoplefirstltd.com/>

Twitter:

https://twitter.com/PFselfadvocacy_

YouTube:

<https://www.youtube.com/@peoplefirstltd1329>

Facebook:

https://www.facebook.com/peoplefirstselfadvocacy_

CONNECT: NORTH KOREA

PROJECT TITLE: IMPROVE HEALTH AND RESILIENCE OF MINORITY NORTH KOREAN REFUGEE COMMUNITY BOROUGH(S): KINGSTON

Summary:

The achievements of the projects lie in health research, strategic partnerships and a responsive approach to shaping health education sessions based on community needs.

We successfully collected health data from 23 clients, yielding insight into the prevalence of, for example, obesity or chronic health conditions. The purpose of this research was to understand prevalent health concerns among the North Koreans (NKs).

We established a strategic partnership with Macmillan for cancer screening sessions and leveraged a pre-existing one with the NHS and Kingston Council to deliver workshops; and also engaged in meaningful discussion with clients to shape the contents and subjects of health education sessions.

Next steps:

- Dissemination of findings and advocacy
- Tailored services
- Partnerships

REACHED:

81 PEOPLE

FIND OUT MORE:

Website:

<http://www.connectnorthkorea.org>

Instagram:

<https://www.instagram.com/connectnorthkorea/>

Facebook:

<https://www.facebook.com/ConnectNorthKorea>

Twitter:

https://twitter.com/i/flow/login?redirect_after_login=%2FConnectNKorea%2F

ABOUT US

THE LONDON LEGACY HEALTH EQUITY PARTNERSHIP (LHEP)

LHEP is an NHS-funded, multi-stakeholder programme for London that builds on lessons learnt from COVID-19 and seeks to mitigate health inequalities in screening, immunisations and access to health. LHEP focuses on innovative and sustainable approaches developed and delivered in collaboration with London communities and with London health partners including NHSE, UK Health Security Agency London, Office for Health Improvements and Disparities, the Greater London Authority, Association of Directors of Public Health and London Councils.

GREATER LONDON AUTHORITY (GLA)

The GLA Community Resilience Team focuses on working across partners to strengthen responses to the challenges and risks London faces. The team have a specific focus on building community resilience to emergencies. This includes working with local authorities, community and voluntary sector partners, faith groups and more. Find out more www.london.gov.uk.

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Further Community Action for Partnerships in Health projects are being delivered by the following partners:

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Stitches in Time Ltd
You Press