

## Other Support

From the information that has been widely shared, BAME communities have been disproportionately affected by Covid-19. You may find these contacts helpful for other BAME communities:

### Caribbean and African Community

CAHN – 07853556591 or [info@cahn.org](mailto:info@cahn.org)

### Jewish - Community

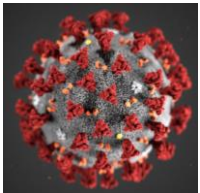
Jewish Action for Mental Health (JAMH) – 07510204844 or [hello@jamh.org.uk](mailto:hello@jamh.org.uk)

### Chinese Community

Wai Yin Society  
0161 272 7482  
0161 833 0377 or  
[louise.wong@waiyin.org.uk](mailto:louise.wong@waiyin.org.uk)

### Iranian Community

Yaran North West  
07413396573  
[info@yarannorthwest.com](mailto:info@yarannorthwest.com)



## 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.



# South Asian Well-Being Covid-19 Support Service



चिन्तित

Lonely?

Worried? خوفزده

الجهن

Anxious?

Isolated?

اضطراب



## How are You feeling?

- Anxious / चिन्तित
- Concerned
- Bored
- Fearful
- Frustrated / निराश
- Isolated
- Lonely
- Low Mood
- Scared / خوفزدہ
- Worried

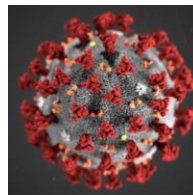
How are you feeling about the effects that the pandemic has had on you, your family or your community?

We understand how you feel and have come together to provide you with the appropriate cultural support that you might want to access.

## 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.
- **Befriending** – A friendly voice who will understand what you are going through and point you in the right direction.
- **Chai and Chat** - Friendly conversations where you can share your experiences with others.
- **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.



## Accessing our Service

You can reach us by either making a self-ref or by asking a health professional, a faith leader or other advocate that you trust, who works on your behalf, to call us on the number below:

## Contact Us

**Manchester BME Network CIC**

☎ 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 – 2 pm

☎ 07565606117