

Mina Kakaiya



Mina has over twenty years of working in the health and social care sector, especially within the NHS Mental Health field and has a proven track record and background in Social Work and Community Development. Mina has extensive knowledge and experience of working with and influencing service commissioning through promoting joint working and coproduction.

A Senior Project Manager, Mina has developed peer-led Hearing Voices and Read Together groups across statutory and non-profit health and social care sectors in London, as well as Tree of Life (Narrative therapy) and Human Libraries events in challenging stigma and discrimination of particular groups in society.

Mina was part of a team that helped to guide the improvement of East London NHS Foundation Trust Translation services and in developing culturally responsive wellbeing services for groups from the BAMER in Hackney like the orthodox Jewish, Turkish, Kurdish and Congolese communities. Mina has also worked for Certitude, a registered charity, dealing with good practice case studies for the LVSC response to the NHS Five Year Plan.

In addition, Mina has:

- Developed and managed two mental health peer-led services in Brent, within an inpatient setting with CNWL NHS Trust and a Primary Care Social Prescribing service with GP practices to reduce GP workload and improve patient care for those experiencing mental health issues.
- Established, project manager and evaluated innovative recovery base wellbeing and peer support initiatives across statutory and voluntary health and social care sectors.
- Researched, designed and delivered bespoke training packages in Mental Health Awareness, Race Equality and Cultural Capability (RECC), Mental Health First Aid Training (MHFA), Volunteer Peer-led training, Mindfulness, Stress and Relaxation sessions to statutory and voluntary sector staff across health and social care.
- Brokered positive working relationships with integrity and transparency across service providers, patients groups, carers and commissioners.
- Contributed to a wide range of innovative culturally responsive and mental health wellbeing services and initiatives in direct response to service users and carers' needs and gaps in service provision.

A qualified PTLs and Mental Health First Aid (MHFA) trainer with a Masters in CSR (Corporate Social Responsibility), Mina is a GHR Registered Hypnotherapist; and has a Diploma in Social Work (DispSw) and a BSc (Hons) Neuroscience, and is a Life coach and a MA Thesis in Corporate Volunteering – 'Value from a Third Sector Perspective'.

Mina is a Mindfulness practitioner and has also been active in the development of wellness programmes to improve health outcomes and reduce sickness rates and workplace stress and improve staff engagement and business performance.

Mina is passionate about social welfare and justice and has a strong social entrepreneurial flare; practices yoga and meditation and has interests in sustainable living, music and travelling and is committed to promoting awareness of inner wellbeing towards personal transformation.