HISTORY AND ITS IMPACT ON WELLBEING

Dr Jean Dillon

Tanya Marwaha

Dr Iritza Qureshi

Shaun Pascal

Bonnie Singh

Mpula Lawton

Kieran Nawathe

HOSTED BY
THE OLLIE FOUNDATION
ON MARCH 3, 2022

RESOURCE BOOKLET

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The OLLIE Foundation was launched in 2016 by three parents who, having each lost a teenage son to suicide, pledged to prevent such losses for other families.
OLLIE is devoted to empowering individuals and organisations to reduce suicide in their communities through education, intervention, and prevention. By providing the right support and knowledge, we're confident in our ability and yours to create positive change and save lives because...

One Life Lost Is Enough

Thank you for attending The OLLIE Foundation's talk 'History and its impact on Wellbeing' with panelists Dr Jean Dillon, Tanya Marwaha, Dr Iritza Qureshi, Shaun Pascal, Bonnie Singh, Mpula Lawton, and Kieran Nawathe on the 3rd March 2022.

OLLIE has a growing reputation for our Thought Leadership Events where we shine a spotlight on a community statistically at higher risk of suicide than other communities.

Our talks are always inclusive, bringing all stakeholders together for education, support and development. We believe that together we can be more than the sum of our parts.

Because ethnicity is not captured on death certificates in the UK, it is challenging to identify a clear and accurate picture of the link between suicide and ethnicity. However, anecdotally, rates of suicide are higher among Black, Asian and Ethnic Minority communities. The data that does exist suggests that Black men are at a higher risk of developing a psychological disorder than white men, and that South-Asian women are a high-risk group for suicide.

In addition, refugees and asylum seekers are shown to be more likely to experience mental health problems than the general population, including higher rates of depression, anxiety, PTSD and suicidal behaviours. The intention of this talk was to take a deeper look at why this might be so we can collectively do all we can to reduce that possibility.

A recording of this talk is available on our YouTube Channel.

This resource has been co-produced with our speakers and the delegates who attended the live event. Please use your own discretion when contacting any organisation. The OLLIE Foundation can not endorse any of the organisations listed but have curated this signposting guide in good faith and hope you will find it useful.

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Panelist Information

Dr Jean Dillon

Dr Jean Dillon works as a senior social work lecturer at the University of Bedfordshire and sessional mental health act manager. She is also currently training to be a psychotherapist.

Jean's research interests are Black Minorities Ethnic students' educational and career motivations, experiences and trajectories, widening participation to Social Work Education, Virtue ethics and Relationship based practice.

Dr Jean Dillon's Work:

Alongside lecturing, mental health work and current training as a psychotherapist, Jean has written a number of chapters and journal articles and presented at a number of conferences.

Recent publications and presentations include a book chapter titled 'Black Male Suicide, a 'Ticking Time Bomb': Personal Reflections and considerations for Suicide Awareness and Prevention' in the book, Outlanders: Hidden Narratives from Social Workers of Colour.

Jean explored the preceding theme at a National Suicide Awareness One Team Gov' National Suicide Prevention Conference on the 10th September 2020.
Jean also co-authored an article for the Journal Social Policy and Administration in 2021, titled 'Relational Learning and Teaching with BME Students in Social Work Education' Jean's article, 'Black minority ethnic students navigating their way from access courses to social work programmes: Key considerations for the selection of students' featured in the British Journal of Social Work available here.

Jean's chapter 'The contribution of education and learning for ethical practice: situation ethics and values within the social work continuum' in the book 'Ethics, Values and Social Work Practice' by LBell and T Hafford-Letchfield can be found here.

Email: jean.dillon@beds.ac.uk and find a full list of Jean's published works at this website.

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Panelist Information

Dr Irtiza Qureshi

Dr Irtiza Qureshi is a qualified teacher, researcher and public sector trainer, specialising in health, education and diversity. He is an Associate Fellow of the Higher Education Academy, currently working with the UK-REACH project on COVID-19 and UK Healthcare workers. Irtiza's recent work has included lecturing on Public Health issues (Msc/MBA); training over 700 organisations on mental health issues; researching COVID-19 and ethnic minority communities and developing national networking capacity for Health Education England.

Dr Irtiza Qureshi's Work:

A chapter 'Health and social care inequalities in relation to ethnicity; British South Asian men and nursing careers' which considers the merits and limitations of research approaches such as convergence and intersectionalism, in the book 'Health and Social Care Research Methods in Context'. Available here.

As co-writer of the article, 'Understanding the disproportionate effects of COVID-19 on nurses from ethnic minority backgrounds' available here.

Irtiza featured in a BBC LookEast report about the mental health toll of the pandemic on young people. Watch the clip here.

As co-writer of a research journal article called 'British South Asian male nurses' views on the barriers and enablers to entering and progressing in nursing careers'. Available here.

Read Dr Irtiza Qureshi's latest publication, 'Intersectionality and developing evidence based policy' in the Lancet. Available here.

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Panelist Information

Bonnie Singh

Bonnie Singh is a therapist in private practice working with adults and adolescents and is a counsellor for Safe Space, Herts County Council. Bonnie has been practising Psychodynamic Counsellor in St Albans, and in and around Hertfordshire for the past twelve years and is committed to providing counselling in a safe, confidential and non-judgmental environment.

Bonnie Singh's Work:

Bonnie is experienced in helping clients who are having difficulties with, amongst other areas, stress, relationships issues, divorce, panic attacks, anxiety, low self-esteem, psychological, emotional and physical abuse, bereavement and loss, redundancy, depression, trauma, family issues, self-harm, addiction, sexual abuse, suicide ideation, body dysmorphia, sexuality, psychosomatic symptoms and OCD (obsessive compulsive disorder).

Bonnie offers one-to-one therapy and family therapy/mediation. She works from two practices, with one situation at Trestle Art Base in St Albans and her second practice opening in London Colney by Summer 2022.

Bonnie also works for Safe Space, Counselling in Schools for Herts County Council, counselling children, adolescents/young people and young adults across Hertfordshire.

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Panelist Information

Tanya Marwaha

Tanya is the founder and CEO of non-profit, youth-led mental health charity, Championing Youth Minds. She is an Equity, Diversity and Inclusion Advocate and Mental Health public speaker. Specifically speaking on youth mental health and disability awareness, Tanya has spoken at events such as Worthing Mental Health Awareness Week and the HopeForLife21 Conference. Tanya is fluent in five languages and is passionate in working with others who expand borders.

Championing Youth Minds

Championing Youth Minds was founded in response to the mental health pandemic with a particular focus on the devastating impact on our youth. Their aim is to provide a platform through which young people can help other young people care for their mental wellbeing. Through free online resources accessible to all schools, parents and youth, workshops and social media, CYM help the youth understand mental health and effective strategies that work best for them.

Instagram: @championingyouthminds

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Panelist Information

Shaun Pascal

Shaun Pascal is a Public Servant, who works within policing in the UK. He is a sought-after public speaker and Co-Founder of Black Wall Street Media Ltd. He firmly believes that the best stories remain undocumented and can only be heard from those that lived and witness them. Therefore, he is passionate about utilising his platform to amplify the voices of ordinary people. Shaun is an advocate for Mental Health and Social justice including Women's rights.

Black Wall St Media

Black Wall St. Media is a global platform founded to bring the latest news across the diaspora. It was born to create and promote and build community, featuring stories by and about Black people of the African Diaspora. This definition is globally inclusive and also applies to mixed and Afro- appended people regardless of gender identity or orientation.

The platform shares news on art, culture, literature, business, fashion, science, law, food and much, much more. There are also opinion pieces, updates on the latest from the community action network and signposting to useful podcasts and television programmes.

Instagram: @blackwallstmedia

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Panelist Information

Kieran Nawathe

Kieran Nawathe is a registered mental health nurse in a psychiatric intensive care unit. He is also youth ambassador for The OLLIE Foundation. Kieran is currently working on a project which will raise awareness of cultural traditions and norms within the mental health field. He believes that this will help to address misconceptions and will ensure that such traditions and beliefs are respected during treatment.

In Kieran Nawathe's words:

"I have been volunteering with The OLLIE Foundation from their grassroots days and have attended; meetings, training, events and webinars throughout my youth and still do currently! I have had the pleasure to be nominated one of OLLIE's Training Champions on top of all of this, and have found OLLIE to be a consistent driver of change in my community. I am also a newly Registered Mental Health Nurse working in a Psychiatric Intensive Care Unit in Crawley which OLLIE played a big role in me becoming a nurse.

Through my Youth, the training which OLLIE funded and ran for individuals like myself, really sparked a loving passion of being involved in mental health work. Using the training and experience that I gained from OLLIE allowed me to realise my purpose and eventually led me to pursue a career in Mental Health Nursing. The training allowed me to address the subject of suicide from the get-go and proved to be lifesaving on many different occasions.

Without OLLIE I would not have realised my potential in a career such as Mental Health Nursing and surely would not have bred the vision and mindset towards suicide prevention and the importance of youth mental health to the extent that I had. OLLIE has been a genuine catalyst of inspiration and change in my life, and within my new role as Youth Ambassador i hope to continue to develop and innovate alongside OLLIE with their vision of eliminating suicide among young people."

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Panelist Information

Mpula Lawton

Mpula is the founder of ARISE (Anti-Racism in Schools and Education), a social enterprise that delivers diversity, inclusion and anti-racism training in schools, academies, colleges and universities. She is also a lawyer- specialising in youth justice, a qualified teacher, a consultant on Equality, Diversity and Inclusion, a keynote speaker and a mentor.

The ARISE Project:

ARISE provides anti-racism training and workshops for teachers, support staff, leadership teams, governors and pupils for hundreds of schools every year. With increasing awareness and desire for schools to support their diverse student bodies, it is more important than ever to invest in educating and training school staff and young people in all aspects of anti-racism.

For adults, ARISE offers the following courses: Anti-racism training for teachers, Celebrating Diversity in the Classroom, Anti-racism training for governors.
For students, ARISE offers the following workshops: 'Children just like me', 'Get up, stand up', 'Racism, discrimination and me', 'Standing up to hatred', 'Race and identity in modern society'.

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Other Speakers

Dr Alys King-Cole

Dr Alys Cole-King is a pioneer in the suicide prevention field, having worked as a consultant liaison psychiatrist and leading on projects such as Connecting With People, 4MentalHealth, Stayingsafe.net and wellbeingandcoping.net. She is the first person from the UK to be awarded the Ringel Service Award from the International Association for Suicide Prevention.

Alys works internationally with Royal Colleges, voluntary bodies, academics, patients, and carers. She is a reviewer for journals and has published several articles, podcasts, webinars and book chapters in the field of compassionate care, suicide and self-harm mitigation and prevention. She has led international campaigns via social media and works with the media (film, radio and newspapers). Alys is the co-founder and Clinical Director of Connecting with People, a social enterprise and has received funding for developing and delivering MH awareness, emotional resilience and resourcefulness, suicide and self-harm awareness and response training across different sectors.

Find out more about Dr Alys King-Cole's Work:

Suicide mitigation: a compassionate approach to suicide prevention by A Cole-King et al. Available here.

Therapeutic Assessment of Patients following Self-Harm by A King-Cole et al. Available here.

Stayingsafe.net provides free downloadable safety plans and videos with guidance on how to write a safety plan effectively. Visit the website here.

Wellbeingandcoping.net shares tools and strategies designed to help you remain calm, build your wellbeing and cope with challenging times. Visit the website here.

4mentalhealth provides Connecting with People training to meet the mental health needs of a broad range of sectors including healthcare, social care and statutory bodies. Visit the website here.

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Some of your key takeaways from the talk...

Always make time to listen to people. as seen throughout history, thoughts and feelings are forever changing and we must keep up with that.

This event has prompted me to be more proactive at asking deeper questions rather than just surface level.

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Recommendations from delegates

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Organisations

- **Kick Off at 3** set up by Michael Wallace and Ashley Levien with the aim of inspiring, motivating and supporting young people from all backgrounds through the medium of sport,music and other imaginative ideas. Visit the website here.

- **Kamara Youths Organisation** set up to support young people who are in jail, and on the streets in challenging situations, by giving them the support they need so that they feel they have somewhere to go for comfort and help. Visit their website here.

- **BAATN** (The Black, Asian, and African Therapy Network) Home to the largest community of therapists of Black, African, South Asian and Caribbean heritage in the UK. Visit their website here, and their support for Students here.

- **Black Thrive** brings together individuals, local communities, statutory agencies and voluntary organisations to address the structural barriers that prevent Black people from thriving. Visit their website here.

- **Black Minds Matter** established to connect Black individuals and families with free mental health services by professional Black therapists to support their mental health. Visit their website here.

- **Taraki** works with Punjabi communities to reshape approaches to mental health, and improve access to awareness, education, social supports, and research surrounding mental health. Visit their website here.

- **Sari Charity** provides free and confidential support for anyone who is a victim of hate crime- whether it's based on gender, faith, race, disability, sexual orientation or age. Visit their website here.

- **4MentalHealth** is a passionate group of professionals, delivering Connecting with People programmes to meet the differing mental health training needs of a broad spectrum of sectors, including healthcare, social care, statutory bodies, further and higher education, workplaces and the wider community. Visit their website here.

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Books

- **Black Identities and White Therapies: Race, Respect, and Diversity** by Divine Charura. Available here.
- **Toxic Positivity: Keeping It Real in a World Obsessed with Being Happy** by Whitney Goodman. Available from Waterstones here.
- **You Are Your Best Thing: Vulnerability, Shame Resilience, and the Black Experience** by Brené Brown and Tarana Burke. Available as paperback or audio book here.
- **Familiar Stranger: A life between two islands** by Stuart Hall. Available from Amazon here.
- **The Other Side of Silence: Voices from the Partition of India** by Urvashi Butalia available from Amazon here.
- **Post Traumatic Slave Syndrome**, by Joy DeGruy, Ph.D available from Amazon here.
- **Healing Racial Trauma: The Road to Resilience**, by Sheila Wise Rowe available from Amazon here.
- **Black and British** by David Olusoga available from Waterstones here. Inglorious Empire by Shashi Tharoor available from Amazon here.
- **Inglorious Empire** by Shashi Tharoor available from Amazon here.

Films

- **Encanto** by Disney. Available from Disney Plus with more information here.

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Reports

- **Modernising the Mental Health Act** (2018) – final report from the independent review An independent report that reviews the Mental Health Act of 1983 and its effect on Black Men in specific. Available here.
- **The Swann Report** (1985) - Available here.
- **Omitted from History: Asquith Xavier** written by Camealia Xavier-Chihota available here.
- **Britain's black power movement is at risk of being forgotten,** say historians written by Mark Brown for The Guardian. Available here.
- **Black History Month: The men who made history in Britain** by BBC Newsround. Available here.
- **Black History Month in Britain: Great women you should know about** by BBC Newsround. Available here.
- **Academics: it's time to get behind decolonising the curriculum** written by James Muldoon for The Guardian. Available here.
- **South Asians in Britain: Global Trade and Empire** written by Susheila Nasta, Dr Florian Stadtler and Rozina Visram. Available here.
- **Social Graces: A practical tool to address inequality** written by Rebekah Pierre. Available here.

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Published Articles

- Dillon, J. (2021) '**Black male suicide, a ticking 'time bomb' personal reflections and considerations for suicide awareness and prevention**' (pp. 73-75) in Hidden Narratives from Social Workers of Colour, Litchfield: Kirwin Maclean Associates/BASW.

- Hafford-Letchfield, T. & Dillon, J. (2015) 'Ethics and '**Values within the Social Work Continuum**' in Bell, L. & Hafford-Letchfield, T. Ethics, Values and Social Work Practice, London: Routledge.

- Dillon, J. (2011) '**Black minority ethnic students navigating their way from access courses to social work programmes: key considerations for the selection of students**', British Journal of Social Work, (8): 1477-1496.

- '**Adopted and Looked After Children**' (2021) looks at the statistics surrounding different ethnic groups- draws attention to BAME foster children and carers, adopted children, looked after children. Available here.

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Social Media Accounts: Instagram

- **@theblackwellbeingcollective** hold self-care talks and workshops, holistic practices, creative workshops, and empowering projects
- **@existloudly** aims to create spaces of joy, community and care for black LGBTQ+ youth through creative intervention.
- **@blackadopteesupportgroup** is a space where black adoptees can share experiences, receive support and information on various resources.
- **@blackthrive** brings together individuals, communities, agencies and organisations to address the structural barriers that prevent Black people from thriving

Support Groups

- **Simply Deez Events** - A Facebook Page that signposts you to various different events and interactions. Visit it here.
- **UKBP** (UK Black Pride) - the UK's largest celebration for Africa, Asian, Middle Eastern, Latin American and Caribbean heritige LGBTQ+ People. Visit their Facebook Page here.
- **The BME Leadership Network** exists to strengthen the voice of NHS black and minority ethnic (BME) leaders and to support NHS organisations to meet the needs of all communities. Find out more here.
- **Ashiana Network** is a culturally sensitive, multilingual and globally aware organisation at the forefront of change, helping women and girls, communities, schools, governments and society as a whole. They provide support groups open to all women and girls who are or have been impacted by domestic violence, sexual violence and harmful practices. Find a group near you here.
- **Hopscotch** has been a safe space for minoritised ethnic women and their families in their times of need since 1998. They ave helped thousands of women out of poverty, abuse and into employment. Our elder women's services and youth provision have given hundreds of women and girls a place away from isolation, moving towards friendship and positive mental health. Find out more about their support groups here.

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Podcasts

- **About Race** by Reni Eddo-Lodge, takes conversations about race and diversity a step further by interviewing MPs, activists, artists, journalists and more to discuss anti-racist activism and how it impacts politics today. Listen here

- **Uncomfortable Conversations with a Black Man** sees Emmanuel Acho joined by famous celebrities for uncomfortable conversations about white privilege in America. Acho does not believe that ignorance is bliss. If racism is a disease of the mind, it can only be fixed by recognising and speaking openly about it. Listen here.

- **The Diversity Gap** podcast focuses on the space between our good intentions and our good impact, specifically on the topics of diversity, inclusion, and equity. Host Bethaney Wilkinson has a goal: “to discover promising practices for closing diversity gaps in our everyday lives and work”. Listen here.

- **Racism at Work** is hosted by Professor Binna Kandola OBE, an expert on racism in the workplace, as he interviews a panel of guests to look at the history of racism and how it comes into play in the workplace. The show doesn’t shy away from tough topics including discussing micro-aggression and the importance of setting the right tone from the top. Listen here.

- **Mixed Up** is hosted by sustainability consultant and creative director Emma Slade Edmondson, and Nicole Ocran, writer and co-founder of The Creator Union and is podcast for, about, and by mixed heritage people. The show talks about the lived realities a life spent straddling two different heritages. Listen here.

- **Dope Black Dads** is a digital safe space for fathers to discuss their experiences with being Black, a parent and masculinity. In their podcast, together with their special guests, the Dope Black Dads discuss everything from mental health to relationship up and downs. Listen here.

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Staying connected with The OLLIE Foundation

OLLIE is based in the UK but our training is delivered both online and in person. This means that wherever you are in the World, OLLIE can deliver training to you!

Thought Leadership

As well as hosting discussions around Adoption, Addiction and Trauma, we also run regular Thought Leadership events with a focus on topics such as the Link between Autism and Suicide and Gender and Suicide. These can be found on our Youtube.

Online Training Sessions

We have a range of wellbeing and suicide prevention training programmes that are delivered online via Zoom. You can access more information and booking here.

In-house Training Sessions

All of our open training offers can be delivered in-house to your workplace, school or community group, tailored to your needs and at a time convenient for you. Please email contactus@theolliefoundation.org for more information about this.

Volunteers and Fundraisers

If you are interested in supporting OLLIE, either by volunteering your time and skills or completing a fun challenge or run to raise funds for us, please email chris@theolliefoundation.org to find out more.

To keep updated with when our events are happening and to hear regular updates about OLLIE's work, subscribe to our Newsletter here.

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