

Delivering Race Equality Mental Wellbeing Roadshow

'Stay well on life's journey, open the windows to your heart' is the message being conveyed by the **Delivering Race Equality Mental Wellbeing Roadshow**, which began in Derby in October 2009 and is being hosted by community centres and mental health units across Derbyshire well into the summer of 2010.

These monthly events are being co-ordinated by Derbyshire Mental Health Community Development Workers (CDWs) in collaboration with community organisations and mental health agencies. They have been designed to enable people of Black and Culturally Diverse origins to feel more able to access and have confidence in mental health services.

Roadshow events invite different cultural communities to come together in one setting and to participate in activities that promote wellbeing as well as awareness and celebration of different cultures. These activities, to name but a few, have included; Tai Chi, laughter therapy workshops, tissue-paper flower making, performance poetry, African drumming, calligraphy, eating foods from different cultures and even a Chinese Dragon Dance.

In the spirit of '*edutainment*' these events incorporate learning through having a good time, so at the heart of each event is the message of Delivering Race Equality in Mental Health. The Derbyshire Community Workers are part of a national mental health programme which aims to improve service delivery in terms of access, experience and outcomes for people from Black and Culturally Diverse communities.

By bringing out the wealth of knowledge and the richness of traditions - 'ancient to modern'- found within the diverse cultural communities that make up Derbyshire, we aim to empower these communities to having increased involvement in developing appropriate and responsive mental health services.

The first event took place in October and was hosted by the Derbyshire Chinese Welfare Association. Then in November the Roadshow went to Chesterfield and was held at the African Caribbean Community Association. The third event, in December, is being staged at the Radbourne Unit in Derby. In January, the roadshow resumes in Normanton, Derby, followed by an event a month later at the Hartington Unit in Chesterfield. Subsequent Roadshow events will continue each month in venues across the county, culminating in a Grand Finale event, next summer, in the Ashbourne Centre at Kingsway, Derby.

It's a long road ahead, however with this Roadshow initiative Derbyshire CDWs, partner agencies and communities are proving that by pooling our minds together and opening the windows to our heart, we can more effectively walk the walk, talk the talk and hopefully ... 'stay well on the journey'.

More information about the DRE Roadshow and who to contact can be found on the Website: www.sdvsmf.org.uk

Also follow this link to experience a snapshot (or two) of our past events:
<http://www.youtube.com/watch?v=WIGyOpfyxSA>

http://www.youtube.com/watch?v=5Z_SKT3J8Ck