



# **CATALYST 4 CHANGE**

West Midlands African and Caribbean Mental Health Hub

**Do you want to be part of a truly supportive network of mental health and wellbeing initiatives in the African/Caribbean community?**

**Would your group or organisation benefit from tailored support and easy access to professional services?**

**Then consider becoming an affiliate member of CATALYST!**

## **SUPPORTING COMMUNITY DEVELOPMENT**

At CATALYST we believe that African and Caribbean communities are holders of huge reserves of social capital, of assets and resources, skills and talents, knowledge and experience... yet much of this remains unknown and little understood or utilised by our public agencies.

## **ROUTES TO CHANGE**

We believe that a key route to change is in making better and more creative use of the African and Caribbean communities social capital; existing research, forging stronger productive partnerships between researchers/academics/theorists; community activists/experts and by experienced practitioners and mental health services in both the statutory and voluntary sector.

## **Key Services Proposed:**

### **Capacity Building & Funding Support**

We would provide real and practical hands-on capacity building support services for service user led, voluntary and community mental health and wellbeing organisations based on a response tailored to the needs of organisations.

### **Service Incubation**

The service incubation provision would provide the safety net of a fully constituted and accountable agency acting as the responsible body for such developing organisations until they have the confidence and infrastructure to be fully independent.

### **Representation, Research & Evaluation**

We will ensure that any proposed or existing services are most effectively meeting identified needs in the community, and are not overly competitive, thereby providing a strong base of evidence to any potential funders and donors.

**Website Coming Soon**