

## A polish Community Group set up to enable socialising and cohesion and to promote inclusion.

### What happened

A need was recognised locally for a facility to enable the Polish community to come together and meet up to support each other and to find out about wider health support, local services and the third sector.

Some members of the group had already benefited from Social Prescribing support, and some were already engaged in the Polish Language group.

### How we helped

BCVS group support helped to facilitate Polonia Workshop in becoming a fully constituted organisation with the group having big plans and expectations to become widely recognised in Bassetlaw.

BCVS provided a venue for the group to start from, at the Old Abbey School building.

The group has now started running successful weekly yoga sessions and dance classes.

One member of the group was helped in particular, as they had been confined to their house for nearly 5 years due to depression and social anxiety. She was also a victim of domestic violence and had mobility problems. She was also referred to Nottinghamshire Women's Aid and Barnsley Premier Leisure as well as Centre Place for their child.

The group was also supported by BCVS to create a Facebook group to enable them to communicate with group members on a regular basis.



### Group Member Quote



I would like to thank BCVS for all their help and support with dealing with a very difficult personal matter that was too difficult to face alone. My life changed for the better when I met other Polish community members soon after Polonia Work Sop was formed. Thanks to all of you I am currently addressing all of my health issues.



### Key outcomes and impact:

- ✓ Members of the group have a better understanding of how the sector works and have greater confidence to seek support when required.
- ✓ The community connectivity prevents social isolation through shared culture, heritage and language.
- ✓ The group provides an opportunity to share health and wellbeing messages and to promote measures aimed at improving health equalities for those of Eastern European ethnicity.