



In partnership with Mind, we have awarded over £396.9k in grant funding to 42 organisations across England as part of the Covid-19 Emergency Fund. This enabled them to provide mental health advice, support, and wellbeing activities for BME communities.

See an alphabetised list of our grantees and summary of their projects below.

492 Korna Klub £7,570

London

492 Korna Klub provided African and African Caribbean men with a 12-week drama therapy programme, creating an online safe space to discuss how Covid-19 had affected their mental health and exploring tools and strategies to help with long-term wellbeing.

Anima Youth £9,864

London

Anima Youth addressed the needs of BME young people by providing them with digital services including an online confidential chat service, a virtual mentoring project, a girls' wellbeing & positive choices online weekly session, as well as digital weekly sessions to help and support young people to pursue their educational and employment ambitions.

Back to Life Liverpool £9,955

Liverpool

Back to Life Liverpool provided exercise classes, befriending services, IT training and pre-and post-diagnosis support for members of the BME community living with dementia and Alzheimer's in Toxteth. Support was provided in both 1:1 and group settings, online and over the phone.

Bangladeshi Mental Health Forum (BMHF) £7,660

London

BMHF provided mental health information sessions to raise awareness and break the stigma related to mental health amongst the Bangladeshi community in Tower Hamlets. The sessions focused on the basic understanding of mental health, complex mental health issues, signs and symptoms and the services available. Signposting support was also available over the phone.

Black Trans Foundation £9,620**St Albans**

The Black Trans Foundation provided free online gender identity therapy via a professional counsellor for 10 BME individuals.

Brighter Futures Project £9,996**London**

The Brighter Futures Project focussed on supporting BME service users with disabilities and autism by adapting their existing services, making them Covid-19 safe and accessible. For service users unable to leave their homes, activity packs were provided to help reduce isolation and increase engagement.

Carelink West Midlands £8,990**Birmingham**

Carelink West Midlands provided BME elderly women living in high risk/deprived with home deliveries of food, medicine, and essentials, as well as providing mental health support and Covid-19 updates to reduce isolation and anxiety.

Caring and Sharing Rochdale £9,956**Rochdale**

Caring and Sharing Rochdale provided weekly sessions on managing anxiety in the pandemic for BME service users, supported by an interpreter. They also facilitated peer-led group sessions to discuss mental health issues.

Changing Life Directions £10,000**Bolton**

Changing Life Directions provided a woman only gym for South Asian women, enabling them to participate in regular exercise sessions during the pandemic. Online workshops addressing mental health and wellbeing were available, with 1:1 and group mental health support sessions delivered by a counsellor.

Citizen Development Community Centre £10,000**London**

CDCC provided 1:1 support session to elderly BME individuals on managing their physical and mental health during the pandemic, as well as using volunteers to provide telephone support and deliver hot meals, medicine, and other essentials.

Community Art £9,960**Manchester**

Community Art provided online art therapy for elderly Orthodox Jewish beneficiaries living in care homes or living alone to reduce isolation and encourage interaction. Participants were provided with digital devices and art supplies.

Express Tuition Ltd £10,000**London**

Express Tuition Ltd provided academic, social, and emotional mentoring support to 45 migrants by offering 40 hours of 1:1 therapy sessions, 12 hours of ESOL and consultancy, and online activities for their children.

French African Welfare Association £9,929**London**

FAWA worked with facilitators and doctors to provide weekly online mental health services in French and English to refugees and migrant workers. The sessions addressed misinformation about Covid-19, as well as mental health support and counselling.

Go Woman! Alliance CIC £5,288**London**

Go Woman! Alliance CIC set up an online support group to provide women with a safe space enabling them to talk about and share their concerns, as well as providing Covid-19 information in a way tailored to the women's understanding. Well-being checks in the form of follow up calls were provided.

Guiding Hands £10,000**London**

Guiding Hands delivered mentoring services to young single parents and families facing challenges; this included workshops on healthy eating habits, budgeting, household management and cooking classes. The services were on a 1:1 level but also in the form of support groups with workshops online, or over the phone.

Hibiscus Caribbean Elderly Association £9,895**London**

Hibiscus Caribbean Elderly Association provided digital skills classes to their services users to help reduce isolation. They hosted online exercise classes, virtual art workshops and other social events. Participants also had access to an online resource library to help with upskilling.

Keeping N Real £9,500**Essex**

Keeping N Real created an app which provided confidential mental health support to young people at risk of or involved in gangs. They also delivered crisis intervention Zoom sessions via a therapist to families.

Kunsaka £10,000**London**

The organisation supported struggling BME elderly service users by training 10 volunteers to provide updated and accurate information related to Covid-19 to reduce the stress and anxieties caused by fake and/or sensationalised news.

Lambeth Portuguese Wellbeing Partnership £10,000**London**

The project enabled the provision of a 1:1 service with professional psychotherapist who provided short-term support while beneficiaries wait for the NHS long-term services. The psychotherapist had a weekly mental health related radio talk show to address coping strategies to relieve anxiety and stress whilst informing the community of the local services available and the phone helpline with signposting services.

Leicester Combat Academy £7,097**Worcestershire**

Leicester Combat Academy ran boxing and fitness classes which gave BME young people the opportunity to develop their self-confidence and improve their physical health and mental resilience.

Let's Unite for Autism £10,000**London**

Let's Unite for Autism provided advice, advocacy, information, and support during the pandemic for those affected by autism and their carers, mental health and wellbeing support for parents with neuro-diverse children, and housing and homelessness support for families.

Making Communities Work and Grow £10,000

London

The project supported young women aged 16-21 with mental health concerns, targeting issues such as loneliness and domestic violence through online wellbeing workshops. The organisation also provided 1:1 support and signposting to professional services.

MCRC Ltd £8,327

Birmingham

Volunteers worked with BME women aged 60+ to provide digital literacy training enabling access to online support, 1:1 and group mental health support sessions, and food and essential packages.

Mulacake Kids Club £8,870

London

Mulacake Kids Club provided an online talent show for young people to raise awareness of mental health week. They also provided mentoring and guidance services to adults who were unemployed or at risk of redundancy.

Peaceful Minds CIC £8,850

Manchester

The project provided free multilingual counselling sessions to service users who speak Urdu, Punjabi, Hindi, Pushto, Hinko and Bengali. They transitioned their services online to aid demand and provided telephone 1:1 sessions, or virtual sessions using Zoom and WhatsApp. The grant helped to fund a qualified BACP counsellor who provided multilingual sessions in Oldham, Manchester.

Pepper Pot Centre £10,000

London

The Pepper Pot Centre provided a meals on wheels service to the over 50 Afro Caribbean community. Service users also had access to online exercise classes and regular check ins throughout the pandemic for those not able to digitally engage.

Peterborough Asylum and Refugee Community Association £9,963

Peterborough

PARCA provided online and in-person befriending and social activities such as cooking and group exercise to reduce isolation amongst BME adults. Volunteers and staff were trained to signpost beneficiaries to mental health services if they needed support.

Positive Network Community Project £9,950

London

The organisation delivered a meals on wheels service, providing a hot cooked meal for African and Caribbean communities aged over 60.

Refugee Radio £8,329

Brighton

Refugee Radio provided BME service users with counselling and befriending support online and over the phone, as well as equine therapy with qualified therapists to help service users through their trauma.

RESET £10,000

London

The organisation provided free online counselling sessions via Zoom for service users from African and Caribbean backgrounds who struggled with PTSD, self-esteem issues, and trauma.

Riana Development Network £10,000

London

The project delivered mental health training to 15 volunteers who provided weekly befriending services to BME youth both on a 1:1 level over the phone or online, or via online support groups. The project provided materials for supplementary schoolwork and offered out recreational activities such as gardening to improve mental wellbeing.

Rochdale Women's Association £10,000

Rochdale

Multi-lingual practitioners facilitated culturally sensitive 1:1 and group support sessions both in-person and online for South Asian women who have experienced domestic violence, forced marriage, honour-based abuse etc. The sessions aimed to reduce the long-term effects of mental health issues and trauma, with signposting to further mental health services available.

Rock-i Organisation Community Project £9,578

London

Many of Rock-I's service users are from Caribbean backgrounds and are unemployed, homeless and/or rough sleepers with mental health needs and learning disabilities. They are often dealing with loneliness and marginalisation from their local community. Rock-I provided its service users with a

hot meal and drink, advice surgeries, and upskilled them with IT skills training to make them more employable.

Sangini £9,943

South Shields

Sangini provided culturally sensitive social activities and wellbeing sessions, such as arts and crafts, meditation, and mental health talks, both online and in-person for 40 BME women to reduce isolation, rebuild confidence and signpost to further services.

Sheba Soul Ensemble £10,000

Bristol

Sheba Soul Ensemble delivered 12 theatre performances for adults and children focused on mental health and wellbeing.

Soccolology £8,904

London

Soccolology provided 1:1 counselling support and created an online school to enable BME young people dealing with adverse mental health and increasing loneliness to access emotional support resources.

Sunbeams London Ltd £10,000

London

Sunbeams provided early intervention, mental health support for young women aged 7-16 in Hackney and Haringey from the Orthodox Jewish community. Sunbeams provided weekly 1:1 mentoring in the form of therapeutic activities such as arts and crafts, music, and outdoor activities. They also hosted weekly group mentoring sessions to address any issues that emerged due to lockdown and explored coping mechanisms. Guidance and signposting was also provided to parents.

The Cornerstone Church (The Empowerment Group) £9,048

London

The Empowerment Group delivered online professional counselling services for individuals from BME communities who faced mental health challenges and/or a bereavement due to the effect of Covid-19, who were unemployed, or from a low-income home or disadvantaged background. The sessions were conducted weekly by BME counsellors.

The Flowhesion Foundation £10,000

Bolton

The project provided bilingual counselling session to BME women in Bolton, with the aim of reducing stress and anxiety caused by the pandemic.

The Halo Project £9,970

Middlesbrough

The Halo Project provided emotional support to BME women and girls at risk of or victims of domestic and sexual violence. The project was able to increase awareness around both mental health and domestic violence issues amongst BME communities.

Therapy4Healing £9,980

London

Therapy4Healing provided online and in-person health and well-being services to children with disabilities, elderly people struggling with dementia, survivors of domestic violence, and refugees and asylum seekers in Lewisham. Both 121 and group counselling were available.

Women of Valiance £10,000

Bedford

The project addressed the mental health and wellbeing of BME individuals by providing bereavement early support services and signposting service users to the appropriate health services, delivering food parcels and hot meals to those who were isolated, as well as providing a dedicated freephone line to offer emotional and practical support.