

Promoting A Healthier Community

Project Background:

A year long project that will provide three online 'chatroom' sessions with a minimum of three healthcare experts to deliver information, facilitate a discussion and answer questions on a topic chosen by the community itself.

We have held sessions like this within the community before focusing on COVID-19 and the misinformation surrounding protection protocol and vaccines. These have been very successful throughout the community.

We have also held sessions on mental health and diabetes and would love to be able to extend this further covering health topics that the community itself deems important.

Project Aims/Objectives:

'Promoting a healthy community' aims to address the misinformation that the community has received on a number of health issues. Many members of the community receive their information on healthcare through word of mouth or from many conflicting sources.

- We aim to tackle the abundance of misinformation in the community through using medical specialists to provide educational and information sessions. These sessions will empower the community members to make informed decisions on their health.
- We aim to address the emotional attachment that many members of the community have with these misconceptions.
- To deliver these sessions online so as to reach the highest number of vulnerable people and to make it as accessible as possible.
- To provide opportunities for the community to relay what healthcare advice that they feel they need and then tailor the sessions to meet this demand.
- To provide opportunities for discussion and to ask questions to healthcare professionals.
- To provide workshops and 1-1 follow up sessions.

Project Approach:

In following outline procedure, we held four information online sessions led by health experts: Milind Girish, Dr. Raj Madula, Dr. Sasha Ang, and Girishankar, Rupesh Kumar Polani.

The topics covered for online sessions:

- Covid Misinformation
- Misinformation regarding Women's Health
- MonkeyPox :Information and misinformation on Monkey Pox and other communicable diseases.

In addition, we also held in person events on Topics including :

- Diabetes Awareness session
- Use of Pocket Medic
- Self Management of Foot Care for those with T2 Diabetes.

Consequently, we came across individuals who found it difficult to access the information. In view of this, we held additional 1-1 mentoring sessions with those who requested additional help

Project Outcome(s):

Although our original proposal was to conduct 3 information sessions, we found that there was an increase in interest from the community to have more sessions.

This led to an increase number of peer support sessions.

Many members felt more informed as the information came health experts and they were able to refer back.

Outstanding lessons

- Wonderful networking
- Amazing training opportunities.
- Raising the profile and credibility of the charity 'The Mentor Ring'



Project Impact:

A total of 170 people viewed online sessions.

23 wanted face to face sessions (including, importantly those who were not able to communicate in English)

An increased awareness of Health and Well Being issues and approach appropriate health experts for their concerns.

Work presentation

- TMR attended Welsh Government cross party meetings where TMR shared about their work
- TMR is also publicised the information sessions via Welsh assembly's Newsletter as well as Public Health Wales
- Presented to Board Members of TMR
- Social Media and local communities
- TMR has a YouTube channel where recorded sessions are available for the public

Key Conclusions:

- There is abundance of misinformation going around in the community.
- Absolute necessity to better inform the public.
- Vulnerable people are most affected with misinformation.

Next Steps:

- To procure funding so that the project can be expanded to reach wider communities across Wales.
- To promote digital inclusion for health & well-being.

