



**Canterbury  
Christ Church  
University**

**Impact Kent: CCCU and Community  
28<sup>th</sup> June 2024**

# **Building collaborations for a better future: empowering diverse communities in Kent through collaboration, innovation and research.**

Dr Agnieszka J. Gordon

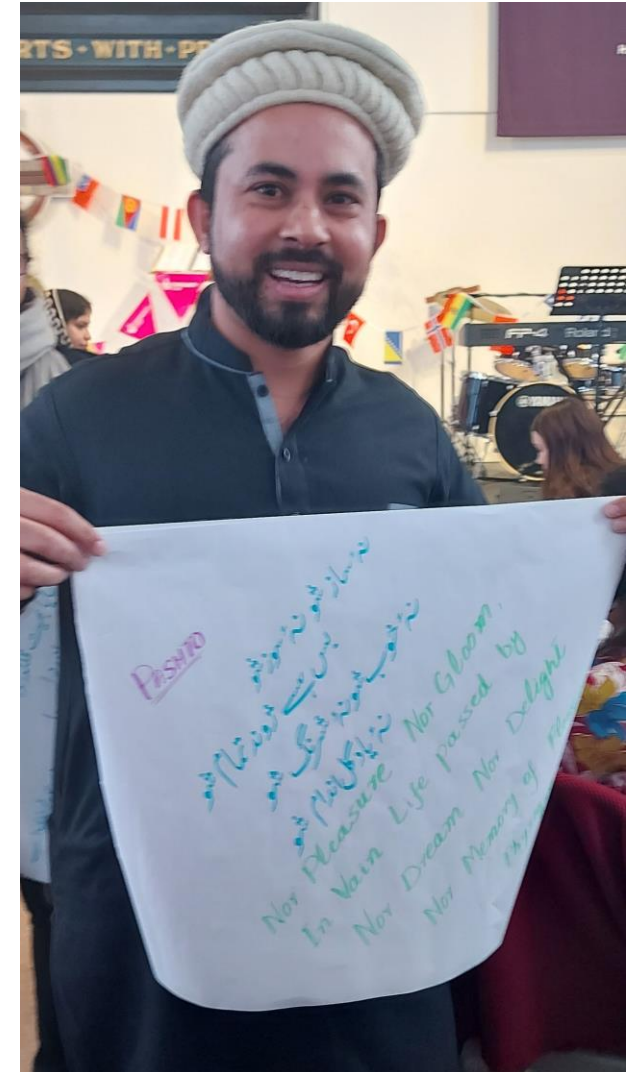
Senior Lecturer, Canterbury Christ Church University  
and Trustee, Ethnic Minorities in Canterbury CIO

Dr Radu F. Stancu

Research Associate, University of Kent in Canterbury  
and Chair, Ethnic Minorities in Canterbury CIO

# BRIEF HISTORY OF EMIC

- **Founded in 1998**, as CADMA (Canterbury District Multicultural Association), to address issues affecting people from minority ethnic backgrounds in Canterbury and District
- **2010s**: rebranded as Ethnic Minority Independent Council
- EMIC has benefited from the hard work and expertise of over 30 professionals from a range of ethnic backgrounds, local volunteers, and the collaboration with well-established local institutions and charitable organisations (i.e. CCC, KCC, NHS Trusts, Police, Fire and Rescue Service, IAG, Citizens Advice Bureau, Plastic Free Canterbury, CANDIFA, SEK)
- **November 2022**: Registered as Charitable Incorporated Organisation (CIO) by the Charity Commission, as **Ethnic Minorities in Canterbury**



# About us

- EMIC is run by Trustees from a wide variety of ethnic groups and nationalities.
- The board of trustees and volunteers have varied skills, experience and passion to promote the aims and objectives of the organisation.
- We organise events and engage in projects with diverse communities and local organisations
- Our patron is the RT Revd Dr Rose Hudson-Wilkin, MBE



# Our Aim, Mission and Vision



**To support** Ethnic Minority Individuals and Communities in the Canterbury District: **give voice, enable community cohesion, integration and preserve culture and language**



**To empower** Ethnic Minority individuals and families in the Canterbury District through enabling **access to equal opportunities, social integration, healthy living and cultural exchange.**



**To make** the Canterbury District a place where Ethnic Minority residents can **live healthily, be actively engaged and have equal opportunities.**

# What we do

- **We support** building community cohesion and celebrate cultural and ethnic diversity, through collaborative work.
- **We support** diverse groups to understand their rights and responsibilities in the UK
- **We help** people from minority ethnic backgrounds to integrate in the wider community and develop skills to flourish in society.
- **We promote** healthy living and wellbeing through raising awareness about health issues and services.
- **We support** people who experience disadvantage or discrimination and/or find it difficult to access mainstream services.





# Current and previous funders



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# Challenges faced by 1<sup>st</sup> generation immigrant ethnic minorities living in the Canterbury District

- Language barrier
- Lack of access to services (health and social care)
- Lack of access to further education, professional re-specialisation
- Discrimination
- Lack of knowledge and understanding of legal rights or responsibilities
- Loneliness and isolation
- Feeling disenfranchised, potentially leading to mental health issues
- Victims of crime and domestic abuse
- Vulnerability caused by immigration status
- Work exploitation and lack of access to the job market





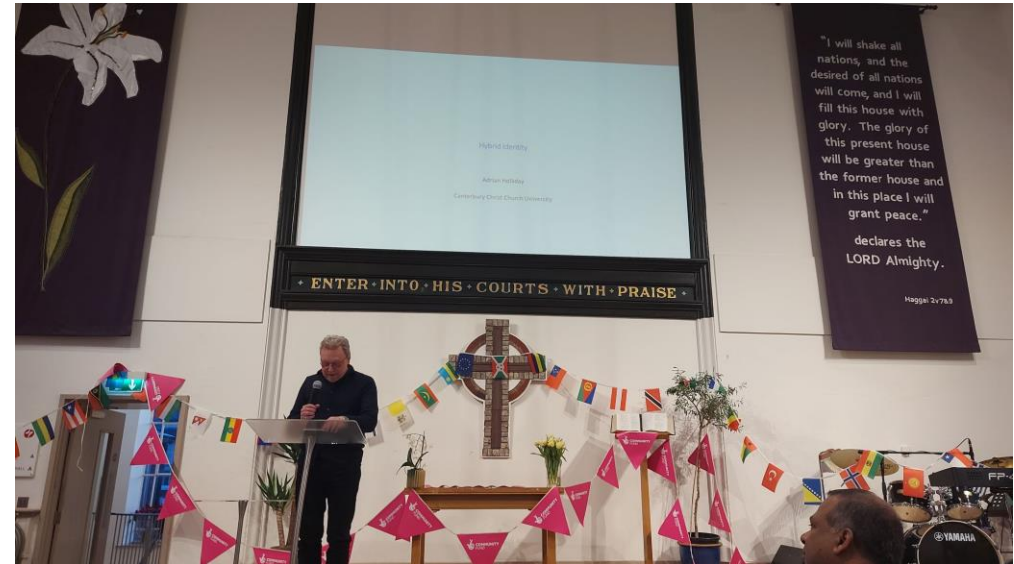
# Our recent projects

- Community Table
- Community Space
- Reaching Out community research project
- Diabetes Awareness
- Plastic Free Canterbury



# Mother Language Day

- Significant CCCU Involvement – talks, student volunteering; knowledge exchange
- Celebrating diverse communities, languages and cultures





# European Cultural Day

- Japanese students (CCCU)– volunteering, presentation
- Tasting variety of European Food
- Networking for community cohesion
- Sharing European cultures through talks and creative workshops
- Local service involvement (SEK, Fire and Rescue)



# Taste of Africa

- Experiencing Africa through food, singing, dancing
- Fashion show – African costumes
- Local service involvement (cervix and breast cancer screening – SEK)
- Networking for community cohesion





# Community Space

- Innovative project focused on supporting ethnic minority individuals through advice, help and signposting to services (the cost of living and employability skills)
- Promoting volunteering opportunities
- Networking and friendships
- Reducing social isolation in a friendly, welcoming environment.

**ETHNIC  
MINORITIES  
COMMUNITY  
SPACE**

**Embracing Diversity**  
**A space for Unity, Support  
& Empowerment**

**TUESDAYS  
2PM - 8PM**

41 Dover Street  
Canterbury  
CT1 3HQ

Drop in sessions  
Credible Information  
cost of living support  
Energy advice  
Employment support  
Networking  
Signposting  
Benefits support  
Cultural exchange

charity no. 1201006

Contact:  
Tel: 07984379265  
Or Email:  
emic.commspace@gmail.com

supported by  
**canterbury  
city council**

www.emic.org.uk

**ETHNIC MINORITIES  
IN CANTERBURY**



# Project outcomes

- 432 unique visits to our website and great exposure on Facebook and local networks
- 65 people supported through bespoke approach (CVs, form filling, job search, University application, language courses, rental, job application)
- Feedback suggests that the project has created a sense of community and raised awareness of available support and services locally



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# Reaching Out: community research project

- Informative session about **health and social care and how to access it** led by researchers (NIHR, Bridging Change)
- Information about **research and its importance** aimed at BAME communities
- Invitation to communities to **participate in research** projects
- Opportunity for EMIC to **form partnerships**

The Ethnic Minorities in Canterbury and the National Institute for Health and Care Research have the great pleasure to invite you to:

## Achieving Diversity in Research

The Reaching Out Project online event open to all ethnic minority communities and health and social care research specialists in the East Kent area.

**Tuesday, 18<sup>th</sup> of October 2022, 07:00 – 08:30 PM**

If you wish to attend, please follow the following steps:

**1. Register your attendance on Eventbrite** (Free Event); **80 tickets available:**

<https://www.eventbrite.com/e/achieving-diversity-in-research-tickets-427975455107>

**2. On the day, follow the Zoom link provided after registering (activated 30 minutes before the event).**



The event will include specialist presentations focused on raising awareness around health and social research, and on how modern research is conducted and how it impacts BME and other ethnic minority communities.



The audience will have the opportunity to ask questions and to get involved in future initiatives and projects aimed at enabling research conducted by community specialists for their community.

We are aiming to work in partnership with other ethnic minority organisations across Kent, Sussex and Surrey to create a research forum and to upskill community members in research.



**Facilitator:**

Dr. Anna-Marie Jones – Senior Research Adviser & Equality, Diversity & Inclusion Lead (NIHR)

**Guest speakers:**

Dr. Anusree Biswas – Director of Bridging Change

The Reaching Out project is funded by NIHR

# Plastic Free Canterbury – working together towards sustainable future.

- **EMIC supports** the Plastic Free Canterbury initiative by encouraging our diverse community to give up single use plastic.
- During our charitable actions and events, **we promote** the use of reusable cups and bottles and recyclable plates.
- **We encourage** members of all ethnic backgrounds to engage and supporting PFC.



# Diabetes Awareness Project - Aims

- to raise awareness of type 2 diabetes within the BAME communities
- to reduce risk factors for type 2 diabetes among members of the community
- to improve awareness of the key diabetes messages
- to increase accessibility to the services
- to address any misconceptions about the risk of diabetes



DIABETES

**KNOWING IT EXISTS  
IS NOT ENOUGH:  
KNOW YOUR RISK**

Visit:  
[www.riskscore.diabetes.org.uk](http://www.riskscore.diabetes.org.uk)

[www.emic.org.uk](http://www.emic.org.uk)

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ChannelPorts  
COMMUNITY FUND

KENT  
COMMUNITY  
FOUNDATION

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# Simple diabetes facts (ONS)

- 30% Adults with type 2 diabetes are undiagnosed in England
- Women are more likely to be undiagnosed if they have small waist circumference or low BMI
- Diabetes can be undiagnosed for years if you have no symptoms
- 50% of 16-44 years old go undiagnosed
- Black and Asian people have twice the prevalence of prediabetes and undiagnosed type 2 diabetes



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# Diabetes Awareness Project

- Workshops led by trained medical specialists and dietitians
- Bespoke information leaflets
- 1-2-1 awareness sessions
- Ongoing project– more than 75 people reached, while 30 people participated in workshops.



# We would love to collaborate with you!



**Email :** [emiccanterbury@gmail.com](mailto:emiccanterbury@gmail.com)

**Website:** <https://emic.org.uk/news/>

**Facebook:** search for the Ethnic Minorities in Canterbury page,  
[www.facebook.com/emiccanterbury](http://www.facebook.com/emiccanterbury)

## Partner for:

- Research and joint projects
- Funding bids
- Bring Communities together
- Trustee role
- Volunteer role
- Opportunities for students

thank you

