

The Wales Mental Health in Primary Care
(WaMH in PC)

Bursaries 2004

Name of Applicants: Vanguard Group

Subject: How to Break the Barriers and Bridge the Gaps

Introduction

We like to undertake this project because mental health problems experienced by the members of the Somali community in Cardiff have been growing concerns for both health professionals and Somali community since the last four years. However the possibilities of responding to these problems have been mainly inhibited by cultural, linguistic and lack of confidence. There are many people who are unable to access these existing mental health services, due to reliable information to mental health needs of the Somali community, while health professionals had difficulties of reaching the members of the Somali community and understanding their needs. Due to misunderstanding and thereby distrust with mental health professionals.

The individuals who experienced mental health are unwilling to come forward and seek help. It is acknowledged that mental health problems are having negative impact on daily lives of the children and families and you see individuals end up on streets without proper care; as a result they often pose an unpredictable danger to themselves and others.

Our project based research how to get new initiatives regarding

1 Those enable social inclusion, empowerment and support and promotion of normal pattern of life (for standard 1, 2, 3,) and also those deprived areas.

For active delivery and establishment of equitable, accessible service (for standards 4, 5, 6).

Methods of the work will be structured questionnaires, direct interviews, traditional elders and counselling version to obtain the hidden matters and open day workshop, then produces a report and guidance booklet.

We are expecting to produce good practice guidance and creating an environment appropriate for Somali community to receive their suffering. To raise voices of the carers and empower the community to improve the mental health well being and reduce the anguish pair, our outcome study could lead to establish ongoing planning, purchasing, delivery the community participates **regularly**.