



**NAME: OSAYAMEN HOPE
EHIOGIE
STUDENT NUMBER: 1908385
LECTURER'S NAME: CHIZOBA
ESIO-BASSEY**

**COURSE NAME: COMMUNITY CARE AND
DEVELOPMENT**

COURSE CODE: BMHP6002

SUBMISSION DATE: 12TH AUGUST 2022



PRIFYSGOL CYMRU
Y Drindod Dewi Sant
UNIVERSITY OF WALES
Trinity Saint David



INTRODUCTION:

what is a community?

- Community is a set of feelings and relationship among people to meet common needs (Chavis and Lee 2015).
- Linked by social and cultural ties or shared interest/experiences.
- Engage in joint action to bring social change (MacQueen et al., 2001).
- Important determinant of health outcomes.





SOMALI COMMUNITY IN BRISTOL, UK.

Second largest
migrant community in
Bristol, UK

Relative high levels of
mental illness due to
post civil war,
migration and asylum
experiences.

48.1% refugees meet
the criteria for PTSD
(Post Traumatic Stress
Disorder).

Like BAME
individuals, Somalians
are less likely to
access mental health
services.

They are more likely
to be detained under
the Mental Health Act
2017

More likely to
experience
education, income,
employment and
housing inequality.

THEORY

- **Maslow's Hierarchy of Needs theory** places love and belonging at the center between human physiological and self actualization needs.
- This translates to social connectedness and involvement necessary for good mental health and wellbeing.
- The more people are disconnected and socially isolated, the poorer their mental health and wellbeing.
- Social connectedness and involvement is crucial to the Somali community in Bristol as per profile.



LEGISLATION

- **Equality Act 2010** protects everyone from all forms of discrimination, harassment and victimization.
- It bans all unfair discrimination against provision and access to public services.
- It gives right to every individual in accessing it.
- Complain requires Race relations Act, 1976



BRISTOL SOMALI RESOURCE CENTRE (BSRC)

- Advocacy support project.
- Providing information to access public services.
- Empowering Somalians to speak up in the community.
- Support victims of domestic abuse
- Create hate crimes and discrimination reports
- Create awareness of discrimination and legal support for victims.



BRISTOL SOMALI FORUM (BSF)

- Website to access information and share concerns
- Somaliforumbristol@gmail.com
- Create Facebook, WhatsApp and YouTube for engagement
- Digital inclusion courses such as ESOL – skills for English language.
- To facilitate interactions and integration with the wider community.



SUSTAINABILITY

- Ability to adapt to changing social, economic, environment and political context
- Solicit for volunteering
- Solicit funding from government and private sectors- fund raising via events.
- Training of staff to build capacity
- Ensuring functional systems at all times
- Regular re-evaluation of the project



CONCLUSION

CO

- Community development is about integration and thriving for all individuals. It is also about minimizing health inequalities. The Marmot review 2010 provides evidence that fostering integration and reducing social isolation is the only way to reduce health and social inequality in communities. The Bristol Somali Resource Project is therefore the right step in the right direction for community development and integration.

References:

- BSRC (2022) Somali Resource Centre Projects. Available at: <https://www.somalicentre.org.uk/services/projects>. (Accessed: 30 July 2022).
- Chavis and Lee (2015) Health: what is community anyway? Stanford social innovation review. Available at: <https://ssir.org/articles/entry/whatiscommunityanyway>. (Accessed: 01 August 2022).
- Charitygrants (2012) Sustainability: 7 basic ways to sustain your projects. Available at: <https://www.charitygrantshq.com/7-basic-ways-to-sustain-your-projects/>. (Accessed: 05 July 2022).
- Corporate Finance Institute CFI (2022) Maslow's Hierarchy of Needs: A framework for human motivation. Available at: <https://corporatefinanceinstitute.com/resources/knowledge/other/maslows-hierarchy-of-needs/>. (Accessed: 5 August 2022).
- Gov.UK (2022) Equality Act 2010: guidance. Available at: <https://www.gov.uk/guidance/equality-act-2010-guidance> (Accessed 05 July 2022).
- Linney et al., (2020) "crazy person is crazy, it doesn't discriminate": An exploration into Somali views of mental health and access to healthcare in an established UK Somali community. *International journal for equity in health*. Vol. 19, pp.190.
- MacQueen et al., (2001) 'What is community? An evidence-based definition of participatory public health'. *American journal of public health*. Vol 91(12), pp.1929-1938. Available at: <https://DOI:10.2105/ajph.91.12.1929>.