

Sharing Voices

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Men's Mental Health Collaboration

SVB's Uzma had an insightful afternoon spent with South Asian Men discussing barriers and solutions to accessing Mental Health services Partnership working at its best with Mind in Bradford and BDCFT Experience & Involvement. We hope to continue working with other organisations to raise awareness about mental health.



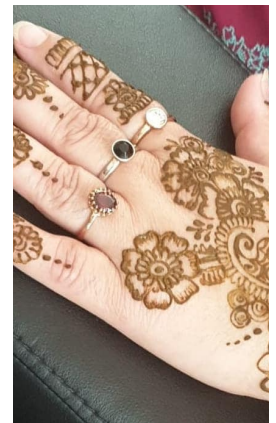
Mental Health Championships

Mohammed Zahid and Aqeefah were delivering a mental health championships course at Al Mustafa last Wednesday as part of their community development project.



What's been going on? Women's Eid Party

The SVB women's team threw a late Eid party recently, we took this opportunity to invite Nabeela in from the college to do some activities with the ladies as it was such an enjoyable experience last time!



Women's team get creative!

SVB staff members had a great time this week at Centenary Park signing up for the districts pledge to #WYHRootOutRacism It was a fantastic event and it was good to see partners and stakeholders. We look forward to attending more local events.



The Advocacy and Link Project

The Advocacy and Link Project is a new service at SVB to support BAME people. This service aims to support and direct individuals to appropriate services that can help them make the right choices to improve their mental health.

The main objectives of the project are

- Provide support, advice, advocacy, signposting and direct intervention that can help you make the right choices
- Provide general information ,advice and support about mental health, employment, benefits and redundancy.
- Enable individuals to find out about and access appropriate services and facilities.
- Help overcome language barriers.
- For you to understand your rights

ADVOCACY & LINK PROJECT
A new service supporting Black, Asian and Minority Ethnic (BAME) people

Do you feel isolated and depressed?

Are you experiencing anxiety?

Do you need advice on employment, benefits and redundancy?

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- Provide general information, advice and support about mental health, employment, benefits and redundancy.
- Enable individuals to find out about and access appropriate services and facilities.
- Help overcome language barriers
- For you to understand your rights

For further information please contact Waleeya Khizar on
Tel: 01274 731166 or 07591588694
Email: waleeya.khizar@sharingvoices.org.uk

ADDRESS: Sharing Voices Bradford, 10 Morningson Villas, Bradford, BD8 7HB
TELEPHONE: 01274 73 11 66 FAX: 01274 731 177 EMAIL: info@sharingvoices.org.uk
WEBSITE: www.sharingvoices.net FOLLOW ON:  
Private Company Ltd by Guarantee COMPANY REG NO. 5130896 CHARITY REG. No. 1112686

For further information please contact Waleeya Khizar on 01274 731166 or 07591588694 or email waleeya.khizar@sharingvoice.s.org.uk

Sharing Voices Bradford
01274 73 11 66
info@sharingvoices.org.uk

<https://sharingvoices.net/>
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