

dhip

Derby Health Inequalities Partnership



IMPACT REPORT

2024 - 2025





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INTRODUCTION

Foreword

It is with great pride that we present this year's Annual Impact Report on behalf of the Derby Health Inequalities Partnership. This report reflects the dedication, collaboration, and commitment of our community connectors, grassroots organisations, and strategic partners in tackling health inequalities across Derby.

At the heart of our progress is the incredible work being delivered within our communities. Our community connectors continue to play a pivotal role in promoting health education and awareness, supporting individuals and families where it matters most – at grassroots level. Through trusted relationships and lived experience, they are not only improving health literacy but also enabling early intervention and prevention, which is critical to reducing long-term health risks.

We would especially like to commend the work being done to engage communities that have historically been underrepresented in mainstream health conversations. The culturally sensitive, person-centred approaches being used are breaking down barriers, empowering individuals, and starting to create real change in how health is understood and managed locally.

Alongside this vital on-the-ground work, the Partnership continues to make strategic progress in tackling the wider determinants of health – engaging with housing, education, employment, environment, and access to services. We know that health is not determined by medical care alone. That's why our collective approach, shaped by data, evidence, and community voice, is focused on systems change – influencing policies, commissioning decisions, and service design to embed equity at every level.

Together, we are working towards building a healthier, fairer Derby – one where every resident has the opportunity to thrive, regardless of their background or postcode. We extend our sincere thanks to everyone involved in this work and look forward to the continued progress we will achieve together.

Amjad Ashraf & Siobhan Horsley
Co-Chairs, Derby Health Inequalities Partnership





DHIP

The Derby Health Inequalities Partnership (DHIP) is all about health equity and working in partnership with communities. Since its formation in 2021, DHIP has led activity across communities and with system partners to reduce unfair and avoidable differences in health outcomes. DHIP is represented on the Derby Health and Wellbeing Board and the Derby Place Partnership, and its Strategic Steering Group includes representatives from Derby City Council Public Health and locality working, Derby Homes, Community Action Derby (CA Derby), and the NHS Derby and Derbyshire Integrated Care Board (ICB).

DHIP Progress and Achievements Throughout 2024

Since our last Impact Report, DHIP has supported a wide variety of impactful work in Derby's communities:

Funded Community Health Initiatives

- Delivered Women's Health and Men's Health Grants to support grassroots action on gendered health inequalities.
- Allocated £37,650 through Vaccination Grants, reaching over 13,000 people across priority communities.
- Provided 20 community groups with Wave 2 grants (totalling £94,473), which generated 245 organised events with over 4,499 attendances.
- Planned and coordinated three DHIP members' meetings.

Responded to Local Health Issues with Integrity and Impact

- Facilitated engagement events following the sickle cell screening incident to ensure affected voices were heard and that the system became more responsive.

Championed Mental Health Equity

- Delivered the Your Mind Matters event for health professionals, spotlighting Black mental health inequalities.
- Shared Audrey's Charity's powerful video resource, now being used in health professional training to support systemic change.

Informed Future Policy and Practice

- Acted as an equal partner in the Joint Local Health and Wellbeing Strategy (JLHWS) working group, with wider engagement planned for September 2025.

Secured the Future of DHIP

- Agreed a formal grant agreement between Public Health and CA Derby for 2025/26, embedding DHIP as a lasting community-system partnership.

Built Inclusive System Capability

- Continued co-designing a cultural competence training offer to equip health professionals and system partners with the understanding and skills needed to work effectively with diverse communities.

Gained National Recognition

- Won the 2024 LGC Award for Diversity and Inclusion, "in recognition of exemplary work in reducing health inequalities in the city."

Our Approach

DHIP has developed strong links with minority and excluded communities, geographically focused in Derby's most deprived wards where health inequalities are most severe and often worsened by intersecting forms of disadvantage. We are keen to create new funding opportunities to build trust and stronger relationships with these groups, grow our network of community and strategic connectors, and strengthen our role in shaping local health strategies.

DHIP's approach is long-term, evidence-based, and rooted in public health principles. We believe real change takes time and is built on trusted relationships, shared ownership, and authentic collaboration. Community connectors are trained, mentored and supported to work in their own communities, while strategic connectors advocate across the system. Themes, insights, and stories from our community-based work are collected and used to inform future strategies and promote wider understanding of health equity issues.

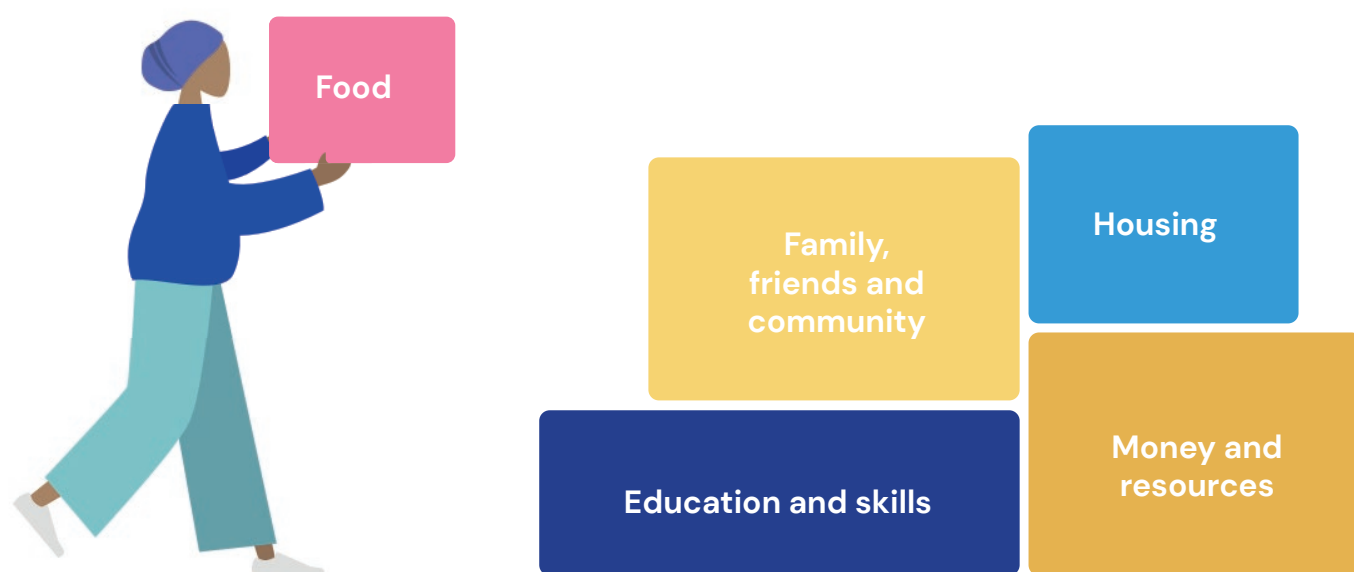


Figure 1: Building Blocks of Health

DHIP Aims

DHIP aims to:

- Reduce health inequalities by strengthening community voice and community-led action.
- Promote health equity by supporting those most affected by unfair and avoidable differences in health outcomes.
- Engage with people living in areas of deprivation, people with disabilities, and communities experiencing exclusion.
- Act as a bridge between communities and the system, ensuring that lived experience informs strategies and services.





Figure 2: DHIP Values, Principles & Activities



DHIP Values and Principles

- Focused on reducing structural and avoidable health inequalities.
- Grounded in community development and equity-based public health approaches.
- Committed to human rights, social justice, respect for diversity and inclusive practice.
- Believes that people with lived experience are key partners in shaping solutions.
- Works with integrity and builds trust through transparent and participatory decision-making.

DHIP Activities

DHIP:

- Organises regular member meetings for dialogue, learning and peer support.
- Engages communities on health and wellbeing priorities.
- Provides small grants to community-led projects.
- Supports and develops community connectors and strategic connectors.
- Hosts health promotion events and supports thematic campaigns.
- Ensures representation on key boards and planning groups.
- Collaborates on system-wide initiatives and policy development.



Feedback from DHIP Members

DHIP presented a summary of the draft impact report to DHIP members' meeting on 19 June 2025 and asked a series of questions about the report, including future ideas.

Members discussed showcasing the impact report at key local community events, in the media, using creative formats, in schools and across partner networks to promote positivity, engagement, and accessibility.

Members suggested future priorities should include building trust, respect and inclusion, particularly through promoting understanding of cultural competence and reflecting cultural competence in our language and communication.

Members wanted to see communities represented in the workforce and lived experience valued alongside formal skills and qualifications.

Building sustainable community infrastructure and providing support for community connectors was seen as an important priority. The need to work together (with multi-agency and system partners) to develop a proactive plan to engage with other communities was also emphasised.

Use of digital tools to improve communication and outreach was raised as useful but with the need to address digital exclusion and accessibility for all.

In addition to these themes, members highlighted the importance of data and insights to both drive and monitor DHIP activity, which encourages accountability and improvement. It also allows us to demonstrate progress and tell the story of DHIP in a way that people can understand. This is important in securing funding to enable the work to continue.

Finally, members felt that DHIP should always feed back to communities, sharing progress and celebrating success.

We hope these themes are reflected in DHIP's future priorities, outlined below.

DHIP Future Priorities

- Widen the reach of DHIP by building links with more communities, including under-represented groups.
- Provide continued support and funding for new and existing community connectors.
- Develop and deliver a cultural competence training offer for system partners.
- Invest in strategic connectors to strengthen system influence and impact.
- Champion community-led approaches across strategy, service design and delivery.
- Secure long-term funding to sustain DHIP's infrastructure and community partnerships.



Cultural Competence

The DHIP Community Consultation identified a lack of cultural awareness affecting people's experience of health and care in Derby:

- "I think we should educate staff to know how to deal with sensitive issues in other cultures."
- "I think all staff working for the NHS, GPs and care homes, should undertake some form of equality training."
- "We need better experiences of accessing the NHS and medication."
- "No one wants to go to hospital and then to be met by arrogance or racism."
- "I want people to understand we all have different needs."
- "We are in the worst houses and then we are told we have bad health. It's a vicious circle."
- "We just want to be treated equally."
- "Because I am Black. I should still be treated with compassion and care like everybody."

Promoting cultural competence across the Derby and Derbyshire health system is an important way of addressing health inequalities and improving health outcomes. Cultural competence is a continuous learning process. It is being able to view the world through the lens of other people or understand what it is like to walk in their shoes. We all need to be able to interact effectively with people from different cultures, understanding, respecting and acknowledging their differences. In 2024 DHIP set up a working group to think about how we promote cultural competence in Derby. We know there are local people with lived experience and skills who can help support this work, but we wanted to think about how we use resources in the best way, for the most people and what this should look like. We bought some specialist training in so we could try it out. Over the next year we are piloting a cultural competence workshop with a variety of groups from a range of organisations and providers. We are keen for different people to participate in the workshop and tell us what they think. This will help us to work out what we provide in the future.

The workshop will help participants to develop cross-cultural awareness by understanding what culture is, identifying their own culture and how it may differ from others, and exploring unconscious bias. It will help participants to understand what skills they may need to develop to become more inclusive, reflecting on their own practice and identifying actions they can start doing now. We want to create a safe space for people to share experiences and ask questions, so that they get the most out of the workshop.

If you are interested in hearing more about the workshops, please contact marie.cowie@derby.gov.uk

Sickle Cell Community Engagement Events

In late 2023, NHS England found that many parents and carers in Derby and Derbyshire were not told that their babies were carriers of sickle cell disease and some other very rare blood conditions. This happened because of a failure in the newborn screening communication process.

To help correct this issue, NHS Derby and ICB launched a new advice and guidance service in January 2025. This service ensures that all parents and carers are informed about their child's carrier status result.

In May 2025, the DHIP played a central role in organising and helping to facilitate two important community engagement events hosted by the ICB – one in Derby and one in Chesterfield. These events were designed to raise awareness of the newly launched advice and guidance service and to gather honest, real-time feedback from local communities. DHIP's involvement was instrumental in creating a safe, inclusive space where people felt able to share their experiences, voice concerns, and contribute ideas for improving the service moving forward.

The feedback we received was candid, honest, and constructive. It quickly became clear that our initial approach did not meet the needs of the communities we were trying to support.

Many attendees at the Derby City event expressed frustration, particularly around the lack of communication and involvement in earlier stages of this work.

In response, we adapted the session format on the day, shifting to an open listening approach. This gave people the opportunity to share their experiences and tell us how the NHS can work better with them moving forward.

We are sincerely grateful for the honesty, time, and insight shared by everyone who attended, and understand how deeply this issue has impacted families.

We know the conversation must continue. As a next step, we are setting up further listening groups with local community members to explore how the advice and guidance service can be improved.

We are also reflecting on how we can build a relationship with the community that feels genuine, inclusive, and rooted in meaningful action.

LGC Awards

In 2024 DHIP won the Diversity and Inclusion category of the LGC (Local Government Chronicle) Awards!

The LGC Awards exists to identify, celebrate and help spread the finest examples of innovation and quality delivered by councils on a daily basis.

The Diversity and Inclusion award recognises strong performance by a council in developing a diverse and inclusive culture that permeates the council itself and its workforce and/or the broader local area.

Key members of the DHIP team from Community Action Derby and Derby City Council attended the award ceremony on Wednesday 12 June 2024 at Grosvenor House, London and received their award from actor and presenter Will Mellor. The Award recognised the exemplary work being carried out to help reduce health inequalities in Derby.



Website and Communications

DHIP's online presence has grown significantly in 2024. What began as a simple landing page has now developed into a fully featured website: www.dhip.org.uk.

The site provides up-to-date information on DHIP's mission, programmes, and activities, and includes a dedicated section on community connectors. It will continue to evolve as a hub for sharing stories, resources, and ways to get involved.



Community Connectors

DHIP has so far successfully supported the recruitment and development of more than 50 community connector roles and used targeted funding provided by external and internal sources (including NHS Core2OPLUS, the Department for Levelling Up, Housing and Communities (DLUHC) and Derby & Derbyshire NHS Integrated Care Board) to support their work. Community connectors work within their own communities and networks to promote health and wellbeing and highlight issues and barriers. Some of our community connectors work as strategic connectors – local credible representatives who are happy to work within the health system to champion lived experience and DHIP objectives at a strategic level.

DHIP uses the NHS Core2OPLUS approach to define its priority population:

- **Core20** refers to the most deprived 20% of the national population, identified using the Index of Multiple Deprivation (IMD).
- **PLUS** refers to groups who experience poorer-than-average health access or outcomes, including ethnic minority communities, inclusion health groups, people with learning disabilities or autism, those with multiple long-term conditions, and others who face barriers due to protected characteristics.

Connectors have provided an extraordinary range of community activities to improve health and wellbeing. Over 245 health-focused events were delivered, engaging more than 4000 local residents. Further detail on the impact and stories of our community connectors is shared in the next section of this report.

An-Nisa Events focuses on organising events and initiatives that empower and support Asian women. The organisation aims to create a platform that promotes inclusion, education, leadership and social cohesion for Muslim women in the community. An-Nisa Events is a CIC that creates a sense of community with local Asian women by collaborating with other charities, CICs and places of worship so they can deliver workshops regarding personal development. An-Nisa holds local community fun days and fundraisers to entertain local families and help local small businesses to promote their work.

Instagram: @annisaevents2707



Key areas:

Mental health and coaching

Who they supported through the programme:

Women and young people

Number of events: 13

Number of attendees: 348

An-Nisa organised a range of events and activities aimed at promoting mental wellbeing, empowerment, and community support for Muslim women. These included mental health talks, radio shows with expert guests, arts and skills workshops, and weekly coffee mornings focused on emotional wellness. They also hosted community events like modest clothing sales to encourage social interaction and inclusion, and invited professionals to lead sessions on anger management and emotional regulation. Through these initiatives, An-Nisa created a supportive space for women to grow, connect, and thrive.

Supporting a Mother with Mental Health Challenges – Salma's Story'

A woman with two children diagnosed with autism and a husband showing signs of bipolar disorder was struggling with her mental health. Through conversations, it became evident that mothers and wives often forget to seek support for themselves. As a coach, I offered self-help techniques to manage anxiety and stress, emphasising the importance of being present and ensuring continuous support. The woman reported feeling more supported and less isolated, understanding the importance of self-care alongside her family responsibilities.



Anansi Theatre Company was founded by Artist and Artistic Director Lauren Nicole Whitter with a vision to create a theatre company that addresses key issues in our culture and society today. Anansi is a company run by and for women of colour, providing a safe space for them to create, share, and thrive. Lauren is a strong advocate for mental health awareness and aims to make this vision accessible to everyone, from hard-to-reach communities to young people.

Website: www.anansitheatre.com

Facebook & Instagram: @anansitheatrecompany

Twitter: @anansitheatre



Key areas:

Mental health

Who they supported through the programme:

Women of global majority

Number of events: 22

Number of attendees: 139

Anansi Theatre delivered a series of creative workshops designed to support mental health and encourage community engagement through music, dance, and the arts. The project began with planning and marketing sessions to shape the programme's direction and promote participation. Artistic collaborators, including Natasha (music), Maria (dance), and Bhee (visual arts), led sessions tailored to encourage creative expression and emotional wellbeing. The project ended in a final celebration, where participants shared their artwork and reflected on their experiences. Alongside delivering the sessions, Anansi Theatre also focused on building partnerships and gathering feedback to improve future programming. Overall, the initiative provided a safe, expressive space that promoted mental wellness, creativity, and community connection.

"I came to the Music and Art group at Anansi because I was very isolated. The woman who gave birth to me died 8 years ago and subsequently, I was diagnosed with Complex PTSD, Depression and Anxiety. I am really shy and also have ASD so find socialising hard. When I arrived at the music group, the facilitator immediately put me at ease. It turned out to be the best thing that's happened to me in a very long time. I am so glad I made myself go because I made friends and feel like I have found my little family to be honest. I am looking forward to seeing what we all do next. It saved my life basically. I am so grateful."

Audrey's Charity

Audrey's Charity was set up to assist individuals and families experiencing financial hardship. This is achieved by providing support and assistance to people living in the Derby area who need the charity's help. The charity helps people to access food, furniture, clothing, electrical goods and white goods. The charity is funded by donations from local business and the local community.

The charity accepts donations of food, clothes, furniture, electrical goods and financial donations. These contributions are then redistributed to struggling families/individuals/ victims of domestic violence, rough sleepers and anyone else who may be experiencing financial hardship.



Key areas:

Health promotion and mental health

Who they supported through the programme:

Black adults and young people from Derby

Number of events: 10

Number of attendees: 167

Audrey's team developed a 15 minute mental health awareness video centred on the experiences of the Black community, as part of the community connector phase 1 grant. The project began with a series of planning meetings to select suitable artists for a public event, ensuring alignment and preparation among all participants. In Phase 1, the team conducted and filmed in-depth interviews with 14 members of the Black community, discussing mental health challenges and community concerns. These interviews were professionally produced to ensure quality and impact. The completed video was showcased at a community event on 24 February, which drew 78 attendees. The event featured guest speakers who shared insights on mental health support, three spoken word performances exploring themes of healing and empowerment, and two awareness stalls – one honouring a young man lost to mental health struggles and another promoting resilience and wellbeing. The final hour included food, drinks, and networking, allowing participants to reflect, connect, and offer feedback. The video was later presented to statutory organisations and community members at the Pakistan Community Centre, where Audrey's team explained the data collection and video creation process. Discussions also focused on future opportunities, including broadcasting the video at Royal Derby Hospital and identifying inclusive, accessible spaces to support ongoing community mental health efforts.

Central Education and Training (CET)

Central Education & Training is a voluntary sector, community-based training and education provider. The organisation primarily works with adults who are economically and/or socially disadvantaged, and therefore statistically less likely to be economically active or to be participating in education and learning through traditional routes. CET's aim is to enable these adults to access foundation or entry level education and training which will provide them with new skills and increased self-esteem and confidence with which they can use to progress to employment, further education opportunities, or improve career prospects. CET is a stepping stone and in some cases a lifeline for people looking to build a more rewarding future, because we provide accessible education in an environment which is both non-threatening and culturally empathetic.



Key areas:

Health promotion workshops

Who they supported through the programme:

Adults from Derby City

Number of events: 9

Number of attendees: 464

CET worked with South Asian, Arab, Eastern European, and African communities to raise awareness about cancer and promote healthier lifestyles. They ran cancer education workshops focused on early detection, screening, and symptom awareness for bowel, breast, and cervical cancers. With support from Livewell and Public Health, they provided live demonstrations, individual health assessments, and trained local Health Champions to spread key messages. Medical professionals like a Macmillan nurse offered expert insights, while the team addressed cultural taboos to encourage open discussions about cancer. CET also created a cancer hub and helped community members to navigate healthcare services. Feedback showed a clear increase in awareness, confidence, and engagement across the sessions.

A woman with limited English proficiency, attended cancer awareness sessions at CET to learn about improving her health and lifestyle. Initially, she had little knowledge about cancer, its risks, and the importance of screenings. She had long-standing knee problems, a high BMI, and had never attended breast or cervical screenings because she did not understand their significance. After participating in the sessions, she gained an understanding of the importance of these screenings and committed to attending them. Additionally, she persuaded her family elders to complete bowel screening tests that they had previously discarded. Inspired by the sessions, she now plans to join Livewell and is taking her fitness and diet seriously to improve her overall health.

Deaf-initely Women

Deaf-initely Women aims to empower deaf and hard of hearing women who have experienced discrimination or isolation because of their hearing loss.

Facebook & Instagram:
@deafinitelywomen

Twitter: @DeafinitelyW

Website: www.deafinitelywomen.org.uk



Key areas:

Health promotion and awareness for deaf and hard of hearing women

Who they supported through the programme:

Women

Number of events: 8

Number of attendees: 303

Deaf-initely Women organised a range of initiatives to support deaf, deafblind, and hard of hearing women, focusing on health education, social inclusion, and empowerment through volunteerism. They recruited and trained four women as volunteer community connectors, equipping them with skills in safeguarding, confidentiality, and blood pressure monitoring. A major event, Let's Celebrate Deaf Women's Day, attracted over 240 attendees and included a health clinic where 88 women received blood pressure checks, with some referred for further medical support. Regular coffee mornings provided a safe, inclusive space for social connection and access to local resources, even supporting newly arrived community members, such as a Ukrainian family. Trained volunteers played a central role in supporting peers at these events and are now exploring expanded roles like walk leaders. The group's work has improved health awareness, addressed isolation, and built a stronger, more informed community for deaf and hard of hearing women across the region.

Derby Asian Strategic Partnership (DASP)

The Derby Asian Strategic Partnership is a collection of professionals from the Indian and Pakistani communities in Derby. DASP's aim is to ensure both communities have access to all information and opportunities to ensure that they live active and healthy lives on an equal basis with the wider community.

Facebook: @DerbyAsianSP



Key areas:

Health events and promotion

Who they supported through the programme:

Adults from the South Asian community

Number of events: 4

Number of attendees: 53

DASP organised a series of community-focused health events to raise awareness and tackle health inequalities. They hosted multiple health check events attended by community members, employers, carers, and personal assistants, many of whom were previously unaware of available support services. The group also held a health-focused meeting at a Sikh temple, engaging attendees in discussions about local health needs and ways to reduce inequalities. In response to high demand, they arranged additional sessions to provide health education, screenings, and practical skills like blood pressure monitoring. These efforts helped connect underserved individuals with vital health resources and support.

Mrs. S attended a community health check event with DASP.. Initially, Mrs. S had no support network and struggled to find information about community resources. During the event, she was introduced to various organisations that could assist her and learned about important health markers to monitor, such as those for hypertension and heart disease. After the conversation, Mrs. S reported gaining detailed knowledge and feeling supported in her efforts to maintain her health. She also joined a women's group for further support. In her feedback, Mrs. S expressed how valuable the event was, particularly in helping her understand the importance of monitoring health markers, which she previously did not know were as crucial as her hormone levels. This case highlights the need for greater awareness and education about health indicators in the community.

Derby Asian Women Network (DAWN)

Derby Asian Women's Network (DAWN) aims to improve the quality of women's lives by reducing isolation, encouraging active participation and providing information and support. In partnership with others, DAWN aims to target social need and build the capacity of local women and young people by providing themed events/activities.



Key areas:

Health promotion events and workshops, cancer awareness

Who they supported through the programme:

Females from the South Asian community

Number of events: 10

Number of attendees: 201

DAWN delivered four health day events between February and May 2024, specifically targeting South Asian women, who face higher risks of conditions like hypertension and certain cancers. Held at the Pakistan Community Centre and connected to local schools and neighbourhoods, the events aimed to raise awareness, promote early health screenings, empower women with practical health knowledge, and foster community support. Activities included educational workshops, free health screenings, multilingual information booths, Q&A sessions with medical professionals, and demonstrations on healthy lifestyles tailored to cultural needs. The health days successfully equipped women with the tools and confidence to take charge of their health and build supportive peer networks, contributing to improved health awareness and outcomes in the community.

Sadia, a 43-year-old Pakistani woman, began attending women only health and wellbeing sessions run by DAWN, where she felt safe and supported despite language barriers. Through a DHIP-funded session focused on breast screening and self-care, Sadia learned how to perform a selfcheck, which led her to discover a lump. Early diagnosis of stage 1 breast cancer allowed her to receive timely treatment and recover successfully. Motivated by her experience, Sadia now volunteers as a Community Connector, raising awareness about cancer symptoms and encouraging other women to prioritise their health. Her story illustrates the life-changing impact of culturally tailored health education and the power of community-led advocacy.

FiiT for Life

The FiiT for Life programme is a registered charity. Its aim is to provide a health and wellness programme for those at risk of, or undergoing treatment for, chronic disease and illness. The charity's team of coaches work with each individual to provide meaningful lifestyle changes to encourage greater physical longevity and wellbeing. With over 20 years of experience in the health and wellness industry, the coaches understand that long term change is unique so they want to get to know each individual to help them make the right choices. The programme also offers small community-based sessions to help participants establish local community support without losing attention on the individual journey.



Number of events: 7

Number of attendees: 35

FiiT for Life delivered a series of community workshops aimed at empowering connectors and volunteers to support female health, older adults, and individuals with chronic conditions. These interactive sessions provided knowledge, practical strategies, and online resources to help address physical health barriers in local communities. Key themes included making healthy behaviours accessible within social and cultural norms, through activities like group walks, movement breaks at gatherings, and social media challenges. The workshops also addressed the specific needs of older adults and those with chronic conditions, equipping connectors with tools to promote healthy lifestyles and reduce disease risk. An online portal and community forum supported ongoing learning and peer engagement, fostering collaboration and resilience among connectors working to reduce local health inequalities.

Through participation in FiiT for Life's Community Health Empowerment Project Participant X learned valuable strategies for adapting physical activity and other health behaviours to the specific needs of individuals with mobility challenges. During peer discussions, FiiT for Life emphasised the importance of making activity accessible, meaningful, and enjoyable for participants by connecting it to personal interests and creating opportunities for engagement that feel natural. A key takeaway from these discussions was the idea of utilising everyday activities and surroundings, such as gardening, to foster movement and interaction without overwhelming the individual.

Islah Ul Muslimeen

Islah ul Muslimeen is a faith-based community organisation in Derby, committed to improving the wellbeing of the local Muslim community with a focus on health and welfare. The organisation is volunteer-led, with members including professionals, businesses, and students who are passionate about helping others.



Key areas:

Health Promotion and training

Who they supported through the programme:

The South Asian community

Number of events: 5

Number of attendees: 401

Islah ul Muslimeen led a life-saving initiative focused on improving emergency response skills within the community, particularly through mosques in Derby. Motivated by paramedic Daanish's experience witnessing preventable deaths, the team launched a series of CPR and defibrillator training workshops, addressing a major gap – none of the 17 local mosques initially had defibrillators or trained personnel. After careful planning, they delivered four well attended half-day workshops as part of existing community gatherings, educating participants on CPR, defibrillator use, and key health inequality issues under the NHS Core20PLUS framework. A special Ramadan session also engaged younger audiences, offering hands-on training and real-life examples. The initiative led to the successful installation of defibrillators at three mosques, with wider community interest sparking further requests for training. This project significantly boosted community preparedness, health awareness, and access to life-saving equipment.

Daanish's Story:

Working as a paramedic has allowed me to identify and address the lack of knowledge and critical needs for CPR and defibrillator training within the BAME community. Prior to my time in the ambulance service, I was unaware of these life-saving techniques, inspiring me to bring this knowledge back to my community to enhance our confidence and capabilities in emergency situations. Leveraging the communal gatherings during Ramadan, I conducted an extensive workshop on CPR and the usage of defibrillators during the night prayers, reaching over 200 individuals, including both adults and children. This initiative has not only educated my community but also led to the strategic placement of three bilingual defibrillators in local mosques, enhancing accessibility and emergency response effectiveness.

Islah ul Muslimeen is proud of the legacy they have created through this initiative and the positive response from the community. They are grateful to DHIP for supporting the project and enabling the team to deliver a life-saving initiative that continues to benefit the community through education, resources, and preparedness.

Kelsey Family CIC

Kelsey Family CIC provides family-based recovery services to those affected by substance use. As opposed to focusing on negatives and the “wrongs” of the user – Kelsey Family CIC encourages the use of positive psychology and concentrate on building upon the strengths of all family members affected by substance use to offer bespoke guidance and support. Kelsey Family CIC feels that the gap between treatment and real life needs to be filled with better help and support for families who have decided to recover together in order to ensure long term recovery.

Kelsey Family CIC delivers family based recovery activity boxes, family health and wellbeing activities, family recovery coaching, family retreat space and breathing space for those in recovery commencing their journey out of treatment.

Key areas:

Recovery services

Who they supported through the programme:

Children and adults

Number of events: 19

Number of attendees: 119

Kelsey Family CIC delivered a comprehensive programme focused on drug and alcohol awareness across schools, workplaces, and community settings.

At Castle School – PRU, they ran age-appropriate sessions for Years 9–11 on substance misuse, addiction, and support services, alongside similar sessions for

parents to help them identify early signs and support their children. In partnership with University of Derby, they also provided workplace training on how substance misuse impacts health, work, and policy development. Through active community engagement – attending coffee mornings, Family Hubs, and local events—they offered practical advice, reduced stigma around substance misuse, and signposted individuals to support services. Initiatives like the Shifting Stigma Project and family activity boxes helped open vital conversations and build local connections for ongoing support.

Kelsey Family CIC’s Work with Health and Wellbeing Coachess:

Collaborating with Health and Wellbeing Coaches in Derby City revealed that some participants in weight management and smoking cessation programmes were also struggling with alcohol issues but were hesitant to seek help due to stigma. Through Kelsey Family CIC building relationships with these participants, two families opened up about concerns over drinking and risky behaviours. Support, education, and referrals to appropriate services were provided.

Normanton Dads and Lads

Dads and Lads is a community group consisting of fathers and sons from the local Pakistani community who have been brought together to support each other to improve health and wellbeing.



Key areas:

Mostly male young adults, adults and the golden generation from the Pakistani community

Who they supported through the programme:

Health promotion and advice, physical activity

Number of events: 16

Number of attendees: 260

The Normanton Dads & Lads group launched a targeted initiative to address health inequalities and physical inactivity among Muslim fathers and sons in Derby's Normanton and Arboretum areas. Partnering with 17 mosques, healthcare providers, and local organisations, the project engaged 20 father-son pairs who promoted health and nutrition within their wider networks. Weekly sports sessions, personalised health advice, focus groups, and mental wellbeing activities helped boost physical activity, raise

awareness of common health issues, and reduce stigma around mental health. Training included health promotion and culturally tailored nutrition workshops, using a train-the-trainer model to empower participants as community health champions. The project led to stronger family bonds, improved engagement with healthcare services, and better understanding of issues like obesity, hypertension, and mental health.

The Dads & Lads group, supported by the Derby Health Inequalities Partnership, used sport and peer support to tackle mental health stigma among Muslim men. Through weekly football and cricket sessions combined with open discussions, the group created a safe space to address mental health issues in a culturally sensitive way. Eleven participants completed Mental Health First Aid training, becoming community advocates. A monthly Mental Health Peer Support Group was also established, promoting ongoing dialogue and support. The initiative successfully broke down barriers, empowered local men, and fostered long-term mental wellbeing within the community.

Normanton Women's Engagement Project (NWEPP)

Normanton Women's Engagement Project was established to actively engage disadvantaged women in the Normanton area in activities and events to overcome isolation and to promote social cohesion.

Email: nwep@hotmail.co.uk



Key areas:

Mental health, health promotion, menopause, training

Who they supported through the programme:

South Asian women

Number of events: 9

Number of attendees: 524

NWEP supported women experiencing low to moderate mental health challenges such as stress, anxiety, and grief through a range of therapeutic and supportive activities. They facilitated small group talking therapy sessions, where women could share experiences and receive guidance from a health professional. Mindfulness, walking, and craft activities were used to promote stress relief, and referrals were made to services like Livewell and DE23 Active for further support and physical activity. They also hosted workshops on grief, bereavement, depression, and menopause, addressing key emotional and physical health topics. Trained connectors offered one-to-one support, providing empathy, advice, and referrals to appropriate services. These efforts aimed to empower women, reduce isolation, and improve mental wellbeing through community-based, compassionate care.

Issues raised:

South Asian women in Derby face significant gaps in culturally appropriate mental health support, with services like Mind and Trent PTS often lacking understanding of their specific needs. Despite the community's long-standing presence since the 1950s, basic cultural sensitivities, such as preferences for female practitioners and halal-compatible treatments, are frequently overlooked. Many women report feeling ignored by the NHS, struggling to access GPs, and receiving minimal support beyond medication. Spiritual counselling has become a common coping mechanism due to the lack of tailored mental health care.

There is a widespread lack of mental health awareness within the community, compounded by complex issues such as chaotic family environments, financial stress, and caregiving burdens, especially for families caring for disabled children. Participants also expressed frustration with tokenistic support for carers and the invisibility of social prescribers in areas like Arboretum and Normanton.

Additionally, social isolation, lack of community cohesion, and limited access to local employment were cited as major contributors to poor mental well-being. Suggestions included more inclusive events (like melas), greater investment in inner-city areas, and a shift away from over-prescribing medication toward more holistic, accessible mental health support.

A woman living in a cold, damp, and mouldy home with her children, who frequently suffered from chest issues, was struggling with her mental health, spending most days indoors without heating. Although hesitant to take antidepressants, she felt close to needing medical help. After joining NWEF workshops, she gained insight into mental health, learned coping strategies, and formed supportive friendships. Through talking therapy and peer support, her confidence grew, and she began taking steps to improve her wellbeing, including going for walks and exploring women-only exercise sessions. NWEF also connected her with the Healthy Housing Hub to address her poor living conditions, one of the key triggers for her mental health struggles. She is now feeling more positive and motivated to improve her life for herself and her family.

Open Doors Forum

Open Doors Forum (ODF) is a charity based in Normanton, led by a group of professionals from the Black African Caribbean Community in Derby. The charity wants to help, support, and encourage Black people through enhancing educational opportunities for all, promoting social unity, and encouraging more people to be visible in the community at all levels and in as many ways as possible.

**Key areas:**

Health promotion, cancer awareness

Who they supported through the programme:

Older people

Number of events: 8

Number of attendees: 144

ODF organised a series of community health events focused on raising awareness and improving understanding of key health issues. These included a prostate cancer awareness event featuring guest speakers and individuals sharing personal experiences, alongside blood pressure checks and educational materials. Health promotion events were held regularly, combining informative talks, lived experiences, and health screenings, with one session integrated into a festive Christmas meal. A dementia awareness event featured professional and personal perspectives, covering symptoms, diagnosis, and legal matters like Power of Attorney, encouraging active discussion. A mental health awareness session addressed depression, stress, and anxiety through talks, lived experience sharing, and a Q&A session. ODF also delivered food preparation & safety training to equip volunteers with the skills to safely support future community events. Overall, the programme promoted health education, early intervention, and community engagement.

Open Doors Forum's Response to Community Health Challenges:

The community has experienced a high number of funerals, with many deaths attributed to cancer (including prostate cancer), lupus, and other health issues. A significant concern identified was the lack of awareness, knowledge, and mistrust in health services. In response, health promotion events were organised to address these issues. These events focused on raising awareness about health conditions, training volunteers in healthy eating and food safety, and encouraging community members to get regular health checks for early diagnosis and prevention. At each event, blood pressure checks were conducted, which helped initiate discussions and address the stigma associated with health issues, encouraging openness within the community.

Reflection Path

Reflection Path mainly works with the young people, focusing on the Asian community. They aim to inspire the youth of today and tomorrow.

Facebook, Instagram & Twitter:
@ReflectionPath

Email: info@reflectionpath.org



Key areas:

Mental Health and health and wellbeing awareness

Who they supported through the programme:

Wide age range (16–65), diverse ethnicities (minorities), all genders

Number of events: 4

Number of attendees: 24

Reflection Path organised and delivered a community-focused mental health workshop through a series of structured planning meetings involving mental health professionals, outreach coordinators, and charity partners. The team set clear objectives, finalised logistics, and launched a targeted social media campaign to promote the event. The workshop featured themed sessions on mental health, spirituality, and community support, offering practical strategies and open discussion spaces. One session focused on general mental health and spirituality, helping around 20 participants explore mindfulness, prayer, and journaling. Another session, aimed at new Muslims, supported around 15 attendees in managing emotional transitions, family challenges, and isolation, while promoting resilience through faith and peer support. The initiative successfully reduced stigma, encouraged open dialogue, and empowered participants with spiritual and mental health tools.

Connector X's Story:

The individual's journey to becoming a community connector with Reflection Path began through personal struggles with anxiety and depression, which highlighted the lack of accessible community support. Motivated by this gap, they chose to help others facing similar challenges by connecting them to mental health resources. Through organising workshops, support groups, and information sessions, they aimed to create a more supportive and informed community. The role has been both a way to give back and a path of personal growth, deepening their commitment to improving mental health awareness and access within the community.

Sahahra

Sahahra was established in 1996 as a day care service for older people from the Asian community. Sahahra provides a drop-in service, walking groups, a Warm Welcome Hub, coffee mornings, exercise sessions and health awareness events. This helps reduce social isolation and is available to our elders and other community members. Sahahra signposts to services and provides advice on energy-saving support. Sahahra is based within Derby Arboretum Park. Sahahra works in partnership with Marches Energy Support, Artcore, Bosnia and Herzegovina Centre Derby and The Hadhari Project.

Key areas:

Cancer awareness, diabetes, stroke, heart disease, healthy eating and smoking

Who they supported through the programme:

Older people from the Asian community

Number of events: 3

Number of attendees: 480

Sahahra delivered two double health workshop sessions in December, engaging users of the Sahahra building and Arboretum Park. The sessions focused on cancer (particularly bowel cancer), heart health, diabetes, and stroke, with materials provided in multiple community languages. Attendees received blood pressure checks, learned about major screening programmes, and were connected to services like Healthy Housing Hub and Warmer Derby and Derbyshire. Livewell and Public Health supported the sessions by offering training to community connectors.

Interpreters were present to ensure accessibility. Concerns about vaccinations were raised, including mistrust of the flu jab, side effects from COVID vaccines (especially AstraZeneca and Moderna), and lack of awareness about the shingles vaccine. Surveys were conducted to better understand vaccination attitudes and uptake. Social prescribers also attended, offering tailored health advice and support.

Connector B is a retired gentleman who is a service user. He goes to Sahahra to meet others from the same background and to reduce isolation. He wants to keep busy and he is interested in health so agreed to participate in Sahahra's health workshops. He said it has helped him to learn about his own health and ways to improve it. He feels this awareness is needed in Asian community where physical activity is low and takeaway foods are consumed by all.

Issues raised:

The group highlighted that starting their project when they did was crucial in building trust among elders about the safety and importance of vaccinations, especially for those with underlying health conditions. They believe a delayed start would have missed key opportunities for positive outcomes. They recommend that future Public Health vaccination campaigns begin in September to ensure timely outreach. They also request that Sahahra be considered for future funding, citing their successful delivery of health and vaccination sessions and their longstanding role as a trusted community provider.

Sinfin and Holybrook Carers Group

Sinfin and Holybrook Carers Group, also known as Sinfin Carers Group (SSG), supports carers of all ages but mainly older people. Most of the group's members have been carers for 20 years or more. Some carers look after vulnerable people full time and find it hard to meet their own physical and mental health needs. The group provides a range of activities in partnership with others to enhance carers' lives and improve their health. This in essence can ease their social isolation, and have a positive impact on their wellbeing.



Key areas:

Support for carers

Who they supported through the programme:

Carers

Number of events: 20

Number of attendees: 246

The group offers a range of social and wellbeing activities for its members throughout the year. Highlights include an annual Christmas lunch at The Oaklands, featuring a meal, raffle, and goody bags. Regular catch-up sessions with tea and snacks provide a space for members to socialise, share ideas, and plan future outings. Activities include chair-based yoga led by facilitators, followed by informal chats, as well as celebration events like the group's anniversary. Members also enjoy games, quizzes, bingo, creative writing, and newspaper reading, helping to foster connection, relaxation, and community spirit.

Spiral Arts

Spiral Arts freelance collective has 10 professional community artists and volunteers with extensive creative experience spanning 18 years across Derbyshire. Spiral Arts is based at the Derby Arboretum, a beautiful and historic landscape. This location allows the collective to create a calm, safe, and inspiring space for our workshops. Spiral Arts also encourages participants to showcase their work at festival events. Spiral Arts specialises in designing workshops tailored to the abilities and needs of hard-to-reach groups, ensuring accessibility, creativity, and skill development for all. Spiral Arts has valuable experience and training in working with people facing mental health challenges.

Key areas:

Creative Arts, health promotion activities

Who they supported through the programme:

Men and women across Derby City

Number of events: 21

Number of attendees: 123

Spiral Arts' Nature Spaces project is a creative green wellbeing initiative based in Derby Arboretum, designed to support mental health, inclusion, and social connection through nature-inspired art. Supported by social prescribing link workers and community organisations, the project offers regular sessions where participants, referred through social prescribing or self-referral, engage in artistic activities while benefiting from social interaction and emotional support. Each session includes a wellbeing check-in and check-out to monitor participants' mood and progress. Led by community artists, the sessions feature a wide variety of creative projects such as painting, papermaking, lanterns, wire sculptures, and natural ink art. The initiative fosters creativity, builds friendships, and enhances participants' overall wellbeing in a safe, inclusive, and nature connected environment.

Issues raised:

Despite extensive efforts to promote and prepare for Nature Spaces sessions, including reminders to 19 social prescribers, social media promotion, and direct communication with participants, attendance remains inconsistent. Many socially prescribed patients fail to turn up, sometimes without notice, making it difficult to manage bookings and disappointing for the artists who invest time in planning activities. Attendance improves when link workers accompany participants, highlighting the importance of direct support. Although sessions are free and visually promoted through photos of upcoming activities, engagement from referred individuals remains unreliable. To address this, the organiser plans to attend a local monthly coffee morning with social prescribers to personally encourage participation and build connections.

Participants of Spiral Arts' Nature Spaces project report improved mood, confidence, and a sense of belonging. One young woman with mild learning disabilities, initially quiet, now regularly attends, engages socially, and looks forward to each session. A middle-aged man with a background of addiction, homelessness, and prison has discovered and shared his creative talents, gaining confidence and social connection.

Another participant, a woman in a wheelchair with chronic pain, attends as much as she can, valuing the welcoming atmosphere and manageable group size. A woman with Parkinson's, referred by a social prescriber, gradually gained confidence with tailored support and now actively joins conversations and creative activities.

Participant feedback consistently highlights reduced anxiety, improved wellbeing, and enjoyment through artistic expression and group connection. The project not only uplifts individuals but also fosters meaningful community and personal growth.

The Hadhari Project

The Hadhari Project promotes the welfare, education, social and recreational needs of inhabitants within the city of Derby who are older people or people experiencing mental health problems. The activities provide culturally sensitive services at the day centre on Burton Road and the main client group is members from the African and Caribbean communities.



Key areas:

Health promotion events and workshops, cancer awareness, dementia awareness

Who they supported through the programme:

Elders (over 60s) from the African Caribbean community

Number of events: 12

Number of attendees: 251

Hadhari organised a wide-ranging series of health and wellness events focused on education, prevention, and community engagement, particularly for elders. Key sessions included workshops on hypertension, women's and skin cancer awareness, lupus, and prostate cancer, with input from medical professionals like Dr. Mabeza and staff from the Royal Derby Hospital. Regular activities such as chair-based yoga, fitness sessions, and talks on diabetes, dementia, and sexual health helped maintain consistent engagement. Practical elements, including blood pressure checks, healthy eating demos, and smoothie making, supported hands-on learning. These events not only increased awareness of critical health issues, especially among Black Caribbean and Asian communities, but also encouraged ongoing participation in healthy behaviours and improved access to health information and resources.

The SEND Dynamic C.I.C

The SEND Dynamic C.I.C is a Community Interest Company, or CIC. CICs are limited companies that exist to benefit the community they serve, rather than to make private profit. Everything SEND Dynamic C.I.C does is to benefit children with special educational needs and/or disabilities. SEND Dynamic C.I.C's aim is that parents of children with SEND will be empowered to understand their children's rights and how to navigate the SEND education, health, and care system.



Key areas:

Health promotion, advocacy

Who they supported through the programme:

Children with Special Educational Needs and Disabilities (SEND), carers

Number of attendees: 151 (plus SEND & Wellbeing Event at Allenton Primary School)

Looking After You Too is a weekly, skills-based mental health and wellbeing programme run by The SEND Dynamic CIC, supporting parents of children with special educational needs and disabilities (SEND). Led by a qualified psychotherapist with lived experience, the 8-week course helps parents build resilience, manage anxiety, and overcome negative thought patterns in a safe, supportive group setting. Sessions offer tools for emotional wellbeing, peer connection, and validation, with no pressure to speak. Some parents, including those self-identifying as autistic, received additional support around autism assessment.

Graduates of the programme have formed their own peer support network. The group also contributed to the consultation and testing of a health inequalities survey for parents of autistic children. SEND Dynamic C.I.C. further promoted the programme during Children's Mental Health Week, connecting with families and professionals through a local outreach event. Overall, the project reduced isolation, improved access to support, and empowered parents with lasting strategies for wellbeing.

Issues raised:

The programme faced several challenges affecting attendance and data collection. A session was cancelled due to snow, though an extra date was added to maintain the full 8-week course. Attendance was further impacted by parents' illness, childcare responsibilities, and school half-term. Limited session availability—offered only in the evening due to volunteer availability—excluded some interested parents unable to attend without childcare support. The lack of childcare provision during sessions continues to restrict accessibility. Additionally, while participants are willing to give qualitative feedback, there has been low engagement with the anonymous EDI data collection, with only two parents completing the form despite encouragement.

A mother with autism who is raising two autistic children, shared how her chronic health issues stemmed from the stress of navigating services and adapting to a neurotypical world. Her work with SEND Dynamic C.I.C helps provide understanding, free support, and a sense of belonging for overwhelmed parents. Since launching in November 2023, the service has supported over 100 parents, many raising autistic children, highlighting the urgent need for parent-focused wellbeing support, not just help with system navigation. Many parents didn't realise they could seek mental health support for themselves, reinforcing the importance of awareness-raising. Becoming community connectors has allowed team members to amplify parents' voices, promote existing resources, and work towards reducing health inequalities for autistic families.

Vox Feminarum: Women's Voices

Women's Voices (VoxFemme for short) started as a small informal community organisation in November 2010 in response to a growing realisation that for many women the issues affecting them locally lacked a coherent voice or vehicle and that these issues were often not on any socio-political agenda. The aforementioned status quo is the case not just locally, in Derby and Derbyshire, but also nationally, regionally and internationally. We hope to engage women all over the world in raising the concerns and the issues affecting all our lives and livelihoods. For those who have no voice we hope to say something that in some small way reflects their concerns and becomes a meaningful vehicle in the struggle for equality.

Key areas:

Health promotion events and workshops

Who they supported through the programme:

Women from Derby City

Number of events: 11

Number of attendees: 248

Vox Feminarum's Healthwise Women's Project delivered a series of inclusive, wellbeing-focused workshops aimed at empowering women, particularly from marginalised backgrounds, through creative, cultural, and health-based activities. Sessions included chair yoga, mindfulness, aromatherapy, arts and crafts, and practical discussions on mental health, traditional remedies, and healthcare access. Women explored topics such as anxiety, healthcare inequalities, and culturally sensitive support, while also engaging in creative outlets like mural-making and herbal tea preparation. Multilingual materials and interpreters ensured accessibility, and informal gatherings fostered connection, peer support, and open dialogue. The project successfully provided a safe, supportive space for women to build confidence, share experiences, and prioritise their wellbeing.

Issues raised:

The project highlighted several challenges affecting participation and engagement. A significant barrier was mental health stigma and shyness, with many women hesitant to speak openly, especially about emotional wellbeing. While participants generally understood physical health, mental health awareness was limited, reinforcing the need for ongoing, supportive discussions. Language diversity posed communication challenges, though peer support within language groups helped. Childcare constraints, unpredictable weather, and scheduling conflicts (e.g., English classes, fasting, family duties) limited attendance. The group's diversity also made it difficult to tailor content culturally, and repeated information was often needed due to fluctuating attendance. Additionally, some participants felt self-conscious in arts sessions, and others struggled to sustain mindfulness practices at home. Practical suggestions emerged, such as incorporating mindfulness into daily tasks and offering flexible, culturally sensitive formats. The team acknowledged these challenges as part of the learning process in this pilot phase, and emphasised the need for future funding to address childcare, session timing, and improved communication strategies to create a more inclusive and accessible programme.

Veronika is a mother of six managing a busy household, her own diabetes, and supporting a husband with alcoholism. Despite limited personal time, she attends the Healthwise group during school hours, finding it a valuable source of connection and emotional support. Although initially unsure about mindfulness, she enjoys the group's warmth, laughter, and shared experiences. Attending the sessions offers her moments of relief from daily pressures, leaving her feeling uplifted and less isolated. Veronika appreciates the flexibility and community spirit of the group, which provides her with a much needed sense of belonging and wellbeing.

Veronika's Feedback:

"Going to the Healthwise group has been good for me. I have six kids and doing a lot. I like to come in the day, kids at school, just one baby home. The group is so fun, laughing, eating, warm. I don't come every time but coming and talking with other people makes me feel better. I am always feeling better after group."

Central Education and Training (CET) – Vaccination Grant

Central Education & Training is a voluntary sector, community-based training and education provider. The organisation primarily works with adults who are economically and/or socially disadvantaged, and therefore statistically less likely to be economically active or to be participating in education and learning through traditional routes. CET's aim is to enable these adults to access foundation or entry level education and training which will provide them with new skills and increased self-esteem and confidence with which they can use to progress to employment, further education opportunities, or improve career prospects. CET is a stepping stone and in some cases a lifeline for people looking to build a more rewarding future, because we provide accessible education in an environment which is both non-threatening and culturally empathetic.

Key areas:

Health Promotion, vaccination awareness, training

Who they supported through the programme:

Adults from Derby City

Number of events: 5

Number of attendees: 358

CET delivered a series of comprehensive vaccination awareness workshops following training from Public Health, covering flu, COVID-19, shingles, and HPV. Despite initially missing a January session due to the holiday break, staff received full training and became trusted health champions within the community. The workshops addressed eligibility, booking procedures, and common concerns – especially around vaccine safety and cultural hesitations. With support from partners like Livewell and Macmillan, sessions also included education on BMI, blood pressure, cancer screening, and self-examination. Resources were multilingual, and safe, welcoming spaces encouraged open discussion. The project began before DHIP funding was approved, ensuring timely delivery of winter vaccination messages. This proactive approach helped build trust in the NHS, improved understanding of health services, and encouraged many participants to receive vaccinations – some for the first time.

Connector S is an older Asian woman with a lot of work experience, now retired and wanting to give something back to her community. She has a wealth of experience behind her from her work life, community background and from raising a family. The women and men at CET have a lot of respect for her and are happy to receive health messages pertaining to lifestyle and vaccinations from S as she is trusted and respected and has been fully trained up as a health connector. For S, coming to CET is a way to give back and reduce her own isolation whilst providing a very worthwhile contribution to service users. S has enjoyed becoming a health connector and CET was pleasantly surprised by how much S knew about health topics already! This funding has helped CET to give volunteers a small bit of help with some basic expenses like travel.

Issues raised:

Delays in funding can result in a delay in project delivery and training.

Derby Asian Strategic Partnership (DASP) - Vaccination Grant

The Derby Asian Strategic Partnership is a collection of professionals from the Indian and Pakistani communities in Derby. DASP's aim is to ensure both communities have access to all information and opportunities to ensure that they live active and healthy lives on an equal basis with the wider community.



Key areas:

Vaccination awareness and health promotion

Who they supported through the programme:

Adults from the South Asian community

Number of events: 4

Number of attendees: 47

Mrs T was planning on going away to Pakistan but was unaware that she needed to book her vaccination reviews in advance. After the meeting Mrs T booked an appointment into see her GP nurse at the earliest opportunity to sort out her vaccinations. She was grateful for this advice as nobody else had updated her on how far in advance you needed to have the vaccinations to go abroad.

DASP organised and facilitated community engagement sessions at local faith and community centres, including the Hindu Temple, the Sikh Temple, and the Indian Community Centre. These meetings allowed attendees to openly discuss their past vaccination experiences and ask questions about various vaccines, their purposes, and associated medications. DASP provided guidance on how to access reliable health information, book appointments online, and navigate GP surgery processes. Individuals who struggled with language barriers, understanding GP telephone options, or lacked confidence in booking appointments received personalised support. DASP also signposted three individuals to relevant local groups for further assistance. Across the sessions, a total of 22 individuals (seven at the Hindu Temple and 15 at the Indian Community Centre) participated, while vulnerable individuals at the Sikh Temple were also supported. Through these efforts, DASP helped inform community members, address their concerns, and improve their ability to make informed health decisions.

Derby Asian Women Network (DAWN) – Vaccination Grant

Derby Asian Women's Network (DAWN) aims to improve the quality of women's lives by reducing isolation, encouraging active participation and providing information and support. In partnership with others, DAWN aim to target social need and build the capacity of local women and young people by providing themed events/activities.



Key areas:

Health promotion events, vaccination awareness

Who they supported through the programme:

Females from the South Asian community

Number of events: 8

Number of attendees: 505

Derby Asian Women's Network (DAWN) launched a project to tackle vaccine hesitancy within the South Asian community by training eight community connectors as vaccine champions and delivering targeted outreach through workshops and family-focused programmes. Four workshops engaged over 400 women and girls, providing culturally appropriate information and addressing vaccine myths. During the Easter holidays, over 200 parents were reached through the Holiday Activity & Food programme, with a focus on child immunisations like measles and flu, and promoting awareness of halal vaccine alternatives. Despite these efforts, vaccine hesitancy remains high, largely due to longstanding mistrust in the health system, worsened by the COVID-19 pandemic. DAWN recommends continued community engagement, culturally tailored messaging, stronger partnerships with health providers, and collaboration with community and religious leaders to rebuild trust. DAWN is also contributing to academic research on vaccine hesitancy to inform future strategies.

Derby Jamia Mosque - Vaccination Grant

Derby Jamia Mosque, located on Rose Hill Street, serves as a vibrant spiritual and community hub for local Muslims and the wider public. Beyond offering daily prayers and religious services, the mosque provides educational programmes for men, women, and young people, creating inclusive learning environments for Islamic knowledge and Arabic literacy. It is also a centre for health and wellbeing outreach, incorporating health awareness and preventative health discussions into its various activities. By blending faith, education, and community welfare, Derby Jamia Mosque fosters a sense of togetherness and nurtures the overall development of those it serves.

**Key areas:**

Health promotion and vaccination awareness

Who they supported through the programme:

Young children, teenagers, adults, and the older people

Number of events: 39

Number of attendees: 10,920

Derby Jamia Mosque implemented a range of community-focused initiatives that integrated faith, education, and health promotion, targeting all age groups. During Ramadan, it launched a Chill Lounge to provide a safe social space for young people and adults after prayers, where trained community connectors shared health advice on vaccinations and Hajj health requirements. The mosque also runs regular Sister Classes for women, combining religious education with health messaging, which led to increased vaccine uptake among attendees. Additionally, Friday Jummah sermons, attended by over 1,700 people, incorporated bilingual health messages to reach a wide audience. These efforts addressed vaccine hesitancy, improved access to health information, and fostered community trust. Future plans include expanding health workshops and deepening partnerships with health professionals. The mosque's holistic, culturally sensitive approach effectively bridges spiritual guidance with physical wellbeing.

Indian Community Centre - Vaccination Grant

The Indian Community Centre is a local community centre that offers a variety of activities for the local community. The Centre offers a variety of activities that focus on physical health and promoting health and wellbeing. This includes a yoga session, social groups and a Surgery from Derby Advice.

The session times are listed below:

Yoga on Monday & Thursday from 11.00am to 12.00 noon.

Social groups on Thursday & Friday from 11.30am to 1.30 pm.

Surgery from Derby advice on Tuesday from 10.30am to 12.30pm.



Key areas:

Vaccination (flu & COVID-19), benefits, immigration, housing advice

Who they supported through the programme:

Targeting adults, majority from the South Asian community.

Number of events: 7

Number of attendees: 422

The Indian Community Centre provided daily support to visitors on a range of issues, including benefits and immigration, while integrating health advice into their services—particularly around COVID-19 and flu vaccinations. They emphasised the importance of vaccination during interactions and encouraged uptake by addressing hesitations. A dedicated vaccination workshop held on 5 February, led by Sajda Kausar, focused on engaging attendees aged 55–80 from Indian, Pakistani, and English backgrounds. The session sparked valuable discussions about vaccine importance, uptake, and the barriers faced by the community, helping to raise awareness and inform future outreach.

Issues raised:

Members of the community expressed confusion about the current need for COVID-19 vaccinations and uncertainty about where to access them since local chemists have stopped offering the service. There is a strong demand for health information to be made available in Punjabi, as well as a perception that their community has been overlooked compared to others. Concerns were raised about poor access to GPs and a lack of communication or guidance, prompting the need for a new, reliable point of contact. The community also called for more direct involvement from clinicians and support to deliver sessions on diet, lifestyle, blood pressure, and cancer awareness. Additional funding is required to deliver these sessions.

The Indian Community Centre has played a vital role in promoting COVID-19 and flu vaccinations, particularly among elderly members of the Hindu and Sikh communities. Mr. M, a dedicated volunteer and former staff member, has been instrumental in spreading awareness about vaccination, using his knowledge to engage with community members, especially those with underlying health conditions. Many elders, who are often not well-off, visit the centre via local bus routes and combine their visit with stops at the Gurdwara. The centre provides a warm, social environment where staff speak one-on-one with elders about the importance of staying up to date with vaccinations.

Pakistan Community Centre – Vaccination Grant

The Pakistan Community Centre was set up at the beginning of the 1980s to serve Derby's Pakistani community. Being such a large new facility, at that time, the Centre was very well used by other community groups and was also used for community functions by groups which were not part of the Pakistani community. Today the Centre hosts a number of activities to get women and men of all ages more physically active within the community. It also offers information around health and wellbeing and signposts to services. The Centre also has a community foodbank that supports families across Derby.

Key areas:

Health and wellbeing, physical activity, social hub

Who they supported through the programme:

Men and women from the South Asian Community

Number of events: 14

Number of attendees: 336

The Pakistan Community Centre launched the Building Confidence in Vaccinations project to tackle vaccine hesitancy in the Pakistani community, particularly around flu immunisations and concerns related to the porcine content in nasal sprays. The project focused on promoting awareness of the halal flu vaccine for children, addressing misinformation, and rebuilding trust in health services. Activities included face-to-face awareness sessions, Q&A events led by Imams, multilingual posters and literature, and video messaging. Trusted community figures played a central role in engaging families and reinforcing health messages. The project saw increased awareness, greater vaccine uptake, and improved trust in healthcare providers. Monitoring through surveys showed positive behavioural shifts and strong community engagement. Key lessons included the importance of cultural sensitivity, trusted leadership, and ongoing education. The project made significant progress in reducing health disparities and normalising vaccination within the community.

Issues raised:

The Building Confidence in Vaccinations project received some negativity from a small minority within the congregation who felt that a religious space should not be used to push controversial health agendas such as vaccines. The imam initially identified to lead the project decided he did not want to be involved as it may tarnish his reputation. He had trust issues with vaccines in general and felt herbal remedies were the way forward. This demonstrated vaccine hesitancy is bigger than first thought! The imam had issues around the COVID jabs and the links to an increase in heart attacks seen across the country. An exploration into the source of the imam's information, found that it had come from social media. Another imam who was willing to be part of the project was then found.

Sahahra – Vaccination Grant

Sahahra was established in 1996 as a day care service for older people from the Asian community. Sahahra provides a drop-in service, walking groups, Warm Welcome Hub, coffee mornings, exercise sessions and health awareness events. This helps reduce social isolation and is available to our elders and other community members. Sahahra signposts to services and provides advice on energy-saving support. Sahahra is based within Derby Arboretum Park. Sahahra works in partnership with Marches Energy Support, Artcore, Bosnia and Herzegovina Centre Derby, and The Hadhari Project.



Key areas:

Health promotion and vaccination awareness

Who they supported through the programme:

Older people from the Asian community

Number of events: 4

Number of attendees: 334

Sahahra led a proactive winter health campaign focused on improving understanding and uptake of flu, COVID-19, and lesser-known vaccines like shingles, particularly before local pharmacy provision ended in December. Sahahra held early workshops with community elders and conducted 278 detailed surveys to explore attitudes towards vaccinations across diverse ethnic groups, mainly among the Pakistani community aged 40–80+. These sessions and surveys revealed widespread concerns – including vaccine side effects, religious and ethical doubts, and mistrust of healthcare providers. Sahahra identified a generational divide, with older adults more likely to be vaccinated, while middle-aged individuals remained hesitant. Key barriers included a lack of accessible GP information, negative peer influences, and limited awareness of other vaccines like shingles. Sahahra's culturally sensitive, early engagement, supported by Public Health, helped correct misinformation and build trust, laying the groundwork for future collaboration with faith leaders and community figures to promote informed health choices.

The Hadhari Project – Vaccination Grant

The Hadhari Project promotes the welfare, education, social and recreational needs of inhabitants within the city of Derby who are older people or people experiencing mental health problems. The activities provide culturally sensitive services at the day centre on Burton Road and the main client group is members from the African and Caribbean communities.



Key areas:

Health promotion events and workshops, vaccination awareness

Who they supported through the programme:

Elders (over 60s) from the African Caribbean community

Number of events: 12

Number of attendees: 402

Hadhari delivered a series of health-focused events tailored to older community members, with a strong emphasis on vaccination awareness. Each session combined gentle chair-based exercises and free nutritious meals to create a welcoming, sociable environment for open health discussions. Expert speakers, including junior doctors and trusted community scientist Delroy Brooks, addressed vaccine safety, effectiveness, and common concerns, encouraging many attendees to consider vaccinations like the flu jab for the first time. Vaccination messages were also integrated into broader health sessions on diabetes and dementia, with additional support such as blood pressure checks and private follow-up options. By fostering trust, providing clear information, and making discussions accessible and engaging, Hadhari empowered older adults to take proactive steps toward better health and vaccination uptake.

The meeting Hadhari held on 1 February with community scientist Delroy Brooks was well attended. During the session, Mrs E, aged 82, shared with the group that she was going to have her shingles jab as a result of the talk and wished to encourage others to have their jabs. She explained that her neighbour had suffered a severe case of shingles and had been very unwell. If Mrs E had not attended the talk, she might not have been aware of the symptoms and severity of the illness and might have dismissed the idea of getting vaccinated.

At the second vaccination event, held in November, two older gentlemen decided to have their flu jabs after the presentation. This was very encouraging, as they had never had a flu jab before and recognised that doing so would help them to prevent a potentially more severe case of flu. Interest in the vaccination programme has increased as it has progressed, and conversations have been observed around the Hadhari Centre between the elders, who have been asking one another about their vaccinations and how they got on at the doctors.

Glossary

Accountability

When a person or organisation is responsible for ensuring that things happen, and is expected to explain what happened and why.

Asset

Assets can be described as the collective resources which individuals and communities have at their disposal, which protect against negative health outcomes and promote health status. Although health assets are a part of every person, they are not necessarily used purposefully or mindfully.

Best practice

A way of doing something that has been shown to be the most effective way of doing it.

Capacity

The ability of a person or organisation to do something.

Chronic

Something that is long-lasting, that will usually last for life.

Co-design

When you are involved in designing and planning services, based on your experiences and ideas. You may be invited to work with professionals to design how a new service could work, or to share your experiences in order to help a service improve.

Collaborate

The action of two or more people or groups of people working together to produce something.

Commissioned services

The process used by health services and local authorities to: identify the need for local services; assess this need against the services and resources available from public, private and voluntary organisations; decide priorities; and set up contracts and service agreements to buy services. As part of the commissioning process, services are regularly evaluated.

Communication

An interchange that the subject is capable of understanding and acting upon. This may be in a variety of formats including verbal, written or both.

Community

A specific group of people, often living in a defined geographical area, who share a common culture, values and norms, and are arranged in a social structure according to relationships that the community has developed over a period of time. Members of a community gain their personal and social identity by sharing common beliefs, values and norms which have been developed by the community in the past and may be modified in the future. They exhibit some awareness of their identity as a group, and share common needs and a commitment to meeting them.

Community capacity

What people in local communities are able to do to help and support each other. It involves making use of resources that already exist – such as neighbourhood groups and befriending schemes – and developing new ones. It helps people find ways of meeting their own needs, and the needs of others, in the place where they live.

Consultation

The process of talking with groups of people about certain topics to find their views and experiences which can be used to inform and direct decisions.

Demography

Characteristics of a population such as size, distribution and vital statistics.

Deprivation

A situation in which you do not have things or conditions that are usually considered necessary for a pleasant life.

Discrimination

Discrimination is when someone is treated differently or unfairly for being who they are, or for a particular quality or feature they might have.

Empowerment

Authority, permission or power given to someone to do something, or the enabling process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights.

Enable

To make something possible, practical or easy.

Ethnicity

The social group a person belongs to, and either identifies with or is identified with by others, as a result of a mix of cultural and other factors including language, diet, religion, ancestry, and physical features traditionally associated with race. Increasingly, the concept is being used synonymously with race but the trend is pragmatic rather than scientific.

Evidence

Information and knowledge derived from sound research and other reliable sources e.g. evaluation and audit that informs decision making.

Health and Wellbeing Board

Every council area in England has a Health and Wellbeing Board to bring together local GPs, councillors and managers from the NHS and the council. Their job is to plan how to improve people's health and make health and social care services better in their area. Members of the public have the chance to be involved in the work of their local Health and Wellbeing Board through their local Healthwatch.

Health behaviour

Any activity undertaken by an individual, regardless of actual or perceived health status, for the purpose of promoting, protecting or maintaining health, whether or not such behaviour is objectively effective towards that end.

Health determinants

Factors that have most influence on health are called health determinants. Health is an outcome of many determinants such as biological factors, personal/family circumstances and lifestyle, social environment, physical environment, public services, and public policy. The determinants model of health suggests that these determinants affect life expectancy, quality of life, and morbidity and mortality rates of communities.

Health inequalities

Health inequalities are ultimately about differences in the status of people's health, but the term is also used to refer to differences in the care that people receive and the opportunities that they have to lead healthy lives – both of which can contribute to their health status. Health inequalities can therefore involve differences in:

- Health status e.g. life expectancy
- Access to care e.g. availability of given services
- Quality and experience of care e.g. levels of patient satisfaction
- Behavioural risks to health e.g. smoking rates
- Wider determinants of health e.g. quality of housing.

Health outcome

A change in the health status of an individual, group or population which is attributable to a planned intervention or series of interventions, regardless of whether such an intervention was intended to change health status.

Health promotion

Giving people the information or resources they need to improve their health. As well as improving people's skills and capabilities, it can also involve changing the social and environmental conditions and systems that affect health.

Healthy life expectancy

The age you can expect to reach free of illness, disease and disability.

Hypertension

High blood pressure or hypertension is a major risk factor for cardiovascular disease. It is one of the most important and preventable causes of premature morbidity and mortality in developed and developing countries. Hypertension rarely has obvious symptoms. Studies show it is often under diagnosed. The chances of having hypertension increase with age.

Integrated Care Systems (ICS)

In 2016, NHS organisations and local councils came together to form 44 Sustainability and Transformation Partnerships (STPs) covering the whole of England, and set out their proposals to improve health and care for patients. In some areas, a partnership will evolve to form an Integrated Care System, a new type of even closer collaboration. In an Integrated Care System, NHS organisations, in partnership with local councils and others, take collective responsibility for managing resources, delivering NHS standards, and improving the health of the population they serve.

Life expectancy

The average number of years an individual of a given age is expected to live if current age-specific mortality rates continue to apply.

Lived experience

The knowledge and understanding you gain when you have lived through something, or experienced it for yourself.

Steering group

A group of people brought together to oversee a piece of work. Typically, a steering group might be made up of representatives of relevant professional groups, key statutory agencies and the local community and its terms of reference might include:

- Overseeing development and progress of the work
- Agreeing the methodological framework and time scales
- Providing an input of local knowledge and information
- Acting as a bridge between partners
- Facilitating the implementation of the assessment's recommendations
- Helping to assimilate and disseminate the emerging lessons.

Wellbeing

Wellbeing can be understood as how people feel and how they function, both on a personal and a social level, and how they evaluate their lives as a whole.

DHIP is a co-led, joint initiative between Derby City Council (Public Health) and Community Action Derby, working with community organisations and leaders.

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Derby Health Inequalities Partnership

CONNECT | EDUCATE | EMPOWER

