

Bangladeshi Mental Health and Wellbeing Forum

Aims

1. To improve the mental health and wellbeing of the Bangladeshi community in Camden.
2. To reduce mental health inequalities for the Bangladeshi community in Camden.
3. To influence development of mental health and wellbeing services, and improve access to services, for the Bangladeshi community in Camden.
4. To keep the Bangladeshi community informed of and engaged with local policy development around mental health and wellbeing.

Terms of Reference

1. Bangladeshi Mental Health and Wellbeing Forum (BMHWF) members will raise awareness of mental health and wellbeing issues which are relevant to the Bangladeshi community, and decide upon SMART (Specific, Measurable, Attainable, Relevant and Time-bound) targets/goals in order to address these issues. Examples might include:
 - a. organising events;
 - b. informal learning opportunities through workshops and training;
 - c. providing information sharing opportunities;
 - d. inviting mental health professionals, service providers, and stakeholders to speak about issues.
2. The BMHWF has a role to advocate on behalf of the local Bangladeshi community for the improvement of their mental health and related services, for example by:
 - a. influencing commissioners;
 - b. involvement in local strategic partnerships,
 - c. establishing links with decision making bodies in order to have greater influence on service development;
 - d. involvement in development of mental health services;
 - e. involvement in relevant research/consultations;
 - f. taking steps to ensure the Bangladeshi community's concerns regarding mental health services are represented in the statutory sector;
 - g. reporting the BMHWF's findings to the Local Implementation Team (LIT) and Camden Council via Community Development Workers (CDWs) at Voluntary Action Camden (VAC);
 - h. sharing good practice with other forums, mental health services and professionals in Camden and in London;
 - i. providing an opportunity for cross sector networking and sharing of information

3. In addition to the BHMWF meetings, there will be quarterly Mental Health Information & Networking Sessions (Sessions) open to the Camden-wide community, organised by the CDWs at VAC.
 - a. The BMHWF will contribute to these Sessions where possible, and will encourage members of the Bangladeshi community to attend these Sessions.
 - b. Speakers at the Sessions will include service providers explaining their services, community organisations highlighting their communities' mental health needs and perceptions, and service users speaking about their experiences.
 - c. There will be plenty of opportunity for networking at these Sessions.

Meeting Arrangements

1. The BMHWF will meet once every three months.
2. BMHWF meetings will last for 2 hours and will start on time. The BMHWF members are responsible for ensuring that they arrive on time.
3. BMHWF members will endeavour to attend meetings wherever possible. This is crucial for the Forum to have successful outputs.
4. The BMHWF will be chaired by a CDW at VAC.
5. The BMHWF meetings will be minuted. Minutes will be taken by a member of the mental health team at VAC. The Action Points from each Forum meeting will be anonymised and published on VAC's website following the meeting.
6. An Agenda will be circulated to the BMHWF members at least 1 week before each Forum meeting, together with the minutes from the previous meeting.
7. The BMHWF will arrange meetings in between the quarterly meetings in order to enable them to meet these targets/goals.
8. The BMHWF will be supported by a CDW at VAC.

Membership

1. BMHWF meetings can be attended by anyone who is concerned with mental health and wellbeing issues in the Bangladeshi community.
2. Member organisations can be Bangladeshi community organisations and "other interested organisations". These organisations will be invited to join the BMHWF on the understanding that they will be supporting the Forum to achieve their goals, which will be centred around the Bangladeshi community.
3. Anyone wishing to join the BMHWF should contact a CDW at VAC to request membership, as approval is required.