

Norwich Mind

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Focus Group

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Date of Focus Group – 22.05.15

Service / Project Reviews - Inclusion

Facilitators – Paola Colombo; Anastacia Tohill

Scope of the meeting

Present some of the work Norwich Mind has done around Inclusion, get feedback from participants and suggestions on how to move forward.

Subject	Suggestions	Outcomes
<p><i>The Big Questions for the day are</i></p> <ul style="list-style-type: none">• What is Inclusion?	<p>Inclusion is a state of being valued, respected and supported. It's about focusing on the needs of every individual and ensuring the right conditions are in place for each person to achieve his or her full potential</p>	<p>Work within other manager towards achieving that Inclusion is reflected in the organization's culture, practices and relationships that are in place to support diverse service users as well as staff.</p>
<p>Why does Norwich Mind need to be inclusive?</p>	<p>We are all different, and we are all entitled to wellbeing in our own way. Diversity is the mix, inclusion is to get the mix to work well together</p>	<p>Promote this vision within the organisation through the established channels (various meetings and forums)</p>
<ul style="list-style-type: none">• How can Norwich Mind be more inclusive?	<ul style="list-style-type: none">• Closer relationship with other charities or similar organisations with varied (<i>diverse?</i>) contacts	<p>Verify what can be implemented with other Norwich Mind managers and services</p>

	<ul style="list-style-type: none">• Music, so good for the mind!• Reaching BME communities with non-academic activities like knitting• Reaching more black African housewives who are not working with cooking activities• Organise volunteer group to represent Norwich Mind at events• Ideas for Mind Associates workshop: creativity workshop. Creativity is very inclusive• Sharing experiences heals• More talking and conversations• Combat isolation• <i>(Norwich Mind's)</i> Presence in libraries• Attendance at more minority functions• Promoting cultural dances of BME communities• Focus for Associate Magazine on Being Creative• Art and creativity are good for mental health and wellbeing• More art and creativity to help focus the mind: good for wellbeing• Demand art for inclusion and wellbeing	



