

Just Psychology

Newsletter Summer 2021



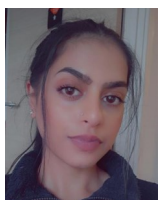
Promoting cultural diversity, social justice & mental wellbeing

Family Reunion and Parenting (FRAP)

We are delighted to announce our Family Reunion and Parenting project, which will support families reunited after serial migration. These families will be supported through Family Reunion groups in which a narrative therapy 'Tree of Life' approach will be used. This will allow families to better understand each other by providing a safe emotional space for parents and children. It will allow them to tell their stories to each other and understand how they became who they are.

We will also be delivering parenting groups accessible to all Black and minority ethnic parents across Greater Manchester. These sessions will allow parents to explore what it means to be a parent in the UK. We believe that parents already have a lot of strengths and skills in parenting. Therefore, these sessions will allow parents to build on their existing skills while applying them to the UK cultural context.

Finally, we will be recruiting Black and minority ethnic individuals from diverse backgrounds to deliver cultural consultancy work and peer mentoring for families involved in the project. Cultural consultants act as a bridge between the community and professionals like us, often advising on the unique cultural needs of families.



Rafia Safdar, Lead Assistant Psychologist. Rafia is on track to complete her MSc in Forensic Psychology & Mental Health and wants to become a Clinical Psychologist,

focusing on social justice issues affecting minority groups. Ultimately, she wants to impact UK policy for the better, and open an orphanage in Pakistan.

Fateha Begum *Project Lead for the Family Reunion and Parenting Project.* With a BA in Social Work, Fateha has held positions with local and national NGOs delivering therapeutic and practical support to asylum seeking

and refugee families. Working with Just Psychology, Fateha can share her passion for social justice, human rights and equality to make a difference in the lives of migrant communities

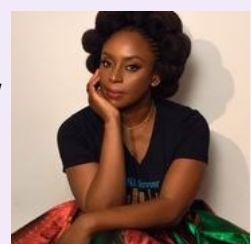


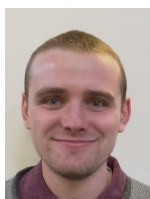
Lateifah Brown, Administrator for the Family Reunion and Parenting Project. After studying BSc (Hons) Criminology with Psychology

Lateifah worked within the Banking and Legal sector. Now Lateifah has committed to her first interest in Psychology, work that supports and benefits her community.

Notes on Grief 5-17 July.

Ticket required, which costs £15, Young MIF £5; lower-waged GM residents £10. Chimamanda Ngozi Adichie - the acclaimed author of *Half a Yellow Sun* and *Americanah* - wrote a powerful reflection on family, love and loss journeys. Transferred here to the stage in Rae McKen's new production, [book now](#) to watch online.





Thomas (Tom) Gaskell, *Student Social Worker*. Since graduating with a BA in Globalisation: history politics and culture in 2019, Tom has worked with a

young carers organisation and supported adults at a housing charity. He is incredibly thankful for the opportunity to learn alongside the JP team.



Shelby Matthews-Read, *Lead Assistant Psychologist*. While studying BSc (Hons) at the University of Sheffield in July 2019, Shelby was a Crisis

Volunteer for Shout, a 24-hour text

line service. After graduating, Shelby worked as a mental health support worker and an Honorary Assistant Psychologist for the Adolescent-PICU and General-Adolescent wards. Shelby feels incredibly lucky to be a part of the JP Team improving access to therapy for BAME families.



Tarendeep (Taz) Kaur Johal, *Trainee Clinical Psychologist*. Taz has previously worked as an Assistant Psychologist in CAMHS, the private

sector and for learning disability charities. She has an interest in neurodiversity and effectively collaborating with parents and young people in a person-centred

approach. Taz is passionate about working with families from different cultures, social justice and advocating for those without a voice.



Donna Sergeant, *Operations Manager*. Donna has previously worked with Barnardo's, Alternative Education, Sure Start and on Leaving Care and

Child Sexual Exploitation teams. Donna has been active as a Black Professionals and Community Group member locally and nationally. She is an independent panel member for a fostering agency and a steering group member of a North West BAME Youth Workers network. Donna is passionate about equality, diversity, inclusion and justice.



Manchester International Festival (MIF)

The Walk. Sun 18 July. Free event. This is a travelling festival of art and hope in support of refugees - an epic cultural journey across Europe transcending borders, politics and language. Created by Good Chance (The Jungle) in collaboration with Handspring Puppet Company, the makers of War Horse, The Walk brings together artists, cultural institutions, community groups and humanitarian organisations to create a public artwork of astonishing ambition. Read more about it at walkwithama.org and see [here](#) for more information on this event.

Portrait of Black Britain. Thu 1 - Sun 18 July. Free event, no ticket required. In this public exhibition, Cephas Williams - artist, photographer, speaker,

activist and campaigner - poses a timely and poignant question: 'What does it mean to be Black, living in the UK?' He will profile a range of Black people living in the UK today, their contributions, and the roles they play in society. This exhibition is located throughout New Cannon Street Mall, inside Manchester Arndale. See [here](#) for more information.

CAHN Virtual Windrush Celebration Event. Caribbean & African Health Network (CAHN) will be holding its annual Windrush Celebration event on Sat 26 June, 13:00 to 16:00. This year's theme is "Windrush: our shared heritage, culture and history!" The event will include LIVE singing and dancing performances, food demonstrations, showcasing of art, spoken word and poetry. See [here](#) for more information, or contact events@cahn.org.uk.

Highway Hope Summer

School. 26 July - 27 August 2021 (Mon-Fri from 10 am to 4 pm). Highway Hope Charity are running virtual and face-to-face intensive grammar school exam preparatory classes. The in-person class costs £620, and the virtual class costs £500 (also requiring a £50 deposit). Register for this [here](#), or for more information contact: education@highwayhope.co.uk

MIF X Salaam Festival. Wed 14 July. Ticket required, which costs £22.50; Young MIF £15; lower-waged GM residents £10. This event is launching a new festival of Islamic art and culture, bringing together music, film, visual art, dance and much more. Singer Abi Sampa, kora virtuoso Sona Jobarteh and poet Muneera Williams headline the special event. See [here](#) for more information.