



Black Asian Minority Ethnic BAME



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BAME are British citizens with a registered GP not migrants or immigrants

Diabetes is higher within Pakistani, Bangladeshi and Black Caribbean communities.

Levels of Obesity are higher in the Black African, Black Caribbean and Pakistani communities.

Indian, Pakistani and Chinese women are less likely to meet recommended physical activity levels.

The project will target support to the following BAME communities:

Pakistani
Bangladeshi
Indian
Black Caribbean
Black African and
Chinese women



BAME Health Outreach

Why: There are health inequalities in Nottingham so NHS approached us to support them to look for solutions in BAME Communities which covers 35% of the cities population

Our approach uses mutual aid and self help principles to engage people from Bangladeshi, Indian, Pakistani, African, Caribbean and Chinese communities:

- to take up services that already exist
- to work with partners such as community health services to develop approaches encouraging people from our BAME communities to get involved.
- Barriers



Engaging with the Community

Show Launch Video

https://www.youtube.com/watch?feature=player_embedded&v=AKIZ7an5rhs



How to Engage



Case Study

I have diabetes and want to get fit and some support to access services where do I go?

I'm your Diabetes Nurse/GP and here to help with the medical side, I'll contact the BAME project to offer you support to access services

I'll do an individual support plan that suits you

We need more referrals and community champions to support attendance



Your Pathway





Case Study

Benefits



I feel healthier, confident and socially active



I'm happy with the improvements of managing health



BAME really made a difference to health, isolation, confidence and community involvement



Our referrals went up and we welcomed the individual support from the BAME Project



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Take a walk around the Caribbean Community

<https://www.youtube.com/watch?v=3Fm1n1Unt9Y>

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