

February 2017

To whom it may concern

First Class Legacy

We are delighted to recommend First Class Legacy - an organisation which has provided excellent service supporting our recent project focused on young men from the African Caribbean community.

Our challenge was to build and develop rewarding relationships with a community that Mind has not always been successful in connecting with. Thanks to the help of Nathan Dennis and his team at First Class Legacy, we were able to engage with young men who often feel disenfranchised. With FCL's advice and support we were able to have meaningful conversations and create some fantastic work together.

This work included:

- A focus group of 20 young men from the African Caribbean discussing their mental health needs and the shortcomings of current service provision. This group was facilitated and supported in collaboration with FCL. The data from this focus group provided crucial insights and informed our broader research work on how services can better support young black men.
- Producing a film called #MyTruth which explores the challenges young black men face when they are dealing with their own mental health problems or supporting someone close to them. Nathan and the FCL team done a superb job – exploring the brief they were presented with and offering advice and solutions on the best way to portray the topic. They sourced the writer, director, production crew, cast and were fully across the production management.

We hope to work with First Class Legacy in the future as their dedication and passion are essential qualities when working on projects which involve groups and individuals who often feel like they do not have a voice.

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time to change

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