

Component 2-Muslim Community in Birmingham

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Submission date: 20-Jul-2023 08:35AM (UTC+0100)

Submission ID: 210441425

File name: 23526_Zainab_Omer_Hassan_Component_2-
Muslim_Community_in_Birmingham_503829_492838688.docx (64.51K)

Word count: 2752

Character count: 16962

BMHP6022 Community Care and Development Report

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Introduction

¹ A community is defined as a social unit or group of people having things in common, like living in the same place and having the same norms, values, customs, and identity. Using the communication platform, ⁶ communities can connect virtually or in a specific geographic location, for instance, a country, town, or neighborhood (Moody, 2020). Their identities, behaviors, and roles in social institutions, including families, homes, workplaces, governments, societies, and humanity, depend heavily on their feeling of community. They are defined by long-lasting, excellent relationships beyond direct genealogical links (Stead & James, 2012). However, communities are often modest compared to linkages to the broader social network. Although, the term community can also refer to a significant association of individuals, as in national, global, and online communities. The selected community in this report is the Muslim community in Birmingham. As of 2021, around 30% of the Birmingham population reported being Muslim which is more than ¹ average for England and Wales. The Muslim community in Birmingham is characterized as one of the most diverse communities ¹ after London. Birmingham's Muslim community has various backgrounds, including Africa, Eastern Europe, southern Europe, western Asia, and other Asian countries.

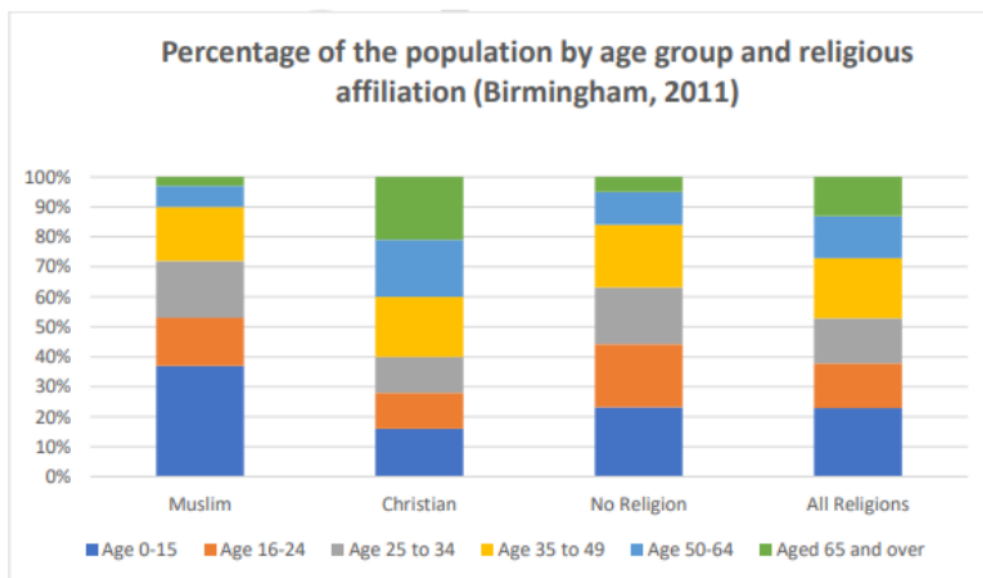
This report will discuss the Muslim community in Birmingham, and this report will also explore the challenges, needs, health and social care initiatives and approaches, and distinct approaches that the Muslim community can take in Birmingham for health and social care improvement. The different insights of this community will be explored using several theories, policies, and practices.

Muslim Community in Birmingham

Demographics and History

¹ The Muslim community is broad in Birmingham and England. One of the earliest Muslims that arrived in Birmingham was ¹ from Yemen and the regions of South Asia. The largest group of Muslims formed in Birmingham were from the Kashmiri community from Mirpur in Pakistan. It is also observed that the British-born Muslims in Birmingham or those who convert to this religion contribute to around 50% of the Muslim population in Birmingham. However, most ¹ Muslims in Birmingham are likely to be born abroad as more and more Muslim migrants arrive

in the city. Around 29.9% of the Birmingham population reported being Muslims as of the 2021 census, which was 21.8% in 2011. Birmingham is the largest Muslim population (Muslim Council of Britain, 2022). The rise of 8 percent was considered the most significant increase among Birmingham's broad religious groups. Birmingham has the youngest population in the UK. This is also considered for the Muslim population in Birmingham, as most Muslims there are younger than Birmingham residents of other religions (HOWARTH, 2014). More than 25% of the Muslim population in Birmingham in 2011 was reported to be under 25 years of age. However, one-third of the Birmingham Muslim community population is under 16. It is also reported that only 4% of the Muslim population reported aged above 65 or over.



Most of the Muslim population in Birmingham came from the non-white population, which is relatively higher than the general Muslim population. In the city, only 52% of the minority ethnicity are claimed to be Muslims compared to 34% of the national Birmingham population (Rawlinson, 2015). Birmingham is a city situated in the west Midlands region of England. The area of this city is likely to range between 500 to 1000 feet above sea level. The area is mainly developed and based on an urban setting. Birmingham has a 231.2 sq mi urban area. Some areas where most Muslims in Birmingham reside include Hodge Hill, Hall Green, Ladywood, Perry Barr, and Yardley (Conservative Muslim Forum, 2023).

Needs and Issues of the Muslim Community in Birmingham

Health and Social Needs of the Muslim Community

Birmingham wants to develop into a healthier city where each resident may lead a happy and healthy life. Several reports make understanding the health disparities in accomplishing this healthier city goal in various neighborhoods easier. It is observed that around 23% of Muslims above 55 and over reported that they are not satisfied or depressed. Around 12% of the non-Muslims also reported that they are unhappy and depressed (Ipsos, 2018). Some barriers identified for the Muslim communities in accessing mental health services can include embarrassment and stigma, lack of service awareness, racism, discrimination, language barrier, and lack of culturally sensitive treatment they receive in Birmingham. In Birmingham, the life expectancy is higher among white British and ethnic majority compared to South Asians and other ethnic minority groups (Abbas, 2006). Equality Act 2010 is the UK legislation that protects direct discrimination based on mental health conditions. This Act protects people with mental health from discrimination in the workplace or the wide society (GOV.UK, 2015). Under this law, discrimination made under protected characteristics such as age, gender, disability, ethnicity, sexual orientation, and others would be against the law in every possible case.

Evidence showed ⁹ that Muslims are less likely to use mental health services, and individuals who use these services have poorer health outcomes. Research shows that ethnic minorities living in Birmingham suffer a lot from adverse health outcomes negatively, more significantly than other ethnic majorities living in Birmingham (Birmingham Government UK, 2022). The infant mortality rate among Muslim and ethnic minorities in Birmingham was high for African, Caribbean, and South Asian communities in 2000, as reported by previous Census in the UK. The government research shows that South Asians living in Birmingham will likely suffer from heart disease or cardiovascular issues, diabetes, and TB. This is because of the deprived social and economic conditions experienced by the ethnic minorities living in Birmingham, including Muslim communities. 7-12% of South Asian Muslims are diagnosed with diabetes in Birmingham compared to 4% of British Christians (Birmingham Government UK, 2022).

According to Birmingham City Council (2023), a diverse range of barriers and health inequalities affect the people living in Birmingham. People from the ethnic minority living in

²³ Birmingham are more likely to report long-term illness and poor health conditions than their ethnic majority or white British counterparts in Birmingham. This discrimination can be widely seen among populations including White Gypsy, groups of Irish Travellers, and Pakistani and Bangladeshi people. It is also reported that Birmingham has the highest childhood obesity rate among Black and Asian children (Birmingham City Council, 2023). Most of the children from Black and Asian communities are more ⁹ likely to live in low-income households compared to children from white communities or British communities. Black and South Asian communities are more likely to develop diabetes than white counterparts or British Communities. There has also been observed that the risk of death was 10% to 50% higher among the Indian, Chinese, Pakistani, and other Asian and Caribbean populations compared to British people (Birmingham City Council, 2023).

Distinct Approach for Improving Health and Social Care

Health and social care are the primary focus for communities as they aim to increase society's overall health and well-being. It has been observed that ² NHS has been working with ² Birmingham City Council and other agencies intending to develop a sustainability and transformation plan to improve the health and well-being of the Birmingham population (Birmingham City Council, 2016). The primary aim is to enhance people's well-being and health; they lead a healthy, fulfilling, independent life wherever they live. This also includes that these people should have access to early medical helps whenever they need it and also a provision of services for older people or those who cannot live independently. Different approaches the health and wellbeing department or authorities in Birmingham city take can include investing in preventive care. The council and Birmingham authorities should think of adopting and incorporating programs that promote healthy eating among societies, promote physical activities, and smoking cessation. In Birmingham, around one in five adults are smokers, requiring preventive care as it can help them seek medical advice (Babatunde, et al., 2021). Preventive care in Birmingham can reduce the waiting time and cost for patients. Another approach that can be taken to promote the health and well-being of minorities and communities living in Birmingham is increasing access to primary care (NICE, 2017). The number of primary care providers should be increased in the area so that each individual can access medical help. Technological advancements have been a great source of success for most health and social care

facilities, allowing them to achieve their goal. Adopting digital means of medical care and innovative technologies can improve the efficiency of health and counseling services. Collaboration between different health and government agencies also greatly benefits Birmingham Council and health services in delivering services. Educational and awareness campaigns are necessary for people regarding the stigma of mental health that limit people's access to mental health services (Stuart, 2016).

To further promote health and social care in the Muslim community in Birmingham, an integrated network of health and social care professionals must be established. It must be based on the latest digital software and include data about all the community health and social care problems. Monthly meetings between healthcare and social care professionals who are a part of the network should be carried out to discuss issues and formulate a plan to solve them.

Current Approaches and initiatives used by Muslim Community in Birmingham

Birmingham Council has been working collaboratively with different agencies to promote health and well-being in the city. One of the Joint Health and Wellbeing Strategies is used in Birmingham to promote the community's health and well-being. There were health inequalities and discrimination regarding accessing and seeking mental health care in Birmingham. This strategy allows the health and wellbeing board to maintain equality values and promote diversity and inclusion (Birmingham Health and Well-being Board, 2022). Those living in Birmingham are likely to experience various daily challenges that somehow affect their mental and physical health, leading to long-term consequences that can reduce their independence or movement. It is understood that health and diseases are likely to result from wider determinants most of the time in a person's life, and not only the reason is always genetics or age factors. Other determinants affecting individuals' health and social well-being include poverty, education, poor housing, lack of employment opportunities, and the environment in which individuals live, work, and play. One strategy is to create a bolder and healthier city from 2022 to 2023. This strategy aims to reduce and tackle the structural barriers that effectively provide quality of life (Birmingham Health and Well-being Board, 2022). Birmingham is also doing several initiatives and providing mental health hubs to its residents. These services are delivered in Birmingham along with other

agencies' partnerships, including Birmingham Mind and Creative Support. These services support adults over 18 years and are cared for under secondary mental health services in Birmingham. This initiative uses a tiered approach for support and offers structured and therapeutic activities. This approach helps the community provide support planning and assist individuals in their health recovery journey. Moreover, this approach in Birmingham also offers excellent social services and opportunities to increase peer support and build social networks.

Theory, Policy and Legislation

Birmingham's Muslim communities are happier. However, most of them are likely to experience challenges and problems related to their health and social care as access to the Muslim community in Birmingham is restricted.

As such, Birmingham's administration and local authorities must focus on strict policies and practices that benefit Birmingham's Muslim community.

The social capital theory (Bonding, bridging and linking) is one of the influential theories that can be implemented within the practices of Birmingham. It will help the city contends with its social relationship as resources which can lead them towards increased development and accumulation of human capital (Wright, 2015). The city can develop increased human capital by encouraging and building better social relationships with the Muslim community, which is about 29% of its population. It will be able to develop a broader perspective. Providing the Muslim community with better services and support will help them form a better living standard in Birmingham, automatically increasing financial stability across the city.

Another relatable theory is Maslow's theory of needs which can be involved within the Muslim community living in Birmingham. Birmingham needs to focus on the needs of the Muslim community and how they can provide them with resources and services, which will automatically increase their involvement in increasing the city's wealth and add more competitiveness within Birmingham compared to other cities and areas across the United Kingdom. According to Dar and P.salthivel (2022), the theory focuses on a person's physiological, safety, love, and other essential needs factors.

Conclusion and Recommendations

The above report demonstrates the Muslim community in Birmingham and the different needs and issues the community was experiencing. The above report depicts that the community has diverse cultures and great bonding, which make it easy for the individuals to survive. However, Birmingham is the most populous Muslim city compared to other states and cities in the UK. People living in those areas are experiencing different types of challenges. On the broader aspects, the report explores society's social and health concerns and what roles professionals play in making society more appropriate in the health and social care context. The above report shows that most Muslim people living in Birmingham face several challenges while accessing healthcare, leading to excessive health inequalities among the Muslim community in Birmingham. Several initiatives were adopted by the Birmingham city council and other healthcare agencies to improve the overall health and well-being of the Muslim community. The life expectancy rate for Muslim communities in Birmingham is lower. The Birmingham council and other agencies need to participate in this social cause and provide adequate health and well-being services to the Muslim communities living in Birmingham. This can promote the overall health and well-being of these people and reduce overall health outcomes.

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