



Support Our Sisters (SOS)

BJM Award-Winner 2015

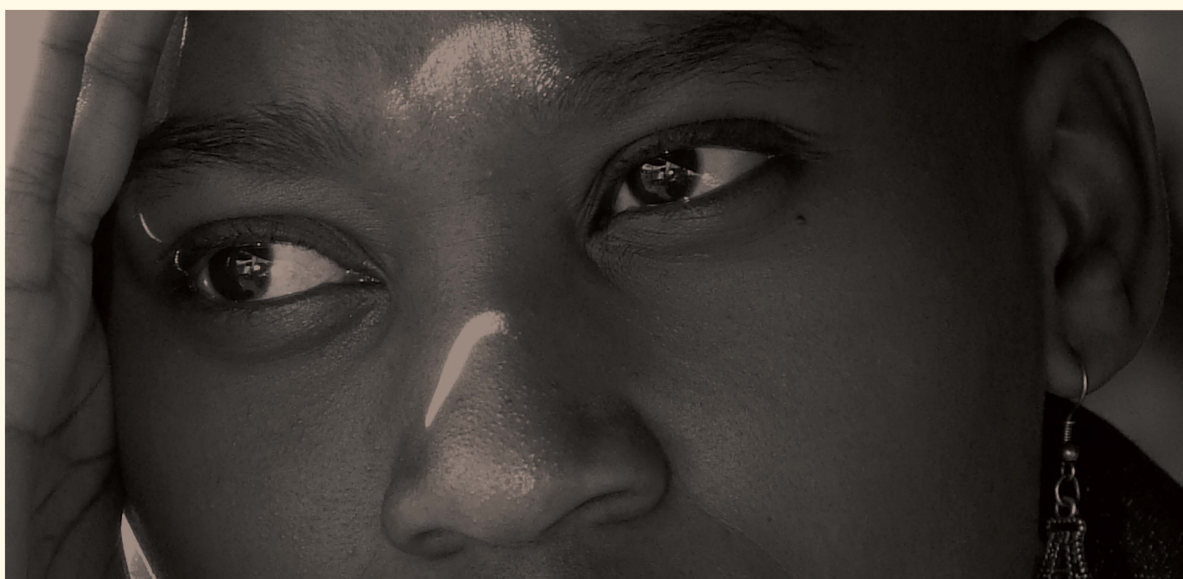
SOS Therapeutic Service

**Provision of psycho-social and emotional support for those affected by
Female Genital Mutilation (FGM)**

In partnership with NHS Salford Clinical Commissioning Group,

NESTAC launches the

SOS Clinic in the borough of Salford



Always Hope Never Give Up!

Funded by:



www.nestac.org.uk



New Step for African Community



@nestacmcr



@nestaccharity

UK Registered Charity No. 1110686

Salford SOS Clinic

(supported by NHS Salford CCG - Innovation Fund)

Salford SOS Clinic works with and supports vulnerable women affected or at risk of FGM. We provide cross-cultural therapeutic support to women and help them recover from mental pressures related to FGM. The project empowers clients, providing them the ability and opportunity to move on with their lives, whilst improving their confidence, health and wellbeing.

Salford SOS Clinic creates space for service users to explore and understand their feelings, overcome their cultural-related health beliefs, and develop coping strategies to deal with the trauma caused by FGM.



Our mental health and Wellbeing Programme provides a professional and structured service that adheres to the standards set out by the British Association for Counselling and Psychotherapy (BACP) and the Nursing and Midwifery Council (NMC) - New Standards, Ethics and Code of Practice.

NHS
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This is a Free and Confidential service

SOS Clinic offers:

Psychosocial Therapeutic Interventions

- **FGM psychosocial assessment**
- **Individual emotional support**
- **Women Only Group therapeutic support**
- **Holistic therapies (Relax holistic, beauty therapy, art therapy, etc.)**
- **FGM awareness seminars /workshops accessible to all professionals and communities across the borough of Salford.**
- **Referrals and support to access other specialist services**

All services are offered in multiple languages through our bilingual staff and Mental Wellbeing Peer Mentors volunteers (English, French, Portuguese, Arabic, main African and South-Asian languages)

Access to the SOS Clinic in Salford is through:

- **Self-referral**
- **Referrals from statutory and non-statutory agencies**

Please contact us to request a referral form. This should be posted to NESTAC or sent securely (i.e. secured email, coded email) - to ensure data protection.

If you need to discuss anything or need support completing the referral form; please contact NESTAC

Address: NESTAC - SOS Project: 237, Newstead Rochdale OL12 6RQ

Email: info@nestac.org.uk

Tel: 01706 868993

Mobile: 07862 279289

Website: www.nestac.org.uk

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Support Our Sisters (SOS) Clinic in Salford

The SOS Clinic offers its services to all clients across the borough of Salford, running drop-in clinics in community hubs.

Please contact us to request further information about community hubs hosting the SOS Clinic in Salford.

COVID-19 pandemic:

NESTAC has adapted its services to respond to the needs of its clients by providing secured online platforms

- At Salford SOS Clinic, clients can continue to access psychosocial therapeutic services through a secure digital platform set for the project.
- A COVID-19 helpline is available and accessible to BAME women victims or at risk of FGM and other forms of abuse, mentally affected by COVID outbreak.
- We use bilingual staff and Mental Wellbeing Peer Mentors to deliver emotional support.



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Project evaluation and COVID-19 research

- An independent evaluation of Salford FGM SOS Clinic is conducted by the University of Central Lancashire (UCLan)
- UCLan also conducts a qualitative research on:
The impact of COVID-19 on the mental health of BAME women victims of abuse, in the borough of Salford.

Supported by the NHS Salford CCG - Innovation Fund

Contact us for more information about our COVID-19 Helpline, and further support available to our service users in Salford



Ear for you

Covid-19 Support line for BAME communities. A Greater Manchester wide service.

What we already know
Third of Covid-19 patients are from Black and Asian Minority Ethnic population (BAME)

Why is this service necessary
Covid-19 related emotional support for BAME families is limited in Greater Manchester (GM)

Who can call
People from BAME communities who are:
• Recovering from COVID-19 or are self-isolating
• Relatives and friends of clients suffering from COVID-19
• Bereaved relatives and friends of a deceased COVID-19 person
• BAME women and young girls victims of abuse and violence

Who are we?
• A charity specialised in the provision of cross-culture emotional support
• Registered Mental health Practitioners and Psychotherapists
• Bilingual trained Peer Mentors skilled in basic cultural counselling
• Community support volunteer workers

What is available?
• Advice, guidance and signpost relating to COVID-19 matters
• Cross-culture emotional support related to pre- and post Covid-19 issues
• Tailored psychosocial therapy for women and young girls victims of violence and abuse during COVID-19:

Individual and Group therapy available.
• Online trainings available
• Advice, guidance and support provided in varied languages including Somali, Kurdish, Swahili, Urdu, Arabic, French and more

07862 279289 / 07894 126157
You can also text the word 'HELP' and someone will get back to you
Open seven days a week from 10am-6pm
www.nestac.org.uk info@nestac.org.uk



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