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| **Well Being Support for BAME Trafford residents****In addition to the resources included in our Directory the following services in Trafford and Greater Manchester offer support to our BAME residents**  |

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| **Existing resources in Trafford** |

**Voice of BME Trafford**

**voicebmet.co.uk**

**Oakland House (Ground Floor East), Talbot Road, Old Trafford M16 0PQ. Tel: 0161 848 7018 / mobile 07928 843762**

The aim of VBME-Trafford is ‘to give a voice to the BME (Black and Minority Ethnic) communities in Trafford and improve their participation and representation at all decision-making levels across the borough, in order to address the inequalities experienced by BME people and improve their life opportunities in every sphere i.e. education, housing, health, business, community, politics and leisure.

**Bluesci Wellbeing Support Line: Call 0161 912 2177** between 10:00 – 14:00 (this is a local rate call and Bluesci will ring callers straight back). Email: enquiries@bluesci.org.uk

For further information about the four Bluesci Library and Wellbeing Centres visit: https://oldtraffordwellbeing.org.uk/news/corona-virus/

**Bluesci** is also offering wellbeing support over the phone to our Urdu speaking community every Tuesday between 10 am to 4 pm. Please ring or text Aliya Bukhari on 07547 548 101, and the call will be returned as soon as possible.

**The Pakistani Resource Centre**. A registered charity and a voluntary organisation which was established in 1966 as a result of concerns expressed by the community regarding the lack of advice and information available for the South Asian Communities in Greater Manchester. The Centre helps provide support to the South Asian Communities in mental health, welfare rights, counselling, domestic violence, learning disabilities and the criminal justice system. The Pakistani Resource Centre helps over 10,000 people every year through our services, drop-in clinics, and support groups and by providing information on various issues.

<http://www.pakistani-resource.org.uk/>



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| **Greater Manchester resources** |

**Jewish Community Holistic Mental Health**. This is a partnership between Jewish Action for Mental Health (JAMH) and Neshomo. JAMH want to increase awareness of mental illness in the Jewish community and offer practical guidance in identifying signs of acute psychological distress. Greater Manchester Neshomo is a Jewish, culturally-sensitive, confidential mental health charity for adults. They are running a holistic provision offering befriending, mentoring, counselling and therapy to those whose mental health has been affected by the COVID-19 pandemic.

https://www.jamh.org.uk/ and https://www.neshomo.co.uk/

**BAME Holistic Mental Health**. The Manchester BME Network CIC aims to support BME groups and organisations of all sizes to become more effective and successful and to play their full part in contributing to communities in Manchester. They are providing a culturally-appropriate holistic mental health support service for BAME individuals predominately of South Asian ethnic background (but not exclusive to), recovering from and affected by COVID-19.

https://www.manchestercommunitycentral.org/black-minority-and-ethnic-network-page

**Training and Support for Services and Exiles (TS4SE)**. TS4SE Cooperative works with refugee and migrant community groups and local community groups that want to improve how they work with their diverse local populations. TS4SE are now providing regular briefings and train-the-trainer sessions; gathering and collating user stories, providing development support & capacity building to research and develop sustainable new models of working that allow for working remotely or in person with social distancing.

They are also supporting smaller refugee-led community organisations to develop remote befriending for isolated individuals, focusing on co-production of culturally specific health promotion and wellbeing messages. http://ts4se.org.uk/training-consultancy.html

**Yaran North West**. Yaran North West was established as a not-for-profit organisation to provide a variety of services to meet the needs of vulnerable adults, new immigrants, families and couples in Greater Manchester who need urgent help with counselling advocacy, recovery and wellbeing. They are providing bilingual accredited mental health practitioners and a bilingual befriending mentor who will provide online befriending and mentoring sessions. http://www.yarannorthwest.com/

**Caribbean & African Health Network (CAHN)**. CAHN now have a support offer into the Caribbean & African community that is providing a bespoke mental health service. This includes online access to trained counsellors and volunteers that can help reduce social isolation, i.e. social distance video walks with clients. <https://www.cahn.org.uk>

**Wai Yin**. Wai Yin have developed a support group for Chinese men and women who present with mental distress and difficulties relating to the specific range of socio-cultural issues. They are aiming to provide a professional and holistic support which tailors to socio-cultural identities. The holistic model will allow participants to navigate the different complex issues of mental health difficulties, sociocultural and financial practicalities.

https://www.waiyin.org.uk/

Key Contact: zulfi.jiva@nhs.net