

# Alafia

## Health & Disability

### Areas of Alafia's Work

#### Development Work

Two Alafia videos examining disability issues within the Asian and African Caribbean communities, specialist clubs for young adults with learning disabilities, Direct Payment, and specialist parents' groups

#### Individual Support

For parents and carers (practical and emotional support) and outreach work to help families access existing local services and resources

#### Working with Agencies on Minority Ethnic Health & Disability Issues

Feeding into local authority policies, disability information events and strategic forums and partnerships to inform policy and practice

#### Group Work with Families

Parent Support Groups, annual outing for children and families, shorter fun events and activities for families

### Aims of Alafia:

- » To influence policy and practice to address the health needs of black and ethnic minority communities.
- » To work in partnership with health and social care service providers and other relevant practitioners in order to improve service delivery to black and minority ethnic communities.
- » To provide direct support, information, advice and advocacy to black and minority ethnic families caring for children or young people aged 0-25 who have disabilities.
- » To give information to families about existing services and facilities.
- » To identify the needs of black and minority ethnic families and highlight them to service providers.
- » To sustain the development of user groups and activities for Alafia families.



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## Alafia

Means 'Welfare' or 'Wellbeing' in Yoruba (one of three languages spoken in Nigeria)

### Age range

0-25

### Geographical boundary

Reading

### Disability

'Impairment to daily life'

### Description of disability

Mental, physical and sensory needs, including illnesses, for example cancer, thalassaemia and sickle cell

### Target group

Black and minority ethnic communities



## Alafia helps families to:

- » Access services for disabled children and young people
- » Fill in disability related forms (DLA, Carers Allowance, Blue Badge Concession, Travel)
- » Understand role of agencies and different services
- » Put the carers' point of view forward to service providers and the wider community
- » Take the first steps towards benefit entitlements and receive support with follow up work in order to assist in obtaining claims
- » Apply to charities for, for example, washing machines, fridge freezers, driving lessons, family holidays and equipment for disabled children
- » Deal with housing issues for the disabled (form-filling, aids, adaptations, Occupational Therapist referrals)
- » Get information about leisure facilities including specialist clubs for the disabled
- » Communicate with agencies if there are difficulties with reading, writing or speaking English
- » Be supported by Alafia workers at significant hospital appointments, meetings with health professionals, school and college meetings and assessments
- » Access respite services
- » Resolve school transport issues
- » Receive culturally sensitive services by working in partnership with all relevant agencies. Alafia does joint visits to families with professionals from the local voluntary and statutory agencies
- » Understand letters from agencies
- » Advocate the family's needs to service providers
- » Get support and information about any aspect of their disabled child's/children's care in order to improve the wellbeing of family and child