

Awetu

All Wales Black and Minority
Ethnic Mental Health Group

See me, hear me, **Count me.**

Seven events across
Wales to raise
awareness of black
and minority ethnic
mental health issues.

Cardiff:
27 October 2010

More information overleaf.

Wrexham

Mid Wales

RCT & Merthyr

Cardiff

Swansea

Newport

West Wales



See me, hear me, count me.

Awetu are raising awareness of Black and Minority Ethnic (BME) mental health issues in Wales through a series of seven events across the seven health boards.

The aim is to provide a forum where people can share their views and experiences, and explore ideas to improve the current situation. The information and suggestions that are gathered will help shape a plan of action for the health board in each area.

The events are free and will include:

- Keynote speakers
- Workshops
- Discussion
- Networking
- Food and Refreshments

Everyone is welcome but places must be booked in advance.

This project is supported by:



The Cardiff event.

27 October 2010, 9 am - 1.30 pm, in the annex at Alexandra House, 307-315, Cowbridge Road East, Canton, Cardiff CF5 1JD.

Awetu

Awetu support BME people in Wales who are affected by mental health problems, their families, communities and the people who work with them. We also work to achieve race equality in mental health services, policy and practice.

Established in 1988, Awetu (Swahili for 'Our Unity') is still the only BME mental health organisation in Wales.

To book your place at the Cardiff event or for information about events in other locations, please contact us:

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