

Healthy Relations for a Healthy Future 2: Good Relations Bulletin



Volume 16 – November 2022

Welcome to the 16th edition of the Good Relations Bulletin. We are delighted to share with you the work that has been ongoing to showcase that Belfast Trust is fully committed to the promotion of Good Relations. As an employer and a Health and Social Care service provider, we strive to be welcoming, inclusive and accessible to everyone regardless of their race, religious belief and political opinion.

We were delighted to celebrate Good Relations Week again this year, supporting this year's message 'Change Starts With Us' and focusing on the UN's Sustainable Development Goals one of which is 'Good Health and Well-being.' We



had a number of initiatives throughout the week, including launching our new Lift Decal, the Joint Forum Meeting with HSC organisations, the Community Relations Council, the Equality Commission and the Northern Ireland Human Rights Council and convening the "Sustaining Good Mental Health with Good Relations Fair", see inside for more details.

Good Relations week 2022 was a resounding success and on top of that, we are delighted to inform you that our very own Ethnic Minority Staff Network attended the North West Migrant Forum 2nd Annual Advancing Race Awards and were delighted to WIN the category: Community Champion of the Year Award, sponsored by UNISON – huge congratulations to all involved!

At Belfast Trust, we are fully committed to its Section 75 equality duties to promote equality of opportunity and to promote good relations amongst people of different racial group, religious belief or political opinion. Belfast Trust recognises that promoting good relations is core to the delivery of safe, effective and compassionate HSC services. One of many ways Belfast Trust demonstrates our commitment to good relations is through our Good Relations Strategy – 'Healthy Relations for a Healthy Future'. Our third generation strategy (2023-2028) is currently out for public consultation and we welcome all feedback ([click here](#)), your views are highly valued.

This edition also highlights information on the Translation Hub - money/grant advice, spirituality in healthcare training, information for Ukrainians arriving in Northern Ireland and Diwali.

I hope you enjoy reading our 16th Good Relations Bulletin.

Alastair Campbell
Director of Planning, Performance and Informatics

Sustaining Good Mental Health with Good Relations Fair

Belfast Trust partnered up with The Executive Office and the Community Relations Council to host the 'Sustaining Good Mental Health with Good Relations Fair' on Friday 23rd September 2022. The purpose of the event was to explore how 'Good Relations' can positively affect mental health and to provide information on mental health services and sustaining good mental health. This fair was interactive, informative, entertaining and gave everyone an opportunity to further develop networks of communication, trust and co-operation to promote support for mental health within community and good relations work in Belfast. We had over 30 information stalls, along with complementary therapies, mindfulness information sessions and speakers from The Executive Office, the Community Relations Council, the Mental Health Champion NI, Counselling All Nations Services (CANS) and Tackling Awareness of Mental Health Issues (TAMHI). This event illustrated the power of working collaboratively to promote good relations and how good relations and mental health are inextricably linked.

We were delighted with the turnout and how everyone told us that they felt that they got an opportunity to network. On the day Beth McComish, Artist in Resident from Artscare facilitated an interactive art engagement session. We asked people: What does good mental health look like?, How does Good Relations affect your mental health? and What does 'Change Starts With Us' mean to them? This feedback has been transformed into a wonderful digital art piece and highlights the importance of sustaining good mental health with Good Relations:



SUSTAINING GOOD MENTAL HEALTH WITH GOOD RELATIONS FAIR

23rd SEPTEMBER 10-1pm
2 ROYAL AVENUE, BELFAST BT1 1DA

WHAT'S ON?

A variety of Information Stalls	10-1
Complimentary Therapies by Belfast Massage Project	10-1
Art engagement activity with Arts Care	10-1
Quiet space and counsellor facilitated by Lifeline	10-1

Speakers

- Belfast Trust
- Mental Health Champion NI (via video)
- The Executive Office 10.15 - 11.30
- Community Relations Council
- Counselling All Nations Services (CANS)
- Tackling Awareness of Mental Health Issues (TAMHI)

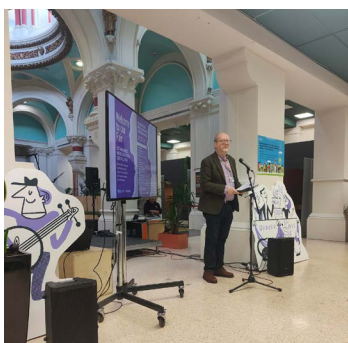
2 Mini Mindfulness Information Sessions for parents with Cooperation Ireland 11.00 and 11.30

Interactive Singing Session with the Open Arts Choir 11.30 -12.00

Lunch 12:00



Face masks and hand sanitiser will be provided



The Joint Forum Meeting

A meeting of the Joint Forum comprising representatives of the regional HSC organisations, the Community Relations Council, the Equality Commission for NI, and the Northern Ireland Human Rights Commission took place on Wednesday 21st September after September and before International Day of Peace. The forum meets throughout the year to discuss equality, good relations and human rights in terms of health and social care. This meeting was chaired and hosted by the Community Relations Council and forum members were delighted that, Martin McDonald the Chair of the Community Relations Council was able to come along and join the meeting.

There was an overview provided of the events and celebrations to mark Good Relations week as well as a presentation from the Northern Ireland Human Rights Commission on scoping work of the impact of Article 2 Protocol and potential impacts on Health and Social Care. The Northern Ireland Human Rights Commission and the Equality Commission for Northern Ireland have been tasked with overseeing the Government's commitment to protecting equality and human rights in a post Brexit Northern Ireland.

Under the Ireland/NI Protocol to the Withdrawal Agreement reached with the EU, the UK Government committed to ensuring that the protections, currently in place in Northern Ireland for the rights, safeguards and equality of opportunity provisions set out in the chapter of the same name in the Belfast (Good Friday) Agreement will not be reduced as a result of the UK leaving the EU. The scoping work examined whether there was potential diminution of rights, safeguards and equality of opportunity in regard to health and social care. It was agreed that the findings were most useful and Equality Leads would be keen to have these findings presented to their respective organisations.



One Team, Many Nationalities

One of the initiatives our Ethnic Minorities Staff Network have been working on in Belfast Trust is our new lift decal (a decal is a picture, or design made to be transferred from specially prepared paper). We were very pleased to launch this visibly inclusive and welcoming lift image during Good Relations week this year. The lift decal, 'One team, many nationalities' showcases how proud we are of our globally diverse and inclusive workforce. Have you spotted it in any of our buildings?



Ethnic Minorities Staff Network – WINNERS!

We were delighted to WIN at the North West Migrant Forum Advancing Race Equality Awards (Community Champion category) for the work of our Ethnic Minorities Staff Network.

As part of the Trust's vision to be a just and inclusive organisation, in which everyone who receives services or works for us has the opportunity to fulfil their potential, we are committed to developing an organisational culture that promotes race equality, diversity and inclusion in accordance with our Section 75 equality duties and action plan.

If you would like to find out more and or join our Ethnic Minorities Staff Network email: AskEMNetwork@belfasttrust.hscni.net

Click here to read our [Race Action Plan](#) and [Race Pledge](#). Our future plans include a Race Champion Initiative so keep an eye on the [Loop](#) for upcoming events.

Winners

Equality and inclusion continues to matter and plays an important role in ensuring our communities and work places offer opportunities for everyone.

Within their first year of commencement the Trust Ethnic Minority Staff Network (EMSN) were duly recognised for their hard work and effort in winning the Community Champion of the Year Award. By going above and beyond in the course of their daily work, service and passions to challenge racial discrimination in workplaces and in society.

Onto year 2 more work to be done!

2022
THE ADVANCING RACE EQUALITY AWARDS
NWMF

WELCOME TO
THE ADVANCING RACE EQUALITY AWARDS

BELFAST TRUST
ETHNIC MINORITIES STAFF NETWORK

Diwali

Every year around October and November, skies across the UK can be seen filled with fireworks as celebrations take place.

Diwali is a five-day “Festival of Lights” and a celebration of the triumph of good over evil, and it begins this week.

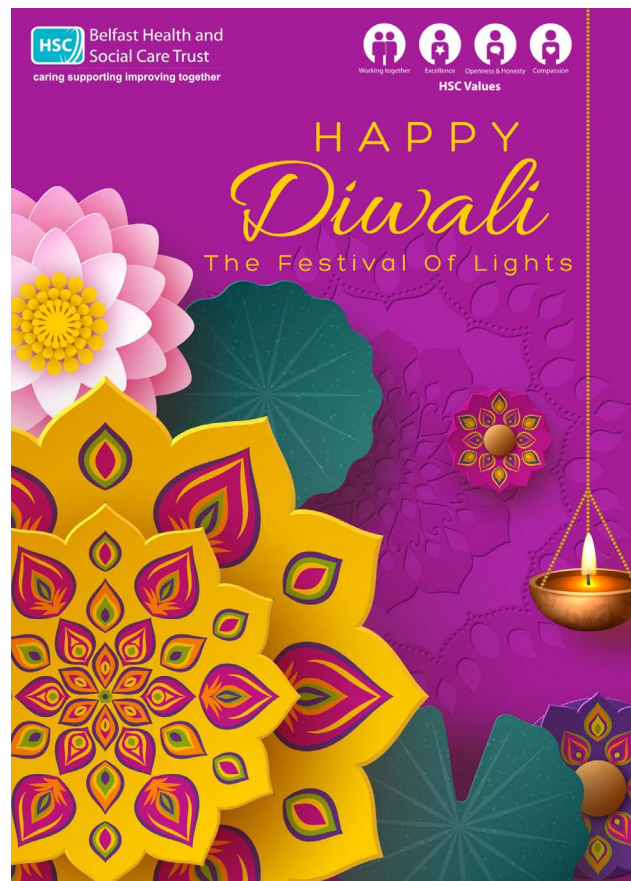
When is it celebrated?

The festival usually occurs between October and November, with the date changing each year according to the lunar calendar. This year Diwali took place over five days from 22 October to 26 October with the main day of celebration on Monday 24 October.

What is the history behind Diwali?

Originating in India, Diwali is celebrated across the world by Hindus, Sikhs and Jains, but for different reasons.

- Hindus celebrate the return of Lord Rama – an avatar of the Hindu supreme god Lord Vishnu - with his wife and brother to the Kingdom of Ayodhya after an exile of 14 years. The streets and towns were lit up with Diwas (candles) to welcome them home
- In South India, Diwali is the day in which demon Narakasura was defeated by Sri Krishna and Satyabhama
- To others, Diwali is dedicated to the Goddess Lakshmi, who is believed to bring wealth and prosperity
- In many households, the celebrations include a puja (worship) of the Goddess to pray for health and happiness
- Sikhs, meanwhile, celebrate the release from prison of the sixth guru Hargobind Singh in 1619
- The Jains celebrate Diwali as Lord Mahavira, the last Jain Tirthankaras, achieved Nirvana.




This year celebrations took place in Belfast at Queens University and Bochasanwasi Akshar Purushottam Svāminārāyaṇa Saṅsthā). BAPS is a Hindu denomination within the Swaminarayan Sampradaya.

Translations Hub – Translations Money/Grant Advice


The Translation Hub has added a new section to their webpage providing information on benefits, grants, banking, debt and employment all fully translatable. Check it out now <https://cypsp.hscni.net/translations-money-grant-advice/>

Translation Hub


Translations Money/Grant advice




Sure Start Maternity Grant form SF100
 If you are receiving certain benefits or tax credits, you could get a Sure Start Maternity Grant. This is a one-off, tax-free payment to help towards the cost of maternity expenses and baby. A printed version of the form is also available from your local Jobs and Benefits office. A health professional (doctor, midwife or health visitor) must sign the health professionals' statement at the back of your claim form.




Free milk, fruit, vegetables and vitamins
 The Healthy Start Scheme provides help for eligible families and those who are pregnant to buy healthy food and milk in local shops.



Benefits and financial support
 Learn about benefits and tax credits, how to get help returning to work, how to claim benefits and what to do about benefit fraud.




Money Helper Bank Accounts
 Links for Support and Advice on managing everyday money



Credit Card / Loans Advice
 Links for Support and Advice on managing Credit and Loans

Translation Hub

Money Helper Bank Accounts
 Links for Support and Advice on managing everyday money



How to choose the right bank account	Click Here
How to manage your bank account	Click Here
Making payments into your bank account	Click Here
Beginners guide to online banking	Click Here
Beginners guide to managing your money	Click Here
What benefits you can claim and other ways to increase your income	Click Here
How to open-switch or close your bank account	Click Here
Using and paying with a Debit Card	Click Here
What is a Bank Direct Debit and Standing Order and how to use them	Click Here
Bank fees at a glance	Click Here
How to transfer money from your bank account	Click Here
Fee free basic bank accounts	Click Here
Credit Union Current accounts	Click Here
E-payments – why, when and how to use them	Click Here
Help if you are struggling with debt	Click Here
Help if you have been contacted about your credit card and persistent debt	Click Here
Employment Information, Rights and Pay	Click Here

A Personal Development Programme for Minority Ethnic Staff

We are delighted to share this exciting news with you. The HSC Leadership Centre has created a Development Programme for Ethnic Minority staff and will be welcoming the first cohort of participants on 24th November. There will be five workshops in total, all of which will be delivered face-to-face at the HSC Leadership Centre.

This is a new regional development programme for Ethnically Diverse staff, which is about community, authenticity, enhancing current skills and developing new ones. With a focus on personal development, it will facilitate staff to increase their confidence and self-belief, to allow them to grow and progress to where they want to be in their career.

The course addresses the power of diversity and gives participants tools to influence and enhance visibility. It will explore how to respond to personal and structural barriers. Participants will be able to develop a peer network as well as link into national networking opportunities. The course will be delivered face to face in the HSC Leadership Centre in Belfast.

Places are limited and will be divided between Trusts and regional HSC organisations.

To apply go to [HSC Leadership Centre website](#) and search for Progress Development Programme

This programme has been developed as a positive action measure to respond to the under representation of Minority Ethnic Staff on leadership courses and in leadership roles.



Programme Schedule

Onboarding	24 November 2022 (afternoon)	Context & Connection
Module 1	16 December 2022 (full day)	Developing Emotional Intelligence
Module 2	24 January 2023 (full day)	Interview Skills & Personal Impact
Module 3	24 February 2023 (morning)	Having Challenging Conversations
Module 4	24 March 2023 (morning)	Building Networks

Healthy Relations for a Healthy Future 3 - A Good Relations Strategy 2023 – 2028

Public Consultation launched

Belfast Health and Social Care Trust has been developing its third Good Relations Strategy 'Healthy Relations for a Healthy Future 3'.

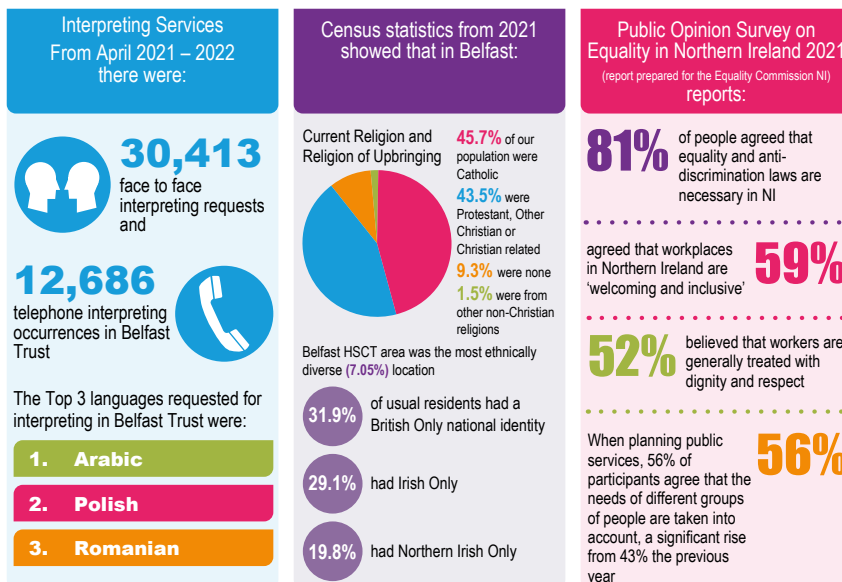
We have engaged with a broad range of stakeholders and our partners in the development of this draft strategy and we have issued the strategy for formal public consultation from 12th October 2022 to 4th January 2023. This five year strategy covers the period 2023 – 2028 and demonstrates our ongoing commitment to continue and build on the work outlined in our previous strategies to promote Good Relations amongst people of different race, religion or political opinion. We now wish to seek views about our draft strategy and would be delighted if you would complete our short questionnaire by clicking [here](#).



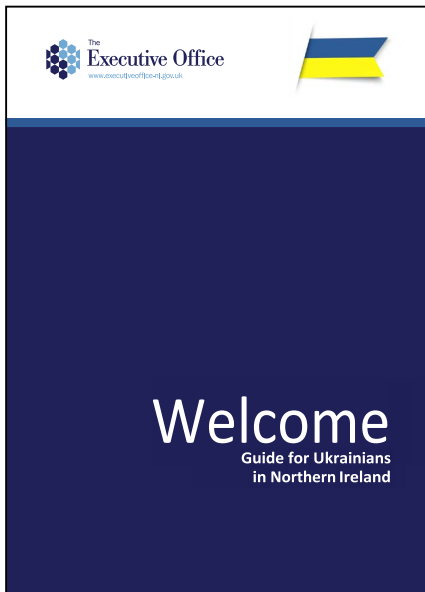
If you have any queries or wish to discuss any aspect of the strategy please do not hesitate to contact our team at equality.team@belfasttrust.hscni.net or 028 9504 8734.

We aim to make this engagement as inclusive as possible so if you require the questionnaire in alternative formats or in a language other than English please email Lesley Jamieson at Lesley.Jamieson@belfasttrust.hscni.net

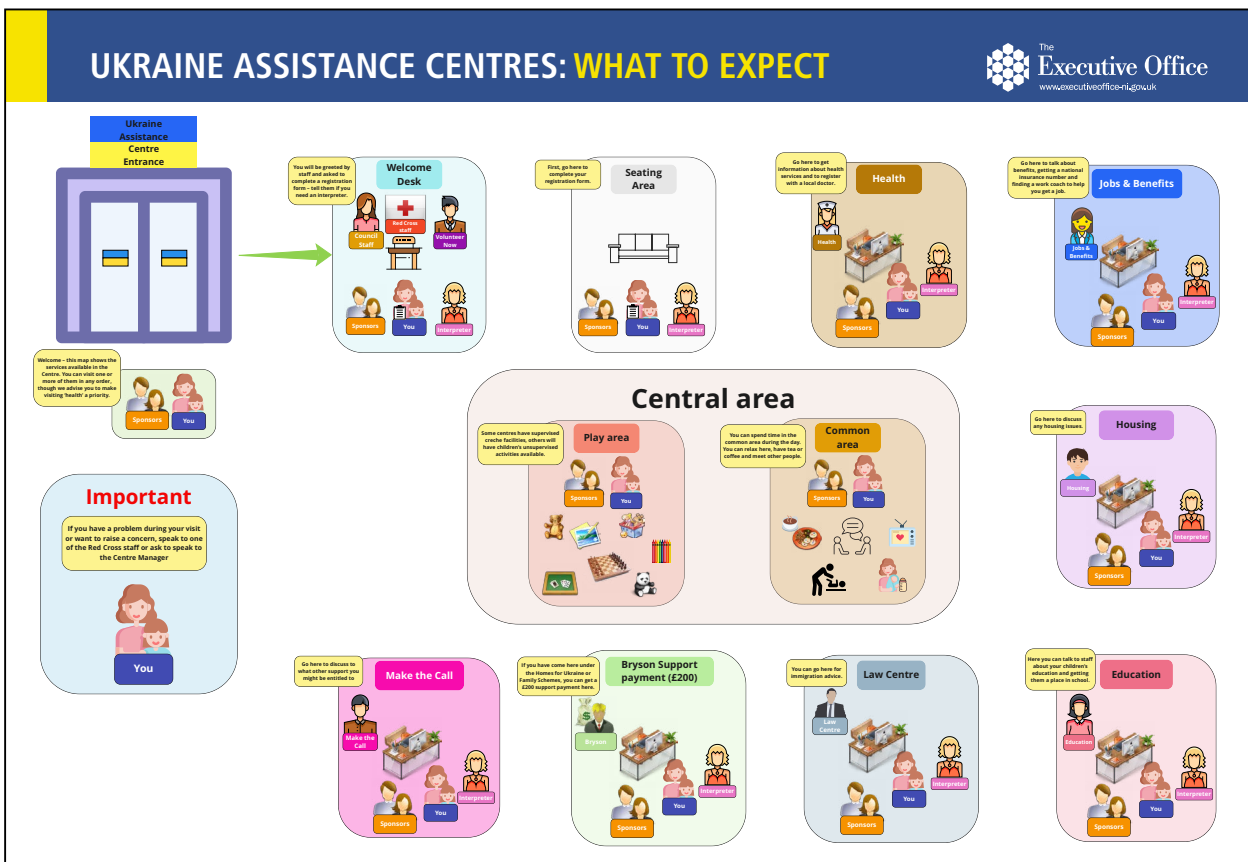
Thank you for taking time to help us to make this strategy the best it can be.



Information for Ukrainians arriving in Northern Ireland



The Executive office have developed resources for Ukrainians arriving in Northern Ireland. The documents contain information for Ukrainians arriving in Northern Ireland and for sponsors taking part in the Homes for Ukraine Scheme. It includes specific information on how to access services such as healthcare, education, employment and financial support. You can access the documents [here](#).



Spirituality in Healthcare: Challenge and Hope

We know the importance of providing a holistic, responsive and compassionate service in all aspects of health and social care. We are delighted to let you know about a forthcoming event.

- Multi-Disciplinary Training Day
- Tuesday 29th November
- 9.30am - 4.45pm
- Knockbracken Hall, Knockbracken Healthcare Park, Saintfield Road, Belfast
- Pre-booking is essential. To book a place email trainingdirector@nihca.co.uk for a booking form
- The training is free, lunch is provided and there is parking available.

Everyone is welcome!

Rev. Professor John Swinton, FBA, FRSE, FISSR, RMN, RNMD

John Swinton is Chair in Divinity and Religious Studies at the University of Aberdeen. He has published widely within the area of disability theology, spirituality and health, qualitative research, and mental health. He is the author of *Dementia: Living in the Memories of God*. He is a registered mental health nurse and a registered nurse for people with learning disabilities.



Programme

9.30am	Registration/Tea & Coffee
10.00am	Session 1: What do we mean by "spirituality?"
11.15am	Break
11.30am	Session 2: Spirituality in Healthcare: Does it really matter?
12.45pm	Lunch
1.45pm	Session 3: Spirituality, Religion and Serious Mental Health Challenges
3.00pm	Break
3.15pm	Session 4: Re-remembering Persons: Dementia, Brain Damage and Hope
4.30pm	Questions and Close



This event is jointly organised between the Northern Ireland
Healthcare Chaplains' Association and the Belfast Trust
Chaplaincy Department



If you have any comments or require this bulletin in alternative formats please contact Lesley Jamieson in the Planning and Equality Team on:

lesley.jamieson@belfasttrust.hscni.net