

# our services



*promoting  
sexual wellbeing*

*building healthier  
communities*

*engagement and  
involvement*

**BHA** *for equality  
in health  
and social care*

**BHA is a health and social care equality charity that exists to challenge health inequalities and support individuals, families and communities to improve their health and well being.**

#### **Volunteering with BHA**

BHA is supported by volunteers including Board Members who contribute their experience, skills and time to consolidate and further the agency's rewarding and challenging areas of work. The organisation is richer and healthier for their insight, ideas, expertise and commitment; we value and thank our volunteers for their support.

If you are interested in being involved with or supporting our work contact BHA on [0845 450 4247](tel:08454504247), or visit our Website: [www.theBHA.org.uk](http://www.theBHA.org.uk)  
Email: [volunteering@theBHA.org.uk](mailto:volunteering@theBHA.org.uk)

#### **Consultancy and training service**

BHA provides tailor made training packages for voluntary and statutory agencies as well as the private sector on a range of issues such as race equality and diversity, HIV and sexual health training, project planning, outcomes training and community development.

BHA also provides central support functions to other voluntary organisations. We offer training and support in bookkeeping, payroll, financial management, IT and human resources.

We offer a range of unique services delivered at a local, regional and national level. Our areas of expertise include sexual health, community health education and engaging and involving individuals and communities in health and social care decision making.



# promoting sexual wellbeing



- empowering communities to access appropriate and relevant services
- information and advice
- one-to-one and group support
- skills building and training sessions
- reducing barriers & challenging stigma

## National Work

### HIV and Sexual Health Information and Advice

The 'I Do It Right' Information and Advice Service provides free and confidential advice and information for Africans living in England in Shona, Swahili and Luganda, as well as French and English.

Call us free on 0800 0967 500. The service is accessible by phone, text, email and through a chat forum.

Call us free on: 0800 0967 500  
Text info followed by your question to 07860002014  
Chat online at [www.idoitright.co.uk](http://www.idoitright.co.uk)

Services available:  
Monday to Friday 10am – 6pm  
(except Bank Holidays). Answer phone service available outside these hours

## Regional Work

### HIV Prevention with African Communities

BHA, in collaboration with the African Health Policy Network, is developing and delivering prevention work in the North of England. NAHIP is funded by the Department of Health, with the overall aim of minimising the number of HIV acquisitions and transmissions amongst African communities. We work with individuals, community organisations and groups and provide:

- information and advice
- therapeutic change and skills building
- community development

BHA is instrumental in influencing the development and delivery of evidence based interventions and campaign materials at national, regional and local level.

Manchester Tel: 0161 874 2181  
Leeds Tel: 0113 244 9767  
Email: [nahip@theBHA.org.uk](mailto:nahip@theBHA.org.uk)  
Website: [www.kwp.org.uk](http://www.kwp.org.uk)

## HIV Support Services

### Arise HIV Support Project

Since 1990, the Arise HIV Support Project has provided advice, information and support to individuals and families of BME communities living with or affected by HIV in Manchester.

Our services include:

- one-to-one and group support
- advice and information on issues including treatments, benefits, housing, finances
- befriending
- advocacy services
- support with finances
- hospital and home visits
- workshops and training
- referrals to other specialist service providers

Call us on 0161 874 2182

Email: [arise@theBHA.org.uk](mailto:arise@theBHA.org.uk)

### Leeds Skyline

Leeds Skyline provides support services for people living with or affected by HIV in Leeds.

Our services include:

- one-to-one and group support
- advice and information on issues including treatments, benefits, housing, finances
- befriending
- advocacy services
- support with finances
- hospital and home visits
- workshops and training
- referrals to other specialist service providers
- complimentary therapy
- mental health support

Call us on 0113 244 9767

Email: [leedsskyline@theBHA.org.uk](mailto:leedsskyline@theBHA.org.uk)

Website: [www.leedsskyline.org.uk](http://www.leedsskyline.org.uk)

## HIV Prevention and Sexual Health Promotion

### BME HIV Prevention work carried out in Manchester, Leeds and Wirral

BHA is undertaking collaborative work with BME communities to raise awareness of HIV, promote HIV testing and improve access to sexual health and HIV services for communities. Activities include:

- the delivery of outreach sessions to increase awareness
- skills building sessions to increase confidence, motivation and build skills to discuss sexual health, negotiate condom use and increase self esteem of individuals in terms of sexual health
- production and dissemination of HIV information materials appropriate to the communities
- delivery of HIV prevention campaigns with BME communities including lesbian, gay, bisexual and transgender.
- promotion of screening for sexually transmitted infections and HIV testing
- condom distribution in various BME community settings.

Manchester Tel: 0161 874 2185

Leeds Tel: 0113 244 9767

Wirral Tel: 0161 874 2185

Email: [prevention@theBHA.org.uk](mailto:prevention@theBHA.org.uk)

### Jeena Health Project

The project delivers 121 and group information and advice and awareness sessions for South Asian women regarding sexual and reproductive health and well being. The aim of the project is to increase testing, screening and access to relevant services by providing culturally sensitive and relevant information and advice in a number of languages.

For further information and free and confidential support

Call: 0161 874 2184

Email: [jeena@theBHA.org.uk](mailto:jeena@theBHA.org.uk)

# working with individuals to build healthier communities

## We support people to:

- make informed choices
- access relevant services
- contribute to society
- be empowered



## Routes

The Routes Project:

- provides support to families who are newly arrived from abroad.
- provides support to access mainstream services such as schools, GPs, housing services and benefits advice.
- aims to help families become less isolated and excluded from society by meeting people from their home community
- provides information about the needs of international new arrivals to other services.

Tel: 0161 874 2165

Email [routes@theBHA.org.uk](mailto:routes@theBHA.org.uk)

## BHA Hepatitis C Support Project Greater Manchester

The Hepatitis C Support Project provides one to one peer support to individuals affected by Hepatitis C. Our support team are all expert patients who have experienced treatment or have cared for individuals with Hepatitis C.

The project can offer support if you have recently been diagnosed with Hepatitis C, waiting for treatment, on treatment or following treatment.

Tel: 0161 874 2173

Email: [hepc@theBHA.org.uk](mailto:hepc@theBHA.org.uk)

## Other Work within the Community

Since BHA was established in 1990, we have delivered a number of projects covering a wide range of issues.

From 2002 - 2012, Sahara has been a unique and dedicated resource focused on the health and well being of refugees and asylum seeking communities in Manchester. The project informed, supported and developed links between refugees and asylum seeking communities and mental health related services.

Reaching Out was established in 2002 with the aim of tackling inequalities in drugs and alcohol provision within Manchester. Between 2002 and 2010, the project supported the development and delivery of culturally competent services to raise drug and alcohol awareness and provide one-to-one support to those affected.

Between 2007 and 2011, BHA carried out a Thalassaemia and Sickle Cell Outreach Project as part of the NHS National Screening Programme. The aim of the project was to raise awareness of the disorders in the South Asian community in Manchester.

In 2002 BHA delivered a cancer awareness project specifically targeted at BME communities. BHA is currently developing partnerships with cancer related organisations with the aim of doing further work in this area.

For further information on BHA's work within the community contact our Director of Healthy Communities on 0161 874 2157 or email: [hc@theBHA.org.uk](mailto:hc@theBHA.org.uk)

# engagement and involvement

BHA develops services by working with people from communities who experience health inequalities and getting their ideas about the services they want and need.

Our Engagement and Involvement Directorate offers services to statutory services, health and care regulators and others to help them reach out into communities whose voices are seldom heard or acted up on.



## LINKs and HealthWatch

LINKs – Local Involvement Networks – give communities a stronger voice and say in their health and social care services. They are independent networks of local people and groups. BHA helps ensure that LINKs:

- encourage and support more people to get involved in shaping local care services;
- help to decide what services should be commissioned;
- influence the way they are run and actively canvas for views and experiences of services;
- provide the community with a mechanism for monitoring and reviewing local services;
- say what local people have recommended to help improve services.

BHA is supporting the development of two HealthWatch pathfinders – looking at how new approaches can be built in to the engagement system which will build on LINKs from October 2012. We are piloting a Care Navigation Service to help patients, service users, their relatives and carers understand their rights and have real choices in health and care. We are supporting the development of Patient Participation Groups at GP practices and bringing them together across wider areas. BHA supports:

**Manchester** LINK tel: 0161 0161 874 2187  
Email: manchesterlink@theBHA.org.uk  
Website: www.manchesterlink.org.uk

**Warrington** LINK tel: 01925 246 892  
Email: warringtonlink@theBHA.org.uk  
Website: www.warringtonlink.org.uk

**Lancashire** LINK tel: 01772 431 195  
Email: lancashirelink@theBHA.org.uk  
Website: lancashirelink.org.uk

**Wigan** LINK: tel: 01942 705522  
Email: wiganlink@theBHA.org.uk  
Website: www.healthandcaretogether.co.uk

## Manchester Race and Health Forum

Manchester Race and Health Forum works to improve the health of Black and Minority Ethnic (BME) groups in Manchester by:

- advocating for equality and equity of access to health and social care, of service delivery and care, and of employment in health and social care services;
- increasing awareness and understanding on relevant race, religious and cultural issues;
- acting in an advisory capacity to NHS bodies and working closely with the Local Authority;
- facilitating consultation and gathering opinions to feed into key government policy-making departments.

Phone: 0161 874 2192  
Email: mrhf@theBHA.org.uk  
Website: www.mrhf.org.uk

## Ensuring marginalised groups have a voice across the country

BHA is working in partnership with the University of Central Lancashire (UCLan) to support the SpeakOut Network of 80 groups across the country who feed their views in to the Care Quality Commission.

BHA is a partner agency with NHS North West's Equality and Diversity Team providing community views and comments on planned changes to services as part of the Health Equality Stakeholder Engagement process. This work has supported NHS North West's pioneering work developing the Equality Delivery System for the NHS across England.

BHA provides advice and support to regulators including support to the General Pharmaceutical Council's work to improve the training of pharmacists by developing service-user involvement in pharmacists' education.

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Company No. 3818058  
Charity No. 1079727

BHA is committed to environmental awareness and preservation. BHA endeavours to provide and procure ethical services at all times.

Issued January 2011