

# Just Psychology



Promoting cultural diversity, social justice & mental wellbeing

## Autumn 2017 Newsletter

### Trafford Sunrise

We are very pleased to have been commissioned to support children with their emotional health and wellbeing in Trafford.

Trafford Sunrise will provide support for children aged five to twelve years in coping with stress, learning how to relax and promoting emotional wellbeing.

Children will be able to access group sessions where they can practice their coping skills and make new friends.

There will also be sessions for parents, where they can access support using evidence-based parenting techniques, helping them to identify and support emotional difficulties in their children, and enhance



existing coping strategies.

Finally the project will engage community organisations to provide training and resources to support children's emotional health and wellbeing, and reduce stigma and discrimination.



### Training

*Our training helps health and social care professionals to develop their awareness, skills and confidence in working with children and families from BME and other marginalised communities, and to innovate and share knowledge and expertise.*

#### **Family Group Conferences and Harmful Sexual Behaviour**

Wednesday, 18 October 2017

St Thomas Centre, Manchester, M12 6FZ

An opportunity to hear renowned national speaker Vince Mercer, Restorative Justice Coordinator, AIM Project. Training is aimed at Family Group Conference Coordinators.



### New Assistant Psychologist

Merryn started as an Assistant Psychologist for Just Psychology in July.



She graduated with a BSc in Psychology in 2016 and has since been working with children with acquired brain injuries in support work and Speech and Language roles.

She is involved in evaluating Family Group Conferences and child advocacy work. She admires the focus Just Psychology places on BME families and cultural diversity, and is proud to be part of our work.

## Cultural consultancy and male survivors of sexual abuse

Training is now complete for our 12 cultural consultants who will focus specifically on helping engage male survivors of sexual abuse from Chinese, Somali and Eastern European backgrounds. The sessions went very well, receiving excellent or good

ratings overall. The training involved Survivors Manchester and TS4SE, and included participants sharing cultural differences and similarities on key topics, e.g. norms around physical touch and boundaries. Catering was provided by local

organisations from target communities, and the participants enjoyed sampling the delicious variety of food from different cultures!

Below, two of our cultural consultants describe their experiences of the project so far.



**Fadheya Khalifa**

I am Somali, however my parents are from two different countries (Djibouti and Somalia), and that has given me two perspectives on my own culture. Just Psychology brought in a group of really amazing insightful experts for each topic and I learnt a lot from them. Although we had many cultures in the room, the

similarities we had concerning certain taboo subjects really surprised me. We're already building connections within the communities that we hope to engage with. We hope to raise awareness throughout the coming year through effective marketing and events targeting different communities.



**Siu Man Wai**

The training was exceptional, not only a place where mature adults from diverse cultures met; the teaching materials often triggered unexpected cultural issues and facts.

The combination of energies and enthusiasm by all participants had even surprised some of the speakers, not to mention about the variety of food.



## BME Community News

### Boaz Trust Night Shelter

Levenshulme Inspire is taking part in an exciting initiative to look after 12 homeless women asylum seekers every Saturday night from October to April 2018. They are keen to involve anybody from the local community who feels they can give a little time to help out in different ways. Financial donations would also be welcomed.

[www.lev-inspire.org.uk/boaz-womens-night-shelter-starting-soon-can-help](http://www.lev-inspire.org.uk/boaz-womens-night-shelter-starting-soon-can-help)

Anyone wishing to be involved please contact Roz on 07419 209025 or e-mail [roz35@gmail.com](mailto:roz35@gmail.com)

### Orisa: an exhibition of Yoruba gods

Saturday 7 Oct and Friday 20 Oct. 12-5pm, free. Presented by Afristar Foundation in conjunction with Yoruba Heritage Society UK. Manchester Craft and Design Centre, 17 Oak Street. M4 5JD

## Contact

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