



University of Wales
Trinity Saint David
LONDON

Student Name: Kary Montano

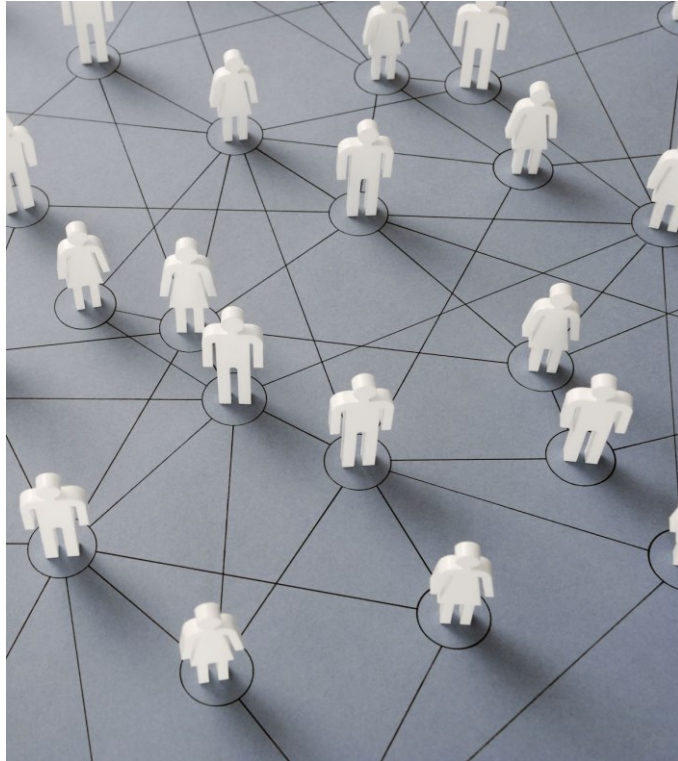
Student ID Number: 2121660

Module: Community Care Development

Module Code: BMHP6022_LON

Acknowledge

I confirm that I have not used any AI tools in the research and creation of this assignment . I confirm that I have not present any AI generated materials as my own work. I confirm I have copies of my draft ,notes, and other resources I used , which I may be asked to provided in evidence .



Introduction

Community : A community is defined as a group of individuals with diverse characteristics who are interconnected through social ties, share common perspectives, and engage in collaborative activities within specific geographical locations or settings. (Macqueen, et al., 2011)

- **Community Development:** The community development is a process in which community members work together to solve common problems. (Theodori G, 2005)

Introduction

- The Aim: to addressing issues in the local borough typically involves identifying and resolving specific challenges faced by the Haringey community. Enhancing the mental health of children and young people.
- Mental health
- Housing
- Life expectancy



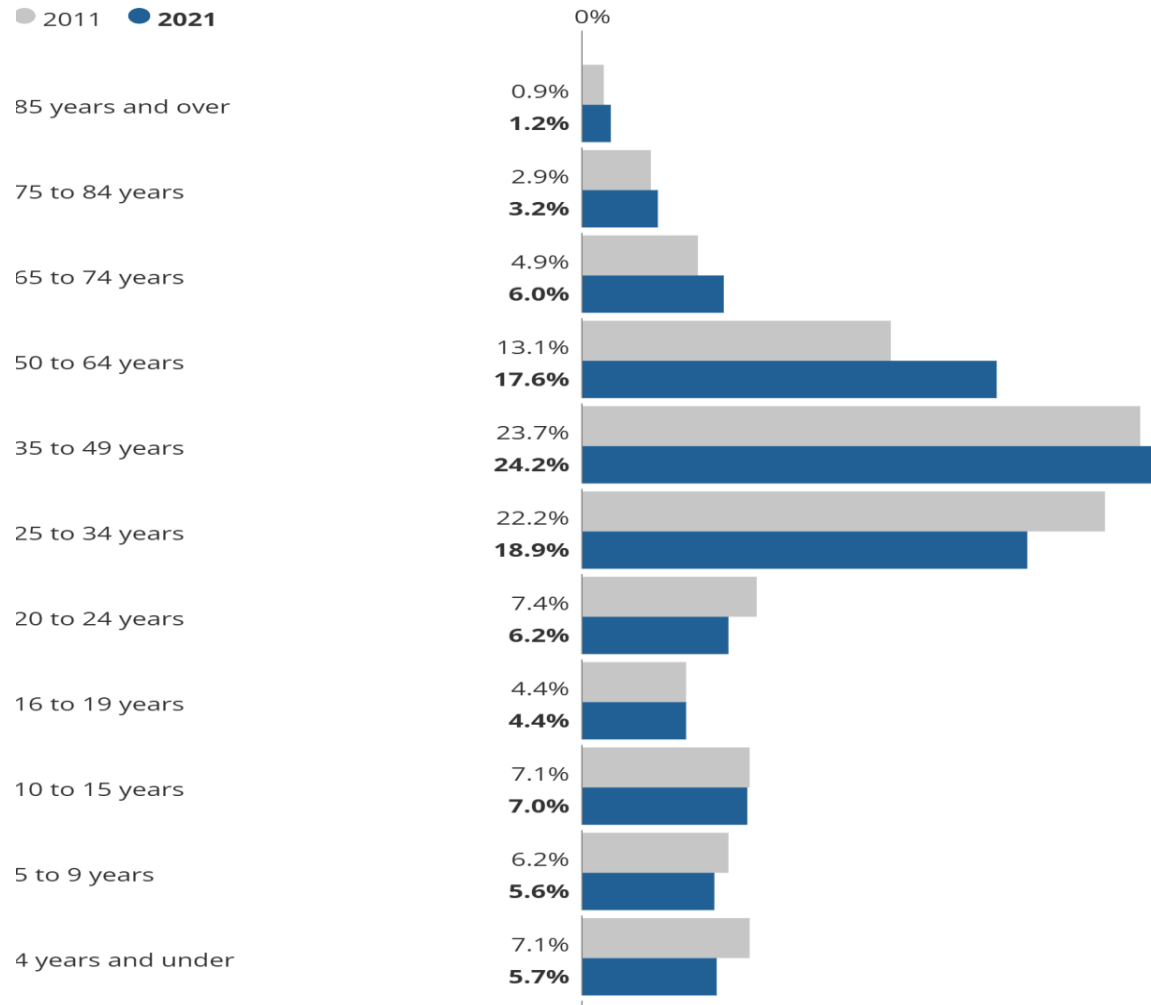
Haringey London Borough



- Located in the North London .
- Haringey is the fourth most deprived borough in London, with deprivation more concentrated in the northeast.
- Haringey has the second highest rate of drug use (excluding Cannabis) among 15-year-olds of all London boroughs.

Percentage of usual residents by age group, **Haringey**

● 2011 ● 2021



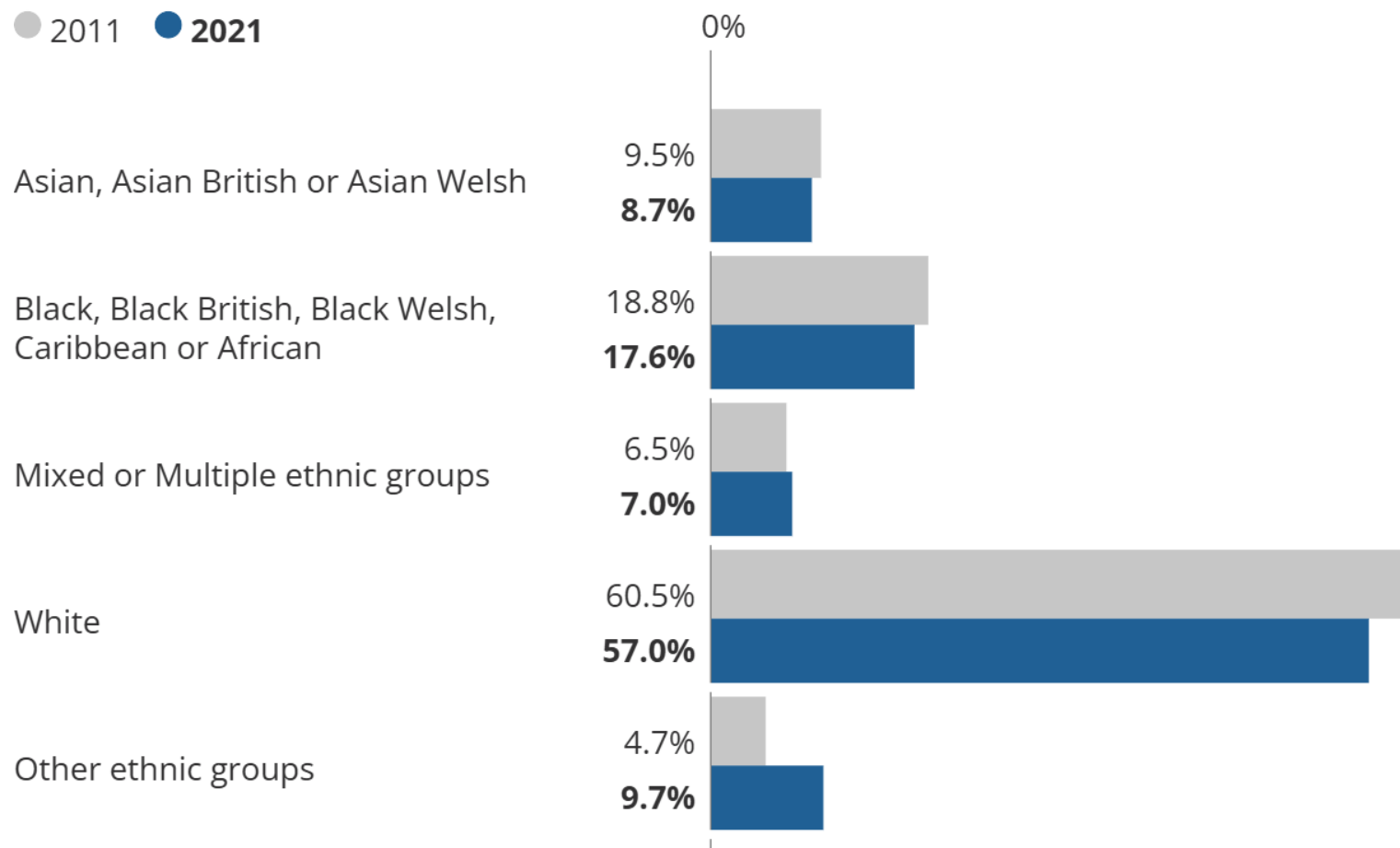
Source: Office for National Statistics – 2011 Census and Census 2021

Population

Ethnicity

Percentage of usual residents by ethnic group, **Haringey**

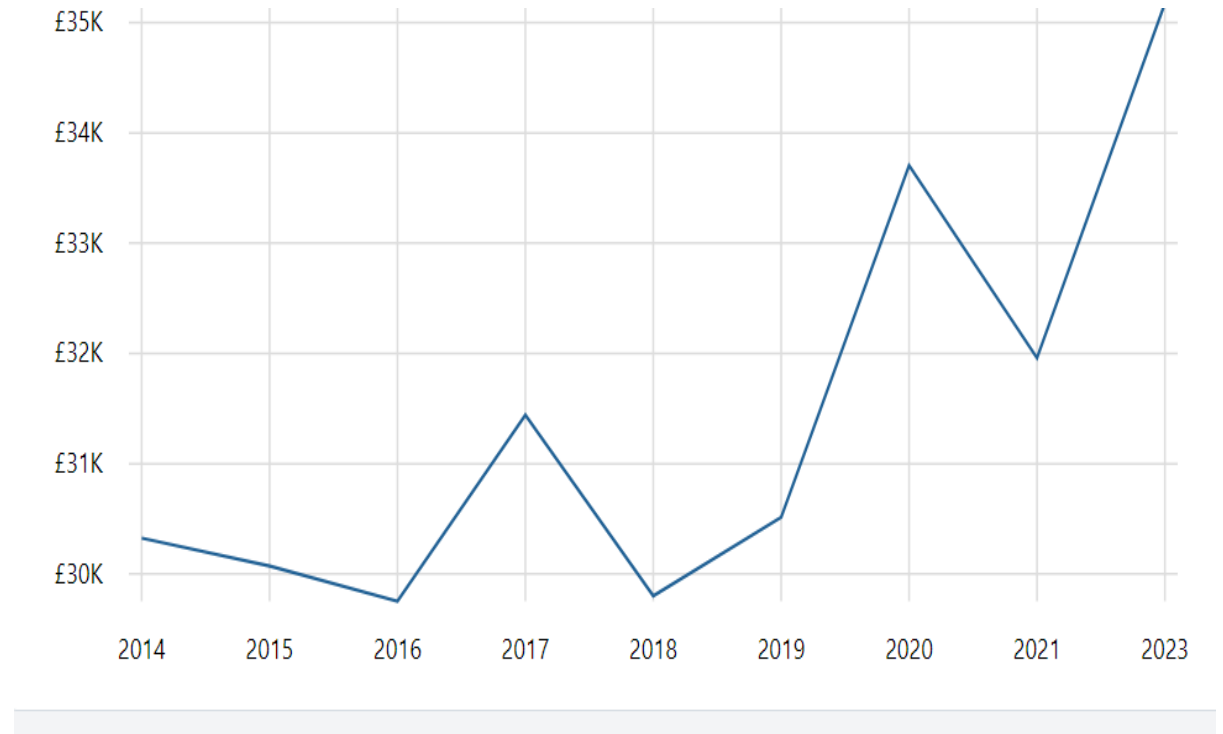
● 2011 ● **2021**



Source: Office for National Statistics – 2011 Census and Census 2021

Demographics

- Income: The average salary in Haringey 2023 is £35,175
- Unemployment rate in Haringey 4.4%
- In Haringey, 3% of households have more than 1.5 people living in each room.
- (ONS Local Statistic , 2024)



Issue identify (data)

- Haringey has one of the highest rates of serious mental illness in London, currently at 1.37%. This figure exceeds both the London average of 0.96% and the England average of 1.11%.
- Haringey men have one of the lowest life expectancies among London boroughs. The average life expectancy for Haringey is 77.9 years for men and 83.6 years for women. In comparison, the average for London is 79 years for men and 83.5 years for women.
- In Haringey, approximately 24.5 households per 1,000 are living in temporary accommodation as of 2022. This rate is the third highest in London.

(Haringey London , 2024)



Project Objectives

- The objective of this project is focuses on Mental Health Awareness and Support Program in my local community.
- Provide Comprehensive Support: Offer a range of services including counselling, group therapy, and crisis intervention to meet the diverse needs of individuals struggling with mental health challenges.
- Raise Awareness: Educate the community about mental health issues to reduce stigma and encourage individuals to seek help when needed.
- Increase Access to Services: Expand availability of mental health resources to ensure that all community members, especially those in underserved areas, can easily access support.

(F, et al., 2021)

Stakeholders

- Patients & Families
- Health Care Providers (NHS)
- Local Authorities
- Local Institutions
- Employers & business Organisation
- Mental Health Charities

(Care Learning, 2024)



The principles which underpin community development

- Consistency
- Empowerment
- Collaboration
- Sustainability
- Equity
- Holistic Approach
- Resources
- Flexibility and Adaptation



Social Media



#EndsMentalHealthStigma#



Theory Maslow

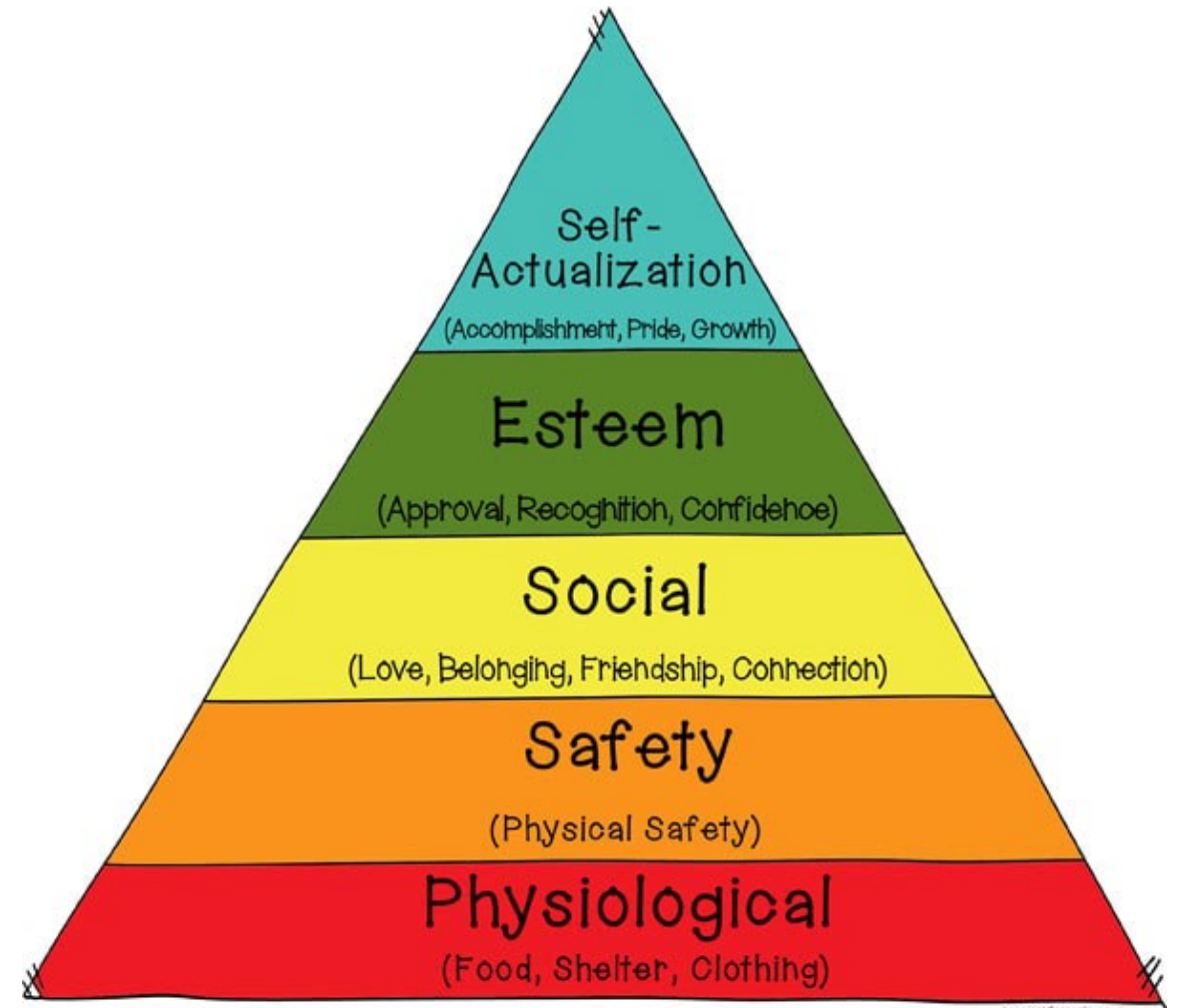
Safety: employment, resources ,family ,property

Social: Friendship ,family, love

Esteem: Confidence , respect by others and Achievements

Self-Actualization: Morality , Creativity, lack of prejudice

(Saul McLeod, 2024)



Maslow's Hierarchy of Needs

Legislation

- Mental Health Act 1983
- Equality Act 2010
- Human Right Act 1998
- Care Act 2014

(Mind, 2024)



Barriers / obstacles to community development

- Lack of communication/language barriers. language barriers can isolate certain groups, making it difficult for them to access important information, services, and opportunities for involvement. As a result, diverse perspectives and contributions from all community members may be overlooked, diminishing the overall effectiveness of development efforts.

(Learning, 2024)



Recommendation



- To establish a community of support for mental health awareness and offer tools to assist people in coping with stress, anxiety, and other mental health issues.
- Every Friday , hold workshops that cover a variety of mental health subjects, including stress management, mindfulness, resilience, and coping mechanisms. Ask mental health specialists to conduct these sessions
- Community events, different programs such as campaigns, mental health fairs or open days at mental health centres
- Mindfulness and Relaxation Sessions: Incorporate yoga, meditation, and other relaxation techniques into the weekly schedule. These can be led by qualified instructors and can also be offered virtually.

(Castillo, et al., 2020)

Conclusion

To sum up, the community development project has shown how crucial cooperation, involvement, and sustainable practices are to making a difference.

Our community's distinct needs and goals have been successfully identified by bringing together a variety of stakeholders.

Both short-term and long-term issues have been addressed by the initiatives put in place.

References

Care Learning, 2024. *what are the stakeholders in Health and Social Care*. [Online]

Available at: [https://carelearning.org.uk/blog/what-are-stakeholders-in-health-and-social-](https://carelearning.org.uk/blog/what-are-stakeholders-in-health-and-social-care/#:~:text=Stakeholders%20in%20health%20and%20social%20care%20are%20diverse,a%20wide%20range%20of%20interests%2C%20responsibilities%2C%20and%20influences.)

[care/#:~:text=Stakeholders%20in%20health%20and%20social%20care%20are%20diverse,a%20wide%20range%20of%20interests%2C%20responsibilities%2C%20and%20influences.](https://carelearning.org.uk/blog/what-are-stakeholders-in-health-and-social-care/#:~:text=Stakeholders%20in%20health%20and%20social%20care%20are%20diverse,a%20wide%20range%20of%20interests%2C%20responsibilities%2C%20and%20influences.)

[Accessed 23 November 2024].

Castillo, E. G. et al., 2020. Community Interventions to Promote Mental Health and Social Equity. *Focus* , Volume 18, pp. 1-20.

F, D., C, B., M, M. & J, M. C., 2021. Community interventions for improving adult mental health: mapping local policy and practice in England. *BMC , Public Health* , Volume 1, pp. 125-135.

Haringey London , 2024. *Haringey's population and future challenges*. [Online]

Available at: [https://new.haringey.gov.uk/council-elections/data-finance/haringey-facts-figures/haringeys-population-future-](https://new.haringey.gov.uk/council-elections/data-finance/haringey-facts-figures/haringeys-population-future-challenges#:~:text=1%20Deprivation%20Haringey%20is%20ranked%20as%20the%204th,...%205%20Child%20poverty%20...%206%20Safety%20)

[challenges#:~:text=1%20Deprivation%20Haringey%20is%20ranked%20as%20the%204th,...%205%20Child%20poverty%20...%206%20Safety%20](https://new.haringey.gov.uk/council-elections/data-finance/haringey-facts-figures/haringeys-population-future-challenges#:~:text=1%20Deprivation%20Haringey%20is%20ranked%20as%20the%204th,...%205%20Child%20poverty%20...%206%20Safety%20)

[Q](https://new.haringey.gov.uk/council-elections/data-finance/haringey-facts-figures/haringeys-population-future-challenges#:~:text=1%20Deprivation%20Haringey%20is%20ranked%20as%20the%204th,...%205%20Child%20poverty%20...%206%20Safety%20)
[Accessed 10 November 2024].

Learning, C., 2024. *what are language barriers in a Health and Social Care*. [Online]

Available at: https://carelearning.org.uk/blog/communication-blog/what-are-language-barriers-in-health-and-social-care/?utm_content=cmp-true

[Accessed 23 November 2024].

Macqueen, K. M. et al., 2011. What Is Community? An Evidence-Based Definition for Participatory Public Health. *American Journal of Public Health (ajph)*, Volume 91, pp. 1929-1938.

Mind, 2024. *The Mental Health Act 1983*. [Online]

Available at: <https://www.mind.org.uk/information-support/legal-rights/mental-health-act-1983/about-the-mha-1983/>

[Accessed 23 November 2024].

Office for National Statistic, 2023. *2011 censu 2021*. [Online]

Available at: <https://www.ons.gov.uk/visualisations/censusareachanges/E09000014/>

[Accessed 15 November 2023].

ONS Local Statistic , 2024. *Salaries in Haringey*. [Online]

Available at: <https://www.varbes.com/salary/haringey-salary>

[Accessed 23 November 2024].

Saul McLeod, P., 2024. *Maslow's Hierarchy of Needs*. [Online]

Available at: <https://www.simplypsychology.org/maslow.html>

[Accessed 23 November 2024].

Theodori G, L., 2005. Community and Community Development in Resource-Based Areas: Operational Definitions Rooted in an Interactional. *Society & Natural Resources*, Volume 18, pp. 661-669.