

Healthwatch Representatives Feedback Form

Representative name	<p>Martin Haddon Avril Horsford Delia Fitzsimmons Funmilayo Oyenibi</p>
Meeting	<p>Healing Our Broken Village 10th Wandsworth Black Mental Health Conference</p>
Date & Time	<p>25 October 2018 3-8pm</p>
Who attended	<p>Over 200 people (the largest attendance ever) from diverse backgrounds, but the majority from Wandsworth's Black Caribbean community. Staff from South West London and St George's Mental Health Trust, Talk Wandsworth and Wandsworth and Merton Clinical Commissioning Group. The conference was organised by Wandsworth Community Empowerment Network and orchestrated by WCEN Director, Malik Gul.</p>
Key issues	<p>The announced focus of the 10th annual conference in this 70th anniversary year of the NHS and the arrival of the Empire Windrush was intergenerational mental health.</p> <p>We were welcomed to the church of the New Testament Assembly by Bishop Delroy Powell who highlighted progress made over the 10 years since the first HOBV conference in overcoming stigma, including in his own church. However, Malik reminded us that the statistics of BME over-representation in diagnosis of schizophrenia and detention under the Mental Health Act remains shocking.</p>

The first conference speaker, Judith Fairweather (instrumental at the Mental Health Trust in setting up the first HOBV conference 10 years ago and now Deputy Director of the North and East London Commissioning Unit) gave a hard-hitting account of the story of the Windrush generation. Their contribution to the successes of the NHS, together with their experience of discrimination and disappointment in this country and their reception in it. She underlined the links between racism, poverty and poor mental health among the BME community. At the same time her own story was one of success through determination and hard work. She ended by reciting "You called and we came", a powerful poem about the Windrush generation of nurses by Laura Serrent, Professor of Nursing at Sheffield Hallam.

The principal academic speaker, Prof. Sashidaran of Glasgow Institute, was unwell and therefore substituted by Prof. Frank Keating from Leeds, a longstanding supporter of the conference. In his thought-provoking talk he emphasised that institutional racism, still to be found in mental health services, requires institutional reform. Obstacles include increasing economic inequality, a retreat from civil liberties, the "invisibilising" of race and white privilege, and the proliferation of time-limited policy initiatives. His call for action included moving the framework from needs to rights, powerlessness to autonomy, exclusion to relatedness and from passive professionalism to activism.

The third speaker was David Bradley, CEO of SWLStG Mental Health Trust, acknowledged by Malik as a significant "white ally" in amplifying and responding to the BME voice. David focussed on three areas of action in response to calls at the last two conferences: increased access to talking therapies, including through co-

production initiatives with local communities; the successful BME young people's mental health conference launched in April and the forthcoming initiative to develop mental health first aid in schools for which funding had been allocated; and the Trust's new BME expert advisory panel which will be meeting quarterly and will review specific key measures of performance. If progress is not observed, this will trigger a review and redesign of services. David then responded to questions from the floor while Malik underlined the importance of his last pledge.

After a refreshment break, the conference reconvened to focus on young people. This took the form of a searing dramatic presentation by Black Minds Matter, a group of 16 to 25-year old young leaders recruited by WCEN. It was explained that the programme was continuing through a monthly master class and follow-up work in the community.

This led to the development of the above performance piece - a series of linked monologues based on the lived experience of the young participants but encapsulating the emotional interaction of different generations within a Windrush family, including current concerns with knife crime and violence. Entitled " Are you listening?" this was a powerful and intense piece reflecting trauma, bereavement, and psychosis as well as anger, hurt, frustration and a sense of abandonment. The audience response showed that the themes resonated with many of those present.

After a final, more light-hearted poetry and calypso performance on the conference's themes by Renaissance One, a collective of artists and performers from across England, we were provided with a shared meal.

Healthwatch Actions and What to Watch	We will continue to support the BME mental health forum and conferences and reflect the need to tackle inequality in our own work on mental health.
The Meeting in one sentence (for blog, FB, Tweeter, newsletter)	10th annual BME mental health conference faces difficult issues of inequality in this Windrush 70th anniversary year.