

# Black Thrive Haringey



2022 - 2023

## Impact Report





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# A Summary of Our Activities

We are currently in our second year of delivery as part of the Thriving Futures Collective.

Last year was foundational and integral in setting up Black Thrive Haringey as a trusted resource within our community and among system actors. This year our aim has been to build upon the successes of our first year. We have been busy developing and deepening our relationships with community members, statutory organisations and health agencies within our borough.

In the past twelve months our activities have been dedicated to embedding race equity within various sections of Haringey's communities, in addition to educating, upskilling and empowering residents and community leaders to advocate and push for systems change. We have focused on the following areas: community engagement via storytelling; community-led change and research; strategic partnerships and influencing systems; interpreting data and systems change; and, lastly, power and accountability. This report will detail our activities and our impact relating to these key areas in addition to the Thriving Future milestones of Black communities driving change, community-led systems change, strong and agile backbones, knowledge construction, dissemination and acquisition as a communal process.

## Community Engagement via Storytelling

This year we have continued to host community events as we recognise that they are crucial touchpoints to connect with our communities as well as to raise awareness of Black Thrive Haringey's mission and vision. We have been placing a special emphasis on working with young people this year, as we recognise that the work we are doing, and the aims that we want to achieve, are long term and intergenerational.

Last year in March 2022 we premiered our first film: 'Me, My Father and Mental Health...a story by Courtney Brown'. The film explores the impact of mental health within the Black community through the intergenerational lens of father and son. Black Thrive Haringey partnered with Director-Producer (and now Black Thrive Haringey staff member) Anton Forde, SMILA and Courtney Brown to deliver this film project. Given the success of the subsequent conversations that the



film's screening provoked we decided to put together a roadshow of screening and events.

In October 2022, we held a screening at The Trampery in Tottenham; the event was a vehicle for us to introduce Black Thrive Haringey and to share our activities and plans to bring systemic change to ensure Black people thrive. After the screening, we held a question- and-answer session, as well as a sharing space for community members to express their own experiences of the film's topic. Overall, this was a powerful emotional evening and feedback from attendees was overwhelmingly positive, with people stating support for our mission and asking for more spaces.



In November 2022, we were invited to the Black Father's Film Festival for International Men's week partnering with Courtney Brown, CEO of [Father2Father](#), and David Mullings. The event featured two docu-films, our first film and '5Black Fathers' produced by David Mullings, CEO of [Father Figure](#). The event was fantastic and saw an audience of 70–80 predominately Black men share their experience of mental health, fatherhood and navigating the system.

We have hosted and facilitated several screenings in various settings including a group of 20 Labour councillors of Haringey borough. We were invited by the lead councillor for health and wellbeing – Councillor Lucia das Neves to present our film and our work. We were given a warm reception, with audience members sharing their experiences and connecting with the film's themes. In addition to this, they understood and resonated with motivations of Black Thrive Haringey and the work we are doing within our communities.



We were invited by a member of our community alliance board to present our film and deliver a workshop about mental health and wellbeing at a local sixth form college. The workshop was attended by 150 young people aged 16–19 years old. The young people were courageous and spoke about their own mental health experiences including parents who had mental health issues. We encouraged young people to join our youth advisory board and to stay in touch. In addition to this sixth form college, we also held screenings and talks at Gladesmore Community School with 220 Year 10 students.

The film has led to partnerships with organisations doing important community work. In conjunction with a Haringey Violence Reduction Unit project: [My Ends Homecooked Training](#), we held an event screening the film at Ferry Lane Primary School. We facilitated a discussion about mental health with 80–100 community members who live in one of the poorest wards in Haringey. Again, the feedback that we received from this event was positive and genuine, many community members resonated with the film.



Moreover, we were invited by the [Ubele Initiative](#) (who are also members of our partnership board) to play an integral role during the launch of [BAYO](#). BAYO is an online platform showcasing Black-led organisations across the UK that have been funded by [Mind](#). At the launch event, our film was seen by an audience of over 150 people, which led to meaningful discussions about mental health and wellbeing, with peer support being made available.



# QUOTES f r o m c o m m u n i t y M E M B E R S

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*"The film touched my core emotions. It has refuelled me to carry on and use my lived experience to support and uplift others"*

**38-year-old female**

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*"Relatable. Reflects many issues that I have seen growing up in my family and surrounding family and friends"*

**27-year-old female**

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*"Relatable. I am not alone"*

**44-year-old male**

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*"Proud, Positive and Inspirational"*

**51-year-old female**

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*"I felt seen and heard at this event!"*

**33-year-old female**

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*"Great film. Made me think of the issues affecting our people's wellbeing"*

**52-year-old male**

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*"As a young man this has opened my eyes about mental health"*

**18-year-old male**

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*"Made me feel proud to explore vulnerability as a man"*

**34-year-old male**

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## Community-led Change and Research

In the past twelve months we have been working alongside community members, activists and organisations to push community-led change and innovation; our two flagship projects are the Barbershop initiative funded by our innovation pot and a community-owned and -led research project. We have commissioned [North London Partnership Consortium](#) (NLPC) and [Community Information and Research Unit](#) (CIRU) to train community members aged 16 and above in community peer research to consider experiences of the Black community of Haringey in accessing and using mental health services. Currently, they are training 27 interested community members who will be carrying out their research over the summer. We are excited to see how this process unfolds and have been working closely with the Black Thrive Research Institute to ensure that ethical practices are followed and that the community researchers are adequately supported.

## Strategic Partnerships and Influencing

We have been busy this year, striving to work together with more organisations and individuals committed to seeing Black people thrive. We have increased the number of our partners through the year and we are working with organisations such as: [Haringey Community Gold](#), Trinidad and Tobago Association (UK), [Barnet, Enfield and Haringey Mental Health NHS Trust](#), [Bernie Grant Centre](#), Open Minds Alliance (OMA) and influential individuals from the community such as [Shocka](#), and The La Rose Family. We have been intentional about building and developing relationships that further this cause. An example of this is our work with the Ubele Initiative, not only did we work with them on the launch of their BAYO platform, but we have also been working alongside them in an effort to build a coalition of organisations. Over the last three to four months, we have been working with the Ubele Initiative, [Rethink](#), Mind and the [Centre for Mental Health](#) on a 'Black Manifesto of Mental Health', this document seeks to outline the issues and recommendations for improving Black people's experiences within mental health systems and society. It is our hope that once the manifesto has been fully drafted, we will gain the signatures and support of other Black leaders and activists within the mental health sphere. In a similar vein, we are working with members of the Barnet, Enfield and Haringey Mental Health Trust to introduce the Patient and Carer Race Equality Framework (PCREF) to their trust. PCREF is NHS England's accountability framework to tackle and eliminate the unacceptable racial inequalities in access, experience and outcomes faced by Black, Asian and Multi-Ethnic communities and to significantly improve their trust and confidence in mental health services. We hope to be involved in the implementation and roll-out of the framework within the trust.



## Data Interpretation and Systems Change

We have been working closely with the Haringey police about the uses of Section 136 and 135 of the Mental Health Act. Using the data that has been coming out of the Black Thrive Research Institute's work on stop and search, we have been sharing insights and making recommendations about how to shift best practice within the police force. Moreover, Haringey police force have agreed to share their data around the use of stop and search. Mind in Haringey was commissioned by Barnet, Enfield and Haringey Mental Health NHS Trust to deliver mental health first aid training to 200 police officers of varying ranks between September 2022 and March 2023. The training coupled with the data and insights pooled from our research have led to a change in the practice of policing; police officers have an increased awareness of what signs to look for and how to de-escalate a situation where mental ill health is a factor. If you want to find out more about Black Thrive's work on stop and search, please read the Black Thrive Global Impact report 2022-23.



## Power and Accountability

We recognise that we are in a privileged position with a significant amount of funding and as such we are committed to being held accountable to, by and with the communities that we serve. Therefore, we have established two boards that are comprised of community members, that are representatives of the communities we are working in and alongside: our Partnership Board and our Community Alliance Board. Our Partnership board is made up of representatives from Haringey council, health and social services, Ubele Initiative and the Metropolitan Police. Our Community Alliance Board is made up of community and grassroots organisations such as Father2Father, [Sewn Together](#), North London Partnership Consortium (NLPC), Ubele Initiative and [You vs You](#). We are currently in the process of developing a Youth Advisory Board and, following the success of our Barbershop project and film tour, we have many interested young community members.

# Two

## Progress Updates

### Black Communities Driving Change



### *Co-learning for Thriving Futures*

Lynette Charles the Black Thrive Haringey Lead has started to write her organisational and individual leadership story and journey. The aim of her documenting her story is to inspire, galvanise and showcase examples of Black leadership, in different fields. This feeds into the large work that Black Thrive Global are trying to achieve with their Leadership Academy – upskilling, resourcing and platforming Black-led organisations and Black leaders. We have been attending the internal Leadership Academy workshops and have found them to be an invaluable resource. They have helped our team boost their confidence and given us active strategies to implement when navigating relationships with stakeholders. Overall, we have looked forward to coming together with the wider team of Black Thrive and sharing insights and learning; we are excited about future sessions.

Another area of co-learning for us has been in our conversations with Haringey's police force. Alongside the Black Thrive's Research Institute we have been working with the police to emphasise the need for reducing the disproportionately high figures of Black men in our communities being sectioned under the Mental Health Act's 136 and 135 powers. We have been asked to think through the challenges of this practice and come up with strategies to mitigate its use and advocate for systems change. Presently, we have agreed to the continued sharing of data around the use of section 136 and 135, to inform us more about this practice.

These will all feed into the Leadership Academy and Black-led models of systems change.

### *Black Thrive Haringey Assembly*

On Saturday 15 July, we held our second Assembly in partnership with our Community Alliance Board. We presented the work of Black Thrive Haringey and our partners over the last year. The event was well attended with over 100 attendees and speakers from our community with whom we had worked. These included: Dr. Yansie Rolston; The Ubele Initiative; Mark Williams (also known as Barber Bizzle) from the Barbershop project; and representatives from North London Partnership Consortium (NLPC) and Community Information and Research Unit (CIRU) community peer researcher's project. The event was attended by a real mixture of Haringey's Black communities: Black individuals with living and lived experiences of mental ill health, along with their carers; Black leaders from various faith communities, including Pastor Nims Obunge MBE DL from [Freedom's Ark](#); Black-led civil society organisations such as [Black Equity Organisation](#) and the Ubele Initiative; leaders and practitioners and locals from public systems in Haringey; Black leaders from community and grassroots organisations, including Father2Father, Sewn Together, You vs You and [Rise](#); colleagues from across the Thriving Futures Collective; and local media representation from Tottenham Community Press.



As well as giving our programmatic updates and showcasing talent from our Barbershop project we also premiered our second short film titled *Me, My Music and Mental Health*, a mental health story of a young man named Kenneth Erhahon. The film screening provided a thought-provoking and engaging centrepiece of the event.



We also launched our new podcast, The Truth Sofa, a collaborative effort between Black Thrive Haringey and Mind in Haringey. The podcast aims to raise awareness about mental health, hope and recovery within the Black community. The podcast is set to feature Black professionals, artists, actors and Black leaders, creating a platform for sharing diverse perspectives and experiences.

We 'teased' the launch of a new Black Thrive Haringey website, the platform is being introduced to foster community engagement by sharing events, news and content relevant to Black communities in the borough.

The event was not only a platform for reflection but also an opportunity to reinforce our commitment to effecting positive change in Haringey. The success of the Assembly served as a testament to the dedication and hard work of everyone involved in Black Thrive Haringey and our Community Alliance Board.

Overall, the event marked a significant milestone in our journey, underscoring the importance of unity, collaboration and dialogue in the pursuit of mental health awareness and positive community impact.



## *The Black Connections Book*

The Black Connections Book (BCB), a Black Thrive Global endeavour, aims to create a network of Black-led organisations in Lambeth, Haringey and Birmingham. It closely aligns with the Black Thrive Haringey goal of producing a directory of professional services. This directory will be housed on our website for its members as well as other stakeholders to use. Currently, we have produced a database of organisations, faith communities, social enterprises, businesses and consultants that are working with us across our programme and community engagement sessions.

## *Project Heal*

We have been working with Black Thrive Lambeth on Project Heal; a collaborative project that looks at culturally appropriate avenues of therapy and healing for Black people. We met with the [Cherry Groce Foundation](#) run by Lee Lawrence (Cherry Groce's son) who has such an inspiring story of overcoming real adversity. The foundation is interested in exploring support for the Black community and wants to partner with Black Thrive. We foresee this developing into a major project and partnership for the London-based members of the Thriving Futures Collective.

## **Learning about Thriving – Knowledge Construction and Dissemination**

### *Black Thrive Dashboard and Knowledge Hub: Incorporating Community Metrics*

During last year's Community Assembly and launch, attendees expressed a strong desire to be involved in shaping, leading and getting involved with collecting, owning and using data to achieve our collective goals.

Below we outline some of the thinking and activities we have done in order to make this a reality, based upon methodology developed by Black Thrive's Research Institute (RI) in partnership with [Ratio](#). The RI has developed a Theory of Change Model, that puts forth two approaches for research using data clubs: community-produced and owned data (Track 1); and repurposing existing systems data (Track 2). The work that we have commissioned from NLPC and CIRU, training 27 community members into peer researchers, falls into Track 1 of this model. We believe that the response to our community research project being able to recruit 27 community members is an indication of the seeds being sown.

### *Haringey Council and Our Work with the Haringey Police*

For over two years, we have collaboratively engaged with both Haringey council and Haringey police, a partnership that has gained new momentum since December 2022 with the Research Institute's focus on repurposing data related to sections 136 and 135 of the Mental Health Act. Our journey began with a pivotal presentation during our March 2022 launch and Community Assembly. During this transformative event, we laid bare the alarming figures specific to Haringey regarding the utilisation of sections 136 and 135. These statistics starkly mirrored the widely accepted reality: Black individuals face an alarming eight-fold likelihood of being subjected to sectioning under the Mental Health Act and/or coercive police interventions.

In the wake of our launch, we had a series of meetings, looking at repurposing the collected data. This journey has not been without its challenges; progress has been both demanding and gradual. To access this crucial data, we have had to further develop our relationship with the police so that they have a greater understanding of our role and purpose, and so that we have a greater understanding of their intent and their commitment to reducing the

use of section 136, as this adversely affects the African and Caribbean communities.

Our tenacity has borne fruit in the form of an agreement with Haringey police to share this critical information. Despite this milestone, we have yet to witness the sharing of this invaluable data. However, our resolve remains unshaken, driven by the profound impact this data holds and the need to change things for our communities.

### *Repurposing the Borough's Data Around Stop and Search*

At the beginning of the year, we met with Black Thrive's Research Institute to start work on repurposing the data held on stop and search in Haringey. We have had subsequent discussions in May 2023; however, due to staff changes within the research team, we have had to pause this work until additional staff have joined.

### **Strong and Agile Backbones**

We are currently developing our infrastructure to ensure that we can have strong and agile backbone support systems. We have begun by offering support to other community organisations, groups or individuals; we have leveraged our platform(s) and given them opportunities to speak freely about the issues that affect them. We continue to attend the monthly Thriving Futures Collective meetings, Leadership Academy sessions and are committed to developing and resourcing ourselves.

### *Communications*

Black Thrive Haringey has hosted or been a part of seven community events over the last year, engaging over 1,000 people and we believe that we are building a movement of community members and others that want to decolonise the evidence landscape.



We have found events to be a useful vehicle for sharing our mission and vision and intend to continue to create safe spaces for communities to come together, be empowered, share and heal. Moreover, we hope that our soon-to-be-launched website will be a virtual space for Black residents to do the same. Presently, we have a quarterly newsletter that is sent out to community members and organisations that have signed up through our community events. We are trying to expand our presence on social media and this is slowly growing. However, at the moment, capacity is an issue. Hopefully, in the future we will be able to dedicate more resources to this element of our communications.

### *Funding*

In order to continue our work of being a strong and agile support system we have been applying for additional funding. We are in conversation about the second phase of the Barbershop project with Haringey council. This time we will be delivering the programme in schools; we are hoping to receive £50,000 for this work. In addition, we have applied to [Propel](#) in order to explore a project about healing and culturally appropriate therapy specifically for the Black community. We have been invited to apply for their Develop and Deliver programme which could see us receive potentially £50–75,000.

### *Governance and Accountability*

As mentioned before, we will continue to be accountable to the communities of which we are a part and that we serve. As such we have two boards made up of community members and partner organisations – Partnership Board and Community Alliance Board. We are in the process of developing a Youth Advisory Board. For us, these boards are a way of bringing different people along on our journey and recognising and respecting the contributions and expertise of others. Together, these group and direct us at Black Thrive Haringey to drive change and challenge systemic racism and inequities.

# Three

## Reflections

Reflecting on the last year, we have made great progress in beginning to engage our community in systems change work; by planting the seeds for change through our storytelling via film and discussion and our community research project where community members are involved in gathering data.

We are really looking forward to next year when we hope to implement some of the changes our community wants and develop an offer for community healing through our work with other Black Thrive partners via Project Heal.

We continue to feel both motivated and passionate about our work at Black Thrive Haringey to bring about change for our Black community members.

Lastly, we are incredibly grateful to our team, our partners and stakeholders and Community Alliance Board, Partnership Board and Youth Advisory Board; without them this necessary work would not have been possible.



# Four

## Acronyms and Appendix

<b>BET MHT</b>	Barnet and Enfield, Mental Health Trust
<b>BTH</b>	Black Thrive Haringey
<b>CIRU</b>	Community Information Research Unit
<b>NLPC</b>	North London Partnership Consortium



