

# Covid-19 Response Grants 2021/22

## Forth Valley Migrant Support Network



### Who are Forth Valley Migrant Support Network (FVMN)?

FVMN are a grassroots organisation which provides advocacy and practical support to migrant workers whose first language is not English. They help migrants to understand their rights and integrate into the community by removing barriers faced and supporting migrants to volunteer as community advocates. Services provided include bi-lingual advocacy support, form filling, free IT sessions, job clubs and peer support groups.



### How was the grant used?

- Information leaflets were designed, printed and distributed in Polish, Hungarian, Bulgarian and Russian about mental health support services and resources that can support migrants to look after their emotional wellbeing.
- A series of seven culturally sensitive well-being awareness and peer group support sessions were delivered over Zoom by a facilitator and five bi-lingual volunteers to committee and existing members and other volunteers.
- Information was provided about available services for those experiencing poor mental health, with attendees sharing their personal experiences and receiving peer support.
- 105 people in total benefited from the group sessions (average 15 people each session).

Language Volunteer with translated  
Mental Health Support leaflets

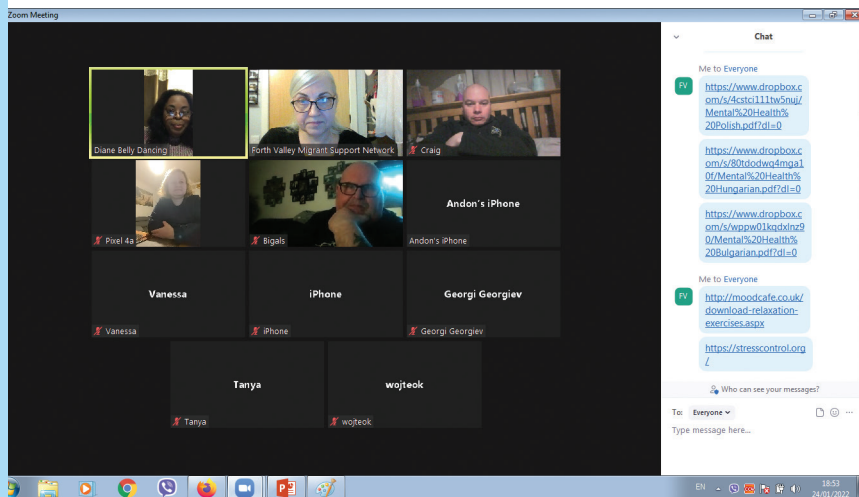
### What had to change due to Covid-19?

The organisation adapted by implementing delivery of some of the services online and by telephone. They also adapted existing physical volunteering roles to become virtual ones, being carried out remotely.



# What difference has the grant made?

- Bi-Lingual mental health leaflets were handed out to 105 people who attended the group sessions and emailed to more than 350 people from the membership.
- Local migrant communities are now better informed about the importance of mental health and how to access help when needed.
- People were given an opportunity, to start talking about the importance of mental health, which will reduce the stigma surrounding mental ill health, within the migrant communities. Topics discussed included, feeling isolated, the importance of mental wellbeing, how people coped during the challenging lockdowns and stress management.
- Local migrant communities saw a reduction in social isolation, as they met new people and made social connections through the groups, helping re-build their social confidence and the feeling of belonging in their local community.
- The group awareness sessions provided people with the information and tools to build their resilience and cope better in the future when facing challenging circumstances.



## Mental Health Peer Support Group Session over Zoom

The quotes below are from Service Users/ Participants.

“I am happy to find out that there are so many organisations and charities out there providing vital support to people who find it difficult to cope”.

“I found it very hard to get back to doing the things I did before. I know now that I am not the only one with these feelings”.

“You gave us a lot of useful information and tips about looking after our wellbeing”.

