



diverse
cymru

Promoting equality for all
Hyrwyddo cydraddoldeb i bawb

The Health & Well-being of Black & Minority Ethnic People - Selected Services & Resources

307-315 Cowbridge Road East
Cardiff, CF5 1EP

t. 029 2036 8888

e. info@diverse.cymru

w. www.diverse.cymru.org.uk

Category	Organisation	Short description of service	Contact
Asylum seekers & refugees	Welsh Refugee Council	Provides information, advice and support	029 2048 9800
Asylum seekers & refugees	Oasis Cardiff	Provide weekly cookery sessions, various women only sessions, craft sessions and language classes as well as a range of other activities	029 2046 0424
Asylum seekers & refugees	DPIA (Displaced People in Action)	Provides specialist services to refugees and people seeking asylum across Wales in order for them to successfully integrate into the community	029 2048 2478
Asylum seekers & refugees	WSSAG – Women Seeking Sanctuary Advocacy Group	Friendly & safe women only drop-in centre	07902 562 111 07944 693 218
Bereavement	Cruse Cardiff & Vale	Offer bereavement support services; face-to-face, telephone, email support and children's support	029 2022 6166
Bereavement	South Wales Islamic Centre	Provides advice & support on funeral arrangements specific to Muslim cultures	029 2049 0998
Bereavement	Shah Jalal Mosque	Provides advice & support on funeral arrangements for the Muslim community	029 2048 0217
Community groups	African/Caribbean Community Group	Provides a network for people of African/Caribbean origin	acc_cardiff@hotmail.com
Community groups	Bangladesh Association	Provide help and advice, community activities & gatherings	07968 165 138
Community groups	Pakistani Women's Association	Provides support, information and referring to appropriate organisations	029 2076 4218
Community groups	ISSA Wales	Supports the social, emotional and spiritual wellbeing of BME and Muslim communities in Wales	029 2034 5294
Community groups	Iraqi Community Association of Wales	Provides community support & sign-posting to appropriate services	029 2079 8526
Community groups	Cardiff Chinese Elderly Association	A drop-in center for Chinese people aged 55 and older	07814 886 071
Community groups	South Riverside Community Development Centre	Services include young children & parents project, basic computer lessons and English (ESOL), Riverside Luncheon Club and development work with older people	029 2025 0549 029 2025 0557
Community groups	Hayaat Women Trust	Advocacy support to African diaspora communities, community education raising events, international developmental work in mental health and maternal health.	029 2002 6470
Community groups	Mamatella	Congolese women's group based in Cardiff. Provides advocacy support to Congolese women living in south wales.	07940 571091
Community groups	Nuhi	Offers support to substance users, and also runs a support group, also provides training on education and empowerment.	029 2132 8275
Community groups	Nigerian Welsh Association	Provides community events and support to the Nigerian community in Wales.	07833 806756
Community groups	Trinity Church	Provides support network and ESOL classes for asylum seekers and refugees.	029 2115 5011
Counselling	Chinese Christian Church	Provides Christian spiritual guidance for people from the Chinese community	029 2038 8724
Counselling	The Christian Counselling Service	Provides Christian guidance and support	029 2066 4410
Counselling	Issa Wales	Muslim/Spiritual Chaplain & Religious Advisor	029 2034 5294
Domestic Violence	BAWSO	Provides specialist service to women & children from BME communities suffering domestic abuse	029 2064 4633
Drug dependency	Newlink Wales	Provides information and advice on substance misuse	029 2052 9002
Elders	Age Cymru	Offers a range of quality services to older people, ensuring greater independence and peace of mind	0800 223 444
Elders	Red Sea House	Established to meet the needs of the Elderly Somali community in Cardiff, also provides sheltered accommodation with support	029 2048 0078
Elders	ACES – African Caribbean Elders Society	Provides a network for people of African/Caribbean origin	acewomencymru@hotmail.co.uk
Interpretation	Wales Interpretation & Translation Service (WITS)	Supplying linguistic services, mainly to public services and voluntary bodies. It is designed to improve access to public services for people who may otherwise face communication difficulties.	01633 245 300
Health & Well-being	SNAP Cymru	Offering support to carers of disabled children & signposting to other relevant agencies	029 2038 4868 0845 120 3730
Health	Sickle Cell & Thalassaemia Centre	Provides counselling, advice and support to those with sickle cell or thalassaemia as well as their family and carers	029 2047 1055
Health	Marie Curie Cancer Care – Improving palliative care services for Minority Ethnic families	The Marie Curie Hospice provides free specialist care, advice and support for people with serious illnesses and their families such as cancer, heart failure, lung disease, kidney failure and motor neurone disease.	029 2042 6000
Mental Health	4 Winds User-led Association	The 4 Winds is an open access, user-led mental health resource providing a welcoming meeting place, services and information on mental health issues.	029 2038 8144
Mental Health	Barnardo's Marlborough Road Project	Various projects include a mental health project for anyone 16-25 yrs old	029 2049 7531
Race Equality	Race Equality First	Free confidential advice, information, advocacy and representation	029 2048 6207
Social Care & Welfare	Henna Foundation	Offers support to Muslim women & their families in Wales. Promoting understanding, knowledge & awareness of issues affecting community	029 2048 6920
Social Care & Welfare	Women Connect First	Offers free access to skilled based courses to disadvantaged women in the community, including refugees & asylum seekers	029 2034 3154
Mental Health, Social Care & Welfare	Diverse Cymru	BME Mental Health Support Services, Advocacy, Direct Payments and Volunteering	029 2036 8888

Diverse Cymru is an innovative equalities organisation in the Welsh Third Sector, created in recognition of the difficulties and discrimination faced by people experiencing inequality in Wales.

Diverse Cymru aims to make a real difference to people's lives through delivering services that reduce inequality and increase independence; supporting people to speak for themselves and to connect with decision makers; creating opportunities for participation and development; raising awareness of equality issues; and inspiring people to take action against inequality.

November 2015 - Please notify us of any changes, updates or additions - Diverse Cymru 029 2036 8888

