

ABL Health – Supporting Syrian Refugees

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People Powered



Bold

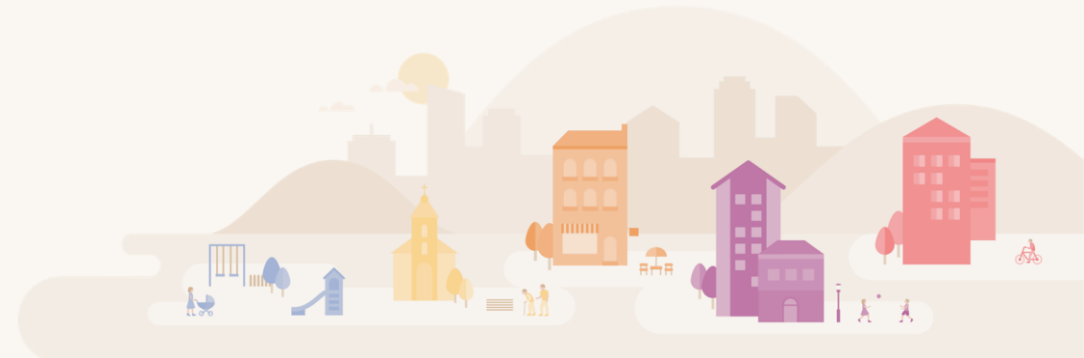


Effective



Thoughtful

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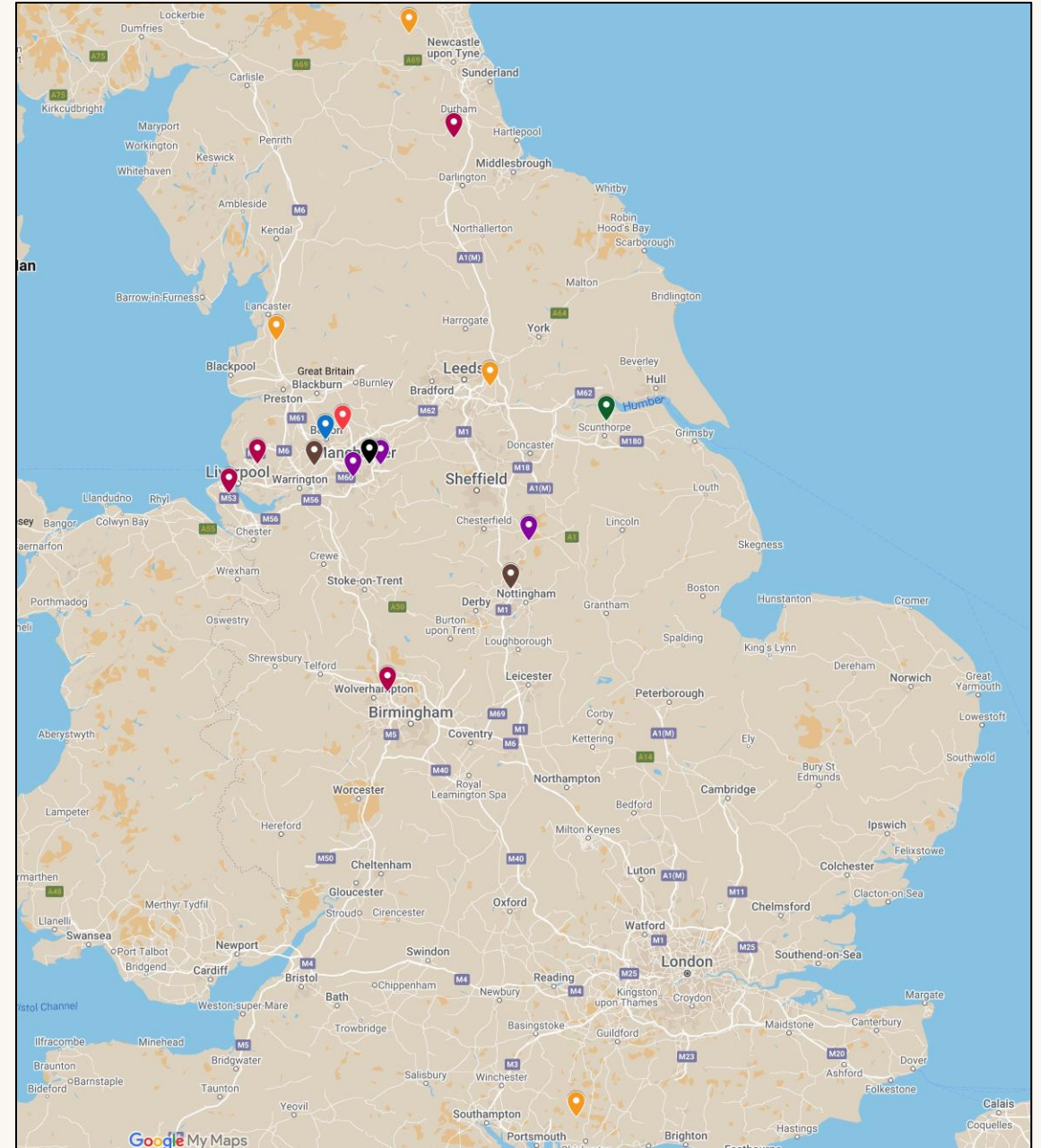
What do we deliver?

- Obesity management (Tiers 2-3)
- Healthy lifestyle and behaviour change interventions
- Integration of Lifestyle Services
- Psychological and mental wellbeing/Health interventions
- Smoking Cessation
- Physical activity including Falls Prevention
- Community Nutrition
- Training to health professionals on lifestyle and public health matters
- Bariatric preparation/assessment
- Intensive Personalised Support / MH services for Children/Young People
- Prison Health Councils

Our Approach is **Multidisciplinary** and **Holistic**



	Bolton Headquarters
	Wirral Smoking Cessation
	Sandwell Smoking Cessation
	Sefton Smoking Cessation
	County Durham Smoking Cessation
	Intensive Personal Support
	Be U Notts (CYP mental health)
	Notts IWS (Your Health Your Way)
	Oldham IWS (Your Health Oldham)
	Stockport Wellness
	Lincs T3 weight management
	Oldham Brokerage
	Prisons Health Council



Pilot 1, Nottinghamshire - Context

- Your Health, Your Way integrated wellbeing service supports residents to lose weight, quit smoking, reduce alcohol consumption and increase physical activity levels.
- Key areas of focus include supporting those from 40% most deprived communities and working with priority/inclusion health groups.
- The service also aims to work alongside district councils to ensure both parties work collaboratively to align the vision and values of the Your Health Your Way service to local health and social care priorities.
- During a conversation with colleagues in Newark and Sherwood it was identified that a group of Syrian Settlers were potentially missing out on community health services due to barriers such as language, cultural differences and generally lacking the confidence required to access support around lifestyle behaviours.

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Our approach

- Consultations were held to co-produce the sessions with the families and two separate interventions were designed to suit the needs of both the men and women of the families.
- Two pilots were devised, one for women and one for men.
- Women received a weekly nutrition session covering a range of topics followed by an aerobic exercise class, centered around dance to upbeat music, chosen by the women.
- The men's pilot delivered a series of 5-a-side football sessions with a post-match 'safe space' for mental health to be addressed. This was facilitated by a trained therapist.

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Outcomes

The pilot has received a great deal of positive feedback from both groups and their liaison officer, who also recommended the service to her counterpart in Mansfield & Ashfield district due to the significant positive benefit to the community and this is now in development.

Building on the success, we also delivered a physical activity summer camp for the whole family to enjoy!

Client Testimonies:

Client A – “We enjoyed a lot and learned a lot of new information. I liked it and enjoyed it very much even I came from another village with the baby, but it was a lovely time. I hope we can do it again soon, thank you so much”.

Client B – “The sessions were amazing and useful. I’ve learnt what is good and healthy such as protein and vitamins. I’ve learnt what is calories. It was wonderful. Lessons were fantastic. I would like to continue in the near future. We would like to thank you all and would like to thank Mai for interpreting”.

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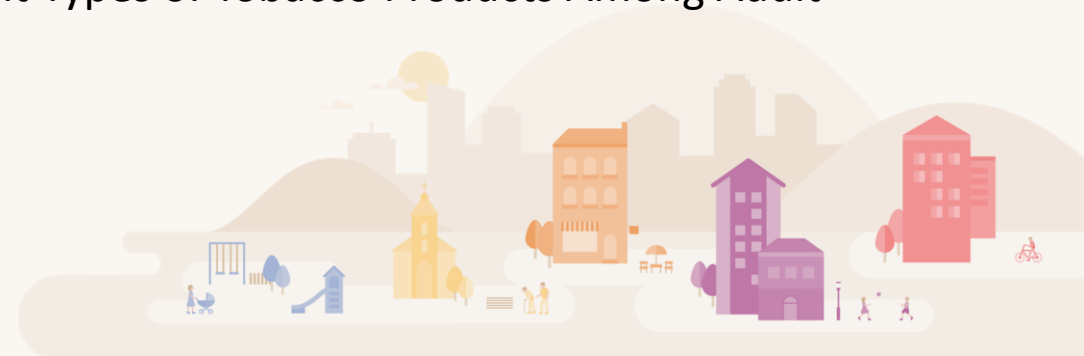


Pilot 2, Wirral - Context

- Cigarettes and shisha are the two main forms of tobacco consumption among Syrian refugees in Wirral
- Shisha smoking is embedded in Syrian culture, less perceived as an addiction by users
- Smoking is seen as a means of stress management, coping and relaxation
- High smoking prevalence in home country- 58.3%*

*Labban, L (2021) 'The Prevalence of Smoking and the Use of Different Types of Tobacco Products Among Adult Syrians'. Research Square.

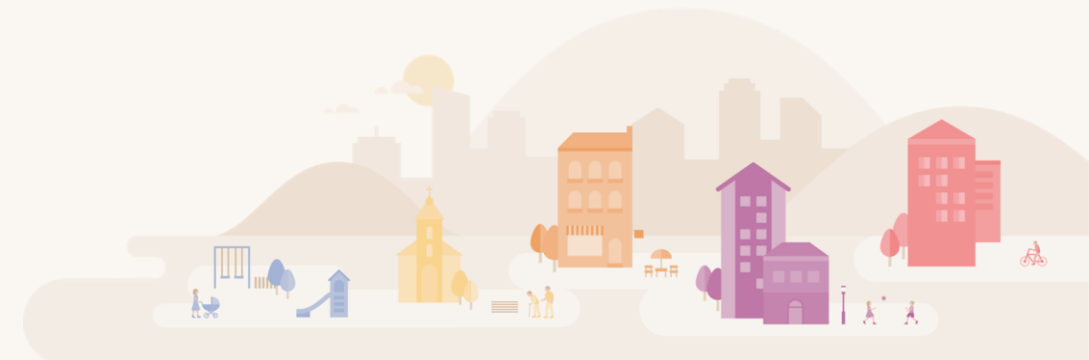
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Our approach

- 12wk smoking cessation support programme plus f/up at 26 & 52wks
- Referrals through Refugee Action, GP, midwives, secondary care, health link workers, friends and family
- Interventions delivered by Arabic speaking practitioner
- Home visits – 1:1 and family support
- Identifying challenges and barriers
- Culture sensitive approach
- Translated promotional material and text messages

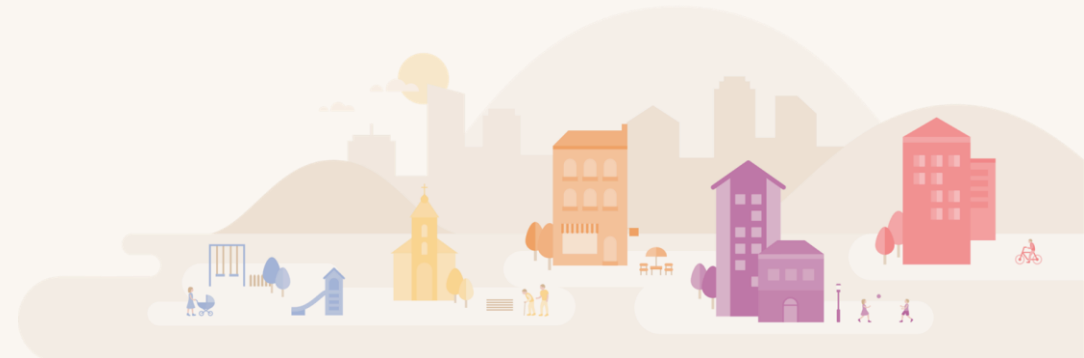
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Lessons learned

- Understanding and addressing the barriers faced by Syrian refugees is instrumental in achieving the desired behavioural change outcomes
- Need for organising health education talks with partners in the sector targeted at Syrian refugees in Wirral on the harm of smoking to health
- Group interventions could be more beneficial than 1:1 giving refugees opportunities to come together, explore and share their experience with quitting smoking in a closed group setting

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Thanks for listening

Any questions?

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