

Are you suffering a bereavement of a loved one

Are you self-isolating

Are you shielding

Are you finding it difficult to get out

Are you worried about somebody you are looking after

Are you worried about your financial situation

Are you

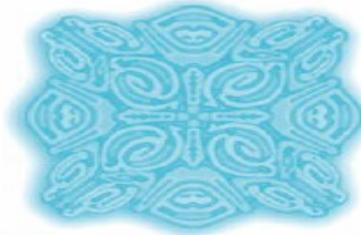
Grieving

Shielding

Confused

Or Fearful

WE CAN SUPPORT YOU



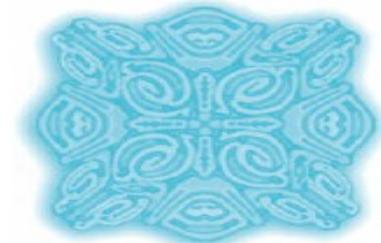
Pakistani
RESOURCE CENTRE

پاکستانی ریسورس سنٹر
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COVID—19

Befriending Service

Managed by Pakistani Resource Centre



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HM Government

In partnership with

THE NATIONAL LOTTERY
COMMUNITY FUND

COVID—19 BEFRIENDING SERVICE

The aims of the service are to provide practical and emotional support if an individual is struggling with the following due to COVID-19:

Social isolation
Housing and welfare benefits worries
Communication problems
General stress

We assist individuals to find out about local services.

Provide non-specialist emotional support as an informed friend.

Assist individuals in completion of paperwork (e.g. benefits form) and correspondence.

We sign-post individuals to a more appropriate service, if necessary.

All personal information about individuals is held securely in accordance with GDPR Regulation.

PRC has been established since 1966 and has provided support in the fields of mental health, domestic abuse, criminal justice, welfare rights and counselling etc to the BME communities in general and South Asian communities in particular.

Our staff are sensitive to the needs of the community and understand the meaning “culturally appropriate”.

OUR VISION

“To provide a culturally sensitive and appropriate befriending service for Black and Minority Ethnic communities in Manchester”

To offer a flexible and tailored service to each individual.

To empower people to reach their potential in life and to have meaningful roles in the community.

To provide a service that is **ACCESSIBLE** and **APPROPRIATE**

OUR AIM

- ⇒ Reduce isolation
- ⇒ Reduce stress
- ⇒ Reduce crisis
- ⇒ Increase confidence by empowering individuals
- ⇒ Increase knowledge and understanding of COVID—19
- ⇒ Provide individuals with tools to improve their circumstances and lead fulfilling lives

SERVICES OFFERED

- ⇒ **OUTREACH/ HOME VISITS**
- ⇒ **WEEKLEY PHONECALL**
- ⇒ **INFORMAL COUNSELLING**
- ⇒ **HELP ACCESS LOCAL SERVICES**
- ⇒ **PROVIDE SUPPORT TO INDIVIDUALS AND CARERS**
- ⇒ **PROVIDE ADVOCACY**
- ⇒ **HELP REDUCE SOCIAL EXCLUSION**
- ⇒ **SIGN POST SERVICE USERS TO APPROPRIATE SERVICES**
- ⇒ **WELFARE RIGHTS ADVICE**

**FREE, IMPARTIAL AND
CONFIDENTIAL SERVICE**