

Summary report on the Grenfell projects

October 2017 and March 2020

Following the Grenfell Tower fire in July 2017, World Medicine worked alongside NADA GB to set up an Auricular Acupuncture Clinic at the Al Manaar Mosque, The Muslim Cultural & Heritage Centre near Westbourne Park in October 2017. The clinic ran every Tuesday, offering free treatment to support the Grenfell community effected by this tragedy.

Between May 2019 and March 2020 World Medicine and NADAGB opened and ran a second venue giving treatment to those affected by the tragedy at The Space.

The Space is a facility run by and for the residents of the local tower blocks, all within sight of Grenfell Tower itself. As at Al Manaar treatment was offered once per week for 2 hours.

Both clinics were run by volunteers and all treatment was free.

This report covers both the clinics but not all the period as little data was collected at certain stages.

During the first six months to 31 March 2018 126 patients visited the clinic and 322 treatments were given, an average of 13 patients visiting each clinic. However we have no further data.

Analysis for March 2018-2019

41 Clinics were held during this period. On average 10 patients were treated each week. 78 new patients visited the clinic during this period (4 Male and 74 Female).

Gender

Overall the Clinic is predominately attended by female patients, with 93% of treatments given to women.

Age

This data was not consistently gathered but the majority were over 50.

Overall, patients' numbers went down slightly when compared to the first six months, and it appears that a few (11) patients are regular attendees

TREATMENTS

403 treatments were given in total.

Analysis involved 124 patients records and 403 treatments.

There are certain patients who have been coming to clinic on a regular basis and one female patient has had over 20 treatments.

However, 70% of patients only have had one or two treatments.

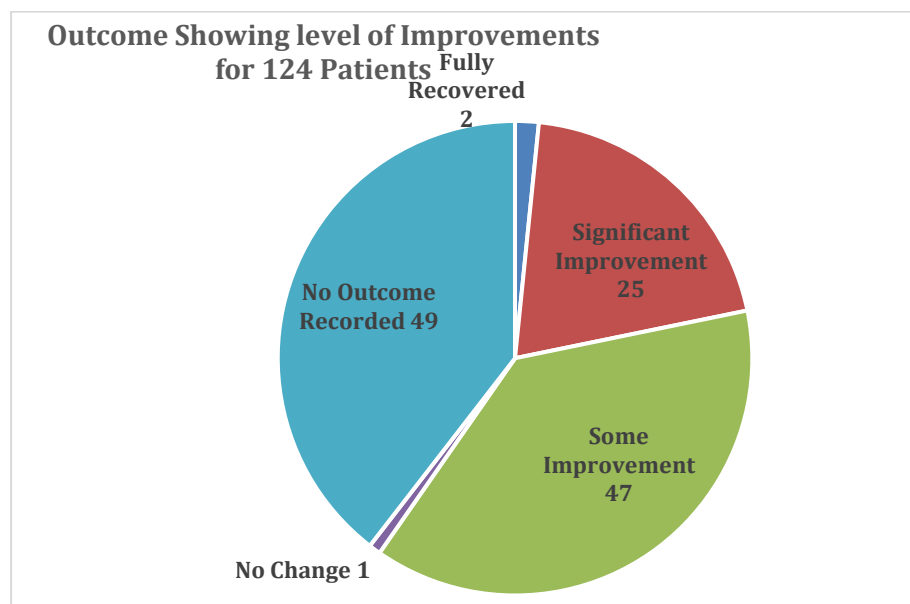
Number of Treatments Given									
	10+	8 or 9	6 or 7	5	4	3	2	1	Total
Male	1					2		3	6
Female	10	2	10	1	5	6	25	59	118
Total No. of Patients	11	2	10	1	5	8	25	62	124
Percentage of Total Patients	9%	2%	8%	1%	4%	6%	20%	50%	
Total Treatments	160	17	65	5	20	24	50	62	403
Percentage of Total	40%	4%	16%	1%	5%	6%	12%	15%	

Outcomes.

We have very limited information on patient's health issues or how the treatment has helped. The following is noted in some cases:

- Some have said that their Insomnia is better since coming to the clinic.
- Some have said they felt more calm and relaxed
- Some have stated that they suffer from fewer, less severe headaches

Outcomes Achieved for All patients:



It should be noted that 40% of patient records did not inform on an outcome. In addition, 28% of the patients who had stated that they felt relaxed after the treatment, were classified as having a 'some improvement' outcome.

From Nicola Haugh's research project, interviewing 13 patients at the mosque we learned that

"EFFECTS OF ACUPUNCTURE

12 out of 13 patients reported a positive outcome. One felt unsure but did acknowledge that something had changed and also reported feeling slightly less pain. A positive outcome is defined as the situation in which a patient has identified at least one condition or symptom which acupuncture has helped to alleviate.

*The majority of patients (11 out of 13) reported the **relaxing effects** of acupuncture."*

The data for Al Manaar as not available after March 2019 but there is data for The Space.

The Space May 2019 –March 2020

Over the period analysed, 36 Clinics were held and on average 8 Patients were treated each clinic session. A total of 61 new patients visited the clinic (15 Male and 46 Female). **Overall, patients' numbers maintained the average figure of 8 patients per week throughout the 10 months, with only 4 sessions recording an attendance level 10 + , and it appears that 11 patients were regular attendees of the clinic.**

These numbers are very comparable to those at the mosque.

As at the mosque the clinic was predominately attended by women, with 70% of treatments given to women.

TREATMENTS

We completed 252 treatments in total.

We looked at 68 patients records and total treatments of 252. There are certain patients who have been coming to clinic on a regular basis and one female patient and one male patient (husband and wife) had 38 treatments each.

However, as at Al Manaar the vast majority, almost 71% of patients, had only one or two treatments with just 9 receiving more than 6 treatments.

AGE

The majority of the 68 patients seen during the period of this clinic were aged 40 and above with a significant proportion belonging to the 60 plus age group. This is slightly younger than those seen at the mosque

Health outcomes

We have limited information on patient's health issues or how the treatment has helped. 25% of forms had no outcome recorded. 45% of those recorded showed some or significant improvement.

The following is noted in some of the cases:

- Some have said that their Insomnia is better since coming to the clinic, suggesting longer periods of undisturbed sleep.

- Some have said they felt more calm and relaxed, however it is noted that during certain times of the year such as Christmas and dates where the community and tower are receiving press attention, many of their anxiety and stress levels increase.
- Some said they have had a reduction in pain or they have been able to manage their pain better.

Conclusions:

The projects ran for two and a half years after the Grenfell tragedy and provided a free acupuncture service to about 320 people directly affected. 977 treatments were given. This is a considerable achievement and huge thanks and gratitude goes to all the volunteers and particularly Rachel Peckham and her team for consistently organising and delivering this care.

Many thanks are also due to our sponsors The Clarkson Jersey Trust, Ramesh Shah, Phoenix Medical and all those who donated to World Medicine during this period

The data available suggests that those attending did benefit in various ways. However the effects were limited by the fact that keeping patients attending was not well addressed with the majority only attending 1-2 times.

This is a key learning point for us all for further projects.