

BLACK AND MINORITY ETHNIC COMMUNITY – Section 15

Listed below, are all the addresses of voluntary groups who offer help and support specifically to the ethnic minority community.

RETHINK – ASIAN MENTAL HEALTH HELPLINE

89 Albert Embankment
London
SE1 7TP

Anxiety/Phobias, Carers, Crisis, Depression, Families and Young People, General Mental Health, Hearing Voices, Minority/Ethnic Groups, Post Traumatic Stress, Schizophrenia

Kent, Bexley and Crawley:

The Asian Mental Health Helpline is a free (from BT landlines) and confidential service specifically for Asian communities affected by mental illness.

The Asian Mental Health Helpline offers a culturally sensitive listening ear and information service. The helpline is staffed by volunteers who can speak a variety of Asian languages and are fully trained in cultural competence and awareness.

Call +44 (0) 845 456 0455 for information or to speak to our National Advice Service about any aspect of mental health including practical problems.

COMMUNITY INTERPRETING SERVICE

Community Interpreting Service
Medway Council
Gun Wharf
Dock Road
Chatham
Kent ME4 4TR

All interpreters are impartial, professional, confidential and linguistically skilled. The service has a pool of interpreters who live and work in the community.

Community Interpreting Service cost:

Current price lists of interpreting and translation charges are available on request

If you require an interpreter, telephone Social Services on +44 (0) 1634 335577 (Bookings) or + 44 (0) 1634 335578 (Enquiries) during normal office hours.

Email: cis@medway.gov.uk

Web: www.medway.gov.uk/index/community/communityinterpreting.htm

Emergencies only:

Outside normal office hours, if it is a social services matter, CIS interpreters can be booked through Social Services Out-of-Hours on +44 (0) 845 7626777.

WELCOME DAY CENTRE

Mrs Patel
Ethnic Minority Senior Citizens Association
44/46 High Street
Chatham
Kent
ME4 4DS

Tel: +44 (0) 1634 844639

Promotes the welfare of all elders, who are unable to access the main line services due to cultural sensitivity, language and other barriers. The organisation serves as a combined drop-in, Day Care and resource Centre, and is open to all, irrespective of their colour, creed, race, religion or political standing.

ADVOCACY PARTNERSHIPS, MEDWAY AND SWALE

Medway & Swale Advocacy Partnerships,
Ground Floor, Lingley House,
Commissioners Road,
Nr Rochester
Kent ME2 4EE

Tel: +44 (0) 1634 713739

There funded by and work with both Medway Council, Medway PCT and Kent County Council and work in conjunction with citizen's advice bureaux, CVS, Medway & Swale drop in centres, 'MIND' as well as 'Dartford & Gravesham Advocacy'.

This organisation offers independent advocacy to individuals who have mental health problems aged over 18. They also advocate for the long-term needs of people from minority ethnic communities. People can be seen at the main office, or at home, by appointment only.

Web: www.msap.org.uk/ Email: medwayswale@btconnect.com or
Email: advocacy@msap.org.uk

MEDWAY ADULT EDUCATION SERVICE (Gillingham & Rochester)

Medway Adult Education Service,
Adult Education Centre
Green Street,
Gillingham,
Kent. ME7 5TJ
&
Medway Adult Education Service,
Adult Education Centre
Eastgate
Rochester
Kent ME1 1EW

An adult education based project, offering outreach, education and guidance to minority ethnic residents. No charge for the service.

Tel: +44 (0) 1634 338400

Email: enquiries@medway.gov.uk

RACE EQUALITY IN EMPLOYMENT

27 Blackfriars Rd
London,
SE1 8NY,

Tel: +44 (0) 7947 535335

Encourages employers to ensure racial justice and equal opportunity in employment policy and practice are implemented in the workplace.

RETHINK – MENTAL HEALTH HELP LINE

89 Albert Embankment
London
SE1 7TP

Rethink, the leading national mental health membership charity, works to help everyone affected by severe mental illness recover a better quality of life.

National advice and information service

Telephone: +44 (0) 207 840 3188 or + 44 (0) 845 456 0455 (open 10am to 2pm Monday - Friday)
or advice@rethink.org

Rethink general enquiries:

Telephone: +44 (0) 845 456 0455 or email:info@rethink.org

MEDWAY RACIAL EQUALITY COUNCIL

Research and Review Team
Medway Council
Gun Wharf
Chatham
Kent ME4 4TR

Tel: +44 (0) 1634 332744
Email: researchandreview@medway.gov.uk

The aim of the Race Equality Scheme is to show how the council plans to fulfil its legal obligations under the Act, through setting out an action plan for improvement and change and identifying clear targets that the council will use to measure its progress. The scheme forms part of the council's overall strategy to promote equality for all of the people of Medway.

MEDWAY HUMAN RIGHTS AND EQUALITY COUNCIL

Medway Racial Equality Council
Gun Wharf, Dock Road
Chatham
ME4 4TR

Tel: +44 (0) 1634-333880
Email: democratic.services@medway.gov.uk

To promote good race relations, equal opportunities and to eliminate discrimination.

MEDWAY ETHNIC MINORITY FORUM (MEMF)

Economic Development and Social Regeneration
Medway Council
Gun Wharf
Dock Road
Chatham
Kent ME4 4TR

Tel: + 44 (0) 1634 333107
Email: edandsr@medway.gov.uk

The Medway Ethnic Minority Forum (MEMF) is an independent organisation, which brings together people from different ethnic minority communities and encourages them to become involved or play a part in the development of the future of Medway.

The forum aims to represent ethnic minorities and addresses a number of issues related to ethnic communities, such as:

- ❖ Youth training and employment;
- ❖ Equal opportunities;
- ❖ Care of the elderly;
- ❖ A multicultural community centre;
- ❖ Improving communication with other ethnic minority groups.

The forum aims to:

- ❖ Act as the representative body for ethnic minority communities in Medway;
- ❖ Promote understanding and awareness of the diverse cultural needs of ethnic minority communities;
- ❖ Seek funding to initiate community projects in partnership with Medway Council and others to facilitate social inclusion;
- ❖ Help, develop and support existing and emerging ethnic minority groups;
- ❖ Encourage and promote initiatives to build the capacity of ethnic minority communities in Medway.

ETHNIC MINORITY CARERS GROUP

Maya Bangar or Krisna Devi
The Princess Royal Trust
Medway Carers Centre
3 Canterbury Street
Gillingham
Kent ME7 5TP

Tel: +44 (0) 1634 577340

This is a group for family carers from ethnic minority communities and is based as a project at the Medway Carers Centre.

APNA GHAR RESIDENTIAL HOME

The Manager
1 Kingswood Road,
Gillingham
Kent
ME7 1EA

Tel: +44 (0) 1634 850445

- ❖ Apna Ghar is a small Residential home run by Nilofer that provides a choice of services for people from diverse Ethnic Minority Communities suffering from Mental health problems.
- ❖ Our services include long and short term CARE from ages 19-65 +.
- ❖ At Apna Ghar we take great pride in keeping our home and residents happy and healthy to maintain their quality of Life.
- ❖ Our objectives are to care for the infirm elderly, to attend to their personal needs with sympathy and understanding, and to give them the freedom of choice in their daily life, but with encouragement to be active and mobile.
- ❖ We wish to preserve their dignity, independence and privacy and to seek their involvement in the functioning of the Home.

Small home for ethnic minority people with mental health difficulties.

Web: www.apnaghar.co.uk/ Email via contact page on website