



# Wellbeing Service



South West London and  
St George's Mental Health  
NHS Trust



# Reaching underrepresented groups in the community

*Wellbeing is the core of what we do. We strive to help to improve all aspects of your wellbeing be that; mental, physical, emotional, spiritual or social.*



Respectful



Open



Collaborative



Compassionate



Consistent



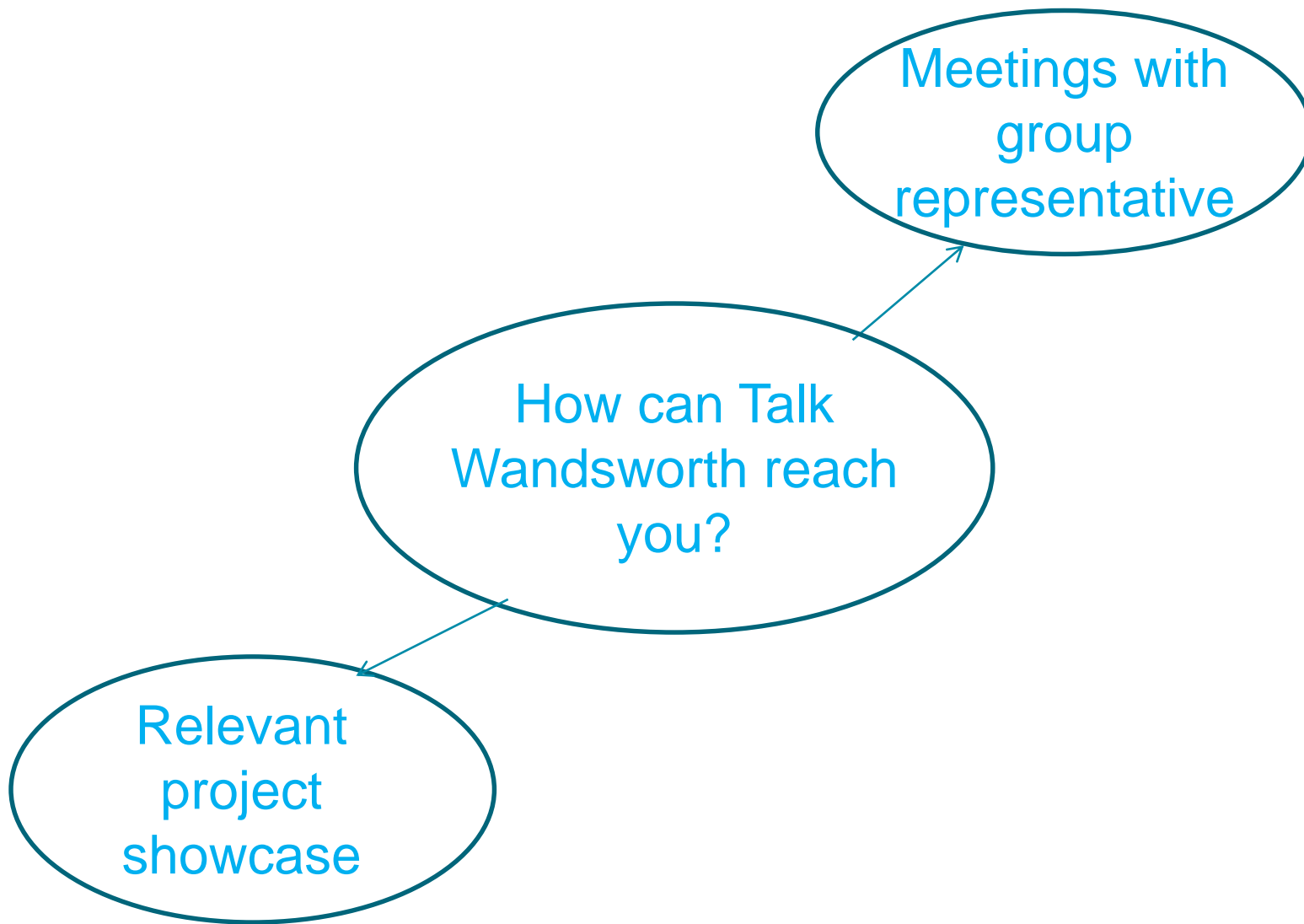
## Talk Wandsworth Service - Reaching underrepresented groups whole service overview

We have targets.

What does that mean in practice?

- Wellbeing and their work
- Creating pathways internally and externally
- Staff leads
- Improve knowledge with training
- Work with partner agencies create something that works
- Listen to our client base
- Provide reasonable adjustments to access talk wandsworth services

# First point of contact



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### 3 prevalent needs identified...

Language  
barrier/differences

Discuss religious  
values and mental  
health



Incorporate  
Islamic  
teaching

Incorporate  
Hindu  
teaching

Awareness  
of past  
experiences/  
traumas

Certificates at the  
end



Childcare



Daily wellbeing



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## Tailoring workshops: Hindu society project

### Ice-breaker:

Discussion of common factors between different Bollywood celebrities.

### Main session: Speaking from a Hindu perspective...

- Mental health myth busting
- Scenarios surrounding a variety of mental health situations.
- 5 pillars of wellbeing



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# Tailoring workshops continued.... STORM Project:

More pictures...less words

Relaxation/mindfulness  
workshop

Coping with  
stress workshop

Assertiveness  
workshop

**ASSERTIVENESS!!**



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# Tailoring workshops continued....

## Mushkil Aasaan

- Visual aids
- Simplified Handouts
- Relate Islamic teaching to wellbeing
- Cultural beliefs of wellbeing



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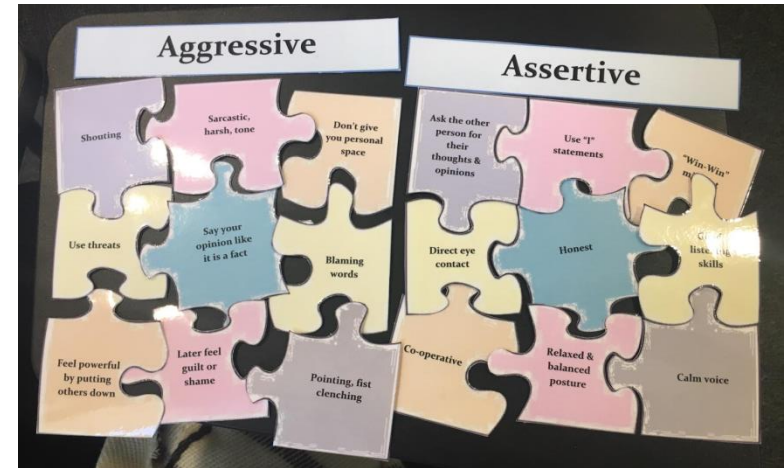
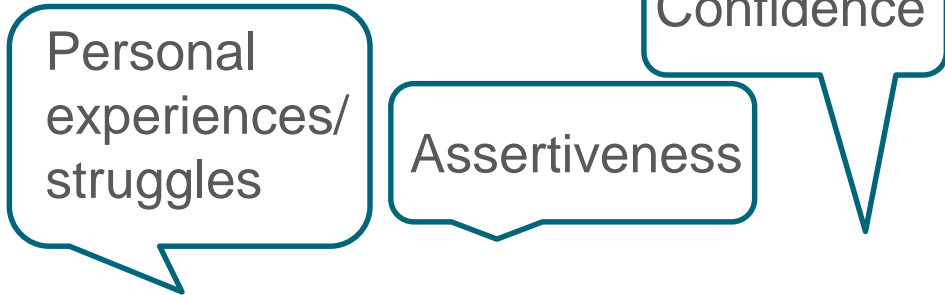


Consistent



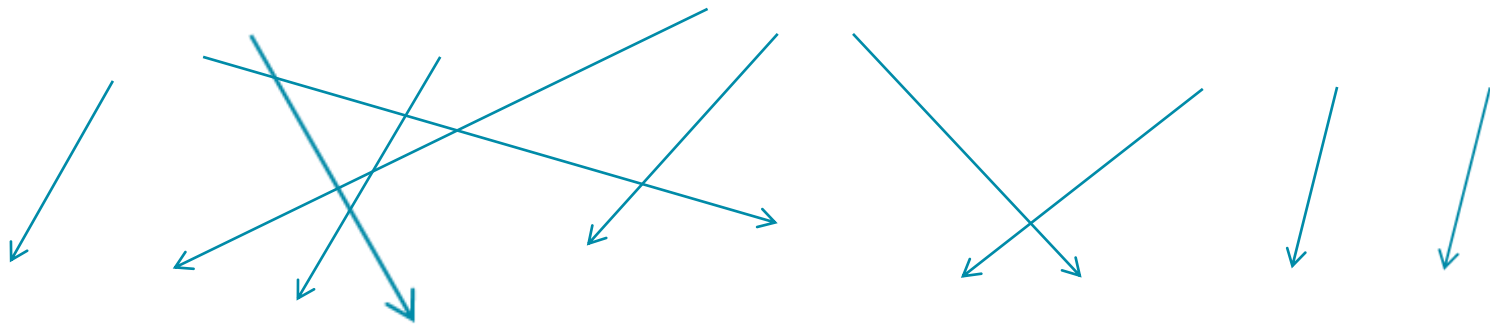
# Tailoring workshops continued.... Battersea Mosque

- No presentation or handouts
- Discussion based
- Interactive activities



# Tailoring workshops continued....

## CARAS Project



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# Victories & Challenges



Projects	Challenges	Victories
<b>Hindu Society</b>	Low level of trust in NHS	Trust eventually gained
<b>STORM</b>	Risk of breach of confidentiality	Strong rapport with practitioners.
<b>Muskil Aasaan</b>	A lot of queries about the forms	Open about speaking about their individual experiences.
<b>Battersea Mosque</b>	Reluctance to complete forms	Acceptance of triage services.
<b>CARAS</b>	Language barrier	Eventual engagement

# Co-production

Groups we work alongside and co-facilitate workshops with  
(Just to name a few) :



Wandsworth Carers' Centre



# 5 minute Q & A



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