

# The role faith can play in health, especially mental health

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National Co-ordinator



# Who are FaithAction

- National network of Faith based and Community organisations
- Over 1,400 organisations
- Secretariat to the All Party Parliamentary Group on Faith and Society
- Manager of the Creative English programme, Together in Service fund, and one of the 22 health and social care voluntary sector strategic partners



# What is the Strategic partnership programme

- 22 organisations working to Department of Health, Public Health England and NHS England
- Act as critical friends
- Policy impact, delivering a work programme of services, representing 'faith' and community groups



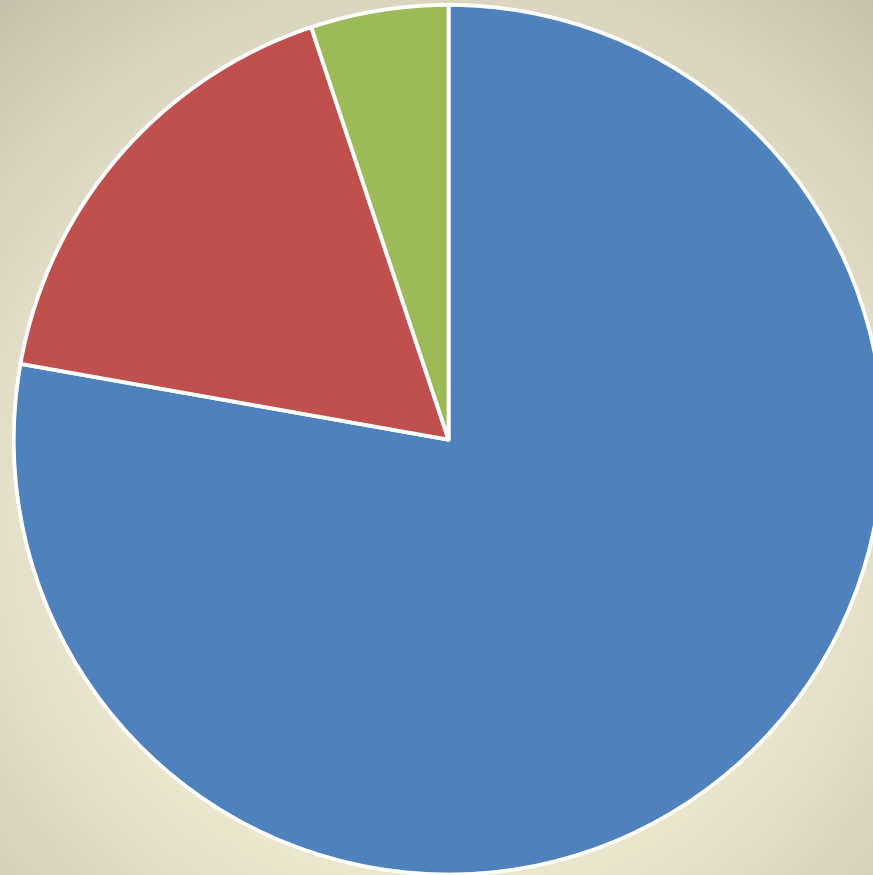
# Why faith? The Stats...

- 31,000 charities in England and Wales that cite religious charitable objects and many more that have a faith-based focus
- One pound in six given to charity in Britain over 2011/12 went to religious causes, making them the largest beneficiary of donations (17% of the total money given to charity by the public in the UK - amounting to nearly £1.6 billion).



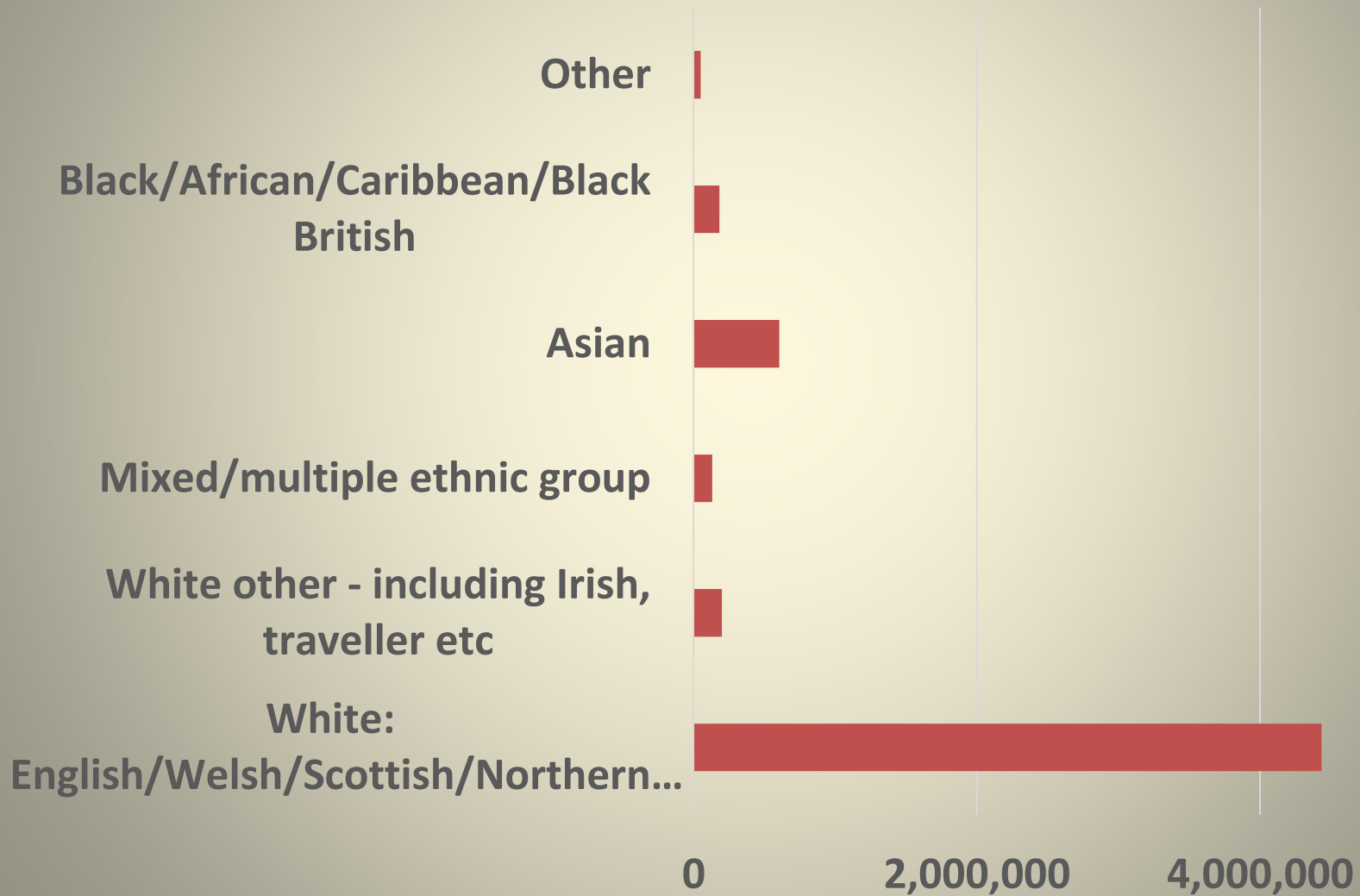
- The total income of faith based registered charities is estimated at £4.6 billion, predominantly through FBOs which are very small, informal and heavily dependent on volunteers (around 90%), although others are amongst some of the largest charities (around 10%).

## West Midlands taken from 2011 Census

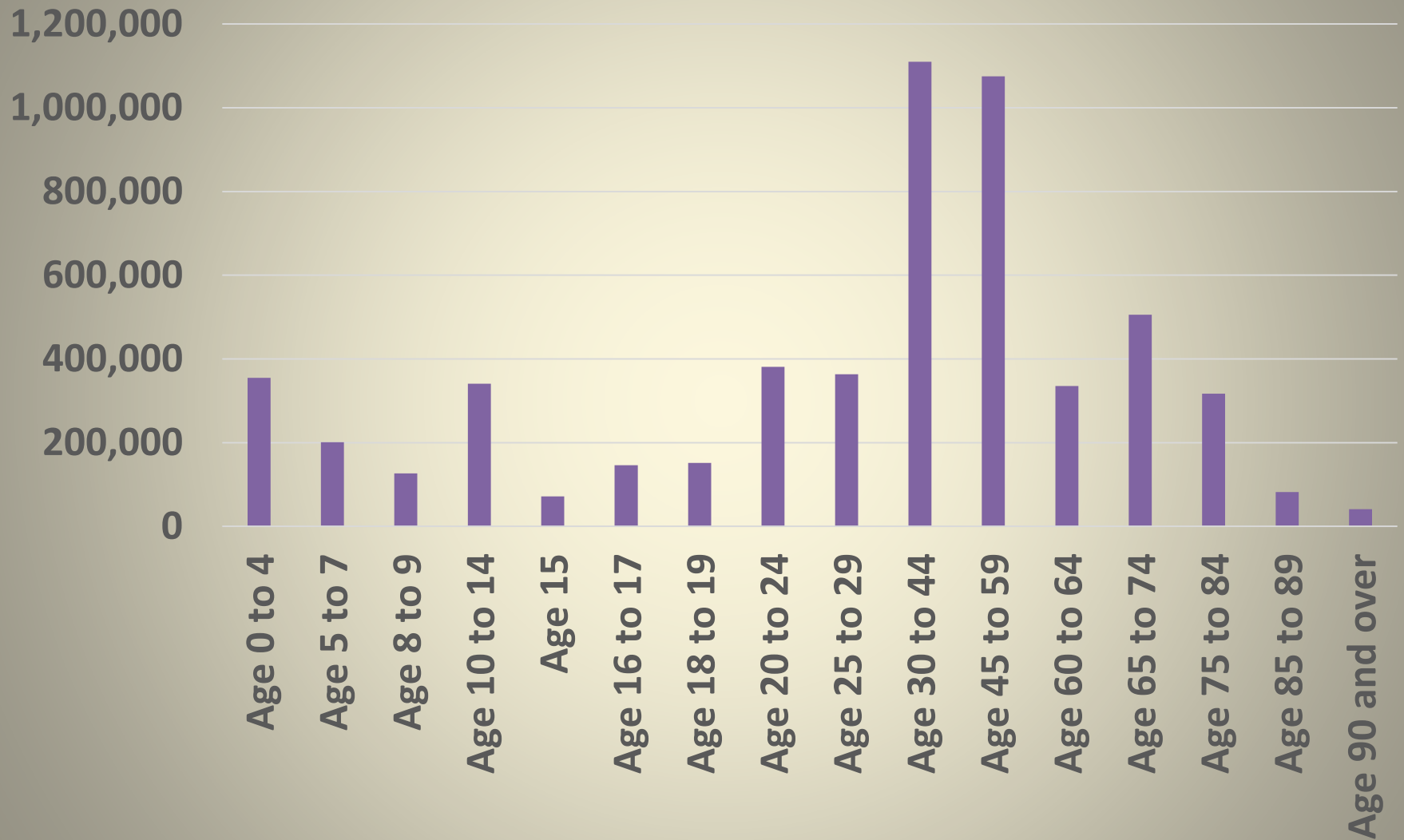


■ All categories: Religion ■ No religion: Total  
■ Religion not stated

# Ethnicity in West Midlands Census 2011



## Age in the West Midlands - Census 2011



# FaithAction believe...

- Faith reaches the parts that nothing else can...
- Accessing the 'hardest to engage'
- Communities in themselves
- The first 'port of call'
- Mobilised, resourced (to an extent) and ready to go
- Innovative and ahead of the curve



# How does this link to Health?

- Number of health issues to be aware of:
  - TB rates on the rise
    - In two years we will take over cases in USA
    - Primarily South Asian communities
  - Cardio vascular disease
    - BME groups tend to have higher rates of cardiovascular disease than White British people
    - Men born in South Asia are 50% more likely to have a heart attack (Bangladeshi highest, then Pakistanis, Indians, and other South Asians)

## – Mental Health

- 2009 Count Me In census of mental health patients in England Wales found 3.9% were Muslim.

## – Other things:

- Diabetes
- Obesity
- Smoking
- Alcohol

# So what can groups do?

- Opening up premises
  - Health checks
  - Blood tests
- Handing out information
  - Who do you have access to
  - Public Health information
- Utilising first 'port of call'
  - Welcoming people
  - Where are their health services



# How can I do this?

- Health Portal – [www.faithaction.net](http://www.faithaction.net)
  - Community Information Toolkit
  - Information specific to faith groups
- Bulletins from FaithAction
- Signing up to our pledge!



# **THE FRIENDLY PLACES PLEDGE**



# The friendly places pledge

- Set to describe things that faith groups already do
- Faith leaders and key figures signing it



- Mental health problems are common and will affect 1 in 4 people in the UK during their lifetime<sup>†</sup>.
- Faith groups and faith-based organisations have the capacity to provide places of **support** and **acceptance** for those struggling with mental health problems.



- I believe that there is a significant and positive role for faith communities to play in the support of mental health.
- I pledge to support faith groups in my community to become Friendly Places which welcome and support those struggling with their mental health.



**You can sign up!**

**<http://www.faithaction.net/areas-of-work/friendly-places/pledge/>**



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