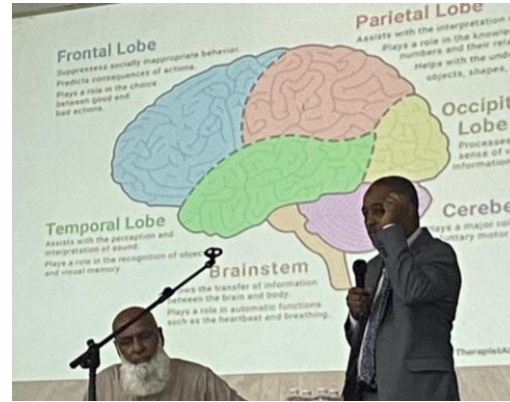

Report and Evaluation



Managing Mental Health Event (2023)



Overview

- The Managing Mental Health event was held at the Coventry Muslim Resource Centre on Sunday 16th July 2023, in partnership with Aksaa and Rethink Mental Illness.
 - This event was funded by Rethink for Coventry Muslims Forum (CMF) to deliver initiatives to address mental health issues.
 - This outreach event sought to raise awareness from the combination of Islamic and medical perspectives in managing mental health.
 - It aimed to increase awareness and understanding of mental health issues, and their impact on individuals and society and finally the importance of mental well-being.
 - To provide the attendees with knowledge on the mental health continuum, equip them with the tools to identify key behavioural indicators and promote coping mechanisms and emotional well-being practices from lived experiences to the Islamic approach.
-

Objectives

Learn about:	Develop goals:	Act:
<ul style="list-style-type: none">• Islamic guidance and approach to navigating Mental Health• Mental Health Spectrum (from general mental wellness to mental illness/disorders)• Stigma Reduction through myths and misconceptions (sharing case studies and promoting open conversations).	<ul style="list-style-type: none">• Awareness (understanding of mental health issues, their impact on individuals and society, recognising behaviours, triggers)• Empowering attendees to develop personal goals (change/maintain healthy behaviours, tools to manage stress, improving resilience, and sustaining a healthy mental health lifestyle)	<ul style="list-style-type: none">• Fostering community support (connecting attendees with local support groups, health practitioners and networks)• Pledge to be a Stigma Fighter (promotion of open conversation and sharing of lived experiences)• Advocacy and Policy Change (engaging attendees with the tools to make a difference).

Event Promotion

Managing Mental Health

Sunday 16th July 2023 | 10.00am - 4.00pm
Coventry Muslim Resource Centre, Coventry, CV6 5EE
Lunch & Refreshments will be provided,
facilities for Zuhr Salah

Brought to you by Coventry Muslim Forum in
partnership with Aksaa and Rethink.

You are invited to join us for a relaxed and
enlightening time listening to Islamic, Medical and
Support perspectives.

To Register, scan the QR code above or go to:
eventbrite.co.uk/e/664927986507

For more information contact:
info@coventrymuslimforum.org



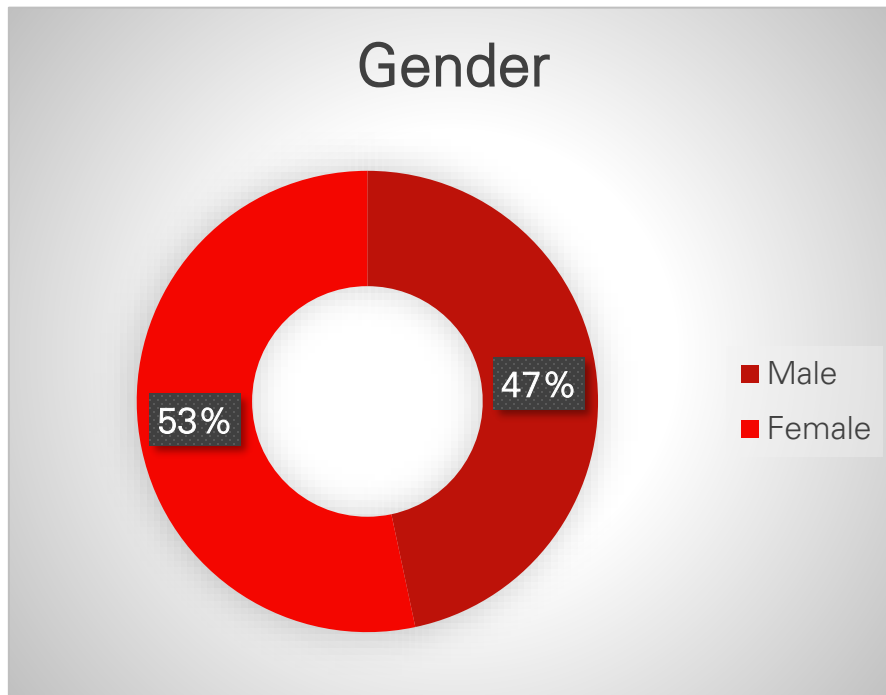
- 5,000 posters and flyers were distributed across all mosques and community Centers
- An Eventbrite page for the event promotion. With around 113 attendees registered via Eventbrite.
- A communication plan for all affiliates to promote the event using public notice boards and announcements during sermons at Friday prayers
- Information to congregations, family and friends encouraged through social media platforms
- Digital flyers circulated to affiliates

Managing Mental Health Event Itinerary

AM/PM	Session	Keynote Speakers
AM	Workshop: Medical perspective on Mental Health	Dr Abdullah Shehu, Consultant Neurologist - UHCW
AM	Workshop: Islamic guidance on Mental Health	Kaushar Tai, Management & Training Consultant - Aksaa
PM	Workshop: Navigating Mental Health Support, incorporating a lived experience shared by Robin Decadt	Nicola Hall, Head of CMHU Coventry & Warwickshire - Rethink
PM	"Ask the Panel" question and answer session	Dr Abdullah Shehu, Kaushar Tai, Nicola Hall, Dr Ayman Zaghoul
PM	Workshop: Mental Health from a Psychiatry perspective	Dr Ayman Zaghoul, Consultant Adult Psychiatrist - Leamington Spa practice and Lecturer at Warwick University
PM	Roundtable discussions & Reflections	Dr Abdullah Shehu, Kaushar Tai, Nicola Hall, Dr Ayman Zaghoul

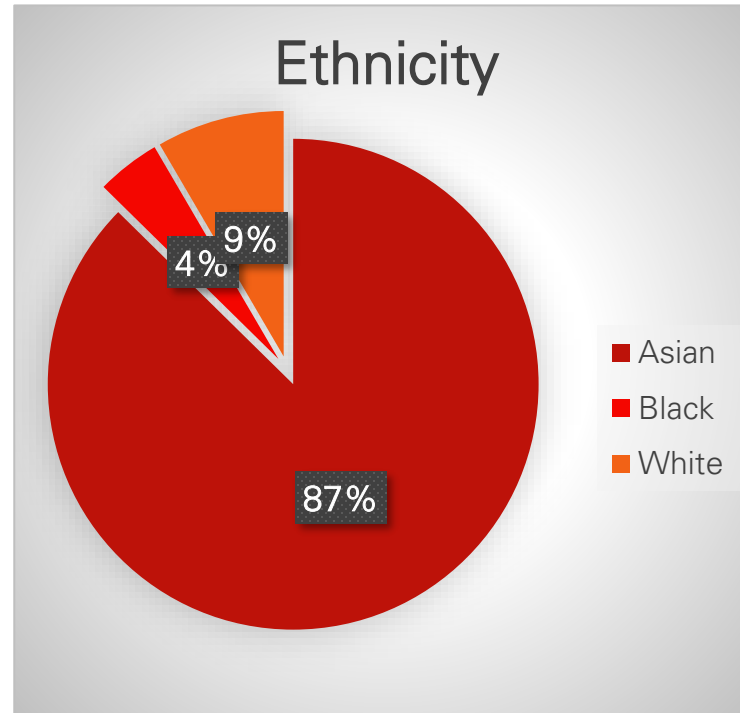
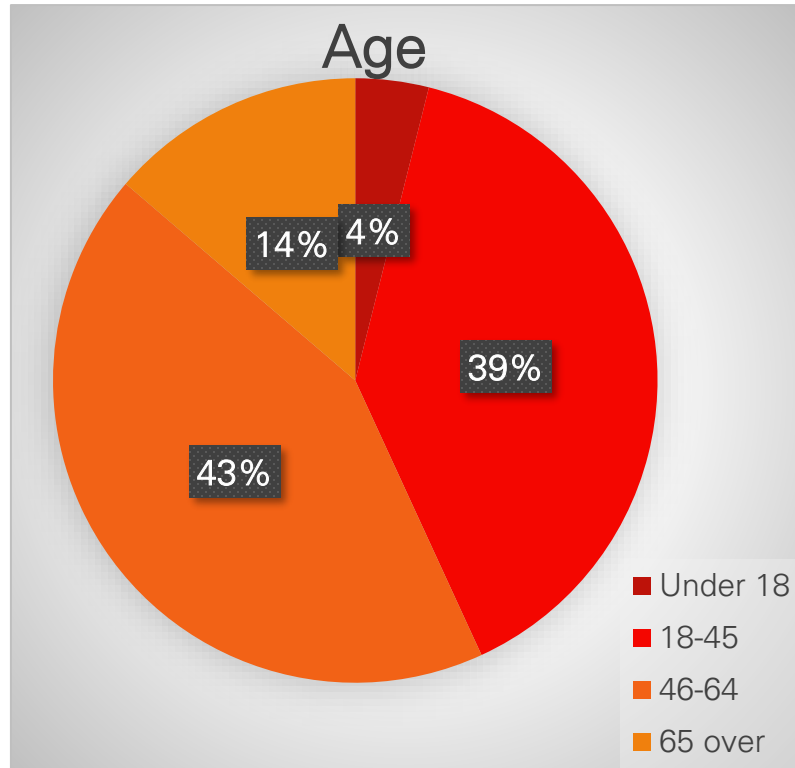
Attendees Demographic

The event was well attended with over 150 attendees, with a balanced representation of both genders.



The females made up 53% of the attendees, in comparison to male representation at 47%.

Attendees Demographic



Faith	Count
Muslim	97%
Other	3%

Attendees Demographic

- The majority of the attendees declared that they did not have disabilities. According to Mind UK, a leading Mental Health Charity, those who suffer from mental health continuum do not consider themselves as having a disability.
- Action - To capture a holistic overview of the attendee demographic of our future CMF events, to include additional optional questions on mental wellbeing.



Outline of Workshops

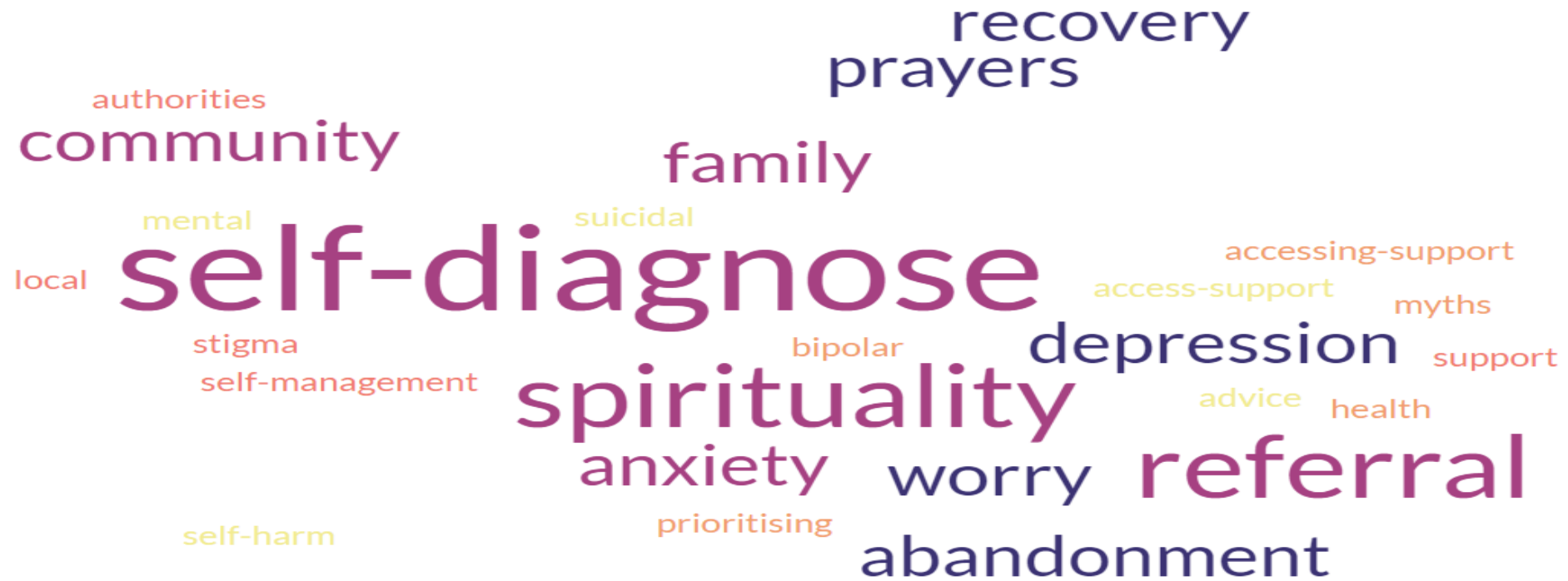
Workshop one: Medical perspective on Mental Health	Workshop two: Islamic guidance on Mental Health	Workshop three: Navigating Mental Health Support	Workshop four: Mental Health from a Psychiatry perspective
<p>Synopsis: An overview of Mental Health, from a medical perspective, and an explanation of the various parts of the brain function and how they can affect you. Mental Health is not a stand-alone illness but can be brought on by many other medical conditions.</p>	<p>Synopsis: A broad overview of Mental Health from an Islamic perspective. Looking at what Islam says in the Quran & and Hadiths regarding Mental Health and the prescribed duas (prayers) and obligations to seek help.</p> <p><i>*Definitions</i> Quran: the central religious text of Islam, believed by Muslims to be a revelation from God. Hadiths: a collection of traditions containing sayings of the prophet Muhammad (Peace be upon him)</p>	<p>Synopsis: an update on how health services have developed over the years to better support patients with Mental Health conditions and what they can expect if they seek help. This included a short talk by Robin Decadt who talked about his personal journey of dealing with his Mental Health conditions and how he is helping Health Services develop better pathways for support.</p>	<p>Synopsis: insights into Mental Health from a Psychiatry perspective. He draws clarity between Psychiatry and Psychology and the capabilities of each specialism, then focuses on the spectrum of Mental health conditions, discussing a few conditions in some detail.</p>
<p>Objective: Attendees to understand the importance of mental well-being.</p>	<p>Objective: Building Islamic spiritual tools and knowledge on mental health management.</p>	<p>Objective: Knowledge of navigating support services available for mental health continuum.</p>	<p>Objective: Recognising that mental health is multifaceted. Guidance on maintain mental well-being and preventions.</p>

Panel Questions

Format: The panel question and discussion session featured four panellists and a moderator to put the questions to the relevant panellists for their responses. The audience was encouraged to submit their questions anonymously to maintain confidentiality and generate open discussions.

The questions have been categorised into key themes as word cloud analyses:

The Word Cloud method applied will display the most prominent theme by the size font size, and colour coding of the themes.



Panel Questions

Examples of question put forward to the panels by themes:

- Self-diagnose: what advice could you give to self-identify mental health issue?
 - Spirituality: what is the best method to raise awareness of Islamic spirituality practices as mechanisms for mental wellbeing?
 - Referral: How did you get the help you needed personally through a professional and navigating the Health Services?
 - Community: How to help parents/people understand they may be struggling with their mental health but do not accept this or understand it?
-

Roundtable workshop

In this roundtable exercise, a themed discussion with leading sector experts, for the opportunity to explore the key drivers for mental well-being and enable the attendees to support better mental health for themselves and for their community.

The roundtable discussions allowed the attendees the opportunity to actively engage in discussion and share their views, and experiences.

The topics covered in the discussions included:

- **Reflection on the Islamic Perspective on Mental Health**
- **Health Services experience and barriers to accessing the services**
- **Taboos and barriers to acknowledging Mental Health Issues**
- **Self-diagnosis of Mental Health and the Internet**

The following two slides illustrate the discussion of the topics through Word Cloud analysis. The Word Cloud method applied will display the most prominent theme by the size font size, and colour coding of the themes.

Roundtables workshops

REFLECTION ON ISLAMIC PERSPECTIVE
TO MENTAL HEALTH

HEALTH SERVICES EXPERIENCE AND
BARRIERS TO ACCESSING THE SERVICES

A word cloud for the topic 'Reflection on Islamic perspective to mental health'. The words are arranged in a cluster. 'spiritual' is the largest word in purple. Other words include 'prayers' in yellow-green, 'religion' in blue, 'training' in blue, 'dua' in purple, 'meditation' in orange, 'quran' in yellow-green, 'guidance' in orange, and 'healing' in orange.

connection prayers
training religion
spiritual quran
dua meditation
guidance
healing

A word cloud for the topic 'Health services experience and barriers to accessing the services'. The words are arranged in a cluster. 'accessibility' is the largest word in purple. Other words include 'language' in purple, 'unconscious-bias' in blue, 'taboo' in orange, 'limited-information' in blue, 'awareness' in yellow-green, 'knowledge' in orange, and 'transport' in orange.

language
unconscious-bias
accessibility
taboo
limited-information
awareness
knowledge
transport

Round tables workshops

TABOOS AND BARRIERS ACKNOWLEDGING
MENTAL HEALTH ISSUES

A word cloud for the topic 'TABOOS AND BARRIERS ACKNOWLEDGING MENTAL HEALTH ISSUES'. The words are arranged in a circular pattern around a central point. The largest word is 'diagnostic' in purple. Other prominent words include 'self-acceptance' in purple, 'culture' in dark blue, 'pride' in yellow, 'tools' in orange, 'society' in red, and 'recognition' in yellow.

pride
tools
diagnostic
self-acceptance
culture
society
recognition

SELF-DIAGNOSIS OF MENTAL HEALTH AND
THE INTERNET

A word cloud for the topic 'SELF-DIAGNOSIS OF MENTAL HEALTH AND THE INTERNET'. The words are arranged in a circular pattern. The largest word is 'symptoms' in purple. Other prominent words include 'anxiety' in yellow, 'medication' in yellow, 'awareness' in dark blue, 'tools' in purple, 'diagnostic' in red, and 'knowledge' in orange.

symptoms
awareness
tools
diagnostic
medication
knowledge
anxiety

Details of services available on the day

Coventry and Warwickshire Partnership Trust – stall promoting Dimensions of Health and Wellbeing support in:

- Worrying and anxiety
 - Mood and enjoyment
 - Sleep
 - Relationships
 - Family situation
 - Sensory Responses
 - Work and Education
 - Addictions
 - Eating
 - Connection with Others
-

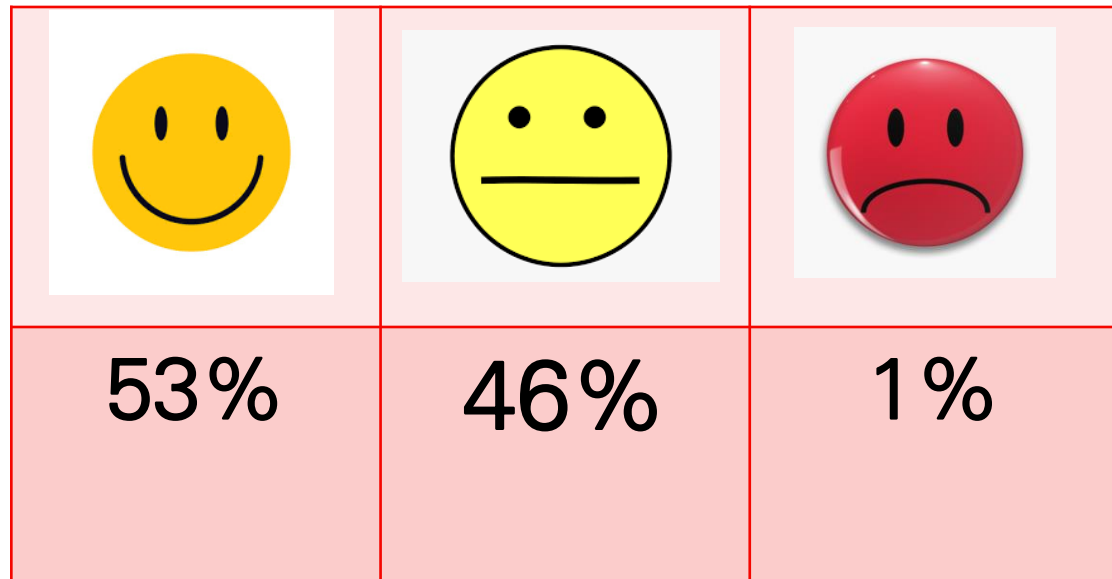
Attendees Feedback



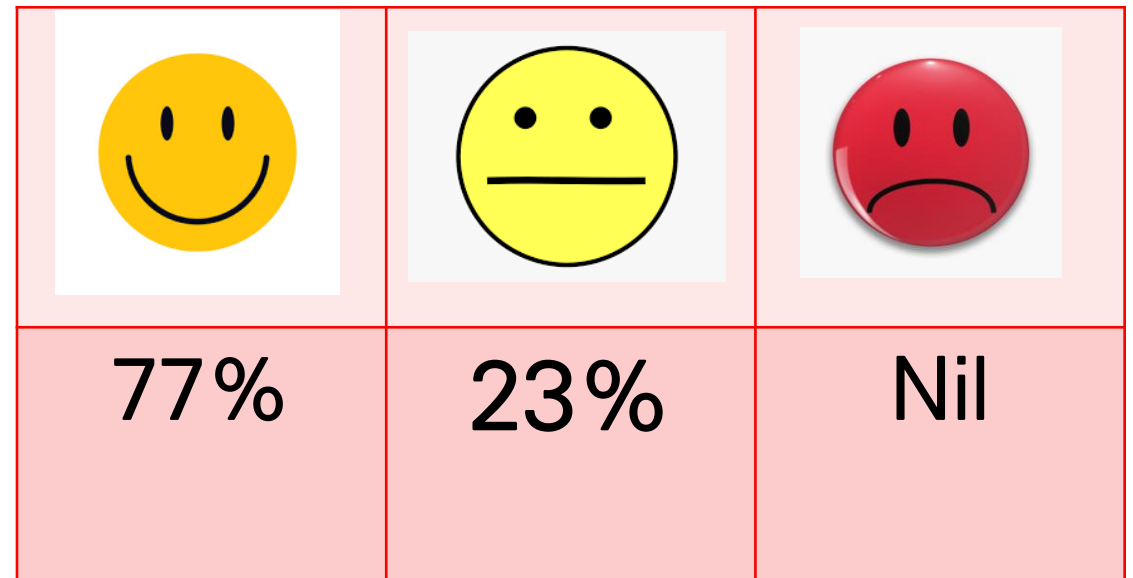
- Just over 48% of attendees completed the attendee feedback survey.
- Around 98.5% of participants were 'very satisfied' with the overall event.
- All survey respondents found the venue accessible for the delivery of this event.
- Roughly 87% of respondents feel confident to access support services following this event.
- All survey feedback highlighted that they would be interested to learn more about any mental health topics that were not covered at this mental health event.

Attendees Feedback

ON ARRIVAL: HOW WERE YOU FEELING?

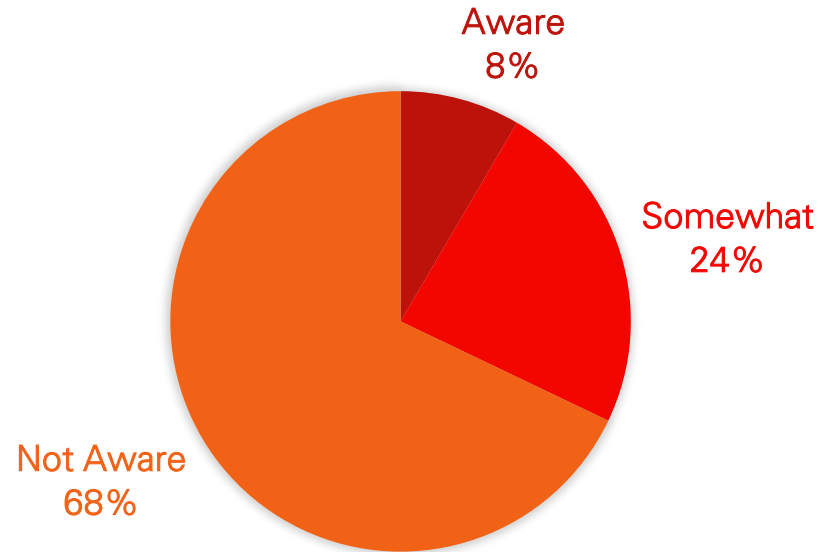


AFTER ATTENDING: HOW ARE YOU FEELING RIGHT NOW?



Attendees Feedback Islamic Perspective on Mental Health

HOW AWARE WERE YOU OF THE RECOGNITION AND
ADVICE GIVEN ON MENTAL HEALTH FROM AN ISLAMIC
PERSPECTIVE?



100% of survey

respondents informed that having heard references from the Quran and Hadiths on Mental Health, has given them the confidence to talk more openly about managing mental health wellbeing with Islamic tools.

Attendees Feedback

Was there any specific part of the event that you found most useful and informative?

Overall, the event was informative, I particularly enjoyed Robin talking about his own experiences.	The highlight of the event was on the Islamic perspective on mental health.
Dr. Ayman and Mr Kauser's presentations linked back to Islamic values.	Dr. Ayman presentation mentioned 'forget about the past and think about the future'.
The nature of these events should be hosted every fortnight, with the aim to focus on different topics. Overall, I really enjoyed the event, especially with lunch and refreshments provided.	The talk on Sabr (patience) and coping with anxiety from an Islamic coping mechanism.
The Q&A panel session gave me the opportunity to ask question that was not covered in the event agenda.	To know that I am not a bad Muslim due to my mental health condition.

Speaker profiles

Dr Abdullah Shehu



Abdullah came to the UK from Nigeria in 1986. Moved to Coventry in 1993 and became a Consultant Neurologist in 1996. He was a Clinical Director for eight years then Divisional Medical Director for four years.

Community work has involved being the Chairman of Muslim Doctors and Dentist Association (UK) a registered charity for four years, Chairman of Health and Medical Committee of MCB for four years.

He is the co-founder and Chairman of Coventry Muslim Forum in 2010 which won the Queen's Award for Voluntary Service in 2017.

Abdullah received the Coventry City Merit Award in 2014.

Received an MBE in 2019

He continues to build relationships and bring communities together working closely with Bishop of Coventry, City Council, other religious leaders, City Council and the Police to improve community cohesion.

Speaker profiles

Dr Ayman Zaghloul



Dr Zaghloul graduated from Cairo University Medical School in 1990 and completed additional specialist training with the Royal College of Psychiatrists in 1999.

He works as a Consultant General Adult Psychiatrist for the Coventry and Warwickshire Partnership NHS Trust, where he has been the lead clinician, responsible for the development of the Complex Care Directorate, Substance Abuse and Dual Diagnosis Services since 2002.

Dr Zaghloul is currently the Lead Clinician for the ADHD Transitions Service, He is also an Honorary Associate Clinical Professor at Warwick Medical School, Warwick University.

He has lectured extensively locally, nationally and internationally and has published numerous papers, some of which can be found in the European Journal of Psychiatry. He is a Fellow of the Royal College of Psychiatrists and has been awarded an NHS level 5 excellence award for his work.

Speaker profiles

Kaushar Tai



- Kaushar Tai is the Management and Training Consultant and Director of Aksaa, specialising in delivering soft skills training courses including Leadership and Management; Personal and Professional Development and People Management; Business Ethics; Positive Parenting and Marriage Courses.
 - He also delivers Islamic Cultural Awareness and Cultural Competency Training for non-Muslim public sector professionals and the civil service.
 - Kaushar has also delivered the Muslim Chaplaincy Course, Leadership Course, and Employability Skills Course online on behalf of Al Balagh Academy.
 - He also holds a senior management position in Health and Social Care fields and Regeneration programmes and is a qualified Health and Social Care professional with experience in Leadership Management roles.
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Speaker profiles

Nicola Hall



Experienced Senior Lead with a demonstrated history of working in the Health, Social Care and Criminal Justice Sectors in both Statutory and the Non-Profit Sector. Currently leading the Community Mental Health Unit work in Coventry and Warwickshire.

Acknowledgement

The Management Team of Coventry Muslim Forum (CMF) are grateful to Rethink for funding this mental health event.

Thank you to our partners Aksaa and Rethink Mental Illness, Speakers (Dr Abdullah Shehu, Dr Ayman Zaghloul, Kaushar Tai, Nicola Hall) and CMF volunteers for giving up their time to service the day. We sincerely appreciate your time and dedication to this event



Without the funding, partnership and volunteer support, we would not have been able to fulfil our event objectives and serve the people in our community. It truly makes a difference in the lives of the people in our community.

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- Please visit our website: www.coventrymuslimforum.org
 - This report was produced by CMF Management Team on 10/09/2023
 - For general CMF queries, please email us: info@coventrymuslimforum.org
 - For information on CMF membership & Trustee application, please contact Dr Abdullah Shehu abdullahshehu@gmail.com and Ghulam Vohra gvohra@hotmail.com

Contact Information
