



Fairer Health For All

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Founder



Across Ummah CIC
Bridging Health inequalities, offering a wide variety of services including mental health support for Ethnic communities and marginalized communities.



Project Vision/Aim



Establishing a Community Holistic and cultural Healthcare and Wellness Centre to Address Health Disparities in Manchester

Health Disparities in Ethnic Minorities affects their life expectancy.

Life expectancy is impacted by social, economic, and environmental factors.

Barriers (such as language, digital skills) to accessing care, and biases in healthcare services, are significant.

The needs to tackle issues such as mental health, diabetes, Cancer, Pulmonary diseases and vaccine hesitancy are urgent.

The need for a dedicated centre focused on health inequalities, sustainability, and inclusion is clear.



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What did I do?

Collaborations with various stakeholders such as NHS, MLCO, MCC and others to execute life changing projects.

Using the logic model, qualitative and quantitative surveys variety of services including culturally appropriate mental health support for the Ethnic communities

Food Hub

Culturally appropriate Health Education workshops and Trainings

Family Hub: that foster proper parenting, bonding and cohesion

Youth Programs: serve peer support to the youths preventing them from various crimes and violence.

Diabetes , Cancer and chronic Heart condition awareness workshops

Dementia support

Community collaboration activities

Activities	Number of sessions	Number of individuals supported
Weekly Food hub and healthy lifestyles	94	2640
Mental Wellness and Therapy	43	207
Workshops and trainings	36	720
Research partnerships	11	73
University partnerships	6	6
Outreach/ Trips	17	321
Total:	195	3967

Changes in my work



Impact / Outcomes

Additional trainings and learning have enhanced Across Ummah care of plans in reducing health disparities through our targeted support such as mental health services, Diabetes, Blood pressure, weight management (food vs medication), dementia and Cancer.

Enhanced collaboration with NIHR and other Researchers for Medical Research on Marginalized Communities.

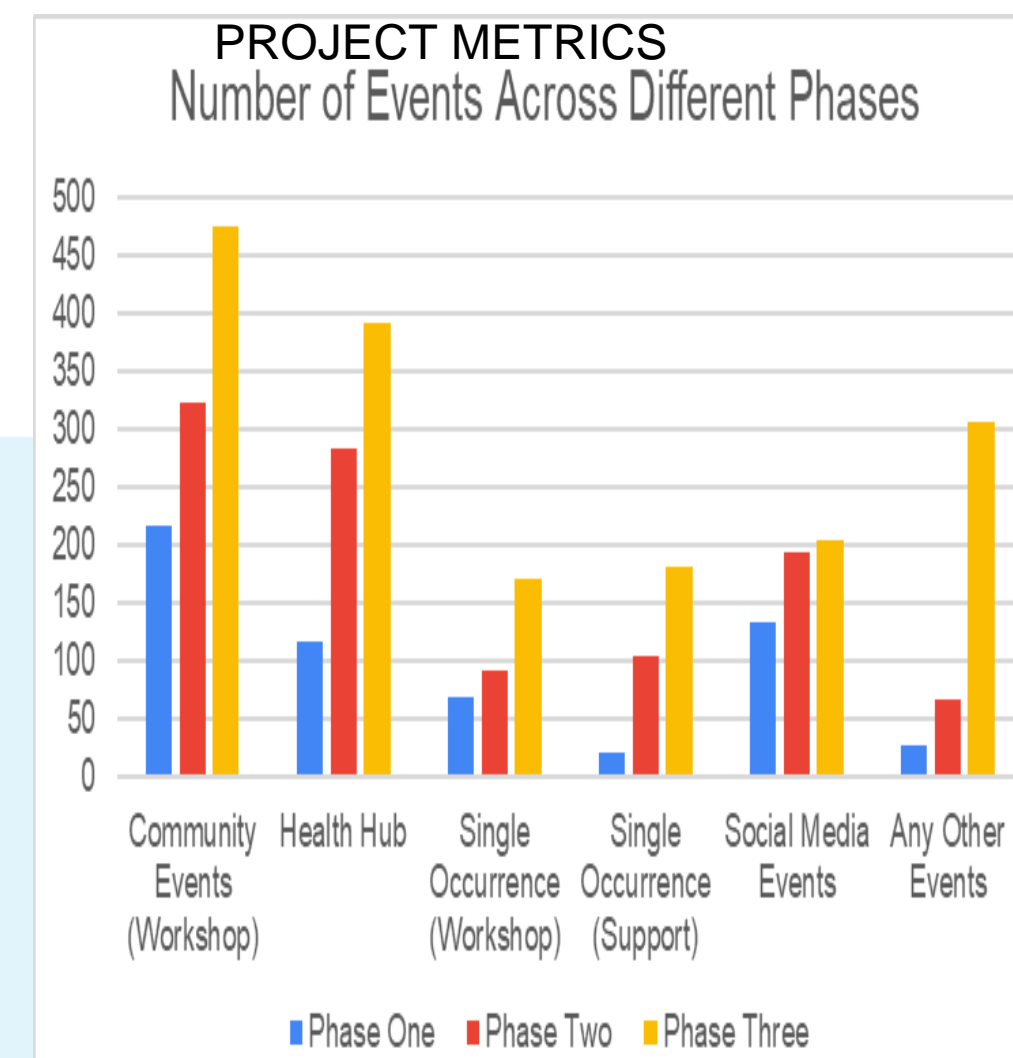
More Youths have been off the streets preventing knife crime and substance abuse. Approximately 4000 individuals have been educated or positively impacted.

These not only improve individual health outcomes but also reduces the strain on NHS by addressing issue on time and preventing escalation.

We have successfully provided social support for the lonely, and financial empowerment and inclusion.

From pallative to living

Mr X, who was put into care after having a stroke and underlying health conditions, being unable to use his left arm. Our personal centred intervention approach, several visits with our trained carers, holistic care and work, he is now fit enough again to move his arm and gain more independence.



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NIHR Health Protection Research Unit in Behavioural Science and Evaluation at University of Bristol

University of BRISTOL

Centre for Academic Child Health, Bristol Medical School, University of Bristol, Canynge Hall, 39 Whatley Road, Bristol BS8 2PS

Promoted by Across Ummah CIC

Recruitment poster MAVIS project 3 V3 (2022-10-17)

What I learnt

Trust and credibility are crucial for change.

Diverse opinions in caring for ethnic minorities are life-saving. What matters to an individual should be centred around their care of plans.

We bridged health gaps by overcoming communication barriers, fears, and misconceptions, providing culturally appropriate care. This improved sedentary lifestyles and responses to medical treatments and research.

However, securing sustainable funding for these services and accessible location for all remains challenging.



Across Ummah
Combating Problems in Society

**Greater
Manchester
Integrated Care
Partnership**

Has this changed how I work?



Our care plans for service users have improved through collaboration with various health sectors, NHS, Christie Hospital Maggie Department, Macmillian, Social services, PCNs, GPs, Faith Sectors and networking beyond Manchester.

This holistic approach has broadened my perspective, enhancing care plans often overlooked in conventional NHS and social settings.

Currently focusing on improving Population Health and community services using qualitative and quantitative measures to validate and evaluate progress.



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What happens next?



The project will benefit from a statutory centre and consistent funding to run workshops, hire staff, organise more trainings, and improve logistics.

Enhanced collaboration with GPs, PCNs, and health teams is needed for referrals, data management, and communication. Cultural Education centre for workshops, training, digital skills, Trauma and vaccination programs.

More PCNs and GPs should understand our holistic approach to integrate it as a complementary addition to the healthcare sector, helping to save and treat more lives.



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