

CAHN
Caribbean & African Health Network



Caribbean & African Cultural Well-being Hub

From Knowing to Action

Launch Event:

Friday 7th June 2024 | 10.00 - 13:00hrs

Location: Gorton Monastery 89 Gorton Lane, Manchester M12 5WF

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Caribbean and African Cultural Wellbeing Hub

Message from the Chair of CAHN, Dr Faye Ruddock DL.

I am delighted to extend a warm welcome to each of you on this significant occasion—the Launch of the Caribbean and African Cultural Wellbeing Hub.

Every person birthing in Greater Manchester deserves equitable access to good mental and emotional support during preconception and throughout the perinatal period. Every infant deserves the best start in life to enable them to have optimal opportunities to achieve their full potential.

Unfortunately for Black birthing people they often experience multiple layers of inequality and injustice across health, housing, criminal justice, education and the environment they live in; to add they are disadvantaged by their socio-economic positions. Alongside this, culture, religious practices, stigma and shame and the way in which they are 'Othered' can contribute to higher rates of mental health issues preventing access to care and support.

Many of us are aware of the statistics in maternal health outcomes and the data tells us that 12% of women who lost their lives experienced severe and multiple disadvantages, including mental illness, substance misuse, and domestic abuse. Suicide rates are high in the Black and mixed-race community, and it continues to be the leading cause of direct maternal death. The evidence confirms that Black birthing people are 10-20% more likely to endure mental health problems during the perinatal period, creating significant effects on the mother, the unborn child, the infant and their families. Black women, in particular, face even greater challenges, being 13% more likely to experience postnatal depression, with 23% of those who died in the postnatal period suffering from mental health disorders (Knight, 2020).

Today's theme, "From Knowing to Action," is inspired by the findings of the Black Women - Perinatal and Infant Mental Health Care Services in Greater Manchester report which exposed the stark disparities and poor experiences faced by Black people birthing in Greater Manchester. In response to these findings, today's event is a direct result of these collective conversations from across the community and multi-agency stakeholders.

Today, we see part of the recommendations from that report coming to fruition, marking a crucial step towards achieving equitable access and improved experiences in healthcare.

This hub symbolises our commitment to working in partnership and in collaboration with multiple agencies to create a more inclusive and supportive healthcare environment for all. It is important that Black birthing people and all underserved communities who are birthing in Greater Manchester get the support they need and that we break the intergenerational cycle of poor mental health in our communities.

It is our hope that this hub will be a beacon of hope and a catalyst for improved health outcomes, fostering a sense of community and belonging.

I would like to express my gratitude to all who have contributed to making this hub a reality and together we can create the space invested in for the long term.

Once again, welcome, and thank you for being part of this important journey from knowing to action.

Dr Faye Ruddock
Founding Chair, CAHN

Time	Activity	Facilitator
10:00	Arrival & Registration / Visit to stalls	
10:10	Welcome and house-keeping Introduction of Event	Host Sandy Koujou Head of Community Empowerment and Advocacy, CAHN
10:20	Welcome Address	Dr Faye Ruddock DL. Chair, CAHN
10:30	Ice breaking activity: Who is in the room?	Sandy Koujou CAHN
10:45	Opening Remark	Sarah Cook , Chief Executive Home-Start HOST
10:55	Wake up shape up	Magdalene Bartlett Chief Executive - AFROCATS
11:00	Introduction of Initiatives under the Wellbeing Hub:	Dr Sakinat Baiyewu Head of Health and Wellbeing, CAHN
11:10	Supporting the Needs of Black communities during Baby Loss	Clea Hamer – Chief Executive SANDS
11:20	Short role play: Maternity Experience	Scholar Dube - Health Practitioner CAHN
11:30	Reflections Break out discussion: 1.How can we work together? 2.What can you contribute? 3.What more do you suggest?	Sandy Koujou
11:50	Performance – Cultural Dance	Tubah Dancers
12:00	My Passion for the Hub and Culturally Appropriate Antenatal Classes. Insights from Core20plus5 programme	Peace Nyamja CAHN Health & Wellbeing Manager
12:05	Holistic Needs of Black Birthing People and their Infants – A life course Approach	Dr Cordelle Ofori (FFPH) Director of Public Health Manchester City Council
12:15	Locality Opportunities and Partnership with CAHN	Janet Dexter Early Years Locality Lead, Directorate for Children's Commissioning Services
12: 20	Keynote Presentation: From Knowing to Action: Bridging the Gap in Perinatal and Infant Mental Health for Black Women – A National Perspective	Wendy Olayiwola BEM, FRCM, RN, RM. National Maternity Lead for Equality Professional Midwifery Advocate Maternity Lead - CNO/CMiDO Black Minority Ethnic SAGNHS England
12:35	Panel discussion Question and Answer, Feedback & Reflections of the overall event	Dr Cordelle Ofori Wendy Olayiwola Janet Dexter Clea Hamer
12:45	Closing remarks/Thank you	Charles Kwaku-Odoi DL Chief Executive, CAHN
12:50	Dancing & Networking	Tubah Dancers
13:00	Sacred Heart Hub for Lunch. Studio 3 Gorton Sacred Heart Family Hub, Glencastle Road, Gorton M18 7NE	

Thank you!!!

I would like to take this opportunity to say thank you to all our partners, guests' speakers and to all that took the time out to hear about this initiative.

I would like to extend a special thanks to all our volunteers who have been supporting this work and who will be using their lived experiences as ambassadors to support our birthing people and families. A special thanks also is extended to Janet Dexter for all her ongoing support and to Sarah Cook who has been with us on this journey.



CAHN
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Windrush Day

ARCHIVES OF THE WINDRUSH GENERATION

Saturday 22nd June 2024
12:00-18:00hrs

Alexandra Park, Russell Street, Manchester M16 7JL

All Age Groups

www.cahn.org.uk

Stalls | Caribbean Food | Traditional Dance and Costume |
Caribbean old time and Contemporary Music | Sports | Caribbean Living Room |
Windrush Walk and much more...

For more info contact:
windrushday@cahn.org.uk or 07710 022382

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CAHN
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Black Healthcare Awards

Professionals in Practice

Endorsed by our highly esteemed Patrons

Saturday 27th July 2024
18:00hrs - Late

Park Plaza, Westminster Bridge,
200 Westminster Bridge Rd,
London SE1 7UT

For further details on how to Nominate and to book visit:
www.cahn.org.uk/blackhealthcareawards

