



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Community development

Assignment 1

Student

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*Trawsnewid Addysg; Trawsnewid Bywyd
Transforming Education; Transforming Lives*



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Introduction



Mental health is the selected issue for this presentation.

The selected community is Lewisham Borough.

The aim of my community development project is to address the critical issue of mental health within the Lewisham Borough (Gough and Novikova, 2020).

I aim to improve the overall well-being and quality of life for residents, fostering a healthier, more resilient community.

Introduction (Continued)

Total Population: approximately 306,000

Ethnic composition

47% White

27% Black or Black British

16% Asian or Asian British

10% mixed or other ethnic backgrounds

Religious beliefs

52% Christian

6% Muslim

2% Hindu & 1% Buddhist

28% no religion

Stakeholders involved in the program

Key Stakeholders

**Local Government
and Health
Authorities**

Healthcare Providers

**Community
Organisations**

**Residents and Service
Users (Bowe et al.,
2022)**

**Educational
Institutions**

**Volunteers and Local
Businesses**

Stakeholders involved in the program (Continued)



**Principles
Supporting
Community
Development**



Inclusivity (Van et al., 2021)

Empowerment

Collaboration

Sustainability

Use of digital media and technologies for community development



Online Platforms and Social Media



Mobile Apps and Websites



Virtual Support Groups and Webinars



Digital Outreach and Communication

Data Analytics and Feedback (Girdhar, Srivastava and Sethi, 2020)

Legislation and policy impact the support and growth of a community

The Mental Health Act 1983

This act provides the legal framework for the treatment and rights of individuals with mental health disorders.

The Care Act 2014

This legislation places a duty on local authorities to promote the well-being of individuals for those with mental health needs.

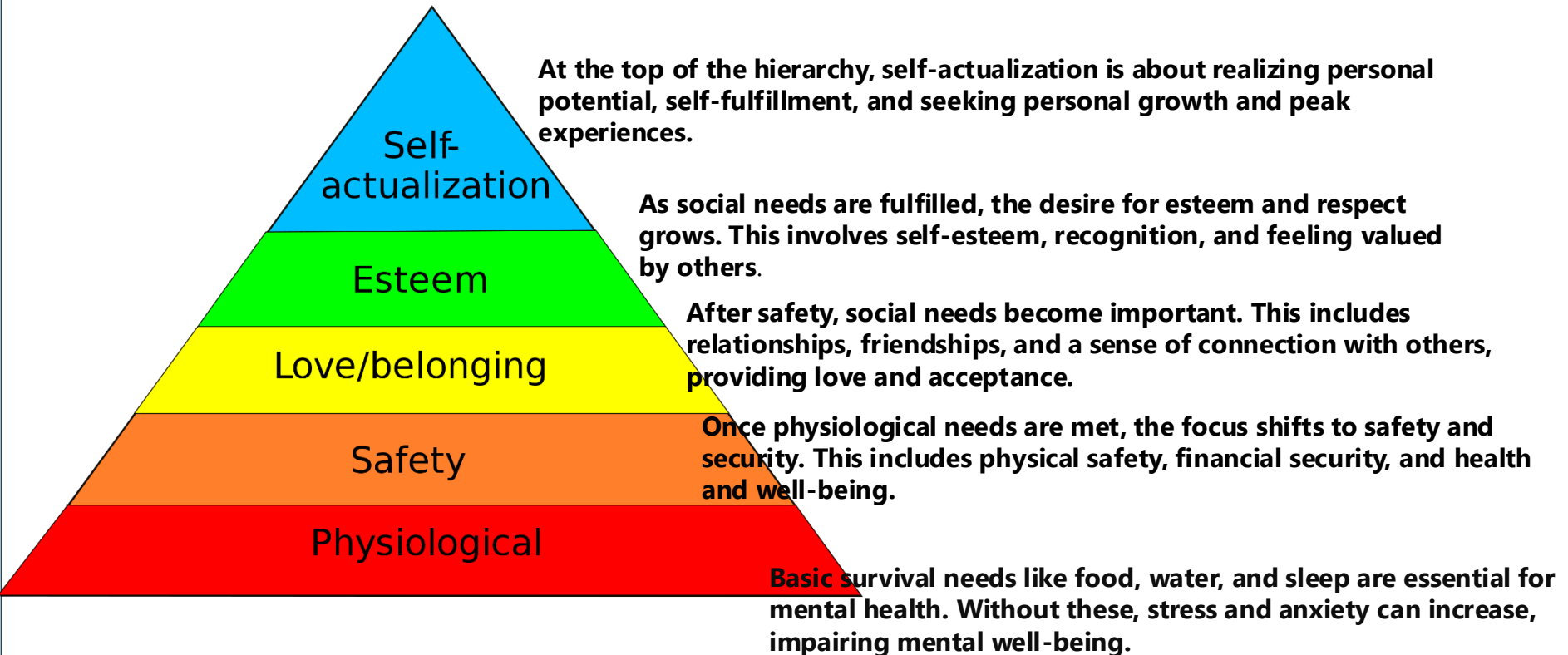
The Equality Act 2010

This act protects individuals from discrimination based on mental health conditions (Kopelovich et al., 2021).

NHS Long Term Plan (2019)

This policy outlines the NHS's commitment to improving mental health services, with a focus on increasing access to mental health care.

Maslow Theory



Barriers/obstacles to community development

Stigma and Discrimination

- Negative attitudes and misconceptions about mental health can prevent individuals from seeking help or participating in community programs.



Lack of Awareness and Education

- A lack of awareness and understanding about mental health issues can impede community development efforts.

Limited Funding and Resources

- Financial constraints are a major obstacle in community development for mental health (Maeda et al., 2022).

Cultural and Language Barriers

- Lewisham Borough's cultural diversity presents unique challenges.

Recommendations

**Enhance Mental Health
Education and
Awareness**

**Foster Community
Support Networks**

**Increase Accessibility
to Mental Health
Services**

**Advocate for Policy
Changes and Funding
(Tesfaye et al., 2020)**

Conclusion

This community development project aims to address the critical issue of mental health in Lewisham Borough. Enhancing mental health education and awareness, increasing accessibility to services, fostering community support networks, and advocating for policy changes and funding are key strategies to create a more inclusive and supportive environment for mental well-being.

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