



Aim

To address the structural racial inequalities that exist in the provision of mental health services across Manchester and Trafford.



We offer matching based on ethnicity and identity when it comes to one-to-one sessions.

About Us

BHA for Equality, African & Caribbean Mental Health Services, Empower Consultants CIC and Fikawelie Caribbean and African Mental Health Unit CIC have formed a partnership to deliver culturally appropriate mental health interventions in Manchester and Trafford for people of South Asian, Black African and Caribbean communities who are experiencing severe mental illness. This includes individuals of dual heritage.

It's person-centred!

The programme is designed to place your needs at the centre of delivery.



**Call or email
FOR MORE
INFORMATION**



0161 226 9562



enquiries@thecwp.org.uk

CULTURAL WELL-BEING PROGRAMME

CWP



ARE YOU FROM A
BLACK AFRICAN,
CARIBBEAN OR SOUTH
ASIAN COMMUNITY?



PROGRAMME MENU

Therapy

Person centred counselling, CBT

Education

Maths, English & Basic IT

Health and Fitness

Group/ one to one personal training
in the gym or outdoor exercise.
Swimming lessons at local leisure
facilities.

Other activities

We will offer culturally inclusive activities
such as, Art, Poetry, Music, Sewing/ Dress
making, Cooking, Home/Self care

Mentoring

We want to offer all our clients an
opportunity to work with trained BAME
mentors and learn additional knowledge
and skills.

**If there's something missing
that you would like to access
please get in touch.**

My Medication Management

Alongside the programme, you can choose
to have regular medication clinics with the
support of non-medical nurse prescribers
and community pharmacists.



For more information on
medication clinics contact us.



0161 226 9562



medication@thecwp.org.uk



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