



South Asian Well-Being Covid-19 Support Service



ভীত

Shielding

মন খারাপ

Anxious

Low mood

Grieving

একঘেষে

Worried

ভীত সন্ত্রস্ত

Problem

নিরাশ

Debt

চিন্তিত

Confused

الجهن

Lonely

اضطراب

Fearful

সুরক্ষিত থাকা



How are you feeling about the effects that the pandemic has had on you, your family or your community? We understand and want to provide you with the appropriate cultural support. If you are experiencing any of the feelings above, please contact us so we can give you a helping hand.

Contact Us

Manchester BME Network CIC –
Intensive Support, Referrals and
Webinars – English speakers

📞 07751664188 Tues, Thurs, &
Friday.

📞 07746217213 Monday & Friday
davine@manchesterbmenetwork.co.uk

Manchester Bangladeshi Women's
Organisation – 1:1 Support
Bangla & Urdu speakers

Monday – Friday 10 am – 3 pm

📞 07799355037

Pakistani Resource Centre – 1:1
Support - Hindi, Punjabi and Urdu
speakers

Monday – Friday 9am – 2pm

📞 07593444128

Women's Voices CIC– Chai & Chat –
Hindi, Punjabi and Urdu speakers
Monday – Friday 10 am – 3 pm

📞 07565606127

Accessing our Service

You can reach us by either making a self-referral or by asking a health professional, a faith leader or any other advocate that you trust, who works on your behalf, to call us on the contact numbers provided above.

Our offer of support

You can access our support by attending any of the interventions that you think would most suit your need:

- **1:1 Support** – Where you can get advice and guidance, as well as support, on how to deal with any issue that is making you feel overwhelmed. For Bangla and Urdu speakers please contact **Manchester Bangladeshi Women's Organisation** on **07799355037** or for Hindi, Punjabi and Urdu speakers **Pakistani Resource Centre** on **07593444128**.
- **Chai and Chat** - Friendly conversations where you can share your experiences with others. To book on these sessions please contact **Women's Voices CIC** on **07565606127**.
- **Befriending** – A friendly voice who will understand what you are going through and point you in the right direction.
- **Intensive Support** – Your chance to discuss in depth any worries that are impacting on your Well-Being.
- **Webinars** – to help you to be better informed to take care of yourself and the people that you support. For Befriending, Intensive Support or to book on the Webinars, please contact **Manchester BME Network CIC** on **07751664188** (Fiona) or **07746217213** (Davine) – English speakers.

Who are we?

The South Asian Covid-19 Support Partnership is made up of five Voluntary and Community, not-for-profit organisations, who have come together to ensure that the service delivered is culturally appropriate to meet your need. The service providers speak in a variety of languages including Bangla, Hindi, Punjabi and Urdu. This emergency project has been funded by Greater Manchester Health and Social Care Partnership. For more information on other BAME ethnic group services please call **07746217213**.