

New Collaboration with Six Degrees Social Enterprise

We are collaborating with Six Degrees Social Enterprise to deliver a 3-year Cultural Consultancy Project as part of Greater Manchester Bereavement Service (GMBS).

The aim of the Project is to improve accessibility of the Global Majority communities to GMBS. We have recruited and trained twelve people from the Chinese and Arabic Speaking communities to work as Cultural Consultants. They attended seven training sessions from June to July 2024.

The benefits to the Cultural Consultants will be:-

- Received accredited training (AQA) on working across cultures, counselling skills and how health care systems work
- Raise awareness of issues affecting communities
- Support professionals to understand your culture and community
- Voluntary and paid position
- Able to offer information, advice and raise awareness
- Able to understand the barriers to services for people from different cultures
- Able to talk about complex or distressing information sensitively

Feedback from the Cultural Consultants

"I feel more confident because [...] I have more knowledge."

"Good presentation and information. Very nice group and knowledgeable team."

"It was a pleasure to take the course with you all as tutors. The way you delivered the courses was amazing. We have gained valuable knowledge and new information. Thank you for this course, and I look forward to the next step".



Awareness raising sessions delivered by Cultural Consultants in local communities to understand how to access bereavement services and support. To provide training on culture and bereavement for local practitioners and provide cultural consultation for individual cases.

FRAPP Update

The Family Reunion and Parenting Project was launched in February 2021 as a four-year project, and is delivered in collaboration with Rainbow Haven. The main aim to enable migrating families to overcome the impact of separation and manage challenges of parenting in a new country across cultures.

From February 2023 to July 2024 the team has:-

- Delivered 5 parenting courses** to 19 parents from a range of communities: Bangladesh, Pakistan, Sudan, Palestine, India, Cameroon, Ethiopia, Eritrea, Libya, Egypt.
- Delivered 8 Family Reunion groups to 43 parents and 47 children** from: Sudan, Eritrea, Syria, Yemen, Libya, Iran, Somalia, Ethiopia, Namibia and Cameroon. This one-day creative group, helps families focus on creating a sense of community, using the Tree of Life, retelling of stories and concludes with a celebration.
- Provided support, through "Peer Mentoring"**, to **9 families** transitioning out of the project, by linking up with appropriate services to help with ongoing issues, such as housing.
- Additionally, supplied **7 single session "Parenting Workshops" to 39 parents** offering further understanding and providing support to those who cannot access other groups due to the instability of their situation.

Thank you Sophie!



In April, Sophie (our amazing Monitoring & Evaluation Administrator) celebrated one year with Just Psychology. She said ***"it's such a pleasure working across all the different services. My main role is collecting, collating and analysing our data, to provide statistics for reporting and providing quality assurance for the service."*** Sophie likes to think her work helps to emphasise the teams amazing

work and nurtures continual improvement. Over the past year, she has enjoyed watching the services develop based on feedback from the families we support. ***"It is very fulfilling to see these changes implemented and appreciated by families, highlighted in the glowing feedback. One big achievement I am proud of, is the set up of FRAPP on our data management system, PCMIS. All the time, effort and determination, by myself and the FRAPP team, should help greatly with the future delivery of the project."***

Our Mental Health Practitioner (Jawahir) ***"deeply appreciates Sophie's exceptional contributions."*** She added ***"working with Sophie has been an absolute pleasure. Her calm and composed personality, and remarkable competence, has significantly enhanced our monitoring and evaluation processes."*** Furthermore, ***"Sophie's support extends beyond her primary responsibilities. She supports workshops, groups, handles referrals, and prepares detailed reports. Her dedication has been invaluable to every project at Just Psychology."***

WHAT A TEAM!

This year has really focused on team wellbeing and bonding. The team report that this has greatly enhanced their understanding of each other and led to a more cohesive Team.

