

Sandwell Health and Wellbeing Board
29th June 2022

Report Topic:	Beyond the Stigma Project – Changing Our Lives
Contact Officer:	Lucy Dunstan – Deputy Chief Executive Officer, Changing Our Lives ask@changingourlives.org
Link to board priorities	<p>1. We will help keep people healthier for longer</p> <p>Mental health projects such as Beyond the Stigma project allow communities to speak out about their mental health and thereby improve both physical health and mental wellbeing, prevent or reduce the risk of mental crises and support in managing any crisis better.</p> <p>2. We will help keep people safe and support communities</p> <p>Beyond the Stigma project aims to challenge the stigma that surrounds mental health within South Asian communities and encourage others to engage in the conversation. This will contribute to building more understanding and resilient communities in Sandwell.</p> <p>3. We will work closely with local people, partners and providers of services</p> <p>This project is undertaken by Sandwell Council's third sector partner, Changing Our Lives, who are one of the main partners supporting the council in tackling health issues and inequalities in the Borough.</p>
Purpose of Report:	To receive details of 'Beyond the Stigma' project carried out by Changing Our Lives, a rights-based organization.

Recommendations	<ol style="list-style-type: none"> 1. To receive details of the Beyond the Stigma project. 2. To seek feedback on the project from members of the Health and Wellbeing Board.
Key Discussion points:	<ul style="list-style-type: none"> • Invite members' feedback on the project and any suggestions on how it can be improved going forward • Underline the importance of reaching out to underrepresented groups and discuss how targeted projects can contribute to reducing health inequalities in the Borough
Implications (e.g. Financial, Statutory etc.)	
<ul style="list-style-type: none"> • This is a piece of work undertaken by the Council's Voluntary and Community Sector partner. 	
What engagement has or will take place with people, partners and providers?	The project forms part of engagement with targeted communities in Sandwell.

