

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 **07565606117**.
- **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**.