

## Bury Mental Wellbeing Support for the Black, Asian and Minority Ethnic community

The coronavirus outbreak means that life has changed for all of us, and it's natural that this may cause you to feel worried or anxious, lonely or frustrated. It's OK to feel this way, everyone reacts differently. If you feel you need some extra support, there's a range of options in place for people in Bury, including support online, by phone and local community groups.



We have rounded everything up in this resource, if you need help finding the right support or you are seeking a listening ear and advice please call the **Bury Getting Help Line on 0161 464 3679, open Monday to Saturday 8am – 8pm.**

Or visit the [theburydirectory.co.uk/wellbeinghub](https://theburydirectory.co.uk/wellbeinghub) for details of all the services available to Bury people.

Bury BAME Groups	Contact details
<b>ADAB</b> supports people to build their confidence and become active in the community, it provides sessions to improve knowledge and skills and to improve health and wellbeing. <b>Bury East</b>	<a href="https://adab.org.uk">adab.org.uk</a> 0161 764 6749
<b>The BAME Project</b> offers support on health and wellbeing both physical and mentally. <b>Bury Town Centre</b>	<a href="https://thebameproject.com">thebameproject.com</a> 07368 380 082
<b>Bury Active Women's Centre (BAWC)</b> offers help and support for women and families including social, recreational, educational, training support and activities in a culturally safe and sensitive environment. <b>Bury</b>	<a href="https://bawc.org.uk">bawc.org.uk</a> 0161 280 2270
<b>The Bury Defence Academy</b> provides a martial arts and boxing club to support the health and wellbeing of young people. <b>Bury Town Centre</b>	<a href="https://buryacademy.co.uk">buryacademy.co.uk</a> 07787 852 892
<b>Eagles Wings</b> is a mutual support and friendship group for refugees and asylum seekers from across Bury and provides a range of services. <b>Bury Town Centre</b>	<a href="mailto:Sue.k.arnall@gmail.com">Sue.k.arnall@gmail.com</a> 07917302061
<b>The Jinnah Centre</b> provides activities that help older people both men and women keep physically and mentally fit and healthy, combat social isolation and improve their quality of life. Borough wide service. <b>Bury</b>	<a href="mailto:jinnahdaycarecentre@gmail.com">jinnahdaycarecentre@gmail.com</a> <u>0161 763 3637</u>
<b>Neshomo</b> provides culturally sensitive, confidential mental health support, befriending and advocacy for adults. <b>Prestwich</b>	<a href="https://neshomo.co.uk">neshomo.co.uk</a> Men: Dov 07741 625 345 Women: Racheli 07512 578 587
<b>Polish Social Centre</b> offers a range of social group, activities and music, plus day centre facilities and chair-based exercise group for older people. <b>Bury</b>	<a href="https://facebook.com/polishclubbury/">facebook.com/polishclubbury/</a> 0161 764 5939
<b>Se.ed Community Action's</b> promote good health and to advance the education of parents, particularly new parents and young families, in accordance with the Jewish education. <b>Prestwich</b>	<a href="https://seedca.org.uk">seedca.org.uk</a> 0161 792 4457

<b>Supporting Sisters</b> is a women's support group running online chats, coffee mornings, fitness classes, beauty therapy and mental health & wellbeing sessions. <b>Bury</b>	<a href="https://facebook.com/SupportingSist1/">facebook.com/SupportingSist1/</a>
<b>The Fed</b> provides a wide range of health and social support for the GM Jewish community, including mental health support group/drop in. <b>Prestwich</b>	<a href="http://thefed.org.uk">thefed.org.uk</a> 0161 772 4800
<b>The Friendship Circle</b> supports Jewish children and adults with disabilities in the community through a range of fully integrated social and recreational programmes. <b>Prestwich</b>	<a href="http://friendshipcircle.org.uk">friendshipcircle.org.uk</a> 0161 792 1792
<b>The JEWEL Foundation</b> is an employment support service which has been established to enhance the economic sustainability of Manchester's Jewish community. <b>Prestwich</b>	<a href="http://thejewelfoundation.org.uk">thejewelfoundation.org.uk</a>
<b>Ukrainian Social Club</b> is a community centre offering a range of social events for people from Ukrainian communities. <b>Pimhole, Bury</b>	<a href="https://facebook.com/UkrainianSocialClubBury">facebook.com/UkrainianSocialClubBury</a> 07719 659274

There are a number of Greater Manchester BAME Projects	Contact details
Together <b>JAMH</b> and <b>Neshomo</b> provide befriending, mentoring, counselling and therapy to those whose mental health has been affected by the Covid-19 pandemic.	<a href="http://jamh.org.uk">jamh.org.uk</a> 07510 204 844 <a href="http://neshomo.co.uk">neshomo.co.uk</a> Men 07741 625 345 Women 07512 578 587
<b>BAME Holistic Mental Health – Manchester BME Network CIC</b> support groups and organisations of all sizes to become more effective and successful and to play their full part in contributing to communities in Manchester.	<a href="http://manchesterbmenetwork.co.uk">manchesterbmenetwork.co.uk</a> 0161 257 0213
<b>Training and Support for Services and Exiles (TS4SE)</b> works with refugee and migrant groups and local community groups that want to improve how they work with their diverse local populations.	<a href="http://ts4se.org.uk">ts4se.org.uk</a> 07939 155525
<b>Yaran Northwest</b> provides a variety of services for vulnerable adults, new immigrants, families and couples who need urgent help with counselling advocacy, recovery and wellbeing.	<a href="http://yarannorthwest.com">yarannorthwest.com</a> 07413396573
<b>Caribbean &amp; African Health Network (CAHN)</b> provide a bespoke mental health service support offer to the Caribbean & African community.	<a href="http://cahn.org.uk">cahn.org.uk</a> 07853 556 591
<b>Wai Yin</b> provide a support group for Chinese men and women who present with mental distress and difficulties relating to the specific range of socio-cultural issues.	<a href="http://waiyin.org.uk">waiyin.org.uk</a> 01618330377
<b>Ear for You New Step for African Community (NESTAC)</b> provides emotional support for BAME families in Greater Manchester. The phonenumber is open 7 days a week from 10am to 6pm.	<a href="http://nestac.org.uk">nestac.org.uk</a> 07862 279 289 / 07894 126 157