

Our team



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More information on MECOPP and the Gypsy/Traveller Carers' Project can be found at www.mecopp.org.uk

Thank you to our funder



Scottish Government
Riaghaltas na h-Alba
gov.scot

MECOPP 'Community Health Matters' Service

Improving community health and wellbeing



Who are we?

MECOPP is an Edinburgh based charity providing a range of supports and services to informal carers and those in receipt of care across Scotland. We work primarily with communities who experience disadvantage due to ethnicity, age, disability or other protected characteristics.

What is 'Community Health Matters'?

'Community Health Matters' is an exciting new service delivered by the MECOPP Community Health Team alongside our existing support services. Working closely with community members, we aim to improve the physical and mental health of individuals, increase access to services and support better health outcomes.



What we do

- ❖ We provide **direct support** to the Gypsy/Traveller community in Scotland who live in houses, on sites and roadside. Our team can assist with access to health services and health professionals, advice and information on health and wellbeing related issues, advocating on rights and entitlements with you or on your behalf, sign-posting to other helping agencies and practical and emotional support.
- ❖ We deliver workshops and **awareness-raising** sessions on health related topics including food and nutrition, mental wellbeing and health improvement. Our aim is to support the community to make informed choices about their own health.
- ❖ We work to increase community capacity and resilience by supporting access to formal learning opportunities such as accredited mental health training.
- ❖ We provide individual and group support so that community members have a safe space to talk about health issues and concerns and to support people to decide on what actions they want to take either individually or collectively.
- ❖ We work with the community to increase their access to, and understanding of, health information. We do this by making existing information more accessible and producing information which meets the needs of the community.
- ❖ We provide awareness-raising sessions to health professionals to increase their understanding of the community and to encourage culturally competent practice.
- ❖ We use the creative arts to raise awareness of mental health and wellbeing and good health within the community. Our work is wide-ranging from film and photography, drama, creative writing and arts and crafts. We do this by working in partnership with agencies to support the inclusion of Gypsy/ Travellers and by organizing our own activities.
- ❖ We support community engagement with, planners, policy makers and service providers.
- ❖ We advise on, and develop policy, at both local and national Government level.

Everything we do is led by community members

