

PEER RESEARCH SPOTLIGHT



PROJECT SUMMARY

Do Black African and Caribbean communities in the Borough of Ealing feel their voices are “heard” or neglected within the healthcare system? How has this affected the quality of care they receive, and what changes are needed to improve their healthcare experiences in the community?

Project Aims

1. Improve Knowledge, Wellbeing, and Community Engagement:

- Educate participants on health topics prevalent within the African and Caribbean communities.
- Foster a sense of identity and cultural pride to improve mental well-being.
- Show Impact through Health Assessments

2. Provide measurable outcomes

Demonstrating improvements in participants' health knowledge and engagement with healthcare services.

Approach & Methodology

A community survey was developed to capture the voices of parents, guardians, carers, children and young people in their care, inviting them to share personal experiences and perspectives. As part of a series of planned events held both in-person and online, participants engaged in surveys and informal one-on-one conversations. These gatherings centred on the rich history of the African and Caribbean diaspora, with a vibrant focus on arts, dance, crafts, health education and community well-being.

Data was collected at the following events

MAY	JUNE	JULY	AUG - SEP
Paxton House Visit, Scotland 70+ attendees, children & adults	Windrush Legacy in Healthcare 25+ attendees online	20th Dr John Roberts QC CBE Achievement Awards 175+ attendees	Descendants Mind, Body & Soul Health Day 100+ attendees

Participants

- Age Range:** Primarily adults aged 45–65+, with strong representation from 55–64 and 65+.
- Ethnicity:** Black / African / Caribbean / Black British, including Mixed heritage respondents.
- Location:** Most live in Ealing and Southall

PROJECT LEARNINGS

- 1 People Prefer Conversation Over Forms**
Surveys proved less effective than informal chats, showing the importance of creating regular, trusted spaces for open dialogue.
- 2 Health Inequalities Persist**
Barriers in access, cultural understanding, and service quality remain. While local groups play a vital role, they are under-resourced and overstretched.
- 3 Compressed Timelines Limit Impact**
The project felt rushed, underscoring the need for future borough and NHS initiatives to allow realistic timelines and provide expert support for community leads.
- 4 Larger Multi-Year investment**
It is essential to sustain impactful Descendants programmes, expand well-being and health support
- 5 Descendants Events Make a Tangible Difference**
Post-event feedback shows clear improvements in: Mental well-being (relaxation, emotional release, reduced stress), Health awareness (nutrition, exercise, blood pressure, diabetes) & Cultural identity (feeling seen, heard, and celebrated)

INSIGHTS

“ I have always wanted to deepen my appreciation of the diasporic family, our flavours, fears and perceived futures... these events are helping beautifully ”

“ Better community connections, creating and collaborating around our specific health, well-being, and cultural needs ”

“ The activities linked health and wellbeing to my cultural roots, storytelling, music, food, and carnival costumes ”

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