

# THE ABUNDANCE PROJECT

## Enhancing Cultural and Green Inclusion in Social Prescribing in SouthWest London to Address Ethnic Inequalities in Mental Health

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### What is our challenge?

- Black, ethnic minority, and refugee communities:
- Tend to live in unhealthy urban environments and be at greatest risk of poor mental health
  - Are least likely to engage with cultural and green community assets e.g. parks, waterways, museums, art activities, that could improve mental health

### What do we want to achieve?

- Produce a **community-led model** that engages cultural and green community assets in health systems
- Provide **opportunities** for Black, ethnic minority and refugee communities to improve their mental health and wellbeing
- **Transfer** our model, best practices and resources to other places and contexts of health inequality

Figure 2. The Abundance Project: Study Communities

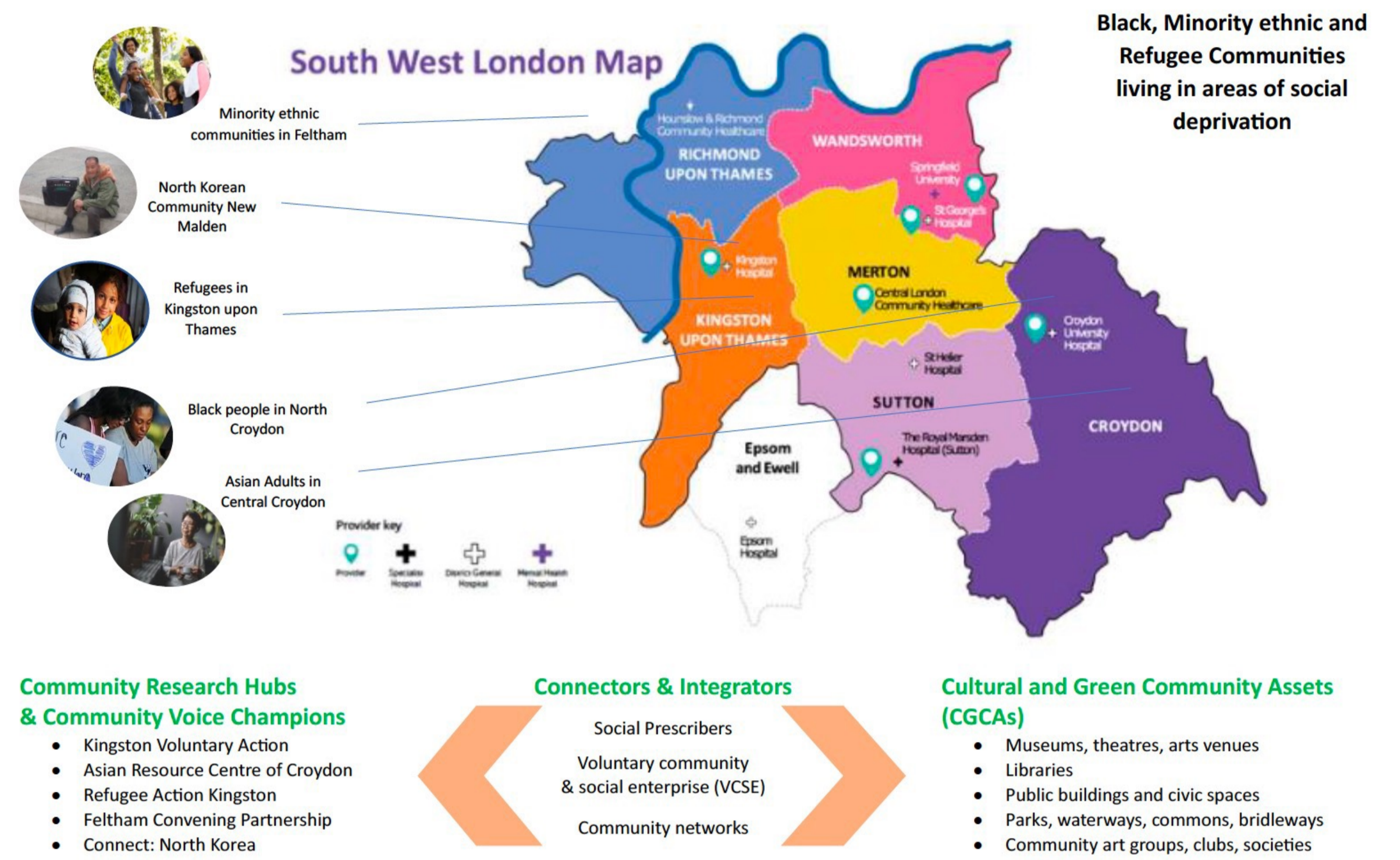
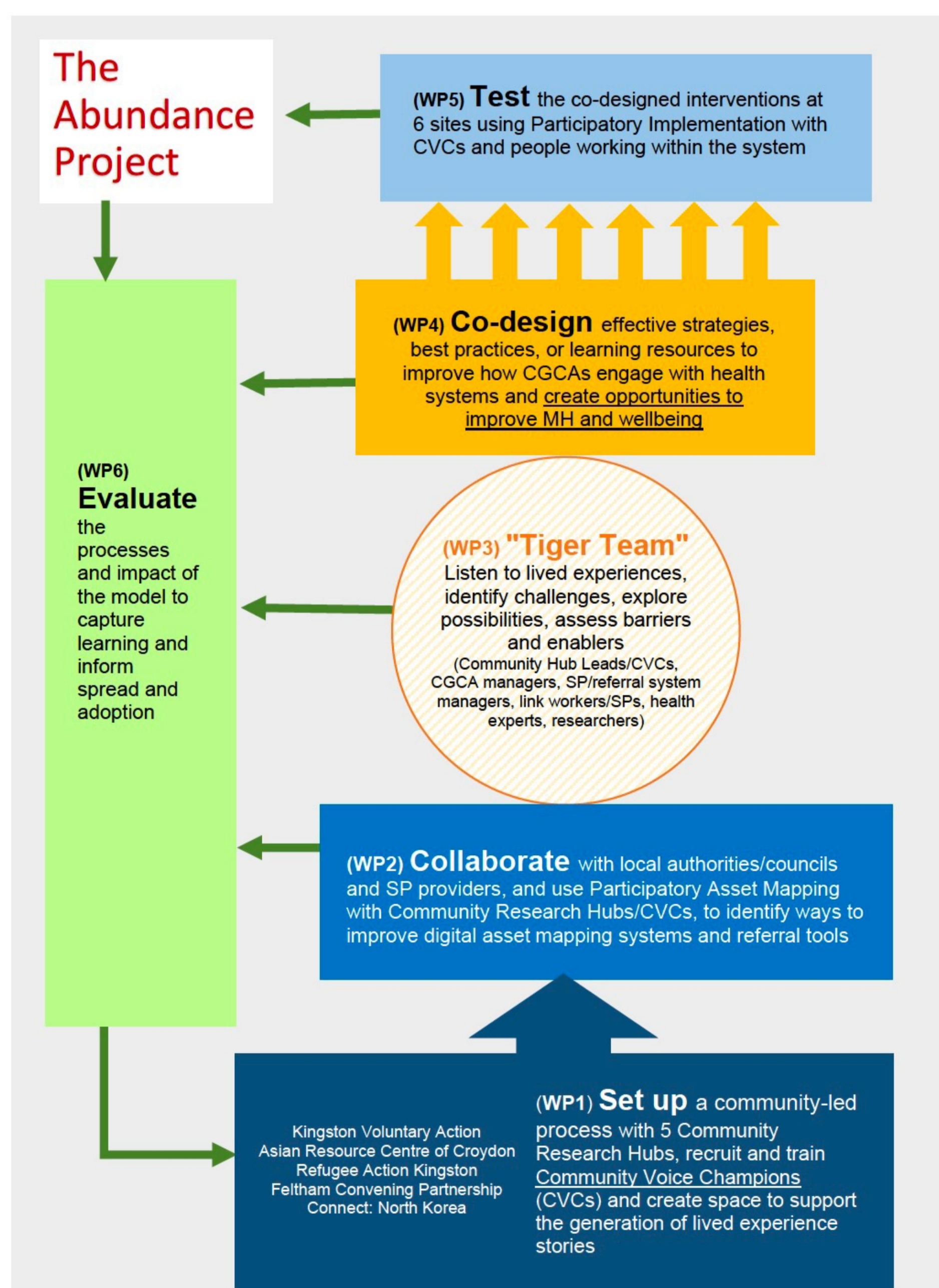


Figure 1. The Abundance Project Model

A community-led assets-based model to integrate cultural and green community assets (CGCAs) into a health system.



### Abundance approach: Community-led and participatory

- Empowers communities with research skills and resources
- Asset-based: recognising community wisdom, avoiding externally imposed solutions
- 5 x Community Research Hubs (ethnic minority and refugee community organisations)

### Community voice champions

- Community organisations recruited 27 volunteer community voice champions (CVCs); payment time/travel
- The 'voice' of their communities through their own lived experience and collecting stories, opinions and feedback from their communities

### WP1 and WP2 Methods

- CVCs participated in a cycle of collaborative lived experience workshops, focus groups, and community walks
- 13 social prescribers/link workers participated in semi-structured interviews
- Data coded and thematically analysed with feedback to CVCs and social prescribers/link workers for verification

### WP1 Findings

- Personal, community and place-based sensitivities of ethnicity and mental health inequalities, intersected with cultural and green community asset engagement
- Nature and culture provided sanctuary for escaping migrant status struggles and interrelated mental health issues
- Community leaders and organisations can mediate access
- Key themes CVCs:



As refugees we have to grapple with loss of identity, loss of place, so there is a huge importance for creating a feeling of belonging and home here. [CVC]

I think why those of ethnic minority communities they go [to park] with numbers, is because of that discrimination. Because if you're by yourself you could be an easy target. [CVC]