



RHWYDWAITH IECHYD
CYHOEDDUS CYMRU
PUBLIC HEALTH
NETWORK CYMRU



**COVID-19 and
BAME Communities
January 2021**

Welcome

Happy New Year to all of our members!

Welcome to the January edition of the e-bulletin which this month has a focus on COVID-19 and BAME Communities.

Towards the end of last year Public Health Network Cymru held two webinars one of which described the work of the First Minister's Advisory Group on health inequalities due to COVID-19 in Black Asian Minority Ethnic (BAME) Communities, the other examined the implications of the COVID-19 pandemic for health inequalities. Further information and the live recording from this webinar is available on our [website](#).

We would love to hear about any additional information, case studies or tips to share with the wider public health community in Wales in future e-bulletins and our website so please get in touch with us at: publichealth.network@wales.nhs.uk.

Contact us

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COVID-19 INFORMATION FOR PROFESSIONALS

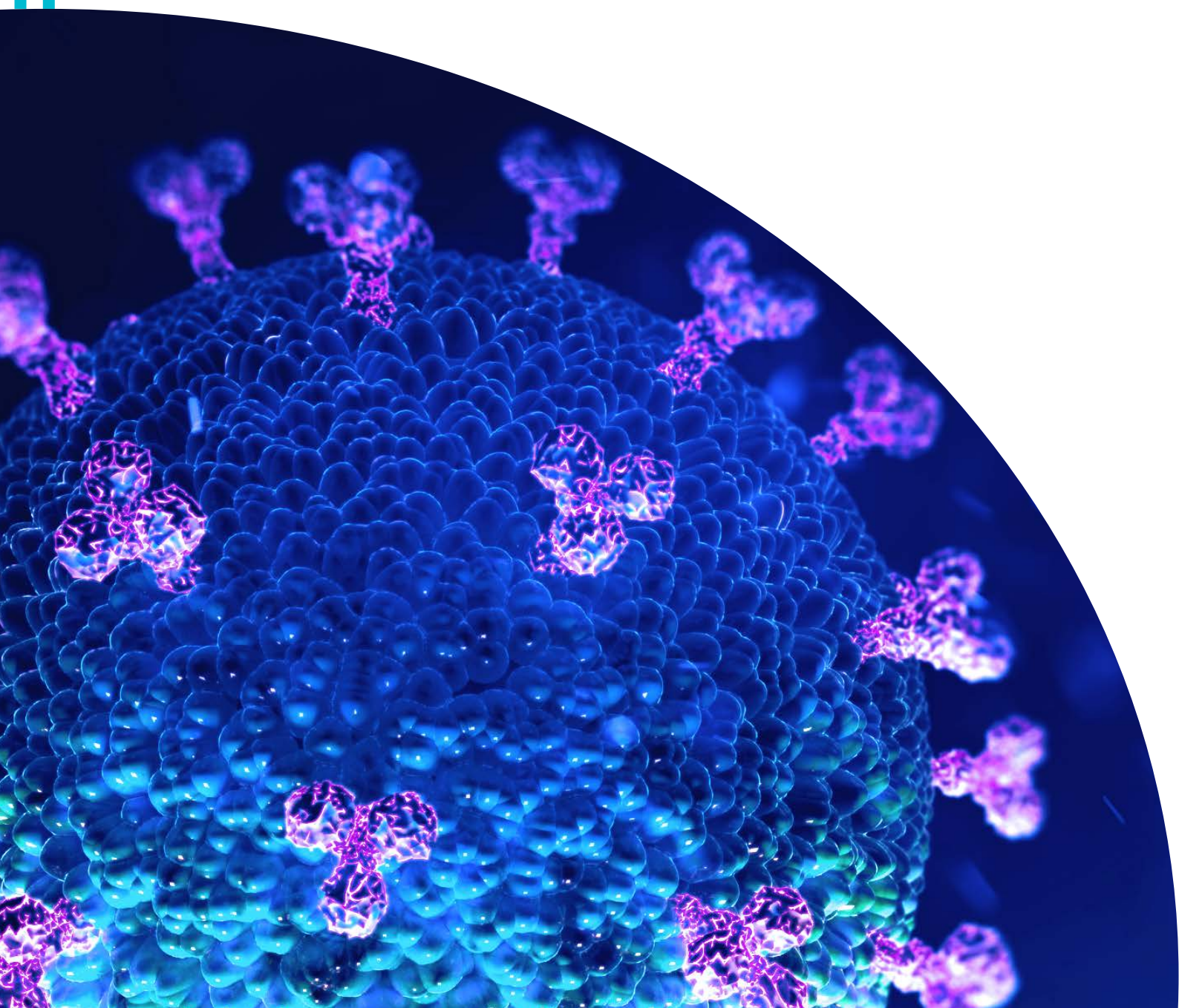
Latest information on Coronavirus disease (COVID-19)

Public Health Wales is working closely with the Welsh Government and the other UK public health agencies to carefully monitor the situation and implement our planned response, with measures in place to protect the health of the public.

The guidance on the measures needed in response to Coronavirus changes rapidly. It's worth always checking the [latest information from Public Health Wales](#). The pages include a wide range of comprehensive information for public and professionals.

You can find links to a wide range of sources on Public Health Network Cymru's Coronavirus (COVID-19) page [here](#).

Public Health Network Cymru welcomes feedback on this selection, and suggestions for additional sources that may be of interest to the public health community in Wales.



Headlines

Building social capital whilst social distancing

Since May 2019, the 'Community Assets, Participation & Integration: Taking Action Locally' (CAPITAL) project has looked at building social capital as a determinant of health & well-being, through bringing together and empowering groups perceived as so-called 'vulnerable' or 'socially excluded' within the community. The project is part of the Health Foundation's 'Taking action on the social determinants of health' programme and is managed by Public Health Wales in partnership with Tai Pawb and the Wales Strategic Migration Partnership. The project tests the impact of inclusive coproduction at a neighbourhood level in Morriston, Swansea, working with primarily social housing tenants and people seeking sanctuary (asylum seekers and refugees).

Many of the wider determinants of health for people seeking sanctuary are controlled by non-devolved immigration policy, restricting action at a local (Wales) level. People seeking sanctuary commonly report the asylum process itself as being detrimental to their health and well-being, particularly mental health (Mind Cymru, 2017). Evidence indicates that both social housing tenants and people seeking sanctuary are more commonly isolated, more likely to suffer from mental ill health and experience economic hardship than other groups of people. These inequities are likely to have been exacerbated by the COVID-19 pandemic. However, investing in social capital and integration makes it easier for people to access services, reduces educational and health inequalities, helps them to find jobs and, fundamentally, underpins social cohesion and community empowerment (Smith, 2015).

By the time the pandemic hit, the CAPITAL project had brought together a mixed group of

people seeking sanctuary and non-sanctuary seeking social housing tenants, who were meeting regularly and working together. Through facilitated sessions, this 'Action Group' had looked at different issues and challenges in Morriston, and agreed ideas to collectively use their assets to develop an asset-based community development project to address these.

The lockdown measures risked the sustainability of the project, and the well-being of its participants. The impact of lockdown on social capital was set to be enormous, especially for people with low levels of social capital in the first place. Additionally, the lockdown measures risked further entrenching exclusion of 'need to reach' groups from decision-making processes. Following a short break in the early stages of the lockdown, the project therefore adapted quickly to the context of the pandemic to ensure that momentum behind the project, and the benefit to its participants, was not lost. Key actions taken were:

- Providing mobile data packs for all participants to ensure they could stay connected with the project through virtual meetings on Zoom.
- Partnership working to provide the necessary support to the Action Group even while public health resources were mobilised to the COVID-19 health protection response.
- Focusing on what can be done virtually and 'parking' other project ideas for a later date.
- Widening the definition of participation and involvement beyond attending meetings; participants have shared ideas, participated and communicated on the group's WhatsApp platform.

While COVID-19 has hampered physical connections, it has presented the opportunity to increase communication via different online avenues provided barriers to digital inclusion are addressed. The Action Group have produced six community newsletters during the pandemic, which have focused on sharing activities to promote well-being that can be done at home. The group have engaged with key local stakeholders such as presenting at the Morriston Regeneration Forum, a partnership group working together to support the economic regeneration of Morriston. The CAPITAL approach has empowered the Action

Group to form its own identity of the 'We Love Morriston' project to work collaboratively with Public Health Wales and our project partners, and embed sustainability beyond the life of the CAPITAL project. Adapting the inclusive coproduction approach, even in the most difficult circumstances of the pandemic, has resulted in these practical outputs driven by participants.

In addition, evaluation shows that the level of social capital within the Action Group increased as a result of the CAPITAL project. Six out of seven participants reported feeling closer to others in the group. Reasons described include spending time together, whether physically or online, and building an idea together. All participants rated their connectedness to their local community more highly at the end of the project, with all seven scoring five or above out of seven at the end point, compared with 85% scoring four or below at the baseline. Finally, all seven participants who took part in the final questionnaire said they feel better supported to create social links because of their involvement in the CAPITAL project. The sample size is too small for statistical analysis but the shift in the data strongly indicates a positive change.

Inclusive coproduction builds relationships between different groups in the community and facilitates integration for newcomers, regardless of their background or nationality. People are the experts of the needs in their communities, know how to best address issues that affect them and find solutions. Inclusive coproduction therefore has the power to develop responsive services suited to the needs of diverse communities, but in the process, also has potential to build social capital, in itself a determinant of health and well-being.

The CAPITAL project has shown that even in the context of social distancing, this approach builds social capital.

Further resources from the CAPITAL project will be available in January, including a 'Roadmap to Inclusive Coproduction'. Please contact Stepheni Kays, Community Development Researcher, at Stepheni.Kays@wales.nhs.uk for more information.



BAME Groups/Organisations in Wales

As part of the All Wales BAME Engagement Programme, Ethnic Minorities and Youth Support Team Wales (EYST Wales) has been working on mapping the breadth and diversity of BAME organisations in Wales.

BAME organisations have been defined as any community group or organisation which is run predominantly for or by people of Black, Asian or Minority Ethnic backgrounds.

Please click [here](#) for further information.

Latest webinars from Public Health Network Cymru

Towards the end of 2020 PHNC held the following two webinars:

COVID-19 and BAME Communities – The Welsh Government Response

The webinar was delivered by Dr Heather Payne, Senior Medical Officer, Maternal and Child Health, Welsh Government.

The session described the work of the First Ministers Advisory Group on health inequalities due to COVID-19 in Black Asian Minority Ethnic (BAME) communities and the Welsh Government response.

The Unequal Pandemic: COVID-19 and Health Inequalities

The webinar was delivered by Clare Bambra, Professor of Public Health, Faculty of Medical Sciences, Newcastle University.

The webinar examined the implications of the COVID-19 pandemic for health inequalities. It outlined historical and contemporary evidence of inequalities in pandemics - drawing on international research into the Spanish flu pandemic of 1918, the H1N1 outbreak of 2009, and the emerging international estimates of socio-economic, ethnic and geographical inequalities in COVID-19 infection and mortality rates. It then examined how those inequalities in COVID-19 were related to existing inequalities in chronic diseases and the social determinants of health, argued that we were experiencing a syndemic pandemic.

It then explored the potential consequences for health inequalities of the measures implemented internationally as a response to the COVID-19 pandemic, and focussed on the likely unequal health impacts of the economic crisis. The talk concluded by reflecting on the longer term public health policy responses needed to ensure that the COVID-19 pandemic did not increase health inequalities for future generations.

The live recordings of both webinars along with other webinars held in 2020 are available to view on the [PHNC website](#).

New BAME Helpline launched in Wales to respond to Covid-19 Network Cymru

BAME communities have been disproportionately impacted by Covid-19 and need specialist advice and support. Wales TUC are proud to be involved in a brand new national multi-lingual helpline which will respond to this demand.

The helpline is available from Monday to Friday 10.30 – 2.30. The helpline will provide an accessible first port of call for information on a range of specialist, mainstream and community organisations, with call handlers speaking a range of community languages.

Those looking for help on a number of issues such as; employment & welfare, education, housing, personal safety and health issues can be referred or signposted to a range of mainstream and community organisations for further advice and support.

How are we doing in Wales?

Public Engagement Survey on Health and Wellbeing during Coronavirus Measures: A focus on ethnicity

Findings suggest that coronavirus and the lockdown restrictions are currently having a greater impact on the mental health and wellbeing of Black, Asian and minority ethnic (BAME) residents in Wales. A third of BAME respondents report feeling isolated and 1 in 5 are worrying a lot about their finances. However, BAME respondents are also engaging in more prayer and mindfulness activities, which may offer a positive means of coping with current stressors.



Welsh Government works with BAME community partners to address racial inequality in Wales

The [Welsh Government](#) has awarded 25 grants totalling £115,580 to community groups across Wales to help put Black, Asian and Minority Ethnic (BAME) voices at the heart of the development of Wales' Race Equality Action Plan.

Podcasts

Welcome to our new Public Health Network Cymru Podcast Page of the Ebulletin. Here you can listen to the the previously released Podcasts.

The Latest Podcast in the series is on Learning Disabilities.

If you are interested in recording a podcast with us in the future, please contact us via email: publichealth.network@wales.nhs.uk

Learning Disabilities: Multi-Sport



More Podcasts

Arts and Health: Roadshow



Nutrition: Early Years with Andrea Basu



International Health: Migrant Health



View our full list of Podcasts on our website

Visit our webiste

Videos

Welcome to Press Play, here you can get the latest PHNC videos from youtube!



The Unequal Pandemic: COVID-19 and Health Inequalities

Professor Clare Bambra of Newcastle University outlines how inequalities in COVID-19 are related to existing inequalities in chronic diseases and the social determinants of health.

Press play to watch the video on the Public Health Network Cymru YouTube channel.

More Videos



COVID-19 and BAME Communities – the Welsh Government Response

Describing the work of the First Minister's Advisory Group on health inequalities due to COVID-19 in Black Asian Minority Ethnic #communities and the Welsh Government response, with Dr Heather Payne.



COVID-19 and Behavioural Science

Discussing the application of behavioural science to policy and communication to improve adherence to COVID-safe behaviour in Wales, with Public Health Wales.

Watch our full COVID-19 Webinar series on YouTube

Watch on YouTube

Enjoyed watching a webinar? We would appreciate your feedback in this [short survey](#).

The Grapevine

The Mentor Ring

The Mentor Ring is a registered mentoring charity based in Cardiff, Wales. The charity focuses on providing bespoke mentoring support and guidance to people of all ages and backgrounds, helping them to overcome significant barriers to social inclusion.

We help individuals and communities to tackle their personal challenges – whether it is health & wellbeing, education, training, employment or settling in the UK. We offer workshops on parenting, bereavement, youth offending, mental health, diversity and share cultures. Various group activities such as sewing classes, health and wellbeing, mums and children's groups and coffee morning sessions are being offered via group mentoring. Over the past ten years we have helped over 480 people directly and indirectly.

Due to COVID-19, the Mentor Ring's volunteers / facilitators / coordinators are delivering mentoring to individuals through video conferencing software like Zoom, Skype and WhatsApp.

Our slogan is 'no one must feel alone and isolated'. We want to ensure that individuals do not feel isolated. We are engaging our service users via online yoga, dance sessions (Salsa, Indian, Classical), arts and crafts, and we are involving them in various activities. In addition, our volunteers are also running errands for vulnerable isolated persons. Health and wellbeing will be our main priority this year.

The children are engaged with Arts and Music sessions online and supervised by parents. We also make sure that the yoga and salsa sessions are very light and suitable for beginners, adhering to health and safety protocols. Furthermore, we are making face masks and our volunteers are distributing facemasks to the community members.

Further information is available on www.MentorRing.org.uk



TMR supporting communities with mentoring services via Online

 <p>YOGA & Coffee Morning Monday to Friday 9:45 to 10:30 am</p>	 <p>SALSA DANCE Monday 12:30 to 1 pm</p>	 <p>BOLLYWOOD FITNESS Tuesday 2 to 3 pm</p>
 <p>CHILDREN'S SESSION Wednesday 4:30 to 5:15 pm</p>	 <p>EMBROIDERY/SEWING Wednesday 12:30 to 1:15 pm</p>	 <p>HEALTHY EATING Thursday 10:30 to 11:30 am</p>
 <p>CREATIVE SESSION Thursday 1:30 to 2:30 pm</p>	 <p>INDIAN CLASSICAL DANCE Friday 3 to 4 pm</p>	 <p>YOGA FOR PEOPLE WITH DIABETES Saturday; 11 to 12 pm</p>

In addition to regular sessions, we also provide Bespoke Mentoring to individuals, Employment support, Beauty sessions, Personal development, Career/Professional development, CV/Interview skills, Footcare education workshops.



For more information, please follow us on **Twitter:** @TheMentorRing; **Instagram:** thementorringwales; **Facebook:** @thementorringcardiff; **Website:** www.MentorRing.org.uk/ Registered Charity: 1149605

News

Recovery app launched in Wales to help support people with long COVID

A COVID recovery app has been launched as part of wider support on offer for people experiencing the longer term effects of coronavirus.

[Read more](#)

Ministers announce £17.7m Spectator Sports Survival Fund

A £17.7 million funding package, to help spectator sports severely impacted by the pandemic, has been announced by Welsh Government.

[Read more](#)

Carers Support Fund increased by a quarter of a million pounds

A further £250k has been announced to help unpaid carers in Wales cope with the financial pressures of the coronavirus pandemic.

[Read more](#)

Further £3 million boost for everyday economy projects

Welsh Government is providing a further £3 million for projects which support, improve and deliver the everyday goods and services we all use and need.

[Read more](#)

Green Opportunities – Winter 2020

The pandemic is a wake up call for humanity. It has brought incredible challenges and exposed deep structural inequalities in our economy and society, including health inequalities, food poverty and racial disparity.

[Read more](#)

Events

ACE: Building Resilience in the Face of Adverse Childhood Experiences

Tuesday 2 February

Online

This course will examine Adverse Childhood Experiences, children's rights and the concept of a good childhood, resilience and how to build resilience in children to cope with and mitigate the effects of Early Childhood Experiences.

[Read more](#)

Time to Talk Day 2021

Thursday 4 February

National Event

Time to Talk Day is the day that we get the nation talking about mental health. This year's event might look a little different, but at times like this open conversations about mental health are more important than ever.

[Read more](#)

'Finding Peace in a Frantic World.' 8-week mindfulness course

Monday 8 February

Online

Children in Wales is working with Deryl Dix, to offer an online 8-week mindfulness course, following the 'Finding Peace in a Frantic world' curriculum. All participants will also receive a copy of the book written by Mark Williams and Danny Penman to accompany the course.

[Read more](#)

Creating a Healthier Wales Digital Conference

Thursday 25 February

Online

Join Senedd Insight for our Creating a Healthier Wales Digital Conference to explore the impact of COVID-19, integration, and innovation. Leading stakeholders will explore the lasting impact of COVID-19 on the workforce, patients and services.

[Read more](#)

View the full list of events on our website

[Visit our website](#)

Topics

Accident and Injury Prevention

Alcohol

Arts and Health

Gambling

Health and Social Care

Human Rights

International Health Development

Mental Health

Noncommunicable Diseases

Nutrition

Obesity

Oral Health

Physical Activity

Policy

Sexual Health

Sleep and Health

Smoking

Substance Misuse

Sun Awareness

Violence and Abuse

Next Issue

COVID-19 AND
OPPORTUNITIES FOR A
GREEN RECOVERY

