

MINORITY COMMUNITIES ADDICTION SUPPORT SERVICES (MCASS) SCIO

PARATHA IN THE PARK



MCASS, S Paratha in the Park project works with Black Minority Ethnic Women who are disproportionately disadvantaged by mental health and by other multiple issues which are complex in nature.

THE GROUP

Paratha in the park is a Peer support group for BME women. The women are all over the age of 55. The women are from Glasgow and surrounding areas.

FIRST GROUP MEETING



The Ladies discussed what they needed and how they would benefit from the group. They said they needed to :

- Create a safe space
- Share ideas, feelings and emotions
- Have a voice
- To feel less isolated
- To learn better self care
- To Improve mental health
- To encourage Peer support
- To learn about and explore what is around them in Glasgow and surrounding area's

FIRST STEPS

- **Group Rules**

Boundaries, Confidentiality, Respect

- **Enrolment forms**

Paper work, Consent

- **WhatsApp Group**

Ladies agreed to create a WhatsApp group to help stay connected, arrange and plan activities, have a platform to improve their reading and writing skills. The WhatsApp group allows for a safe place to share daily stories, pictures and videos. Voice messages are sent to each other in Urdu/Punjabi to include those ladies who cannot read and write.

LEARNING ABOUT AND EXPERIENCING SCOTLAND



The rain didn't stop the ladies from visiting the Kelpies. They had heard there were horses somewhere and they were intrigued and excited to see them. They thought they were going to visit real horses and were amazed to see the metal work and structure. The ladies learnt that the Kelpies are a monument to horse-powered heritage across Scotland.



1 -

- Dumbarton Rock



2 -

- Reached the flag pole at the summit

Lady C: reaching the summit- Personal achievement

Lady C was determined to reach the summit of Dumbarton Castle, climbing more than 500 steps to the Flagpole at the summit. This was a personal achievement to her, and it only came apparent as other members of the group only managed to climb part way, but Lady C was keen to continue. This was a very challenging climb.

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Lady C received a bunch of flowers to congratulate her on her achievements for reaching the summit and beginning to drive again.

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ladies went to see a South Asian movie to reconnect with their desi roots, and benefit from the healing pleasures of music and dance and of course Shahrukh Khan - no translation needed.

GROUP VISITED ORGANIC FARM SHOP



- Group learnt about organic produce.
- Educating women on the benefits of organic produce.
- Translated and explained the differences in the produce that was available on the day.
- What the different properties of some of the organic honey's were.

SELF CARE AND THERAPIES



The ladies learnt about the benefits and the healing powers of Aromatherapy, Massage, Reiki, Reflexology. They learnt how these therapies can release tensions and encourage a feeling of wellbeing.

A lady said "her body was now so tension free that she could have slept in the treatment room all day."



The ladies shared traditional South Asian remedies that have been shared for hundreds of years and passed on generation to generation amongst women. Keeping alive the lost remedies and recipes, which offer holistic properties. Making use of oils, herbs and spices and learning how they can benefit from them.



The ladies discussed the different ingredients according to the seasons and the individual's health needs. They decided it was important to create a seasonal recipe for panjeeri, to help them be more prepared for the cold months ahead.

ENJOYING THE SEASONAL FESTIVITIES



3 - PUMPKIN PICKING



4 - A lot of effort and prep work has gone in to making some dessert with the pumpkins- YUM YUM



5 - Huge pot of peeled and chopped pumpkin, halva will be ready in 8 hours

The group went pumpkin picking to be a part of the festivities. They decided to make a pumpkin halva, which is a traditional dessert dish which has been enjoyed for hundreds of years in the south Asian cultures.



6 - YUM YUM - all ready to eat

QUOTES

Lady A was involved in a car accident.

“Had it not been for the excitement of having the day out to distract my mind, I would have spent the whole day at home depressed and stressed and would have worked myself up into a right state.”

Lady A was able to put aside the accident and just enjoy herself. Her mental health and frame of mind was positive, and she was able to accept the consequences of not having a car as she had her health.

Lady B was very grateful to have the opportunity of the group.

“Thank you for making the time to give us ladies a bit of time. We were daughters, wives, mothers and now grandmothers but have no purpose anymore. Attending ‘Paratha in the park’ has given my life a purpose.”

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OUTCOMES ACHIEVED

- Women have better mental health.
- Women have better Physical Health.
- Women are able to achieve and sustain life-long healthier positive outcomes.

Additional outcome achieved:

- Women are able to support each other better.
- Women have reduced loneliness.