

## **WELLNESS 4 WOMEN (W4W) PROJECT OUTLINE**

ADAB's Wellness 4 Women (W4W) project aims to directly improve the mental health of young BAME in Bury. W4W will provide high quality bespoke Emotional Wellbeing and mental health service for the BAME community particularly young women aged 16 to 25 years.

Since its inception ADAB has played a critical role in improving lives of our local BAME communities especially young people. ADAB is ideally placed to build on its existing services, a specialist young women's mental health support service. Our mental health support is culturally sensitive; gender appropriate and easily accessible.

Our proposed W4W service will build on existing provision which supports young BAME women to overcome mental issues such as anxiety, depression and self-harming. In addition ADAB provides, support to address social factors - the root causes - that contribute to mental health issues e.g. Domestic Violence, low income, sexual abuse, caring responsibilities. These issues are exacerbated for BAME young women due to inequalities created by services that are not culturally appropriate. Many have directly faced other issues such as racism, sexual bias, issues with immigration status and disability are all factors, which limit access to appropriate services.

The transition from children's services via CAHMS (Child and Adolescent Mental Health Services) to adult services also leaves many BAME young women behind. W4W will ensure appropriate and effective support to young women in order to give them the opportunity to enjoy happy, healthy and fulfilled lives and contribute to the Bury economy.

ADAB's W4W project will support young BAME women aged 16-25 years old with positive impact on their mental health through a high quality service that is culturally sensitive specifically designed to support and help by:-

- Supporting BAME young women with Emotional and mental health issues
- Provide bespoke 1-2-1 mental health therapy and support
- Providing additional support in partnership with other VCSE organisations e.g. benefits advice with CAB; Housing support via 6 Town Housing etc.
- Developing links with agencies to ensure referrals for our target clients identified as having mental health needs.
- Provide a Peer to Peer support the target group to address social issues such as mental health stigma; domestic abuse; poverty; racism etc.
- Ensure a multi-agency approach working with voluntary organisations faith and community groups; statutory agencies (council; Police) to identify women experiencing early signs of mild to moderate mental health issues.



The aim of this project is to support at least 100 young women per year and to train and develop a cohort of 30 volunteers to provide peer support.



The Pilgrim Trust

