

# Resource Guide to BME Communities and Family Carers

## Introduction

Family carers from BME communities have been a priority group for Valuing People since 2001 and remain so in 2011. To meet the needs of minorities and seldom heard communities, the Valuing People Team's Family Carer Programme and the BME lead commissioned a range of training and resources. This work included updating the Learning Difficulties and Ethnicity Framework for Action and engaging HFT's Family Carer Support Service (FCSS) to develop a resource which would provide a range of information about the importance of meeting the needs of families from BME and seldom heard communities.

This resource is aimed at professionals working in Learning Disability, Carers and Mainstream Diversity and Equality Fields, although some information will be of interest to Family Carers too.

The resource is broken up into six discrete section that can each be accessed individually. These sections are:

- Engaging with different communities
- Supporting communities – specific issues
- Supporting communities – specific communities
- BME families – it's everybody's business
- Knowing your local population
- Good practice examples from around the country.

Although health and social care organisations have a statutory duty to ensure that there is equality of access and the uptake of services, sadly research suggests that very few successfully promote diversity. We hope that this resource will provide some important pointers to how this can be improved. A key message is the importance of ensuring that mainstream services are able to meet the needs of all communities. This can best be achieved by ensuring investment in and support of local specialist voluntary organisations and groups who can support families from BME and seldom heard communities to get the best mainstream services.

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**Disclaimer**

Every effort has been made to ensure the information in this resource is accurate and up to date at the time of publication. Those involved in the production of this resource cannot accept responsibility or liability for any omissions or errors.

**Acknowledgements**

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*Sue Davies*

## Section 1: Engaging with Different Communities

In this section you will find information about outreach and support.

- Useful definitions
- Refugees
- Faith communities
- Health and community mentors
- Ways of communicating
- National networks
- Regional networks

Type	Name	What's it about and who's it for?	Contact details
Report	Engaging with Black and Minority Ethnic Communities about the Mental Health Capacity Act <i>Jayasree Kalathil &amp; Rowan Myron (November 2008)</i>	Very little is known about how the MCA is understood by BME communities. This report is based on interviews with representatives from 13 BME organisations with local and national remits and makes recommendations about what needs to be done to increase awareness of the Act and ensure that people from BME communities engage and benefit from the Act.	Website: <a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a>
DVD	Reaching Out – Working with black and minority ethnic communities <i>Birmingham Mencap</i>	This DVD highlights the barriers that family carers from BME communities face in accessing services for their relatives	Birmingham Mencap Telephone: 0121 427 5703
Book	Leicestershire Cultural Awareness Book <i>Compiled by Khadijah Chowdhury</i>	An excellent resource which provides some basic information about the needs of different communities, their cultures and religions. The handbook is designed to serve as a guide	

		<p>for staff working with different communities and can be used as a tool to learn more about diverse cultures, different cultural etiquettes and to shape future policies that promote cultural awareness, tolerance, harmony and mutual respect amongst diverse populations.</p> <p>Contents include some general points to remember and sections on Islam, Hinduism and Sikhism, the Bangladeshi, Pakistani, Indian, Somali, Iranian and Yemeni communities.</p>	
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## Useful Definitions

Some organisations and workers find it hard to reach groups they should be engaging with and/or do not feel confident or knowledgeable enough about different communities' rights to offer them support. This section gives definitions and a list of some of the key organisations supporting particular groups.

### Migrant Worker

Those who come to the UK for economic reasons, mainly temporarily, for work. Some migrant workers are settling with their families. There are networks of organisations supporting migrants, some of which are listed in 'Support Communities – Specific Communities' in the resources section.

### Newly Arrived

This term could mean groups arriving and joining already established communities or might mean newly arrived asylum seekers.

### Asylum Seeker

A person who has left their country of origin and formally applied for asylum in another country but whose application has not yet been decided.

## Dispersal

In 1999 the government introduced its policy of 'dispersal'. This means that asylum seekers, most of whom had previously been located in the South East, are now sent to locations across the UK.

The United Kingdom Border Authority (UKBA) publishes policy bulletins, which describe how they interpret current legislation as operational processes and procedures. See: *United Kingdom Board Authority Dispersal Guidelines Version 4.0; Policy Bulletin 31, 12 November 2008 p.3 of 6.* "If a family has a child with special education needs who has gained entry to an appropriate school, dispersal will normally be postponed until arrangements are in place for the child to transfer to a suitable school in the dispersal areas."

The Children's Society – See also Supporting Specific Communities – Resources for information on '*The Refugee Toolkit*' (Children's Society 2008) – A tool for all adults and children's services, practitioners, education, health and other agencies in contact with refugee and asylum seeking families.

## Refugee

Someone whose asylum application has been successful and who is allowed to stay in another country having proved they would face persecution back home.

*'Those recognised as having refugee status by the Home Office are given permission to remain in the UK for 5 years. During that time they have the same entitlements to work, benefits, housing, education and health care that a UK national has'. ('Refugee – A legal definition' in 'A Brief Explanation of Asylum' (ATLeP Training Paper) by Anna Skehan, Islington Law Centre, March 2008)*

## No Recourse to Public Funds (NRPF)

*'Refers to people who are subject to immigration control and have no entitlement to welfare benefits, UK Border Agency Support or public housing. However, Social Services departments may have a duty to provide services (including accommodation) to people with NRPF who meet thresholds for support under Community Care or Human Rights Legislation.'* NRFP Network, Islington.

<b>Type</b>	<b>Name</b>	<b>What's it about and who's it for?</b>	<b>Contact details</b>
Online network	NRPF Network	This network is hosted by Islington Council and is a network of local authorities focusing on the statutory response to people with care needs who have no recourse to public funds. The network is open to all	Website: <a href="http://bit.ly/f8zj5k">http://bit.ly/f8zj5k</a>

		local authorities and their representative bodies, other statutory and voluntary sector organisations with an interest in the statutory response to NRFP are invited to join and participate. Check the website for information on a regional network near you.	
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## Refugees

### Refugee Forums

Refugee Forums and Networks provide a voice and serve as a point of contact for refugees and refugee community organisations. They provide opportunities to network and share information on a range of local, regional and national issues. Some refugee forums and networks offer capacity building services to refugee community organisations and groups such as training, advice and information. Others provide direct services for refugees e.g. developing language skills and qualifications.

Type	Name	What's it about and who's it for?	Contact details
Organisation	Refugee Council	Provides advice and support to Asylum Seekers and Refugees as well as other organisations. For additional information about organisations supporting Refugees and Asylum Seekers following the links on the Refugee Council website.	Website: <a href="http://www.refugeecouncil.org.uk">www.refugeecouncil.org.uk</a>  Telephone: 020 7346 6700
Organisation	Refugee Action	Refugee Action is involved in the reception, resettlement, development and integration of Asylum Seekers and Refugees.  Refugee Action works across 10 regions in England including London, Bristol, Leeds, Leicester, Liverpool, Greater Manchester, Nottingham, Plymouth and Portsmouth.	Website: <a href="http://www.refugee-action.org.uk">www.refugee-action.org.uk</a>  Email: <a href="mailto:info@refugee-action.org.uk">info@refugee-action.org.uk</a> (Only to be used if you cannot contact your local Refugee Action branch)  Telephone: 020 7654 7700

Report	Refugees in Effective and Active Partnership (REAP)	<p><i>One Plus One – Supporting front-line organisations to work effectively with Refugees.</i></p> <p>See REAP website library for a list of other publications and resources including <i>Refugees for Equalities – We don't do Refugees &amp; Multiple Inequalities Report 2009.</i></p>	<p>Website: <a href="http://www.reap.org.uk">www.reap.org.uk</a></p> <p>Email: <a href="mailto:olesya@reap.org.uk">olesya@reap.org.uk</a></p> <p>Telephone: 01895 441530</p>
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## Faith Communities

Type	Name	What's it about and who's it for?	Contact details
DVD	Faith in Practice <i>Foundation for People with Learning Disabilities, 2006</i>	A DVD about including people with learning disabilities in faith communities and what their faith means to them; how faith communities can be more inclusive and the ways in which they may need to be supportive.	<p>Website (publications section): <a href="http://www.learningdisabilities.org.uk">www.learningdisabilities.org.uk</a></p> <p>Telephone: 020 7803 1101</p> <p>Price: £12.50 for professionals, £7.50 for family carers</p> <p>See also: The Judith Trust</p>
Film	Praying with Lior <i>Ruby Pictures, 2007</i>	This film follows Lior, a young man with Down's Syndrome, as he prepares for his Bar Mitzvah. It was shown at the London Jewish Film Festival as part of The Judith Trust's Inclusion Campaign, to raise awareness of the needs of Jewish people with learning disabilities, their carers and families to be involved in Jewish spiritual and communal life.	
DVD	Faith in Practice	Foundation for People with Learning	<a href="http://www.learningdisabilities.org.uk">www.learningdisabilities.org.uk</a>

		Disabilities (2006) DVD on including people with learning disabilities in faith communities.	
Report	Face to Face Side by Side <i>Department for Communities and Local Government, 2008</i>	A framework for partnership in our multi-faith society.	<a href="http://www.communities.gov.uk">www.communities.gov.uk</a>
Handbook	South Devon Health Care Trust and Teignbridge PCT	Religious, Spiritual, Pastoral and Cultural Care – A guide for staff in providing good religious, spiritual, pastoral and cultural care. As well as lots of good information, it contains a useful Cultural and Religious Checklist, Appendix 2 p.49.	

### Health and Community Mentors

Type	Name	What's it about and who's it for?	Contact details
Report	Community Mentors (Health)	See FCSS Devon Report – page 14 HIKMAT Social Contact Centre Devon Report.	

### Ways of Communicating

- Written information is not always an effective way of getting a message across. Some people are illiterate in their own language.
- Some cultures have a strong oral tradition and prefer to have information delivered in this way.
- Consider using a range of different methods/formats to deliver information in an accessible way e.g. DVDs, audio material, CDs.

- Community Radio Stations are a good way of reaching people e.g. Bristol’s Ujima Radio station, a community station broadcasting to the Ashley and Lawrence Hill Wards of Bristol, hosts a weekly Health Show. Each week NHS frontline staff and people who use services are guests on the show and are interviewed about pressing health questions on this Bristol NHS supporting programme.
- Newspapers/and or newsletters in community languages e.g. SODES a Somali Disability and Support Organisation in Birmingham (see: Work Found) publicises its activities with the Somali Community through a quarterly newsletter, mainly Somali, called ‘Dhambal’.
- Online radio stations
- Social networking sites (e.g. Facebook, Twitter). See also Devon Grapevine. A networking and information website for people from different cultures, living in Devon <http://devongrapevine.ning.com>

### Translation and Interpreting

People often use these terms interchangeably and can confuse the two.

- A translator works with written material translating documents from one language to another.
- An interpreter works ‘in person’, orally translating back and forth between two or more individuals.

<b>Type</b>	<b>Name</b>	<b>What’s it about and who’s it for?</b>	<b>Contact details</b>
Organisation	Translating and Interpreting Service (TIS) – Guidelines on the effective use of translators and interpreters	TIS produce comprehensive information available via the Bristol City Councils website highlighting some of the principles of interpreting, deciding if materials need to be translated, making best use of resources and evaluating the effectiveness of the service you have received. This is worth viewing as an example of good practice.	Email: <a href="mailto:TIS@bristol-city.gov.uk">TIS@bristol-city.gov.uk</a>

### Some issues to consider:

- Avoid using family members to interpret, especially children.
- Some families prefer to have an interpreter from outside of their community for reasons of confidentiality. Interpreters should follow a Professional Code of Conduct, which sets out expectations around impartiality and confidentiality.
- Interpreting takes time – allow extra time for this.

- Clarify with the interpreter beforehand how they will be interpreting what you say i.e. literally, word for word or an approximation. There are pros and cons to each method, word for word does not always make sense. In some cases it may not be possible to translate literally e.g. in certain cultures there is no word for 'learning disability' so the term would need to be explained in a different way.
- This may seem obvious but check that the interpreter is conversing in a way and in a language that the person they are interpreting for can understand e.g. Urdu is a language spoken by members of the South Asian community but if their first language is a community language e.g. Mirpuri, they may find Urdu difficult to understand.

<b>Type</b>	<b>Name</b>	<b>What's it about and who's it for?</b>	<b>Contact details</b>
Organisation	Institute of Translation and Interpreting	Source of information on translation and interpreting services, offers guidance including Codes of Professional Conduct.	Website: <a href="http://www.iti.org.uk">www.iti.org.uk</a> Email: <a href="mailto:info@iti.org.uk">info@iti.org.uk</a> Telephone: 01908 325250
Organisation	Language Line	Language Line works with organisations to provide a 24 hour telephone interpreting service.  See also 'Useful Organisations', which lists some organisations offering this facility.	Website: <a href="http://www.languageline.co.uk">www.languageline.co.uk</a> Email: <a href="mailto:enquiries@languageline.co.uk">enquiries@languageline.co.uk</a> Telephone: 0800 169 2879
Organisation	The Big Word	The Big Word works with organisation to provide a translation and 24 hour telephone interpreting service.	Website: <a href="http://www.thebigword.com">www.thebigword.com</a> Email: <a href="mailto:info@thebigword.com">info@thebigword.com</a> Telephone: 0870 748 8000
Organisation	The Institute of Linguistics	Use suitable qualified interpreters, preferably with a background or specialist knowledge of the area you are working in e.g. Learning Disability, Mental Health. The Institute of Linguistics	Website: <a href="http://www.iol.org.uk">www.iol.org.uk</a> Email: <a href="mailto:info@iol.org.uk">info@iol.org.uk</a> Telephone: 020 7940 3100

		and others have a list of interpreters who are familiar with particular issues e.g. Social Care, Housing and Health.	
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### Using Plain English

- Put all information in a logical order
  - Use types rather than handwritten information
  - Use big font (14 point or above) and a clean typeface
  - Leave plenty of space around the text
  - Use symbols or pictures if appropriate
  - Use short sentences and simple statements
  - Do not use technical jargon
  - Include only one idea in each sentence
  - Write active positive sentences
  - Avoid abstract thought
  - Be direct and talk to your reader. Use 'I, we and you'
  - Be consistent and repeat words rather than using different ones
  - Don't use all capitals as this is hard to read
  - Read your notes out loud; if it is hard to say it is probably hard to understand.
- (Townsley, R and Gyde, K (1977) Plain Facts, York: Joseph Rowntree Foundation)*

### **National Networks**

<b>Type</b>	<b>Name</b>	<b>What's it about and who's it for?</b>	<b>Contact details</b>
Website	Choice Forum	Online discussion forum on issues in the lives of people with learning disabilities in the UK.	Website: <a href="http://www.fpld.org.uk">www.fpld.org.uk</a>
Organisation	National Advisory Group for Learning Disability and Ethnicity (NAGLDE)	Hosted by the Foundation for People with Learning Disabilities, NAGLDE advises on government policy on issues relating to learning disabilities	Website: <a href="http://www.learningdisabilities.org.uk">www.learningdisabilities.org.uk</a>

		and ethnicity, shares information and learning from emerging national and regional good practice and checks for implementation of the recommendations made in government papers or by the group.	
Organisation	National Learning Disability and Ethnicity Network (NLDEN)	Set up as a good practice / information sharing network on all initiatives concerned with Learning Disability and Ethnicity.	Website: <a href="http://www.lden.org.uk">www.lden.org.uk</a> Telephone: 01246 555043
Organisation	National Family Carer Network (NFCN)	Links groups and organisations supporting families that include an adult with a learning disability. Provides useful information and resources.	Website: <a href="http://www.familycarers.org.uk">www.familycarers.org.uk</a> Email: <a href="mailto:info@familycarers.org.uk">info@familycarers.org.uk</a> Telephone: 07747 460 727
Organisation	Ethnicity Training Network	Created to help change the way people think about work in health and social care and is based at the University of Leeds.	Website: <a href="http://www.etn.leeds.ac.uk">www.etn.leeds.ac.uk</a> Email: <a href="mailto:etn@leeds.ac.uk">etn@leeds.ac.uk</a> Telephone: 0113 343 4832
Organisation	Council of Ethnic Minority Voluntary Sector Organisations (CEMVO)	CEMVO is a national charity established in 1999 that supports the development of the UK's minority ethnic organisations, communities and individuals. They have London head quarters and regional officers in the South West, North West, Scotland and Wales.	Website: <a href="http://www.cemvo.org.uk">www.cemvo.org.uk</a>
Organisation	Profound and Multiple Learning Disabilities (PMLD) Network	Brings people with PMLD and their families, carers and advocates together with statutory and voluntary agencies, to share good practice,	Website: <a href="http://www.pmldnetwork.org">www.pmldnetwork.org</a> Email: <a href="mailto:pmldnetwork@mencap.org.uk">pmldnetwork@mencap.org.uk</a>

		campaign, and provide information and support.	Telephone: 020 7696 5549
Organisation	The Challenging Behaviour Foundation	Exists to show that individuals with severe learning disabilities described as having challenging behaviour can enjoy normal life opportunities when their behaviour is properly understood and they receive appropriate individualised support. The Foundation supports families, professionals and other stakeholders through education, information, research and partnership working and works strategically to influence national policy and practice.	Website: <a href="http://www.thecbf.org.uk">www.thecbf.org.uk</a>  Telephone: Family Support Line 0845 602 7885 or General Enquiries 01634 838739  Email: <a href="mailto:info@thecbf.org.uk">info@thecbf.org.uk</a>
Organisation	Afiya Trust	An organisation with a nationwide remit to reduce inequality in health and social care provision for racialised groups. They are the host organisation for and work in partnership with the National Black Carers and Care Workers Network.	Website: <a href="http://www.afiyatrust.org.uk">www.afiyatrust.org.uk</a>  Telephone: 020 7582 0400
Organisation	National Black Carers and Carer Workers Network (NBCCWN)	Has regional support networks in the North West, East Midlands and London. Contact can be made through the Afiya Trust or directly via the regional workers.	Website: <a href="http://www.afiyatrust.org.uk">www.afiyatrust.org.uk</a>  Telephone: 020 7852 0400
Organisation	The Princess Royal Trust for Carers	Provider of comprehensive carer support services in the UK. Provides information, advice and support services to almost 354,000 carers, including over 20,000 young carers. See also ' <i>Caring for All Carers – a survey of services for BME and seldom</i>	Website: <a href="http://www.carers.org.uk">www.carers.org.uk</a>  Email: <a href="mailto:info@carers.org">info@carers.org</a>  Telephone: 0844 800 4361

		<i>heard Carers in Carers Centres and Crossroads Care Schemes'</i> report by Oi Mei Li, November 2010.	
Organisation	Carers UK	Carers UK was set up by carers and is a member led campaigning organisation offering information and advice to carers about their rights and how to get support. They can provide interpreters through CarersLine.	Website: <a href="http://www.carersuk.org">www.carersuk.org</a> Email: <a href="mailto:info@carersuk.org">info@carersuk.org</a> Telephone: 020 7378 4999 or CarersLine (free) 0808 808 7777
Organisation	Association for Real Change (ARC)	Association for Real Change offers information, support and networking for providers of services to people with a learning disability. They host the Learning Disability and Ethnicity Network. Bridget Fisher is Manager of their BME Unit.	Email: <a href="mailto:bridget.fisher@arc.org.uk">bridget.fisher@arc.org.uk</a> or <a href="mailto:pam.smith@arc.org.uk">pam.smith@arc.org.uk</a> Telephone: 01246 555 043
Organisation	Crossroads Care	Provides support for carers and the people they care for. They employ trained professionals to provide flexible support to people of all ages with a range of disabilities and health conditions. See also ' <i>Caring for All Carers – A survey of services for BME and seldom heard Carers in Carers Centres and Crossroads Care Schemes'</i> report by Oi Mei Li, November 2010.	Website: <a href="http://www.crossroads.org.uk">www.crossroads.org.uk</a> Telephone: 0845 450 0350
Website	Transition Information Network	An alliance of organisations and individuals aiming to improve disabled young people's experiences of transitions. It is also a source of information for disabled young people, families and professionals.	Website: <a href="http://www.transitioninfonynetwork.org.uk">www.transitioninfonynetwork.org.uk</a> Email: <a href="mailto:TIN@ncb.org.uk">TIN@ncb.org.uk</a> Telephone: 020 7843 6006

## Regional Networks

Type	Name	What's it about and who's it for?	Contact details
	Valuing People Regional Leads	<p>Valuing People is the Government's plan for making the lives of people with learning disabilities, their families and carers better.</p> <p>The regional leads work with people locally to help make the changes set out in Valuing People happen. These posts are under review post March 2011.</p>	<p>Website: <a href="http://www.valuingpeople.gov.uk">www.valuingpeople.gov.uk</a></p> <p>Email: <a href="mailto:Valuingpeople.info@doh.gsi.gov.uk">Valuingpeople.info@doh.gsi.gov.uk</a></p>
	Valuing People Regional Ethnicity Leads	East Midlands Learning Disability and Race Equality Network	Email: <a href="mailto:rjpoxton@aol.com">rjpoxton@aol.com</a>
	Department of Health Networks	The UK Health & Learning Disability Network is hosted by the Foundation for People with Learning Disabilities and is open to anyone with an interest in health issues and learning disability.	<p>Website: <a href="http://www.jan-net.co.uk">www.jan-net.co.uk</a></p> <p>Email: <a href="mailto:jcobb@fpld.org.uk">jcobb@fpld.org.uk</a> or <a href="mailto:janet@jan-net.co.uk">janet@jan-net.co.uk</a></p>
Organisation	National Autistic Society Regional Leads	The National Autistic Society has regional teams to promote awareness of autism and co-ordinate regional activities and services.	Website: <a href="http://www.nas.org.uk">www.nas.org.uk</a>

## Section 2: Supporting Communities – Specific Issues

In this section you will find information on:

- Advocacy
- Carers (including support, cultural specific counselling, mental health, older family carers)
- Criminal justice system (including offender health)
- Faith communities
- Forced and arranged marriage (including definitions and organisations working together on this issue)
- Health
- Housing
- Mental health and learning disability
- Cultural issues, sexuality and learning disability
- Training
- Research – BME and new migrant communities.

### Advocacy

Type	Name	What's it about and who's it for?	Contact details
Action plan	Valuing People Now – People as citizens <i>Chapter 4, p.16, no.20</i>	The Valuing People national advocacy fund focused on supporting advocacy to achieve a greater impact. The programme included: <ul style="list-style-type: none"> <li>• A quality tool for self-advocacy groups</li> <li>• Work to better support advocacy for people from BME communities and people with</li> </ul>	Website: <a href="http://www.valuingpeople.gov.uk">www.valuingpeople.gov.uk</a>  Email: <a href="mailto:valuing.people.info@doh.gsi.gov.uk">valuing.people.info@doh.gsi.gov.uk</a>

		<p>complex needs; and</p> <ul style="list-style-type: none"> <li>• Strengthening leadership support for people with learning disabilities.</li> </ul>	
Action plan	<p>Valuing People Now – Delivery Plan P. 42</p>	<p>The Delivery Plan (Summer 2009) said that The Office of the National Director, through the Valuing People Advocacy Lead, will: <i>'Publish and disseminate a toolkit for self-advocacy groups in order to ensure that they are effective in representing the views of people with learning disabilities in local planning and commissioning processes, have appropriate work programmes linked to local objectives, and actively seek to involve people with complex needs and those from BME groups.'</i></p>	<p>Website: <a href="http://www.valuingpeople.gov.uk">www.valuingpeople.gov.uk</a></p> <p>Email: <a href="mailto:valuing.people.info@doh.gsi.gov.uk">valuing.people.info@doh.gsi.gov.uk</a></p>
Organisation	<p>Advocacy Resource Exchange (ARX)</p>	<p>This organisation provides information and advice on advocacy to:</p> <ul style="list-style-type: none"> <li>• People who want to find an advocate for themselves</li> <li>• A family member or friend who wants to help someone else to find an advocate</li> <li>• Other professionals, such as a social worker, health professional or lawyer who want to find an advocate for someone they work with.</li> </ul>	<p>Website: <a href="http://www.advocacyresource.org.uk">www.advocacyresource.org.uk</a></p> <p>Email: <a href="mailto:advocacyfinder@advocacyresource.org.uk">advocacyfinder@advocacyresource.org.uk</a></p> <p>Telephone: 02380 234 904 or advocacy resource finder 08451 228633</p>

		ARX also provide general information to anyone wanting to know more about advocacy and works with advocacy organisations to enable them to develop their skills and expertise so they can provide better quality advocacy for more people.	
Report	ARX Supporting Voices Project 2009	<p>A final report on developing BME advocacy and sharing BME advocacy resources is available and downloadable from the ARX website.</p> <p>Sections include: valuing difference, making advocacy accessible, evidence of needs, refugees &amp; asylum seekers, BME women, BME older people, Roma people, gypsies and travellers</p>	Website: <a href="http://www.advocacyresource.org.uk">www.advocacyresource.org.uk</a>
Book	Speaking Up for Myself Shelia Hollins, Jackie Downer, Linette Farquarson and Oyepeju Raji, illustrated by Lisa Kopper (from the Books without Words series, 2002)	<p>The theme behind this book with words is:</p> <p><i>'Having a learning disability and also being from an ethnic minority group feels like a 'double whammy' because it can make it even more difficult to get good services. The people in this story show how these difficulties can be overcome. In the first part three friends get what they want in a café by being assertive and not giving up easily. The second part tells the story of a</i></p>	<p>Website: <a href="http://www.rcpsych.ac.uk">www.rcpsych.ac.uk</a></p> <p>Telephone: 020 7235 2351</p> <p>Price: £10</p> <p>ISBN: 9781901242799</p>

		<i>young woman who is having problems dealing with her bank. It shows that if people are not satisfied with the way they are treated, or with the service they are given, then they need not deal with it on their own. Someone they can trust can be brought in to help them.'</i>	
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## Carers

<b>Type</b>	<b>Name</b>	<b>What's it about and who's it for?</b>	<b>Contact details</b>
Organisation	Bangladeshi Parents & Carers Association (BPCA)	Specialises in working with people with multiple disabilities. Offers a range of culturally specialist services and aims to improve the quality of life of Bangladeshi adults and children with disabilities.	Website: <a href="http://www.bpcaonline.org.uk">www.bpcaonline.org.uk</a> Email: <a href="mailto:info@bpcaonline.org.uk">info@bpcaonline.org.uk</a> Telephone: 020 8880 7036
Project	Clear Thoughts Candle Project (CAHMS)	Clear thoughts is the name for the 'mental health in learning disabilities knowledge centre' project that is being actively supported by the Valuing People Support Team, the Mental Health Foundation, Mencap, Turning Point and others. This Department of Health funded project is for individuals, their families and front line social care staff and will provide information about mental health and learning disability.  The Clear Thoughts website gives clear and accessible information on lots of issues	Email: <a href="mailto:david.grundy@arcuk.org.uk">david.grundy@arcuk.org.uk</a>

		<p>about mental health, including positive mental health, the difference between mental ill-health and learning disability as well as specific information about bi-polar disorder, dementia and depression. The website also has information on some of the possible treatments of mental ill-health and related factors such as sensory impairment, ethnicity and autism. Each section of Clear Thoughts has links to files and other helpful websites.</p> <p>Conclusions from the Candle Project (on mental health, learning disability and ethnicity) can be downloaded from the website.</p>	
Organisation	Respond Elders Project	Offers advice, information and support to older family carers of adults with learning disabilities as they start to think about the future. Their freephone helpline can be used for one off enquiries or can provide regular counselling support where needed. The helpline is open on Thursdays and Fridays.	<p>Email: <a href="mailto:michelle.brooks@respond.org.uk">michelle.brooks@respond.org.uk</a></p> <p>Telephone: 020 7380 8256</p>
Organisation	Crossroads Care	Provides support for carers and the people they care for. They employ trained professionals to provide flexible support to people of all ages with a range of disabilities and health conditions.	<p>Website: <a href="http://www.crossroads.org.uk">www.crossroads.org.uk</a></p> <p>Telephone: 0845 450 0350</p>
Report	Caring for all Carers <i>November 2010</i>	A survey of services for BME and seldom heard carers in Carers' Centres and Crossroads Care Schemes.	<p>Website: <a href="http://www.crossroads.org.uk">www.crossroads.org.uk</a></p>

## Criminal Justice System

Valuing People Now is the first government strategy to focus specifically on learning disabled offenders. A key objective is to 'ensure that all people with learning disabilities benefit from the policy. This includes offenders in custody and in the community.' (Delivery Plan p.30). It suggests increasing the availability of Learning Disability Nurses through the Criminal Justice System. 'The Department of Health, through its Offender Health initiatives on commissioning will work with Primary Care Trusts to improve coverage by learning disability nurses in all care settings in the Criminal Justice System' (Delivery Plan, p.37) (2009-10).

Type	Name	What's it about and who's it for?	Contact details
Network	UK Forensic & Learning Disability Network	Network aimed at practitioners with an interest in people with a learning disability in secure settings or at risk of contact with the criminal justice system.	Website: <a href="http://www.prisonreformtrust.org.uk">www.prisonreformtrust.org.uk</a> Email: <a href="mailto:janet@jan-net.co.uk">janet@jan-net.co.uk</a> or <a href="mailto:jcbb@fpld.org.uk">jcbb@fpld.org.uk</a>
Book	Information book for prisoners with a disability 2009	Offender Health and The Prison Reform Trust have recently published two information books for prisoners with a disability. The first is a short easy to read version (blue book) for prisoners with a learning disability; the second (purple) has more detail for prisoners on their health, daily life, how to get help in prison and on release. The full version is on CD and is available to download in 26 languages.	Website: <a href="http://www.prisonreformtrust.org.uk">www.prisonreformtrust.org.uk</a> Email: <a href="mailto:prrt@prisonreformtrust.org.uk">prrt@prisonreformtrust.org.uk</a> Telephone: 020 7251 5070

## Faith Communities

Type	Name	What's it about and who's it for?	Contact details
DVD	Faith in Practice Foundation for People with Learning	A DVD about including people with learning disabilities in faith communities and what their faith means to them; how faith communities can be more inclusive and the	Website: <a href="http://www.learningdisabilities.org.uk">www.learningdisabilities.org.uk</a> Telephone: 020 7803 1101

	<i>Disabilities, 2006</i>	ways in which they may need to be supportive.	Price: £12.50 for professionals, £7.50 for family carers  See also: The Judith Trust
Film	Praying with Lior <i>Ruby Pictures, 2007</i>	This film follows Lior, a young man with Down's Syndrome, as he prepares for his Bar Mitzvah. It was shown at the London Jewish Film Festival as part of The Judith Trust's Inclusion Campaign, to raise awareness of the needs of Jewish people with learning disabilities, their carers and families to be involved in Jewish spiritual and communal life.	
Report	Face to Face Side by Side <i>Department for Communities and Local Government, 2008</i>	A framework for partnership in our multi-faith society.	<a href="http://www.communities.gov.uk">www.communities.gov.uk</a>

## **Forced and arranged marriage**

It is important to distinguish between forced and arranged marriages. When talking about arranged marriages no-one should assume that they are forced.

### Forced Marriage

'A forced marriage has been defined as one conducted without the valid consent of both people, where pressure or abuse is used.' In the Western World Forced Marriage is sometimes cited as a religious practice. No major world faith condones forced marriage. See [www.legislation.gov.uk/ukpga/2007/20/section/1](http://www.legislation.gov.uk/ukpga/2007/20/section/1) and the Forced Marriage Unit website (listed below) for more information.

## Arranged Marriage

Both parties fully and freely consent to marriage. Their families take a leading role in the choice of partner. Seema Malhotra (see also: Training) is in the process of writing an article with/for Kent University about arranged marriages of people with learning disabilities.

<b>Name</b>	<b>What's it about and who's it for?</b>	<b>Contact details</b>
Ann Craft Trust (ACT)	<p>Organisation working in the statutory, independent and voluntary sectors to protect people with learning disabilities who may be at risk from abuse. They also provide advice and information to parents and other carers who may have concerns about someone they are supporting.</p> <p>ACT has worked with the Judith Trust on a research project funded by the Forced Marriage Unit.</p>	<p>Website: <a href="http://www.anncrafttrust.org">www.anncrafttrust.org</a></p> <p>Email: <a href="mailto:ann-craft-trust@nottingham.ac.uk">ann-craft-trust@nottingham.ac.uk</a></p> <p>Telephone: 0115 9515 400</p>
Voice UK	<p>National charity supporting people with learning disabilities and other vulnerable people who have experienced crime or abuse.</p>	<p>Website: <a href="http://www.voiceuk.org.uk">www.voiceuk.org.uk</a></p> <p>Email: <a href="mailto:voice@voiceuk.org.uk">voice@voiceuk.org.uk</a></p> <p>Telephone: 01332 291042</p>
The National Learning Disability & Ethnicity Network	<p>Set up to run a good practice / information sharing network on all initiatives concerned with Learning Disability and Ethnicity.</p> <p>Featured a useful article on forced marriage in Issue 15 of their newsletter.</p>	<p>Website: <a href="http://www.lden.org.uk">www.lden.org.uk</a></p>
Forced Marriage Unit	<p>The Foreign and Commonwealth Office has a Forced Marriage Unit dedicated to preventing British nationals being forced into marriage overseas. Their webpage's provide useful resources and give details of regional services that can offer help and advice. They have produced a <i>Forced Marriage e-learning training package</i></p>	<p>Website: <a href="http://www.fco.gov.uk">www.fco.gov.uk</a></p> <p>Telephone: 020 7008 0151</p> <p>Email: <a href="mailto:fmufco.gov.uk">fmufco.gov.uk</a></p>

	<i>09-10 to support professionals, the police, housing, the voluntary sector and other dealing with forced marriages in the course of their work. Also updated – FMU Multi-agency practice guidelines. Handling cases of forced marriage. See also: Forced Marriage and Learning Disability: new guidelines to help prevent abuse December 2010.</i>	
Respond	An organisation supporting people with learning disabilities, their families, carers and professionals affected by trauma and abuse. They campaign for greater awareness of Forced Marriages. They receive a grant from the City Parochial Foundation to employ a part-time Policy and Campaigns Officer focusing on the issue of Forced Marriage of people with Learning Disabilities.	Website: <a href="http://www.respond.org.uk">www.respond.org.uk</a> Email: <a href="mailto:admin@respond.org.uk">admin@respond.org.uk</a> Telephone: 020 7383 0700
The Judith Trust	The Judith Trust is concerned with those who have a dual diagnosis of mental health needs and a learning disability. They have been involved with the Ann Craft Trust and others in work around forced marriages of people with learning disabilities and with the National Alliance of Women’s Organisations (NAWO) held a seminar related to this in July 2008. A summary of the seminar together with speakers’ presentations can be found on their website.	Website: <a href="http://www.judithtrust.org.uk">www.judithtrust.org.uk</a> Email: <a href="mailto:info@judithtrust.org.uk">info@judithtrust.org.uk</a> Telephone: 020 7266 1073

## Health

Type	Name	What’s it about and who’s it for?	Contact details
Action plan	Valuing People Now: The Delivery Plan	Key objectives, p.37 (Health) ‘the DH, through its Equality and Human Rights Division, in relation to people with learning disabilities.’ (Spring 2009)	

Evidence	NHS Evidence	Ethnicity and health.	See resources
Briefings	Better Health Briefings no. 20 <i>Claire Gregory, 2010</i>	Improving health and social care support for carers from BME communities.	Website: <a href="http://www.better-health.org.uk">www.better-health.org.uk</a>
Journal	The Ethnicity and Inequalities in Health and Social Care Journal	This journal looks at tackling inequalities in social care. You can download articles from some of the volumes or it is available on subscriptions from Pavilion Meta Press Journals.	Website: <a href="http://www.metapress.com">www.metapress.com</a>
Journal article	The Ethnicity and Inequalities in Health and Social Care Journal  Vol.2 no.2 July 2009	A stigmatised trial of ethnicity and stigmatised attitudes towards learning disability and alcoholism. G. Asamoah et al (2009)  See also: Journal	

## Housing

Type	Name	What's it about and who's it for?	Contact details
Book	Accommodating diversity: Housing design in a multicultural society <i>December 1998</i>	This book provides guidance to designing houses that cater in a non-exclusive way for the needs of households from minority ethnic, religious and cultural groups.	Website: <a href="http://www.housing.org.uk">www.housing.org.uk</a>  Email: <a href="mailto:info@housing.org.uk">info@housing.org.uk</a>  Telephone: 020 7076 1010  Price: £19.95 list price, £14.95 member price
DVD	Care about racism Advance Housing	Aims to support people with learning disabilities to gain a greater understanding of different	Website: <a href="http://www.advanceuk.org">www.advanceuk.org</a>

	2008	cultures	Email: <a href="mailto:info@advanceuk.org">info@advanceuk.org</a> Telephone: 0116 255 3200 Price: £20 plus VAT
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### Mental health and learning disability

Type	Name	What's it about and who's it for?	Contact details
Forum		The Royal College of Psychiatrists Faculty of Learning Disability plans to establish a national forum in relation to BME issues in learning disability in partnership with Professor Mark Johnson (De Montfort University), the Valuing People Support Team, user/carer groups and voluntary organisations and relevant networks (such as the National Learning Disability and Ethnicity Network (NLDEN), Association for Real Change (ARC), the Ethnicity Training Network (ETN) and the National Advisory Group for Learning Disability and Ethnicity (NAGLDE)), in order to produce a policy and good practice guideline in this area along with promotion of national research.	
Project	Clear Thoughts Candle Project (CAHMS)	Clear thoughts is the name for the 'mental health in learning disabilities knowledge centre' project that is being actively supported by the Valuing People Support Team, the Mental Health Foundation, Mencap, Turning Point and others. This Department of Health funded project is for individuals, their families and front line social	Email: <a href="mailto:david.grundy@arcuk.org.uk">david.grundy@arcuk.org.uk</a>

		<p>care staff and will provide information about mental health and learning disability.</p> <p>The Clear Thoughts website gives clear and accessible information on lots of issues about mental health, including positive mental health, the difference between mental ill-health and learning disability as well as specific information about bi-polar disorder, dementia and depression. The website also has information on some of the possible treatments of mental ill-health and related factors such as sensory impairment, ethnicity and autism. Each section of Clear Thoughts has links to files and other helpful websites.</p> <p>Conclusions from the Candle Project (on mental health, learning disability and ethnicity) can be downloaded from the website.</p>	
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### **Cultural issues, sexuality, learning disability**

<b>Type</b>	<b>Name</b>	<b>What's it about and who's it for?</b>	<b>Contact details</b>
Training	Cultural issues in sexuality work	Courses offered by Seema Malhotra as part of the training programme run by the Sexuality Support Team (formerly CONSENT).	Website: <a href="http://www.hertspartsft.nhs.uk">www.hertspartsft.nhs.uk</a>  Email: <a href="mailto:sue.seiter@hertspartsft.nhs.uk">sue.seiter@hertspartsft.nhs.uk</a>  Telephone: 01923 670 796

### **Transition**

<b>Type</b>	<b>Name</b>	<b>What's it about and who's it for?</b>	<b>Contact details</b>
Website	Moving on Up	Accessible transition information for young people from BME communities who have a learning disability. Information can be accessed in English, Urdu, Punjabi, Gujarati and Chinese.	Website: <a href="http://www.movingonup.info">www.movingonup.info</a> Telephone: 01246 541 675
Report	A randomised controlled trial of specialist liaison model for young people with intellectual learning disabilities and mental health needs <i>Foundation for People with Learning Disabilities, 2005</i>	<i>Will Raghu Raghavn, Rob Newell, Fozia Waseem.</i>  See: University of Bradford School of Health Studies articles.	Website: <a href="http://www.bradford.ac.uk">www.bradford.ac.uk</a> Telephone: 020 7803 1101 or 01274 236 367
Report	Evaluating Support Services for school leavers with learning disabilities with special reference to Ethnicity <i>Neil Small and Nicole Pawson, School of Health Studies, University of Bradford, 2006</i>	The Department of Health funded study aims to identify the impact of ethnicity on service usage and to consider this in the context of social inclusion for school leavers with learning disabilities in Bradford.	Email: <a href="mailto:r.raghavan@bradford.ac.uk">r.raghavan@bradford.ac.uk</a> or <a href="mailto:n.p.pawson@bradford.ac.uk">n.p.pawson@bradford.ac.uk</a> Telephone: 01274 236446
Report	Prisoners' Voices – Experiences of the criminal justice system by prisoners with learning disabilities and difficulties	Presents the findings of a major survey of prisoners with learning disabilities, which explored their experiences of the criminal justice system.	Website: <a href="http://www.prisonreformtrust.org.uk">www.prisonreformtrust.org.uk</a> Email: <a href="mailto:prt@prisonreformtrust.org.uk">prt@prisonreformtrust.org.uk</a>

	<i>Jenny Talbot, Prison Reform Trust</i>		Telephone: 020 7251 5070
Report	Views and experiences of older family carers of people with learning disabilities with special reference to ethnicity <i>Raghu Raghavan, 2007</i>	This study commissioned by Mencap explores the views and experiences of 25 older family carers (50+) of people with learning disabilities from White and South Asian communities (Indian, Pakistani and Bangladeshi) in Bradford. Themes explored include, housing, friendships and relationships, social life, short breaks, day activities for carers, support services and future planning. Key findings and recommendations are made.	Email: <a href="mailto:r.raghaven@bradford.ac.uk">r.raghaven@bradford.ac.uk</a>  Telephone: 01247 236 446
Journal article	Cultural and Race Issues in Sexuality Work with people with learning disabilities <i>Malholtra &amp; Mellan, 1996</i>	Seema Malholtra is also writing a paper on 'Arranged Marriages' with Kent University. Contact Seema via the Sexual Support Team (formely CONSENT) for further information and details of intended publication date.	From journal 'Tizard Learning Disability Review', Pier Professional, Vol. 1, no. 4. October 1996
Journal article	Family carers' views of services for people with learning disabilities from BME groups <i>J Hubert, 2006</i>	A qualitative study of 30 families in a South London borough.	From journal 'Disability and Society' 21 (3), 259-272
Guide	BME Transition Guide for Local Authorities 09/10	Compiled by David Grundy, Lesley Dean and Bridget Fisher	Email: <a href="mailto:david.grundy@arcuk.org.uk">david.grundy@arcuk.org.uk</a>

## Research – BME and New Migrant Communities

Type	Name	What's it about and who's it for?
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<p>Research Project</p>	<p>ARC 'Hear to Stay' – 5 year research project</p>	<p>ARC began a Big Lottery funded five year research project (2010) aimed at getting a better understanding of the needs, attitudes and expectations of people with learning disabilities from established BME and new migrant communities. They wish to gain a greater knowledge of what happens to a migrant person when they come to the UK and what demand this places upon learning disability services.</p> <p>The research project intends to answer two particular questions:</p> <ul style="list-style-type: none"> <li>• What are the current and projected numbers of people from new communities requiring support from learning disability services?</li> <li>• How can the learning disability, voluntary and community sector engage with them to promote well-being and improve life chances?</li> </ul> <p>Bridget Fisher, Head of the BME Unit at ARC and Dr Chris Barnes, Research Fellow at the University of Wolverhampton are involved in this work with Prof. David Sallah, at the Centre for Health and Social Care Improvement (CHSCI), University of Wolverhampton.</p>
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## Section 3: Supporting Communities – Specific Communities

In this section you will find information on:

- Culturally specific services for family carers of people with learning disabilities
- Supporting local communities
- Learning from what we know already: Ethnicity
- Learning from what we know already: Research
- Research proposals relating to ethnicity
- Useful networks and organisations
- Training.

### Culturally specific services for family carers of people with learning disabilities

Type	Name	What's it about and who's it for?	Contact details
Organisation	Ansaar (Leicester)	<p>Ansaar is a Leicester-based community project set up in 2003 specifically for people with learning disabilities after concern was raised regarding the cultural and social difficulties faced by people with learning disabilities, their carers and families.</p> <p>Ansaar provides a support network for Asian Family Carers in Leicester through the Asian Family Carers Support Service. This includes:</p> <ul style="list-style-type: none"> <li>• Information about Carers Rights</li> <li>• Regular meetings and events</li> <li>• Support to access services for health,</li> </ul>	<p>Website: <a href="http://www.ansaar.org">www.ansaar.org</a></p> <p>Email: <a href="mailto:info@ansaar.org">info@ansaar.org</a></p> <p>Telephone: 0161 262 1000</p>

		<p>social care, leisure and education</p> <ul style="list-style-type: none"> <li>• Access to information and advice on welfare benefits, housing, employment, consumer debt, social care etc</li> <li>• Support to access training and employment opportunities</li> <li>• 1:1 counselling is available in English, Albanian, Polish, Urdu, Arabic, Bengali, Hindi. Farsi, Punjabi</li> </ul>	
Organisation	Council for Ethnic Minority Communities (CEMC) Northamptonshire	<p>The CEMC in Northampton hosts a BME Learning Disability Outreach Worker seconded from the Northamptonshire Learning Disability Partnership Board. The post, for one year initially was extended until March 2011. Christine Freeman has worked with local communities, agencies and organisations to identify the needs of BME people with learning disabilities and their families and facilitate access to appropriate information and services. She has supported the above groups to develop to meet the needs of BME people with learning disabilities and their families and ensure that their views are heard in strategic planning forums e.g. Learning Disability Partnership Boards, Prevention and Early Intervention Strategy and Carers Strategy.</p> <p>The CEMC has made a DVD, which examines the myths and beliefs around learning disability, which exist in African communities and counters these with some facts and responses.</p>	Telephone: 01604 736206

Research	Chinese Adults with Learning Disabilities: An ethnographic study of culture and practice <i>Martin Partridge</i>	A PhD study for completion in late 2011.  It will provide cultural and practice recommendations to promote the development of appropriate services for adults with learning difficulties from the Chinese community.	Website: <a href="http://www.bristol.ac.uk/norahfry">www.bristol.ac.uk/norahfry</a>  Email: <a href="mailto:martin.partridge@bristol.ac.uk">martin.partridge@bristol.ac.uk</a>
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### Supporting local communities

Type	Name	What's it about and who's it for?	Contact details
Support Group	Talking Together Group	For people with learning disabilities from South Asian and other minority groups.	Email: <a href="mailto:jean.mitchell@kirklees.gov.uk">jean.mitchell@kirklees.gov.uk</a> or <a href="mailto:tony.ovenell@swyt.nhs.uk">tony.ovenell@swyt.nhs.uk</a>

### Ethnicity

#### The Gypsy Roma Traveller Community

The Gypsy Roma Traveller Community is a distinct ethnic group. See Census for more information.

Some facts:

- Gypsy Roma Travellers are the largest ethnic minority community in the European Union with over 12 million people.
- In the UK Gypsy Roma Travellers are a recognised ethnic minority community and number 30,000.
- The Department of Health accepts that GRT communities have the worst health and the lowest life expectancy in the country.

Name	What's it about and who's it for?	Contact details
June is Gypsy Roma Traveller	This is an annual event launched in 2008 and supported by government, to celebrate GRT culture and history and tackle	Website: <a href="http://www.grthm.co.uk">www.grthm.co.uk</a>

History Month	negative stereotyping and prejudice. To find out more about events taking place across the country or for a list of regional contacts and national organisations including government departments who should be able to help with questions or give advice in areas that concern the Travelling Community visit their website.	Email: <a href="mailto:patricia@grthm.co.uk">patricia@grthm.co.uk</a> Telephone: 01273 858 746
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## Research

Type	Name	What's it about and who's it for?	Contact details
Report	A randomised controlled trial of specialist liaison model for young people with intellectual learning disabilities and mental health needs <i>Foundation for People with Learning Disabilities, 2005</i>	A randomised controlled trial of specialist liaison worker model for young people with intellectual learning disabilities with behaviour and mental health issues.  Journal of Applied Research in Intellectual Difficulties 2009, pp.22, 256-263 by Raghu Raghavn, Rob Newell, Fozia Waseem.  See: University of Bradford School of Health Studies articles.	Website: <a href="http://www.bradford.ac.uk">www.bradford.ac.uk</a>  Telephone: 020 7803 1101 or 01274 236 367
Report	Beyond we care too – Putting black carers in the picture <i>Afiya Trust &amp; National Black Care Workers Network, 2008</i>	This report builds on the original 2002 document 'We care too' (a good practice guide for supporting black carers and the result of a joint initiative by the Afiya Trust and the National Black Carers and Care Workers Network) and presents the results of the survey to review the needs and experiences of carers and carer support services for BME communities. The report is aimed at Health and Social Care policy makers and practitioners working locally or	Website: <a href="http://www.afiya-trust.org.uk">www.afiya-trust.org.uk</a>  Email: <a href="mailto:info@afiya-trust.org.uk">info@afiya-trust.org.uk</a>  Telephone: 020 7582 0432  ISBN: 0954228847

		nationally, in mainstream generic services or government and the third sector as well as community representatives, workers and activists from BME communities.	
Report	Estimating future numbers of adults with profound multiple learning disabilities in England <i>Eric Emerson, Centre for Disabilities in England</i>	The report was conducted by CeDR at Lancaster University on behalf of the Department of Health. The aim of the project was to estimate change in the future number of adults with profound multiple learning disabilities in England over the period 2009-2026. It builds on previous work undertaken estimating future care needs for adults with learning disabilities.	Website: <a href="http://www.dh.gov.uk">www.dh.gov.uk</a> Email: <a href="mailto:cedr@lancaster.ac.uk">cedr@lancaster.ac.uk</a>
Report	Engaging with BME Communities and the Mental Capacity Act <i>Jayasree Kalathil &amp; Rowan Myron, November 2008</i>	Very little is known about how the MCA is understood by BME communities. This report is based on interviews with representatives from 13 BME organisations with local and national remits and makes recommendations about what needs to be done to increase awareness of the Act and ensure that people from BME communities engage and benefit from the Act.	Website: <a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a>
Report	Evaluating support services for school leavers with learning disabilities with special reference to ethnicity <i>Neil Small &amp; Nicola Pawson, School of Health Studies, University of Bradford, 2006</i>	This Department of Health funded study aims to identify the impact of ethnicity on service usage and to consider this in the context of social inclusion for school leavers with learning disabilities in Bradford.	Email: <a href="mailto:r.raghavan@bradford.ac.uk">r.raghavan@bradford.ac.uk</a> or <a href="mailto:n.p.pawson@bradford.ac.uk">n.p.pawson@bradford.ac.uk</a> Telephone: 01274 236446
Report	Nottingham City Learning	Outcomes of research into the needs and	Website:

	Disability Partnership Board	issues for adults with learning disabilities for BME communities and their carers. June 2007 – June 2008.  Easy Read and Community Language versions available on request.	<a href="http://www.nottinghamcity.gov.uk">www.nottinghamcity.gov.uk</a>
Report	Prisoners' Voices – Experiences of the criminal justice system by prisoners with learning disabilities and difficulties <i>Jenny Talbot, Prison Reform Trust</i>	Presents the findings of a major survey of prisoners with learning disabilities, which explored their experiences of the criminal justice system.	Website: <a href="http://www.prisonreformtrust.org.uk">www.prisonreformtrust.org.uk</a>  Email: <a href="mailto:prrt@prisonreformtrust.org.uk">prrt@prisonreformtrust.org.uk</a>  Telephone: 020 7251 5070
Report	Views and experiences of older family carers of people with learning disabilities with special reference to ethnicity <i>Raghu Raghavan, 2007</i>	This study commissioned by Mencap explores the views and experiences of 25 older family carers (50+) of people with learning disabilities from White and South Asian communities (Indian, Pakistani and Bangladeshi) in Bradford.  Themes explored include, housing, friendships and relationships, social life, short breaks, day activities for carers, support services and future planning. Key findings and recommendations are made.	Email: <a href="mailto:r.raghaven@bradford.ac.uk">r.raghaven@bradford.ac.uk</a>  Telephone: 01247 236 446
Journal article	Cultural and Race Issues in Sexuality Work with people with learning disabilities <i>Malholtra &amp; Mellan, 1996</i>	Seema Malholtra is also writing a paper on 'Arranged Marriages' with Kent University. Contact Seema via the Sexual Support Team (formely CONSENT) for further information and details of intended publication date.	From journal 'Tizard Learning Disability Review', Pier Professional, Vol. 1, no. 4. October 1996
Journal article	Family carers' views of services for people with	A qualitative study of 30 families in a South London borough.	From journal 'Disability and Society' 21 (3), 259-272

	learning disabilities from BME groups <i>J Hubert, 2006</i>		
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### Research proposals relating to ethnicity

<b>Type</b>	<b>Name</b>	<b>What's it about and who's it for?</b>	<b>Contact details</b>
Research Project	ARC – Here to Stay <i>5 year research project with the University of Wolverhampton, 2010</i>	<p>ARC received Big Lottery Funding to undertake a research project aimed at gaining a better understanding of the needs, attitudes and expectations of people with learning disabilities from established BME and new migrant communities. They wish to gain a greater knowledge of what happens to a migrant person when they come to the UK and what demands this places upon learning disability services.</p> <p>The research project intends to answer two particular questions:</p> <ul style="list-style-type: none"> <li>• What are the current and projected numbers of people from new communities in England requiring support from learning disability services?</li> <li>• How can the learning disability, voluntary and community sector engage with them to promote well-being and improve life chances?</li> </ul> <p>Bridget Fisher, Head of the BME Unit at ARC and Dr Chris Barnes, Research Fellow at the University of Wolverhampton are involved in this work with Prof. David Sallah, at the Centre for Health and Social Care Improvement (CHSCI), University of</p>	<p>Website: <a href="http://www.arcuk.org.uk">www.arcuk.org.uk</a></p> <p>Email: <a href="mailto:contact.us@arcuk.org.uk">contact.us@arcuk.org.uk</a></p> <p>Telephone: 01246 555 043</p>

	Wolverhampton.	
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## Research – including books, articles, DVDs, bulletins, toolkits

Type	Name	What's it about and who's it for?	Contact details
DVD	Faith in Practice <i>Foundation for People with Learning Disabilities, 2006</i>	A DVD about including people with learning disabilities in faith communities and what their faith means to them; how faith communities can be more inclusive and the ways in which they may need to be supportive.	Website (publications section): <a href="http://www.learningdisabilities.org.uk">www.learningdisabilities.org.uk</a>  Telephone: 020 7803 1101  Price: £12.50 for professionals, £7.50 for family carers  See also: The Judith Trust
DVD	Linking with Families <i>Foundation for People with Learning Disabilities, 2006</i>	A DVD for professionals and organisations providing support to people with learning disabilities and mental health needs. It focuses on the experiences of families from two South Asian communities and describes outcomes of a pilot using a liaison worker to support families and facilitate better access to services.	Website (publications section): <a href="http://www.learningdisabilities.org.uk">www.learningdisabilities.org.uk</a>  Telephone: 020 7803 1101  Price: £10 (out of print)
DVD	Care about racism <i>Advance Housing 2008</i>	Aims to support people with learning disabilities to gain a greater understanding of different cultures	Website: <a href="http://www.advanceuk.org">www.advanceuk.org</a>  Email: <a href="mailto:info@advanceuk.org">info@advanceuk.org</a>  Telephone: 0116 255 3200  Price: £20 plus VAT
DVD	Rivers to cross <i>CSIP South West (May 2008)</i>	Perspectives of BME carers and mental health services. Discussions about communication, empowerment, improved services, improved	

		mental health services and culture.	
DVD	Learning Disability and the African Community	The Council for Ethnic Minority Communities in Northampton made a DVD, which examines the myths and beliefs about learning disabilities that exist in African communities. These are countered with some hard facts and responses. The DVD can be used as a community training tool but also gives agencies a better understanding of the barriers to work in this area with this community.	Telephone: 01604 736206
DVD	Reaching Out – working with BME communities <i>Birmingham MENCAP</i>	This DVD highlights the barriers that family carers from BME communities face in accessing services for their sons and daughters.	Telephone: 0121 427 5703
Film	Praying with Lior <i>Ruby Pictures, 2007</i>	This film follows Lior, a young man with Down’s Syndrome, as he prepares for his Bar Mitzvah. It was shown at the London Jewish Film Festival as part of The Judith Trust’s Inclusion Campaign, to raise awareness of the needs of Jewish people with learning disabilities, their carers and families to be involved in Jewish spiritual and communal life.	Website: <a href="http://www.prayingwithlior.com">www.prayingwithlior.com</a>  Email: <a href="mailto:prayingwithlior@hotmail.com">prayingwithlior@hotmail.com</a>  See also: The Judith Trust
Website Resource	The Refugee Toolkit <i>The Children’s Society, 2008</i>	An excellent free online toolkit, which was launched in March 2008 by The Children’s Society, to support all practitioners. Filled with information and resources, a tool kit for all practitioners working across education, health, adults and children’s services as well as the voluntary sector, who are supporting young carers in refugee asylum seeking families.	Website: <a href="http://www.refugeetoolkit.org.uk">www.refugeetoolkit.org.uk</a>

Journal	The Ethnicity and Inequalities in Health and Social Care Journal	This journal looks at tackling inequalities in social care. You can download articles from some of the volumes or it is available on subscriptions from Pavilion Meta Press Journals.	Website: <a href="http://www.metapress.com">www.metapress.com</a>
Journal	Putting People First: Equality & Diversity Matters 2 – Issue 8 August 2008	Providing appropriate services for BME people. This comprehensive bulletin includes items on key issues in equality and diversity, specific issues for BME people using services, good practice information, an action checklist and a list of resources.	Website: <a href="http://www.cqc.org.uk">www.cqc.org.uk</a>
Journal article	A randomised trial of ethnicity and stigmatised attitudes towards learning disability and alcoholism <i>G Asamoah et al (2009)</i>		From journal 'The Ethnicity and Inequalities in Health and Social Care' Pavilion, Vol. 2 no. 2 July 2009  See also: Journal
Project	Clear Thoughts  Candle Project (CAHMS)	Clear thoughts is the name for the 'mental health in learning disabilities knowledge centre' project that is being actively supported by the Valuing People Support Team, the Mental Health Foundation, Mencap, Turning Point and others. This Department of Health funded project is for individuals, their families and front line social care staff and will provide information about mental health and learning disability.  The Clear Thoughts website gives clear and accessible information on lots of issues about mental health, including positive mental health, the difference between mental ill-	Email: <a href="mailto:david.grundy@arcuk.org.uk">david.grundy@arcuk.org.uk</a>

		<p>health and learning disability as well as specific information about bi-polar disorder, dementia and depression. The website also has information on some of the possible treatments of mental ill-health and related factors such as sensory impairment, ethnicity and autism. Each section of Clear Thoughts has links to files and other helpful websites.</p> <p>Conclusions from the Candle Project (on mental health, learning disability and ethnicity) can be downloaded from the website.</p>	
Project	Inform Me	<p>Mencap Research Project to identify the information needs of families of children and adults with a learning disability from four BME communities – Pakistani, Polish, Somali and Chinese.</p> <p>There is a report written in partnership with the University of Central Lancashire that sets out key next steps for Mencap.</p>	Email: <a href="mailto:lucyvirgo@mencap.org.uk">lucyvirgo@mencap.org.uk</a>
Book	Accommodating diversity: Housing design in a multicultural society <i>December 1998</i>	This book provides guidance to designing houses that cater in a non-exclusive way for the needs of households from minority ethnic, religious and cultural groups.	<p>Website: <a href="http://www.housing.org.uk">www.housing.org.uk</a></p> <p>Email: <a href="mailto:info@housing.org.uk">info@housing.org.uk</a></p> <p>Telephone: 020 7076 1010</p> <p>Price: £19.95 list price, £14.95 member price</p>
Book	Information book for prisoners with a disability <i>2009</i>	Offender Health and The Prison Reform Trust have recently published two information books for prisoners with a disability. The first is a short easy to read version (blue book) for	<p>Website: <a href="http://www.prisonreformtrust.org.uk">www.prisonreformtrust.org.uk</a></p> <p>Email:</p>

		<p>prisoners with a learning disability; the second (purple) has more detail for prisoners on their health, daily life, how to get help in prison and on release. The full version is on CD and is available to download in 26 languages.</p>	<p><a href="mailto:prt@prisonreformtrust.org.uk">prt@prisonreformtrust.org.uk</a> Telephone: 020 7251 5070</p>
Book	<p>Leicestershire Cultural Awareness Book <i>Compiled by Khadijah Chowdhury</i></p>	<p>An excellent resource which provides some basic information about the needs of different communities, their cultures and religions. The handbook is designed to serve as a guide for staff working with different communities and can be used as a tool to learn more about diverse cultures, different cultural etiquettes and to shape future policies that promote cultural awareness, tolerance, harmony and mutual respect amongst diverse populations.</p> <p>Contents include some general points to remember and sections on Islam, Hinduism and Sikhism, the Bangladeshi, Pakistani, Indian, Somali, Iranian and Yemeni communities.</p>	
Book	<p>Speaking Up for Myself Shelia Hollins, Jackie Downer, Linette Farquarson and Oyepeju Raji, illustrated by Lisa Kopper (from the Books without Words series, 2002)</p>	<p>The theme behind this book with words is: <i>'Having a learning disability and also being from an ethnic minority group feels like a 'double whammy' because it can make it even more difficult to get good services. The people in this story show how these difficulties can be overcome. In the first part three friends get what they want in a café by being assertive and not giving up easily. The second part tells the story of a young woman who is having problems dealing with her bank. It shows that</i></p>	<p>Website: <a href="http://www.rcpsych.ac.uk">www.rcpsych.ac.uk</a> Telephone: 020 7235 2351 Price: £10 ISBN: 9781901242799</p>

		<i>if people are not satisfied with the way they are treated, or with the service they are given, then they need not deal with it on their own. Someone they can trust can be brought in to help them.'</i>	
Booklet	Management & Policy – A practical guide to ethnic monitoring in the NHS & Social Care 2005	Ethnicity and health (formerly a specialist library of the national Library for Health). A 61 page guide promoting the standard collection and use of ethnic group and related data on patients, service users and staff of the NHS and Social Services. It shows good practice examples throughout the NHS and Social Care, which will help them meet their responsibilities under the Race Relations Amendment Act.	Website: <a href="http://www.library.nhs.uk">www.library.nhs.uk</a>
Booklet	Supporting Learning Disability Partnership Boards to implement the National Carers Strategy 2009	This booklet offers guidance to Learning Disability Partnership Boards to help them ensure views of people with a learning disability are heard, and carers with learning disabilities are supported in their own right and involved in local service development, which affect their lives and the lives of the people they care for.	Website: <a href="http://www.dh.gov.uk">www.dh.gov.uk</a> Telephone: 0300 123 1002
Booklet	BME Transition Guide for Local Authorities 2009/10	Published by the Transition Information Network (TIN) and produced by David Grundy, Lesley Dean and Bridget Fisher from ARC	Website: <a href="http://www.transitioninfonet.org.uk">www.transitioninfonet.org.uk</a> Email: <a href="mailto:bridget.fisher@arc.org.uk">bridget.fisher@arc.org.uk</a> or <a href="mailto:david.grundy@arcuk.org.uk">david.grundy@arcuk.org.uk</a>
Project	Giving Us A Voice Project  Regional Meetings	This 18 month project funded by the Department of Communities and Local Government through their Tackling Race Inequalities Fund is the result of a joint bid by ARC, BILD & Mencap. It is taking place across	Website: <a href="http://www.givingusavoice.org.uk">www.givingusavoice.org.uk</a> Email: <a href="mailto:bridget.fisher@arc.org.uk">bridget.fisher@arc.org.uk</a>

	National Charter for Inclusion	the country to involve people with learning disabilities, their families and carers from minority ethnic communities in regional meetings to inform local policy makers about what they need and expect from services. A Charter for Inclusion will be drawn up from the meetings and local policy makers and service providers will be challenged to sign up to the Charter. The project finishes in March 2011 and the Charter will be available April/ May 2011.	
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### Useful networks and organisations

<b>Type</b>	<b>Name</b>	<b>What's it about and who's it for?</b>	<b>Contact details</b>
Organisation	Afiya Trust	<p>The Afiya Trust is a London based, BME led, second tier organisation with a nation-wide remit to reduce inequality in health and social care provision for racialised groups.</p> <p>Visit their website to view their new quarterly magazine – The Catalyst – ‘Creating excellence in minority health &amp; wellbeing.’ Issue 1, Spring/Summer 2010</p>	<p>Website: <a href="http://www.afiya-trust.org.uk">www.afiya-trust.org.uk</a></p> <p>Email: <a href="mailto:info@afiya-trust.org.uk">info@afiya-trust.org.uk</a></p> <p>Telephone: 020 7582 0400</p>
Organisation	Association for Real Change (ARC)	<p>ARC is a membership organisation, which supports providers of services to people with a learning disability to promote real change.</p> <p>Visit their website to view projects</p>	<p>Website: <a href="http://www.arcuk.org.uk">www.arcuk.org.uk</a></p> <p>Email: <a href="mailto:bridget.fisher@arc.org.uk">bridget.fisher@arc.org.uk</a> or <a href="mailto:contact.us@arcuk.org.uk">contact.us@arcuk.org.uk</a></p> <p>Telephone: 01246 723010</p>

		they are currently involved in.	
Organisation	British Institute of Learning Disabilities (BILD)	Training for paid staff, people with learning disabilities, family carers and others. Works with government and public bodies, does research and project development to develop and share good practice. People with learning disabilities and their families are involved in all aspects of their work.	Website: <a href="http://www.bild.org.uk">www.bild.org.uk</a> Email: <a href="mailto:enquiries@bild.org.uk">enquiries@bild.org.uk</a> Telephone: 01562 723010
Organisation	Carers UK	Improves carers' lives through research, information provision and campaigning.	Website: <a href="http://www.carersuk.org">www.carersuk.org</a> Email: <a href="mailto:info@carersuk.org">info@carersuk.org</a> Telephone: 020 7378 4999
Organisation	The Children's Society	The Children's Society is a leading children's charity committed to making childhood better for all children in the UK.	Website: <a href="http://www.childrenssociety.org.uk">www.childrenssociety.org.uk</a> Email: <a href="mailto:supporteraction@childrenssociety.org.uk">supporteraction@childrenssociety.org.uk</a> Telephone: 0845 300 1128
Organisation	Contact a Family (CAF)	CAF offer a free Helpline and telephone interpreting using Language Line, which gives access to interpreters in over 170 languages. They produce a wide range of publications for families with disabled children. Some have been translated into different languages including Arabic, Bengali, Cantonese, Chinese, Farsi, Gujarati, Hindi, Punjabi, Somali, Turkish, Urdu and Welsh. Other languages available on request. The	Website: <a href="http://www.cafamily.org.uk">www.cafamily.org.uk</a> Email: <a href="mailto:helpline@cafamily.org.uk">helpline@cafamily.org.uk</a> Telephone: Free Helpline 0800 808 3555 or textphone 0808 808 3556

		Helpline has three registered immigration advisors who can give basic advice on immigration matters.	
Organisation	The Foundation for People with Learning Disabilities (FPLD)	The Foundation for People with Learning Disabilities works to promote the rights, quality of life and opportunities of people with learning disabilities and their families.	Website: <a href="http://www.learningdisabilities.org.uk">www.learningdisabilities.org.uk</a> Email: <a href="mailto:fpld@fpld.org.uk">fpld@fpld.org.uk</a> Telephone: 020 7803 1100
Organisation	Mencap	A UK wide charity working with and on behalf of people with a learning disability and their families and carers.	Website: <a href="http://www.mencap.org.uk">www.mencap.org.uk</a> Email: <a href="mailto:information@mencap.org.uk">information@mencap.org.uk</a> Telephone: 020 7454 0454
Organisation	The Mental Health Foundation	A leading UK charity working in mental health and learning disabilities. They bring together teams to undertake research, develop services, design training, influence policy and raise public awareness within one organisation. Provides free information on a range of mental health issues for policy, professionals and public audiences, and free materials to raise awareness about how people can look after their mental health.	Website: <a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a> Email: <a href="mailto:mhf@mhf.org.uk">mhf@mhf.org.uk</a> Telephone: 020 7803 1100
Organisation	The National Advisory Group for Learning Disability and Ethnicity (NAGLDE)	Advises the Government on changes that would help people with learning disabilities from BME groups.	Website: <a href="http://www.learningdisabilities.org.uk">www.learningdisabilities.org.uk</a>

Organisation	The National Black Carers & Carers Workers Network (NBCCWN)	The NBCCWN works with the Department of Health and others to ensure the views of carers from BME communities are heard and integrated,	Website: <a href="http://www.afiya-trust.org.uk">www.afiya-trust.org.uk</a> Telephone: 020 7582 0400
Organisation	The National Learning Disability & Ethnicity Network (LDEN)	The National Learning Disability and Ethnicity Network was set up to run a good practice / information sharing network on all initiatives concerned with Learning Disability and Ethnicity.	Website: <a href="http://www.lden.org.uk">www.lden.org.uk</a>

## Training

Type	Name	What's it about and who's it for?	Contact details
Training	Capacity Builder 'Improving Reach 2008-11'	<p>The BME Unit at ARC has funding from the Capacity Builders 'Improving Reach 2008 – 11' investment programme to work with BME VCS organisations to develop protocols to improve access to, and knowledge of, the training needs of the BME VCS learning disability sector.</p> <p>ARC held a series of Capacity Building 'Training for All' events and after wide consultation developed suggested protocols for training delivery organisations as well as suggested protocols for BME third sector organisations.</p>	<p>Website: <a href="http://www.arcuk.org.uk">www.arcuk.org.uk</a></p> <p>Email: <a href="mailto:bridget.fisher@arc.org.uk">bridget.fisher@arc.org.uk</a> or <a href="mailto:contact.us@arcuk.org.uk">contact.us@arcuk.org.uk</a></p> <p>Telephone: 01246 723010</p>
Training	Foundation for People with Learning Disabilities (FPLD)	Making Change Happen Programme. The FPLD has developed this programme to reach BME families and those on the fringe who may perceive training and leadership as not for them and not come forward. The programme will support families with information and local support and is developed in line with the needs of the families involved by supporting them to make	Email: <a href="mailto:cburke@fpld.org.uk">cburke@fpld.org.uk</a>

		changes in their own lives and by doing so feel able to be involved in supporting others. From these sessions families will be recruited to take part in a bigger programme that will support an understanding of what is needed to make change happen.	
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## Section 4: It's Everybody's Business – Legislating for Equality

In this section you will find information on:

- How Bills become Acts
- Autism Act
- Equality Act
- Race Relations Amendment Act
- Equality and Diversity
- Forced Marriage Civil Protection Act 2007
- Human Rights
- Human Rights Act
- Human Right UN Convention on the Rights of Persons with Disabilities
- Mental Capacity Act

### How Bills become Acts

Bills become Acts when they have passed all stages within both Houses of Parliament and receive Royal Assent. Once this has happened, Acts are published simultaneously in print and online. Full texts of Bills can be found on the UK Parliament website, [www.parliament.uk](http://www.parliament.uk). To see what stage a Bill has reached on its passage through Parliament see the "Public Bills before Parliament" list in House of Commons 'Weekly Information Bulletin'.

### Autism Bill 2009

What is it?	Where to find more information
The Act ensures the better provision of information about the number of people with autism and their needs to improve local planning and delivery of services.  Key areas:	Websites: <a href="http://www.opsi.gov.uk">www.opsi.gov.uk</a>  <a href="http://www.dh.gov.uk">www.dh.gov.uk</a>

<ul style="list-style-type: none"> <li>• Introduces a requirement for local authorities to collect data on the number of people with autism</li> <li>• Places a duty on the Secretary of State to promote the provision of services and support for people with autism by local authorities and NHS bodies</li> <li>• Introduces a requirement for local authorities to ensure effective transition from child to adult services.</li> </ul>	<a href="http://www.autism.org.uk">www.autism.org.uk</a>
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## Equality Act

<b>What is it?</b>	<b>Where to find more information</b>
<p>The Equality Act received Royal Assent in the Spring of 2010.</p> <p>The Act places a duty on public authorities to tackle discrimination, promote equality of opportunity and encourage good community relations. It brings disability, sex, race and other discrimination under one piece of legislation and protects carers by outlawing discrimination by association.</p>	<p><a href="http://www.equalities.gov.uk">www.equalities.gov.uk</a></p> <p><a href="http://www.stammeringlaw.org.uk">www.stammeringlaw.org.uk</a></p>

## Race Relations Amendment Act

<b>What is it?</b>	<b>Where to find more information</b>
<p>The 1976 Race Relations Act was amended in 2000 to give public authorities a new statutory duty to promote race equality i.e. to provide fair and accessible services and to promote equality of opportunity and good relations between persons of different racial groups.</p> <p>Voluntary or private providers with local authority contracts also need to comply with these duties. *The duties under the RRA are now included within the Equalities Act.</p>	<p><a href="http://www.opsi.gov.uk">www.opsi.gov.uk</a></p>

## Equality and diversity

Type	Name	What's it about and who's it for?	Contact details
Document	Equality Act Guidance 2010	Contains key information for employers, workers, service providers, service users and education providers.	Website: <a href="http://www.equalityhumanrights.com">www.equalityhumanrights.com</a>
Website resource	Equality & Diversity Forum	Equality Act 2010: What do I need to know?  See also Summary Guides from Government Equalities Office	Website: <a href="http://www.edf.org.uk">www.edf.org.uk</a>  <a href="http://www.equalities.gov.uk">www.equalities.gov.uk</a>
Organisation	The Equality & Human Rights Commission (EHRC)	The EHRC came into force on 1 October 2007. The new commission brings together and builds on the work of three previous equality commissions – the Equal Opportunities Commission, the Commission for Racial Equality and the Disability Rights Commission.  The EHRC works to eliminate discrimination, reduce inequality, protect human rights and build good relations and to ensure that everyone has a fairer chance to participate in society.	Website: <a href="http://www.equalityhumanrights.com">www.equalityhumanrights.com</a>  Email: <a href="mailto:info@equalityhumanrights.com">info@equalityhumanrights.com</a>  Telephone: 020 7407 7557
Journal	Putting People First: Equality & Diversity Matters 2 – Issue 8 <i>August 2008</i>	Providing appropriate services for BME people. This comprehensive bulletin includes items on key issues in equality and diversity, specific issues for BME people using services, good practice information, an action checklist and a list of resources.	Website: <a href="http://www.cqc.org.uk">www.cqc.org.uk</a>
Bulletin	In Focus: Putting People First: Diversity &	Series of bulletins designed to help service providers address the personalisation agenda in social care	Website: <a href="http://www.cqc.org.uk">www.cqc.org.uk</a>

	Equality Matters <i>CSCI</i>		
Report	Equality Impact Assessments	The process by which organisations examine activities in order to minimise the potential for discrimination.	Website: <a href="http://www.arcuk.org.uk">www.arcuk.org.uk</a>
Network	Race Equality Council	A countrywide network. Each region has its own website.	Website: <a href="http://www.equalitiesem.org">www.equalitiesem.org</a>
Report	Delivering Race Equality in Mental Health: A Review <i>Department of Health, December 2009</i>	This review looks back at the work of the Delivering Race Equality (DRE) programme as it's five years ended and describes some of the key challenges, successes and learning. It also describes how DRE's work is taken forward under New Horizons.	Website: <a href="http://www.dh.gov.uk">www.dh.gov.uk</a>

### Forced Marriage Civil Protection Act 2007

What is it?	Where to find more information
The Act came into force in November 2008. Under the Act where a forced marriage has or is about to take place, courts can make Forced Marriage Protection orders to protect the victim or potential victim and enable them to be removed from that situation. Third parties can apply for an injunction through the county courts as well as the high courts.	

### Human Rights

Key message from Valuing People Now: *'This strategy is written from a human rights based approach, on the fundamental principle that people with learning disabilities have the same human rights as everyone else...'*

Type	Name	What's it about and who's it for?	Contact details
Booklet	A guide to the Human Rights Act	A booklet for people with learning disabilities. Guides to the act are also available in other	

	2008	languages including Arabic, Cantonese, French, Gujarati, Polish, Punjabi, Somali, Tamil and Urdu.	
Booklet	Making sense of human rights – a short guide 2006	This guide is designed of officials in public authorities to assist them in working with the Human Rights Act 1988. It gives a brief introduction to human rights for use in straight forward situations.	Website: <a href="http://www.justice.gov.uk">www.justice.gov.uk</a>  Telephone: 020 3334 3734  Email: <a href="mailto:humanrights@justice.gsi.gov.uk">humanrights@justice.gsi.gov.uk</a>

## Human Rights Act

What is it?	Where to find more information
<p>The Human Rights Act 1998 came into force in October 2000. It makes the main articles from the European Convention on Human Rights enforceable under national law in the UK. This means that although we have always had rights set out in the Convention you may now rely on them directly in the UK courts. (In the past people in the UK who thought their rights had been breached had to take their case to the European Court of Human Rights in Strasbourg).</p> <p>The Human Rights Act can be viewed in the following other languages: Arabic, Cantonese, French, Gujarati, Polish, Punjabi, Somali, Tamil, Urdu and Welsh.</p> <p>The Human Rights Act 1998 Article 12 protects the rights of people with learning disabilities to marry – <i>'Men and women of marriageable age have a right to marry and found a family according to the national laws governing the exercise of this right.'</i></p>	<p><a href="http://www.hmcourts-service.gov.uk">www.hmcourts-service.gov.uk</a></p> <p><a href="http://www.direct.gov.uk">www.direct.gov.uk</a></p> <p><a href="http://www.pmlnetwork.org">www.pmlnetwork.org</a></p>

## Human Rights UN Convention on the Rights of Persons with Disabilities

What is it?	Where to find more information
<p>The convention provides a range of rights for disabled people including:</p> <ul style="list-style-type: none"> <li>• Equal treatment and non-discrimination (articles 5 &amp; 12)</li> <li>• Accessibility and the removal of barriers (article 9)</li> <li>• Protection from abuse and exploitation (article 16)</li> <li>• Liberty of movement (articles 18 &amp; 20)</li> <li>• Right to live independently (article 19)</li> <li>• Right to privacy, marriage and parenthood (articles 22 &amp; 23)</li> <li>• Right to inclusive education (article 24)</li> <li>• Right to participation in cultural life (including sport) (article 30)</li> </ul> <p>The convention came into force in May 2008 and was ratified by the UK at the end of the year. <i>'Although UN conventions are not directly enforceable in domestic courts or tribunals – they are referred to when difficult questions need to be resolved or ambiguous provisions need to be interpreted.'</i> (Clements, Luke 2008)</p>	<p><a href="http://www.un.org">www.un.org</a>  <a href="http://www.communitycare.co.uk">www.communitycare.co.uk</a></p>

## Mental Capacity Act

What is it?	Where to find more information
<p>The Mental Capacity Act (MCA) 2005, is supported by practical guidance see: MCA Code of Practice, which explains how the Act operates on a day-to-day basis with examples of best practice for Carers and Practitioners.</p> <p>Areas not covered by the Act – Decisions concerning family relationships (section 27)</p> <p>Nothing in the act permits a decision to be made on someone else's behalf on the following matters:</p>	<p>Website: <a href="http://www.publicguardian.gov.uk">www.publicguardian.gov.uk</a></p> <p>Email: <a href="mailto:customerservices@publicguardian.gsi.gov.uk">customerservices@publicguardian.gsi.gov.uk</a></p> <p>Telephone: 0845 330 2900</p>

<ul style="list-style-type: none"> <li>• Consenting to marriage or civil partnership</li> <li>• Consenting to sexual relations</li> <li>• Consenting to a decree of divorce on the basis of two years separation</li> <li>• Consenting to the dissolution of a civil partnership.</li> </ul> <p>There are other decisions which are excluded.</p>	
<p>See also Mental Capacity Act Booklets:</p> <ul style="list-style-type: none"> <li>• <i>Making decisions: A guide for family, friends and other unpaid carers</i></li> <li>• <i>Making decisions: A guide for people who work in health and social care</i></li> <li>• <i>Making decisions: A guide for lawyers and advice workers</i></li> <li>• <i>Making decisions about your health, welfare or finance. Who decides when you can't? An Easy Read Guide</i></li> </ul> <p>Booklets available on request in other languages and other formats</p>	<p>Website: <a href="http://www.publicguardian.gov.uk">www.publicguardian.gov.uk</a></p> <p>Telephone: 0870 600 5522</p> <p>See also Research – Engaging with BME communities about the Mental Capacity Act</p>

<b>Type</b>	<b>Name</b>	<b>What's it about and who's it for?</b>	<b>Contact details</b>
Action plan	Delivering Race Equality in Mental Healthcare	<p>A five year action plan for achieving equality and tackling discrimination in mental health services in England for all people of BME status, including those of Irish or Mediterranean origin and East European migrants.</p> <p>The Action Plan was based on three building blocks:</p> <ul style="list-style-type: none"> <li>• The development of more appropriate and responsive services</li> <li>• More community engagement including the recruitment of 500 new Community</li> </ul>	Website: <a href="http://www.dh.gov.uk">www.dh.gov.uk</a>

		Development Workers <ul style="list-style-type: none"><li>• Better information more intelligently used.</li></ul>	
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## Section 5: Knowing your Local Population

In this section you will find information on:

- Joint strategic Needs Assessments (JSNA)
- Suggestions for mapping and finding people
- The Census
- Count me in Census (National Mental Health and Learning Disability Ethnicity Census)

### Routes to knowing who's in your community and how to reach them

Other people will be doing this work too. It's important to make use of local 'intelligence' and what is happening beyond the learning disability field.

### **Joint Strategic Needs Assessments**

Knowing your local population is essential for doing Joint Strategic Needs Assessments (JSNA).

*'Since April 2008, local authorities and PCTs have been under a statutory duty to produce a JSNA. JSNA will inform Local Area Agreements and the Sustainable Communities Strategy.'*

*The Operational Framework for the NHS in England 2008/2009 refers to the importance of JSNA in informing PCT Operational Plans. JSNA underpins a number of the World Class Commissioning Competencies.*

*The process of JSNA will establish the current and future health and wellbeing needs of a population, leading to improved outcomes and reductions in health inequalities. This is a partnership duty, which involves a range of statutory and non-statutory partners, informing commissioning and the development of appropriate sustainable and effective services.'* Department of Health, 6 May 2010.

See also NHS Evidence – Commissioning at [www.library.nhs.uk/commissioning](http://www.library.nhs.uk/commissioning)

### **Suggestions for mapping and finding out about your community**

You may be able to find out about your community through:

- Carers Networks – groups that support and represent carers i.e. National Family Carer Network and Princess Trust for Carers
- Community Learning Disability Nurses/Teams. These include care managers, occupational therapists, psychologists, physiotherapists, speech and language therapists etc
- Community Champions
- Community Safety projects
- Disability specific organisations e.g. National Autistic Society and Mencap
- Equality Officers who promote positive practices and attitudes towards particular groups
- English for speakers of other languages (ESOL)
- Faith communities – groupings of people belonging to the major world religions and of those who follow other forms of religious expressions
- GP practices
- Health Networks e.g. NHS Delivering Race Equality (DRE)
- Community Development Workers
- Learning Disability Partnership Boards – A partnership board is a group of people that make sure that the ideas in ‘Valuing People Now’ are being used to make life better for people with learning disabilities
- Local/Regional Race Equalities Councils – Networks of regional organisations set up to challenge discrimination
- Local Authority Learning Disability Registers
- Migrant Workers Groups
- Observatories – are funded by the Regional Development Agency and exist to promote good policy and development information. They are used most by local authorities and policy makers. They are separate from the Office of National Statistics but have close links to them. As the information produced differs from region to region it is worth contacting the Local Intelligent Network (LIN) of the region in which you are located for up to date population profile information.
- PALS (Patient advice and liaison network)
- Parent Partnership Services – Services to help parents who have children with special education needs
- Refugee organisations
- Regional Development Agencies
- Translating and interpreting services
- Voluntary sector organisations.

## Census

What is it?	Where to find more information
<p>The census is a survey which provides a detailed picture of the whole population.</p> <p>In England and Wales the Census is planned and carried out every 10 years by the Office of National Statistics, who in the interim produces more recent data and information such as Social Surveys. You will be able to get a more up to date profile of your local population from them – their Customer Service Department will direct you to the staff who can help you track down the information you need. The next official Census is due on 27 March 2011.</p>	<p>Website: <a href="http://www.statistics.gov.uk">www.statistics.gov.uk</a> or <a href="http://www.ons.gov.uk">www.ons.gov.uk</a></p> <p>Telephone: 01329 444972</p> <p>Fax: 01633 652981</p> <p>Minicom: 01329 444517</p> <p>Email: <a href="mailto:census.customerservices@ons.gsi.gov.uk">census.customerservices@ons.gsi.gov.uk</a></p> <p>Address: Room 4300S, ONS, Segensworth Road, Titchfield, Hampshire PO15 5RR</p>

### Population profiles

It is very common to find that organisations and agencies, including Carers' Centres and Statutory Service Teams are not using effective monitoring systems and do not have an accurate sense of their population profile.

It is difficult to get complete information about the ethnicity of a population, so it is important to use a range of routes to be sure when you are planning and delivering services you are remembering the diversity of individuals and communities – established and newly arrived, living in your area.

You can get population information from the Office of National Statistics (ONS). However, since the last Official Census took place in 2001, current trends may not be reflected. The next Official Census takes place in March

2011 but in the interim more recent data is available via other routes e.g. Social Surveys and via Regional Observatories linked to, but separate from, the ONS. Local Intelligence Networks known as LINS should be able to give more up to date population profile information.

### New categories

There will be new categories in the next census but they may not capture everyone for a number of reasons e.g. the process may not be accessible so people aren't registered, individuals may not identify with any of the category choices or might not wish to identify themselves.

### Getting a fuller picture

Statistics are important but they do not tell you everything. To get a fuller picture talk to people so you can get an idea of the diversity of those they are working with, or potentially could be working with, and where the gaps might be.

Think of talking to:

- Voluntary sector organisations
- Community specific organisations where they exist
- Race equality councils
- Translation and interpreting services
- Equalities officers
- Faith communities
- Parent partnership services
- GP practices
- Health networks
- Community learning disability teams
- Learning disability partnership boards – Ethnicity subgroup if there is one
- Patient Advice and Liaison Services (PALS)
- Carers networks
- Community Development Workers

- Community Champions
- Community Safety Projects
- Community Mentoring Services
- ESOL services
- Migrant worker group
- Disability specific organisations
- Refugee organisations.

This list is not exhaustive and is in no particular order.

NB. The Princess Royal Trust for Carers and Crossroads Care have carried out a scoping exercise to look across the country at support they give to BME carers. They have identified areas of good practice and will be developing a set of guidelines for their staff to consider, to enable better outreach, information and support to BME families.

### Count Me In Census

What is it?	Where to find more information
<p>This is the National Mental Health and Learning Disability Ethnicity Census taking place every year from 2005-2010.</p> <p>County Me In is the only census in the UK that includes all inpatients in mental health services. It's also the only time that inpatients in learning disability health services are recorded. Because every inpatient is included, it allows comparisons to the population to be made and so provides unique information.</p> <p>This census has enabled agencies to:</p> <ul style="list-style-type: none"> <li>• Highlight inequalities in access and outcomes that may affect inpatients from BME communities, or their carers</li> <li>• Study how people's hospital stays are managed. For example whether those from BME communities are more likely to be detained under the</li> </ul>	<p>Website: <a href="http://www.cqc.org.uk">www.cqc.org.uk</a></p> <p>Email: <a href="mailto:census@cqc.org.uk">census@cqc.org.uk</a></p> <p>Telephone: 0115 943 7100</p>

<p>Mental Health Act, or be subject to seclusion or restraint</p> <ul style="list-style-type: none"><li>• Provide evidence for national debates about mental health and learning disability service provision to different communities</li><li>• Provide information that supports positive action and change at local level.</li></ul>	
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## Section 6: Good Practice Examples

In this section you will find examples of good practice:

- Avon
- Hampshire
- Lincolnshire
- London Borough of Kensington and Chelsea

### Avon

Type	Name	Contact details
Health	Delivering Race Equality in Mental Health NHS Bristol	Email: <a href="mailto:marvin.rees@bristol.nhs.uk">marvin.rees@bristol.nhs.uk</a> Telephone: 0117 900 2207

#### What is it about?

The DRE Action plan is the result of a series of reviews of mental health services and outcomes for BME communities who were experiencing inequality at every stage of service provision from access to experience and outcomes. The Action Plan calls for more appropriate and responsive services, better community engagement and the provision of better information. Although the programme has ended the team continue to work to ensure equitable delivery of services. DRE community development workers covering Bristol, Gloucestershire and North Somerset facilitated delivery of the plan and were crucial to its success. They were managed by Programme Manager Marvin Rees.

As part of their work a network of community reporting centres was established to provide an easy point of contact for BME communities to register complaints and concerns about their experience of NHS services. The network of centres was developed by community development workers Mohammed El-Sharif and Mark Baker from the delivering race equality in mental health care programme. Mohammed is also part of the NHS Bristol PALS team. He has been successful in ensuring that complaints are fed back to Commissioners and those

planning and delivering services. This has proved to be an effective way of engaging with communities and learning about their concerns, which ranged from translation issues, staff rudeness, maternity practices and the fear by some members of the Somali community that their organs would be stolen during operations. Demonstrable changes have resulted from this work.

There are now 26 reporting centres many of which are community specific and include Somali, Polish, African Caribbean and Chinese communities. The reporting centres have further developed to become communication centres through which health information is gathered and exchanged. This work has received national recognition and the NHS Acorn Alliance Award for public and patient involvement. This is an excellent model that can be replicated elsewhere. Learning disabilities is part of the equalities agenda and we hope will be included in all aspects of this work.

## Hampshire

Type	Name	Contact details
Project	Ethnic Minority Learning Disability Project	Website: <a href="http://www.hants.gov.uk">www.hants.gov.uk</a> Email: <a href="mailto:Dominique.rawlings@hants.gov.uk">Dominique.rawlings@hants.gov.uk</a> Telephone: 07051 5084083

### What is it all about?

In Hampshire there are over 100 different ethnic groups but few formed communities.

The Ethnic Minority Learning Disability Project was started in 2005 in two locations and extended in 2007 to cover the whole county. It aims to be a two way link between individuals with a learning disability, their families and service providers. It also includes two groups for BME people with learning disabilities in the south of the county in Fareham and another in the North of the county, both called Proud2B.

On offer are social opportunities, a chance to have fun and celebrate each other's language and culture without being seen as 'different'. Those attending the group are encouraged to be proud of and talk about their cultural background, a benefit of this has been increased confidence and the chance to use self-advocacy skills.

Families have been involved with their relatives in work with the Recreation and Heritage Department around projects linked to recording oral history. People with learning disabilities have interviewed and recorded members of local BME groups and built exhibitions of their findings. This has helped publicise the EMLD project and Proud2B groups to other community group in a positive way, thus avoiding the stigmas attached in some communities to learning disability issues.

## Lincolnshire

Type	Name	Contact details
Organisation	Ethnic Minority Achievement Support Service EMAS	Website: <a href="http://www.lincolnshire.gov.uk">www.lincolnshire.gov.uk</a> Email: <a href="mailto:j.chandar-nair@lincolnshire.gov.uk">j.chandar-nair@lincolnshire.gov.uk</a> or <a href="mailto:emas_lincs@lincolnshire.gov.uk">emas_lincs@lincolnshire.gov.uk</a> Telephone: 01427 787190

### What is it about?

EMAS works closely with Lincolnshire Parent Partnership Services and takes referrals from them. They have run a programme for community supporters, mainly about education. The people on the training came from their own communities. EMAS has passed the community supporters on the Race Equality Council and hope to get them trained up in Health, Welfare and Education. The issues brought to them are usually related to a lack of knowledge of what service providers can offer. They use a range of approaches and have small focus groups going out to supplementary schools. They have links with the Chinese community.

## London Borough of Kensington and Chelsea

Type	Name	Contact details
Project	Migrant & Refugee Communities Forum (MRCF) Learning Disabilities Outreach Project (June 2008 - June 2009)	Website: <a href="http://www.mrcf.org.uk">www.mrcf.org.uk</a> Email: <a href="mailto:Francesca@mrcf.org.uk">Francesca@mrcf.org.uk</a>

		Telephone: 020 8962 3048
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### What is it about?

- Funded by the local authority and independently
- Duration of project: June 2008 – 2009
- Post of Project Co-ordinator funded for one day (seven hours) a week

### Aims of the project

- Identification and signposting of individuals and families from Migrant and Refugee community groups
- Better promotion of services to people with learning disabilities and their carers from the above and other BME groups in the borough
- Improved access to services and the Community Learning Disability Team (CLDT)
- Promote a better understanding and awareness of learning disability

### Some issues that emerged

The focus of the project has to be frequently redefined because of the following:

- Lack of and variations in levels of community awareness and understanding of learning disability
- Learning disability awareness raising needed
- Support needed for community leaders to improve their understanding of learning disability to enable them to identify those families in need of support
- Work was needed to promote a better understanding and awareness of health and social care systems
- CLDT had to tailor their expectations of increased referrals from these groups recognising that engagement, awareness raising and capacity building was needed before this likely to take place. Thus a longer term approach was required.

### Advisory Group

Key stakeholders from the borough, learning disability service providers, learning disability advocacy services and community leaders met six times a year to offer ideas, make suggestions and support the project. This was one of its' main points of strength providing an opportunity for community leaders and professionals to meet and exchange ideas. Interesting initiatives took place as a result of the work of this group.

Some of these ideas included:

- The sharing of a learning disability 'checklist' used by the CLDT to assist them in identifying individuals with a learning disability.
- A speech and language professional appointed by the team, delivered training and workshops alongside the MRCF worker to the BME community group members. Visits to explain the list facilitated positive contact between the community group (in this case the Hodan Somali Community) and the CLDT.
- The development of a model for training and sharing information on learning disabilities for community groups.

The purpose of the training was to help participants to support vulnerable clients in different ways and expand their contacts with organisations and services in the borough. Another aim, to facilitate access to community groups for professionals working with CLDT, was achieved by offering direct contact with community leaders so that relationships could be made and the opportunity for future partnership working was created. Participants also met people with learning disabilities and experienced the activities and services available to them.

- A series of 'learning afternoons' took place, which including learning about safeguarding vulnerable adults, information on personalisation and self-directed support. Identification of carers and sources of support for carers of people with learning disabilities, learning disability awareness, cultural awareness and the assessment process.
- Training ESOL teachers
- Members of the CLDT team delivered training to teaching staff from colleges and other organisations to increase their knowledge of learning disabilities and help them to identify and support migrant and refugee students with learning disabilities.
- The six community organisations who took part in learning disability training were: Al-Hasasniya, Ethiopian women's empowerment group, Hodan Somali group, Midaye Somali development network, Sudanese Mothers for Peace, Unmoja Pamoja. These included 'learning afternoons'.

Many professionals from other boroughs have contacted the project to learn about their innovative approaches to work with migrants and refugee communities.

A lot has been learnt that could be applied more broadly by local authorities about how best social service departments can engage and work with community groups, build relationships of trust and effective partnerships.

More recommendations will be highlighted by an external evaluation of the project that will provide an independent view on what can be done next to promote partnership work and communication between Community Learning Disability Teams and community groups in the borough.