



Collective Mind Project

Final Report

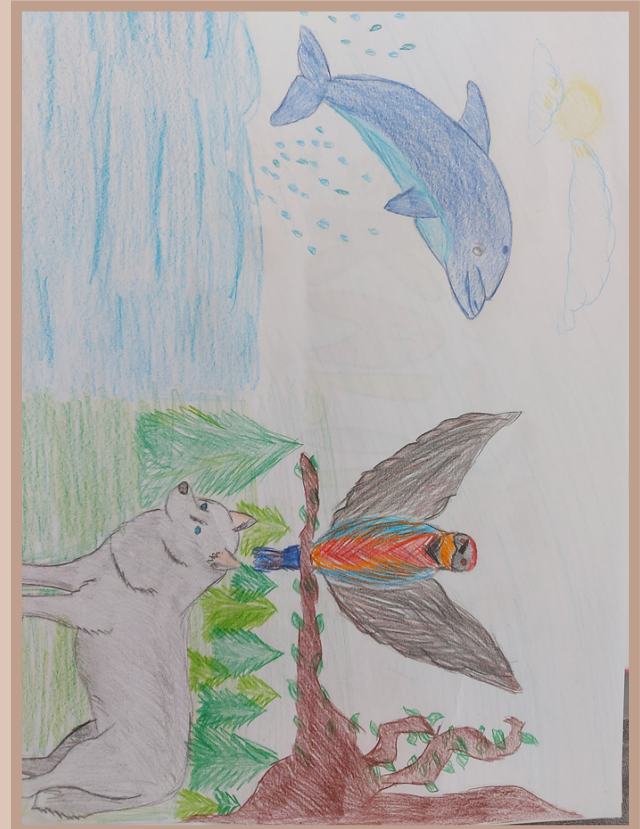


Introduction

Collective Mind Project provides contextually tailored mental health and specialised psychological and welfare support to migrants (young people, adults) living in Hull. Our participants have been identified as: EU migrants, LAC, UASC and refugees.

The project took place over a period of 6 months and consisted of:

1. Psychological First Aid Course and with crucial information about how and where to refer individuals who may need support (for BAME community leaders).
2. Pilot of 1:1 CBT (Cognitive Behavioural Therapy) delivered in both English and Romanian languages - 40 sessions.
3. Weekly Art Therapy Sessions for young people (delivered in small groups) - 22 sessions.
4. Welfare sessions - to support the most vulnerable participants in accessing advice on benefits, food bank, childcare, hospital, dentist and GP appointments.



Things we achieved



31

Clients were served during welfare sessions

40

CBT sessions

179

participants engaged in Art Therapy

12

New skills and coping strategies learnt

15

different nationalities

7

psychological areas improved by CBT sessions

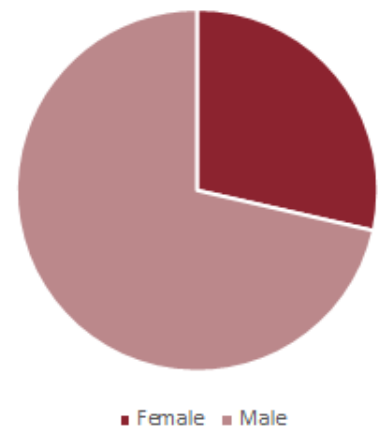


CBT sessions – statistics

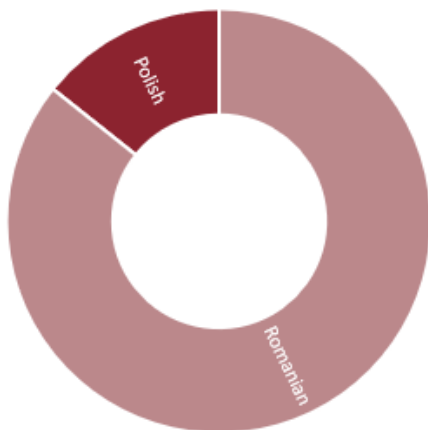
Participant's age



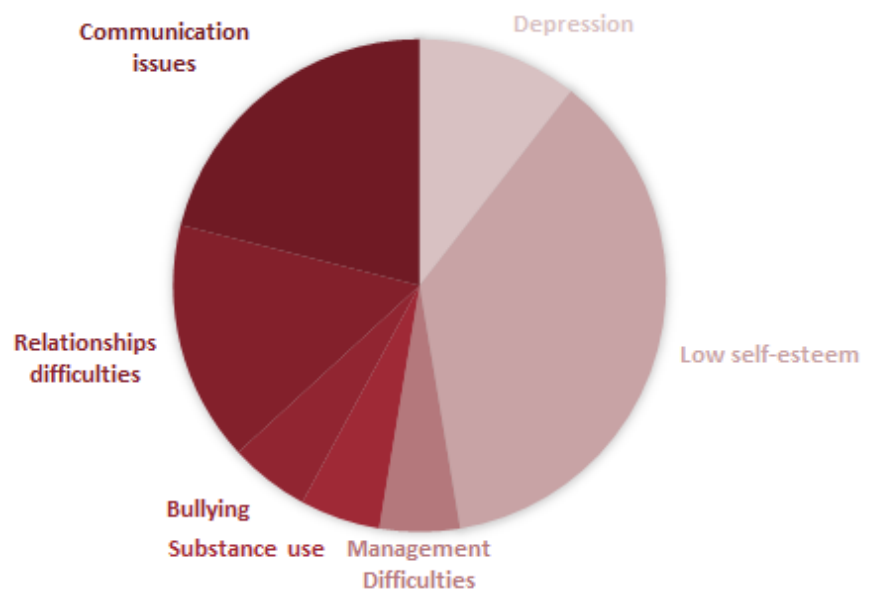
Participant's gender



Participant's nationality



PSYCHOLOGICAL ISSUES TACKLED DURING CBT SESSIONS



Our CBT sessions supported individuals as well as whole families.

We have mainly delivered sessions in Romanian language but also in English for non-Romanian participants.

Through the project we helped:

- adolescent with autism who suffered during the pandemic, as their whole structure and daily routine have changed,
- young people facing difficulties, after sexual abuse, or needing support due to cannabis addiction,
- teenagers with depression and anxiety associated with self-harm,
- female adults (mainly lone parent) who were unemployed or tried to maintain jobs while home-schooling and caring after children; or male adults with anger management issues,
- victims of domestic abuse.



CBT TESTIMONIALS

"As part of the project, I used help of a psychologist. One-hour sessions with a psychologist were very helpful for me. The psychologist's leading them gave me great confidence. In the future, I will be happy to use this form of help and with full responsibility I would recommend using such help to my friends and people who are struggling with problems." (A. 25, Polish male)

"Talking to Andreea is like talking about a professional, a special person, a specialist in human psychology and finally a trusted friend. She managed in a short period of time to find a way to help my child. She has a great knowledge, and her project has been very helpful for him. His achievements have been improved massively, his behaviour as well and you can easily see his progress and he enjoyed every single meeting they had. Thank you for getting involved in my son's situation! Kind Regards" (Paul, D's(13) father, Romanian male)

"CBT sessions at Collective Mind were very constructive. The meetings with the therapist helped me to regain the confidence in myself, to improve the relationship with my friends and family and made me see new new opportunities in my life." (C. 27, Romanian male)

"I learned to be more positive. I know that I have to work with myself a lot, to be able to control my anger, but at least I know how to do it after the CBT sessions." (D, 36, Romanian male)

"For me and my daughter, having the support of a Romanian psychologist meant a lot. Was very helpful to be able to express myself in my language, to not be worried about the fact that due to my low English I will not be able to make myself understood." (M. 50, Romanian female)

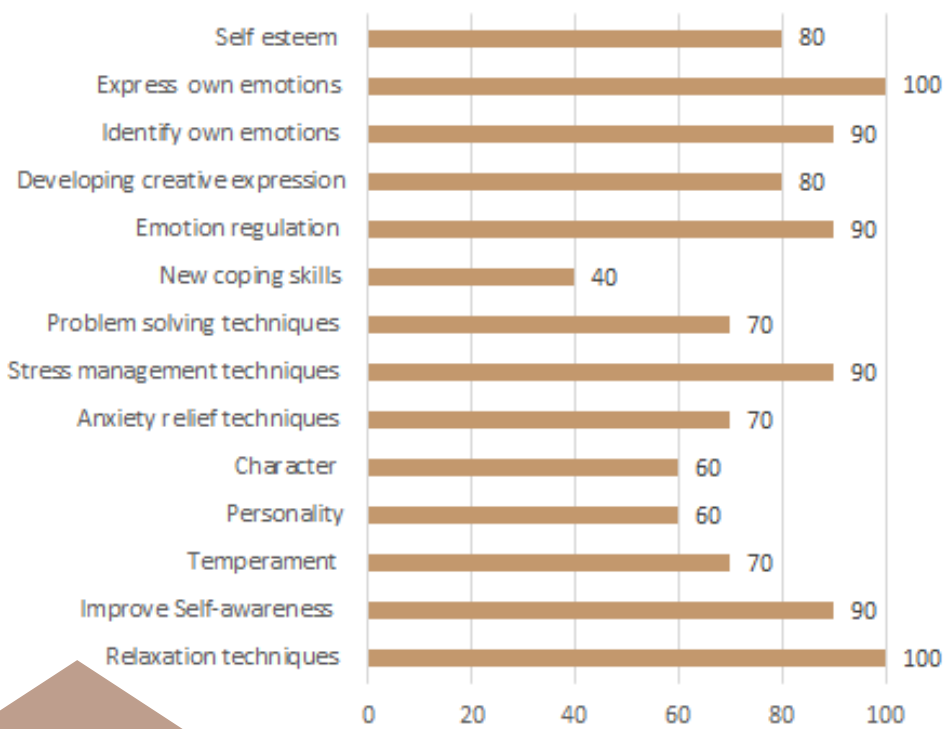
be yourself

Art Therapy Sessions

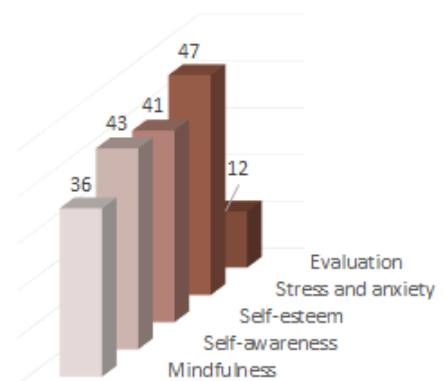
**NEW SKILLS
LEARNT DURING
SESSIONS**

22

New skills achieved by participants during the Art Therapy sessions in %



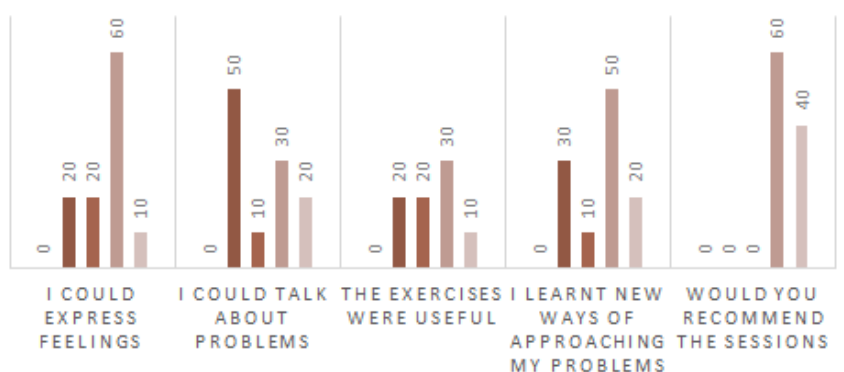
Number of participants attending art therapy blocks



Young people from 7 different countries engaged in Art Therapy

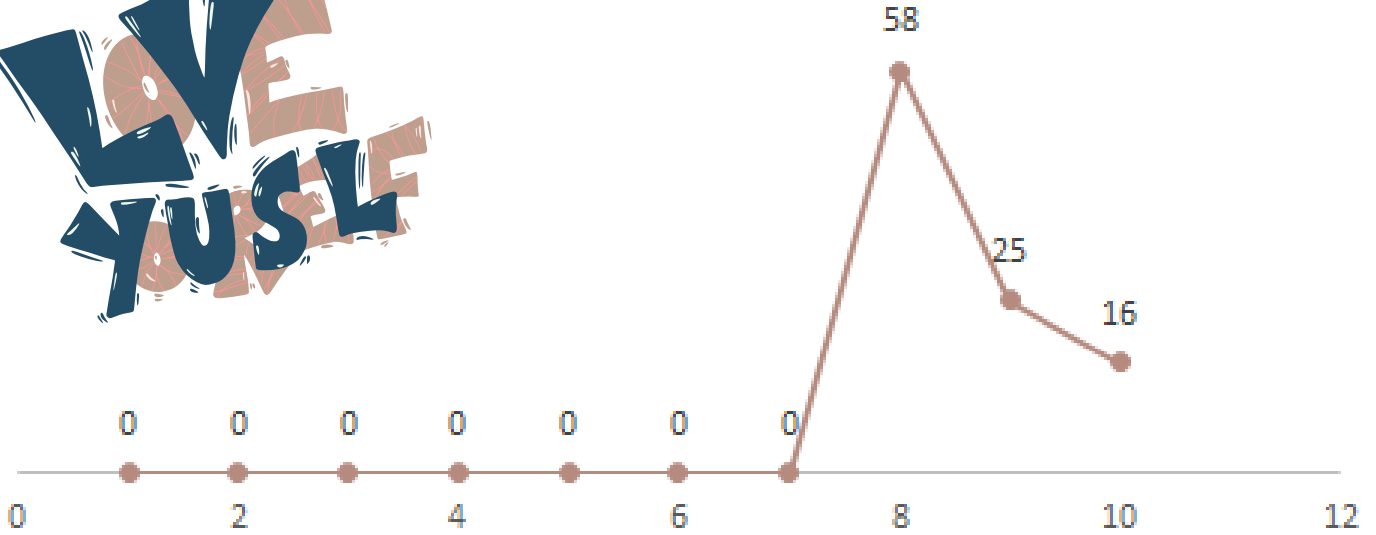
ART THERAPY SATISFACTION SURVEY

Legend: ■ Definitely not ■ A little ■ Moderately ■ Fully ■ More than Fully

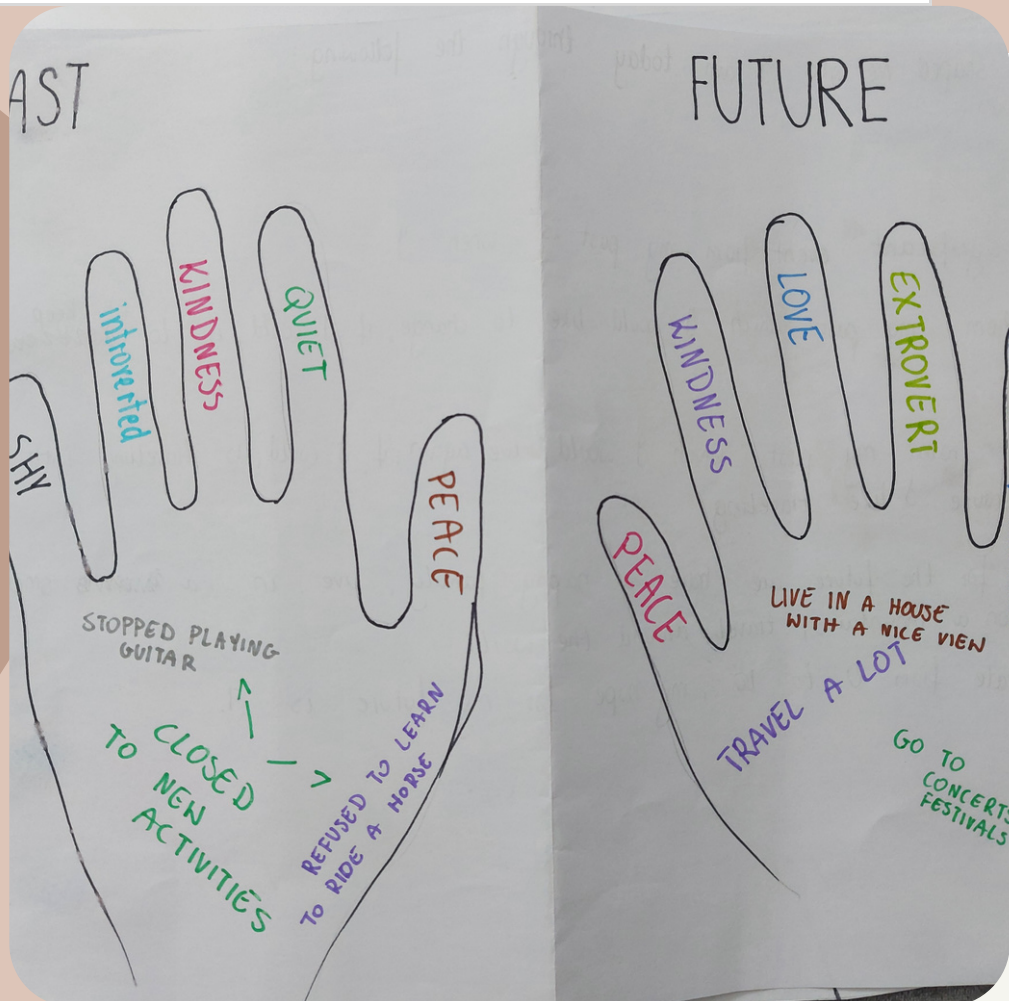


Art session recommendations

On a scale from 0 to 10 how much Art Therapy helped you to improve your mental and emotional state?



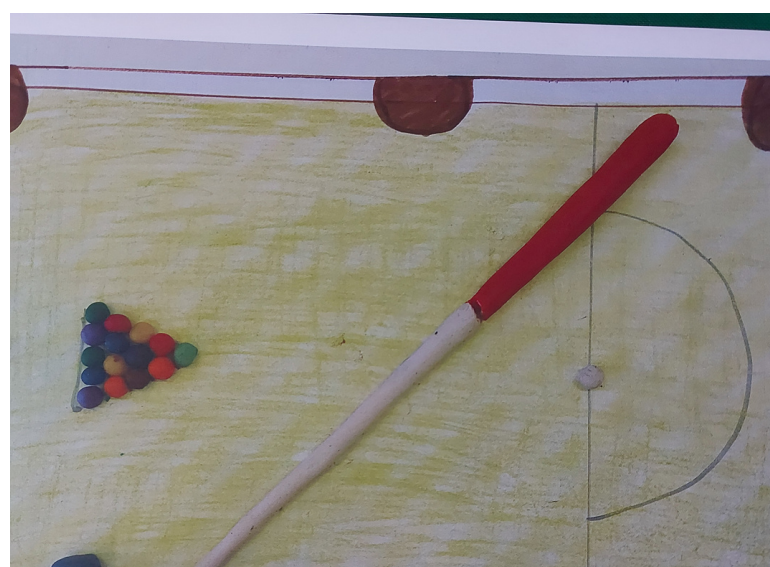
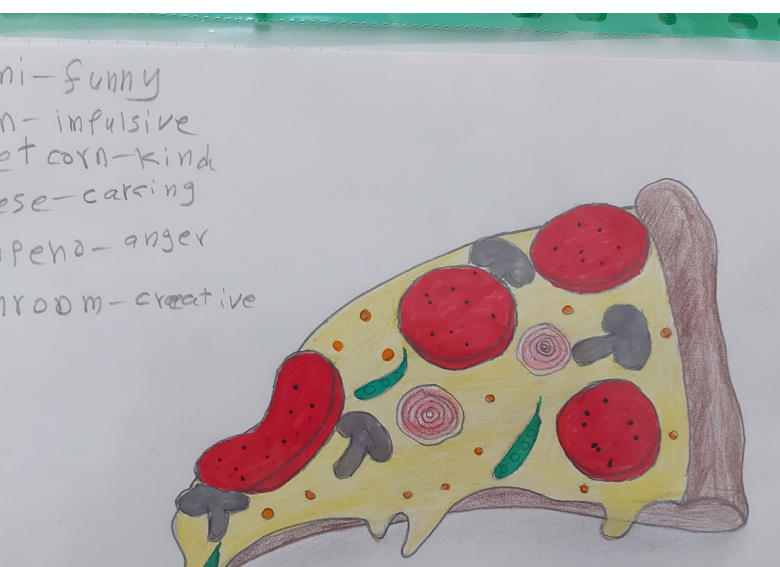
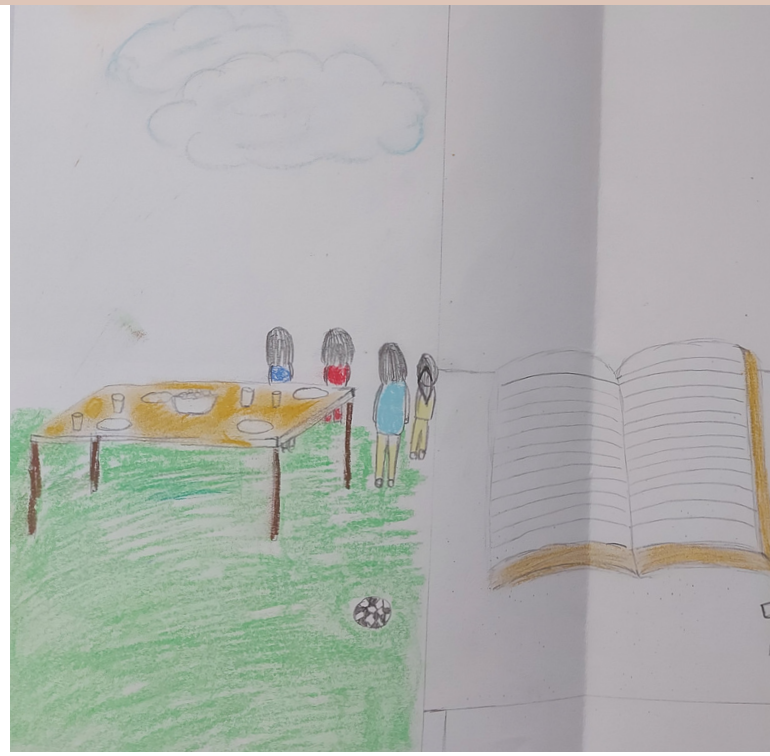
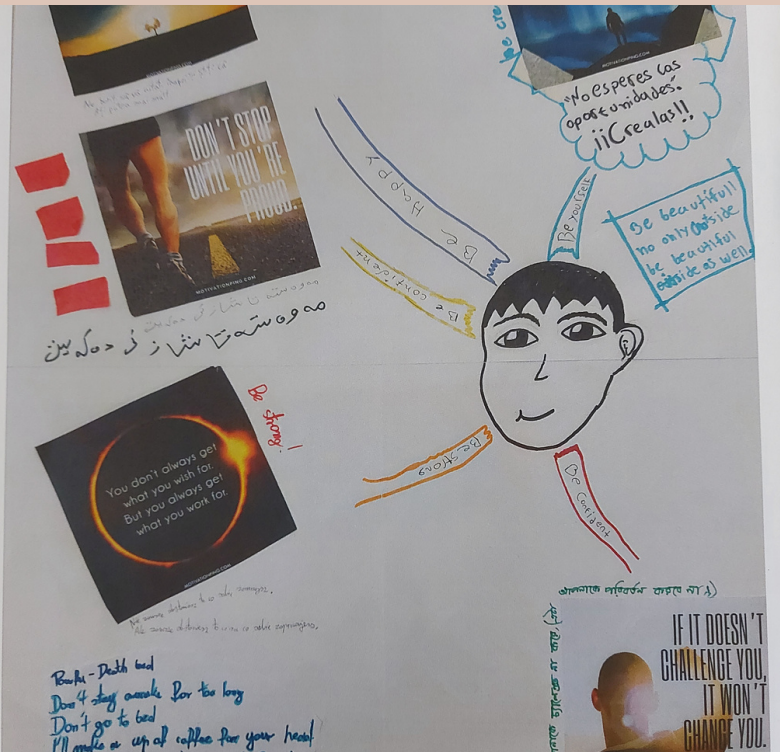
“Millions of people can believe in you and yet none of this matter, if you don't believe in yourself.”



Participants' work



Participants' work



Good Vibes

NEVER
Give
UP

People are going to talk about you, no matter what you do, so do whatever brings you joy and live your best life.

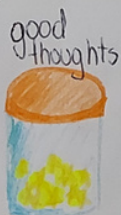
Be good to people lot no reason.

People will throw stones at you, don't throw them back, collect them and build an empire.

Your direction is more important than your speed.

The things you say about others, say a lot about you.

Different eyes see different things.



TO KEEP



TO SHRED

BE KIND!



↑
you
now

↑
you in
the future



EVERY DAY IS A DAY
YOU'VE NEVER SEEN B



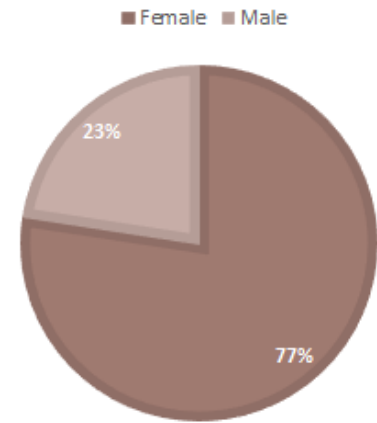
Welfare support

This module of the project demonstrated precisely how hugely the pandemic period impacted migrant communities in HULL.

During 22 sessions - 31 migrants were served, a few service users came back for an extra support or a follow up appointment.

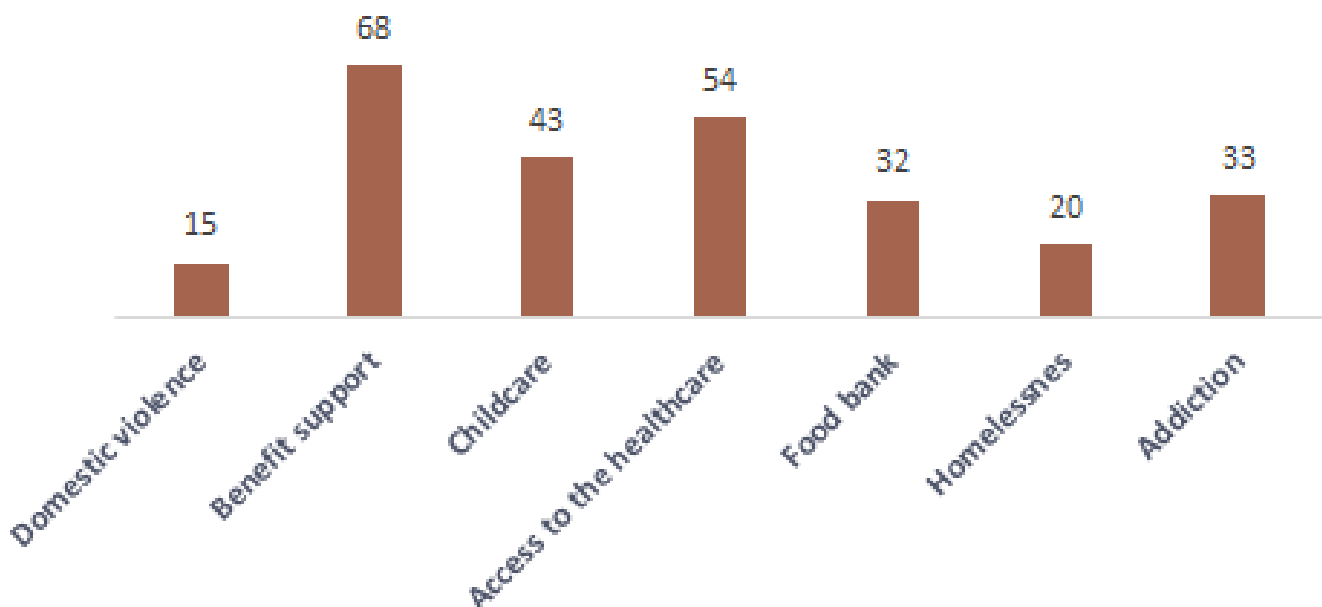
The majority of beneficiaries struggled to claim benefits during the Covid-19 pandemic. All of the clients reported a drastically reduced income or lack of it. The EU migrants with pre-settled status witnessed a biggest obstacle in claiming the UC and other get work based benefits, as they could not fulfil "right to reside" and "habitual residence test" requirement. Also the online procedure and phone conversations made many people with inadequate English fail the interview.

GENDER OF SERVICE USERS

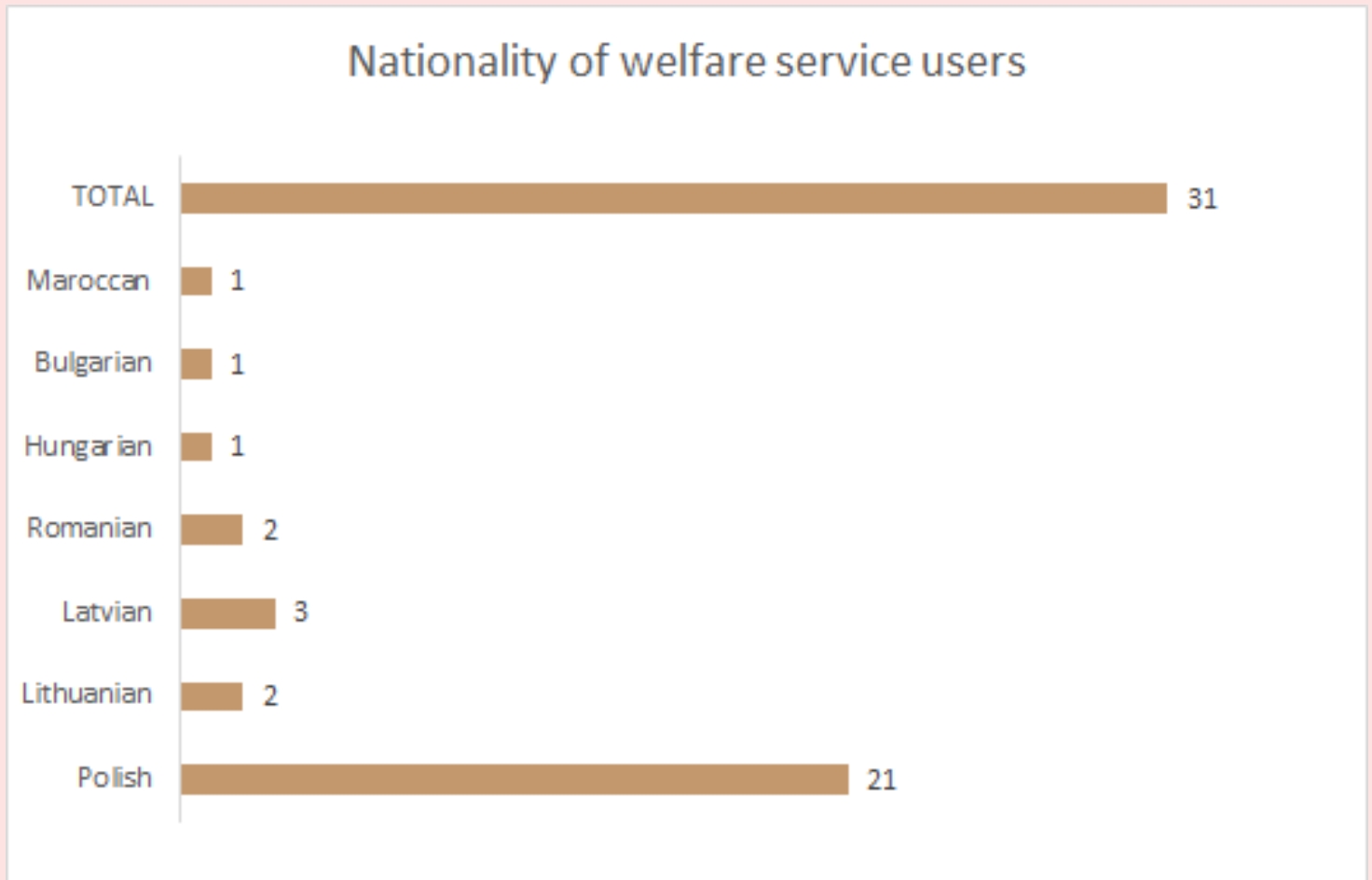


Female participants more often used the services, than men. In majority they were also lone parents. The childcare issue was a very complicated one, as mothers were forced to make a decision to leave their child or children alone to go and work.

% overview on type of support given during our welfare sessions



Welfare support



DV cases also showed how difficult was to get access to the urgent support. As all face to face appointments and drop in places were cancelled the availability of appointments with interpreters reached the ground level.

The council response to the homelessness required extra time. Local agencies given the advice and support via phone were oversubscribed or were not available for people.

People suffering from a addiction found it very difficult not to attend their weekly meetings and the online access for many, wasn't an option, because of lack of resources or sufficient broadband .

The access to healthcare professionals was also a huge issue. First of all, many people especially the older one, were terrified to go to a surgery or hospital, despite their needs. The phone appointments were a great difficulty for non-English speaking service users. The process of ringing surgeries and using many options were very confusing for migrant communities which also minimised their chance of getting through and speaking to a person they needed to speak to.

Publication

#CommunitiesCan



Collective Mind



MIND

For children

COLLECTIVE

For adults

For families

Cognitive Behavioural Therapy and Art Therapy classes



Psychological support for Romanian community



COLLECTIVE MIND

Polish Community Centre celebrates after receiving nearly £10000 from the National Lottery to help local young people and their families in restoring the mental health as a result of the Covid-19.

Polish Community Centre (PCC) is today celebrating after being awarded [almost £10000] in **National Lottery funding** to support its work with children and their families from Romanian Community. The group, based in Hull Afro Caribbean Centre, will use the cash to run counseling and art therapy sessions to the migrant community in Hull. PCC has been running since 2013 and is operating via board members and volunteers. It was founded by Anna Grzybowska after she realised that the community was struggling to provide support to local families with the BAME background. The group through last 7 years delivered over 30 different community projects, was a part of Creative Community Project during Hull City of Culture, organising "Oak Road Festival", which attracted over 2000 people.

The new funding from The National Lottery Community Fund, which distributes money raised by National Lottery players for good causes and is the largest community funder in the UK, will see the professional mental health sessions being delivered for young people and their families from Romanian and other Eastern European communities. At the same time, the group will be able to organise training course for the community leaders to wider knowledge about the mental health support available in our city. These will help communities to build relationships with the existing services and hopefully enable them to equal opportunities in accessing them.

Elena Doicaru, Romanian child psychologist actively working for the project, says: ***"I am delighted that The National Lottery Community Fund has recognised our work in this way. Now, thanks to National Lottery players we will be able to offer a pilot of professional psychological support and broaden the range of opportunities available to local migrant's children and their parents, who suffers mental health issues. The Pandemic with its lockdown and huge economic uncertainty, triggered lots of mental health mechanisms and increased vulnerability level of the migrant's community, making this project needed as never before!"***



**THE
NATIONAL
LOTTERY®**

For more information,
please contact

Polish Community Centre Hull

Email: anna.g@nice4all.co.uk

Mobile: 07557514964

**POLISH
COMMUNITY
CENTRE Hull**



Psychological support for Eastern European Communities



CONCLUSION

This project has demonstrated that current pandemic had and still have disproportionate impact on immigrants as

- higher level of poverty caused by less stable employment conditions and harder access to the welfare benefits.
- not sufficient support in childcare during the school closure, by introducing restrictions on international travel ban (migrants living without their parents and grandparents, or uncles and aunties, who could potentially create a bubble with).
- direct and indirect difficulties in accessing healthcare services by language barrier or other vulnerabilities as not being able to fund a reliable broadband, or working shifts and not having access to mobile phone at the certain time.
- deterioration of health conditions, through misleading information on the access to the GP and other consultants
- inabilities of joining the online appointments because of lack of IT skills, resources or a language barrier.
- much bigger impact on migrant children, caused by difficulties in accessing the home school learning (again lack of resources, or lack of parents guiding the children and supporting them throughout the process).
- increased vulnerability of families suffering from domestic violence by reduced options of accessing the support (women centres and council not operating face to face, not enough or lack of interpreters).
- clients also reported rising levels of discrimination and xenophobia against them and in many cases food insecurity, worsening working conditions including reduction, or non-payment of wages.

Recommendation

1. Grassroots organisations should enable community members a continuous support by carrying out a variety of project and programme opportunities, that appeal to and meet the needs of migrant young people and adults. Offered programmes should be based on developmental framework that supports acquisition of skills and techniques, and which promotes personal growth and general wellbeing.
2. To increase the likelihood that wide range of program opportunities and support will be available, grassroots organisations should put in place some mechanism for monitoring the availability, accessibility, and quality of programs for migrants in their community.
3. Grassroots organisations should work closely with NHS, Council, and other third sector entities to point out the needs of the migrant's community and to minimise a GAP in accessing their services. Possible cooperation on using Migrants professionals in mainstream services or organising training to understand the differences in accessing the services.
4. Grassroots organisations should work closely with MP's to demonstrate inequalities in social inclusion and in consequence allowing change on the policy level.
5. Grass roots organisations should invest in capacity building , to ensure long term support to the members of the community
6. Private and public funders should provide the resources needed at the community level to develop and support community.

Acknowledgements

We would like to conclude this report with a page acknowledging the contributions of

1. Our Funder

Thanks to the **National Lottery Community Fund**, who has awarded our organisation with the "Covid-19 Emergency Fund".

Through this award, we were able to respond to the increased need of migrant communities in Hull and offer a wide range of culturally and linguistically tailored mental health support, together with the welfare advice, which have been delivered to the clients in their first language.

2. Special thanks to people, who worked tirelessly on the projects such as:

Andreea Doicaru our Psychologist, responsible for all CBT sessions and supervision of the Art therapy sessions.

Sylwia Kryrowicz - who has been delivering Art Therapy sessions to our amazing young people.

3. Thanks to Rise Academy for the ongoing cooperation.



We thank you for your continued support in our programs.

