

Dear colleagues,

Welcome to the last **Working with Muslims** bulletin of 2022. What a year!

I am thrilled to tell you that Reflection Network received its first grant in November, from Young Barnet Foundation's Space2Grow fund, to provide faith-sensitive psychotherapy to Muslim-heritage children and young people at Reflection Space Barnet.



Both our services (Reflection Space Barnet and the Al-Manaar Children and Young People's Therapy Service) are now receiving referrals from mainstream providers, and jointly holding some cases. If you would like to refer a child or young person (aged up to 19) living in Barnet or Kensington & Chelsea, please do contact me.

Please see Reflection Network's website reflectionnetwork.org for project details and previous bulletins.

RESOURCES

Everyday Muslim education resources <https://www.everydaymuslim.org>

Everyday Muslim Heritage and Archive Initiative is a long-term project to create a central archive of Muslim lives, arts, education and cultures from across the UK. The project aims to collect and document the presence and contribution of Muslim life in Britain through images, interviews and documents; to provide a comprehensive and unmediated portrayal of Muslim life in Britain.

As well as creating physical collections of archives, the objective of the project is to educate and empower the Muslim community in the importance of creating tangible connections between their Muslim heritage and the representation of their identity in wider British society. There is a wealth of material available via Everyday Muslim, including: Oral Histories; KS2/3 Classroom Resources; Booklets and Curriculum Based Resources for School Visits; Family History Lesson Plans for Madrasahs and Community Groups. Projects include: Exploring the Diversity of Black British Muslim Heritage in London, the first archive collection based on the stories and memories of the Black, African and Afro-Caribbean Muslim community in Britain.

For further information: info@everydaymuslim.org

Identifying Islamophobic Bullying poster: <http://kidscape.org.uk/media/134782/anti-bullying-week-poster.pdf>

Muslim Mind Collaborative, in partnership with anti-bullying charity Kidscape, produced this poster in November to coincide with Islamophobia Awareness Month and Anti-Bullying Week. One in twelve school children in the UK are of Muslim background. Muslims make up 8.1% of all school-age children (5 to 15 years old), with variations in parts of the country, e.g. the London Boroughs of Tower Hamlets and Newham, where 66% or 44% respectively of school-aged children are of Muslim background. This makes Anti-Bullying Week's focus on religious prejudice experienced by Muslim children particularly relevant.

Muslim Mind Collaborative <https://muslimmindcollaborative.co.uk>

Kidscape <https://www.kidscape.org.uk/>

RESEARCH

The Hand of Hope: A Coproduced Traumatic Bereavement Therapeutic Group for Moroccan Adolescents Affected by the Grenfell Tower Fire

<https://journals.publishing.umich.edu/jmmh/article/id/514/>

El Guenuni, A. & Chellat, R. & Canton, B. & El Guenuni, F. & Hammad, J., (2022) "A Coproduced Traumatic Bereavement Therapeutic Group for Moroccan Adolescents Affected by the Grenfell Tower Fire", *Journal of Muslim Mental Health* 16(2): 1

There have been increasing calls to coproduce psychological initiatives and services for children and young people to improve access to mental health services and service user experience. This paper outlines the development of an innovative therapeutic group for young people affected by collective trauma and loss who were reluctant to engage with mainstream services following the Grenfell Tower fire. The June 2017 apartment building fire was one of the largest and deadliest to occur in the United Kingdom (UK) in decades, with 72 deaths. The project's central principle

was partnership and coproduction with potential users and offering a culturally appropriate service. Its aim was to meet the mental health and other needs of young people, support them through their bereavement and trauma, and to improve access to mental health services by addressing the barriers they reported. The group approach used community psychology and systemic principles, narrative therapy concepts, creative arts, and collective memorialization. Semi-structured focus groups were conducted with 14 Moroccan-origin adolescents, 13 whom identify as Muslim. A thematic analysis was conducted. Findings indicated the benefits of collective memorialization and therapeutic groups, such as improved emotional expression, recognition of shared Grenfell-related experiences, strengthened social support networks and subjugated narratives, and reduced social isolation and stigma. The evaluation findings indicated that the group's coproduction and collaboration between statutory services, potential/service users, and community organizations improved community engagement, access to mental health services, and service provision for children and young people from Moroccan and Muslim backgrounds.

The Dinner Table Prejudice: Islamophobia in Contemporary Britain

Jones, S., & Unsworth, A. (2022). *The Dinner Table Prejudice: Islamophobia in Contemporary Britain*. University of Birmingham. <https://www.birmingham.ac.uk/documents/college-artslaw/ptr/90172-univ73-islamophobia-in-the-uk-report-final.pdf>

The purpose of this report, and the research that underlies it, is to bring some clarity to the muddled picture of what contemporary Islamophobia looks like and how it can be understood and combatted. We use a nationally representative survey that includes a range of questions about various ethnic and religious minorities, including Muslims, as well as about Islam and other belief systems. This allows us to look at the parallels and differences between Islamophobia and other forms of prejudice. In the report, we argue that there are two distinct, but overlapping, types of Islamophobia, one that corresponds to other forms of racism and another that is better understood as anti-religious prejudice. The first can be viewed as anti-Muslim, the other as anti-Islamic. We show that these two forms of prejudice emerge differently in British society. Like most forms of prejudice towards ethnic and racial groups, anti-Muslim prejudice is much more common among specific demographics, notably men, older people, those in manual occupations and Conservative and Brexit voters. The only thing that distinguishes this variety of Islamophobia from other forms is that it is – with the notable exception of Gypsy and Irish Travellers – much more common in Britain than other forms of prejudice. Anti-Islamic prejudice, on the other hand, is more evenly spread across political persuasions and more common among higher social grades. It is, to borrow Baroness Sayeeda Warsi's memorable phrasing, the UK's 'dinner table' prejudice (Sayeeda Warsi, "Baroness Warsi's Sternberg Lecture Speech," Gov.uk, January 20, 2011).

Lantern Initiative reports: <https://www.thelanterninitiative.co.uk/research>

This Muslim-run grassroots Community Interest Company is based in Peterborough, Cambridgeshire. Its objectives are to educate and raise awareness of mental health issues in the Muslim community, to help break down the associated stigma, and to empower communities in seeking and accessing relevant support with their mental health and wellbeing.

The Lantern Initiative has produced some interesting research, available to download on their website, including:

Muslim Mental Health Matters: Understanding barriers to accessing mental health support services and gaps in provision for the UK Muslim community
The Lantern Initiative CIC, Civil Society Consulting CIC, Shaikh, A., Chowdhury, R., (2021)

FEEDBACK

Many thanks for the following feedback on Reflection Network's activities, recently received from a Muslim CAMHS clinician (and published here with permission):

"It was really interesting to hear about the work you are doing and planning on doing, sounds amazing and really needed for Muslims! You've definitely given everyone stuff to think about, and from a personal experience I definitely wish growing up organisations such as yours existed and were trying to work with the community."

If you have any suggestions, questions or comments, please do email me on info@reflectionnetwork.org

With best wishes for a happy and healthy 2023,

Rachel

Dr Rachel Abedi
Child and Adolescent Psychotherapist
Director, Reflection Network
reflectionnetwork.org

I also work in the NHS (Tavistock and Portman) as an Associate Lecturer, Psychological Therapies with Children, Young People and Families (M34), and Visiting Lecturer, Psychoanalytic Child and Adolescent Psychotherapy (M80)

About the Working with Muslims CYPMHS group

The group is for CYPMHS practitioners who are interested in thinking further about their work with Muslim heritage children and families. It is being run in association with UK charity Reflection Network (reflectionnetwork.org). Reflection Network supports the mental and emotional health of Muslim children by:

- Making mainstream services more accessible
- Working with Muslim communities to improve child mental health outcomes

The aims of the group include:

- Having a conversation about how to improve the way we work with Muslim heritage children and families
- Signposting to resources which support thinking in this area
- Sharing news of local initiatives in CYPMHS clinics and ideas for best practice
- Sharing news of initiatives taking place outside CYPMHS so that your service can get involved
- Responding to questions about Muslim practices and cultures, including their relation to mental and emotional health
- Sharing research
- Developing training and CPD events

GDPR

You have received this email because you have asked to join the Working with Muslims CYPMHS group. I am keeping a list of members' contact details for WWM CYPMHS group communication and Bulletin distribution only. Contact details will not be shared or used for other purposes without explicit permission. If you would like to remove your name from the list, or change your contact details, please let me know on info@reflectionnetwork.org