

## DIVERSE CULTURES FOOTBALL CLUB (DCFC)

We also sponsor and support a BME boys and young men football club as part of the wellbeing agenda. So if you know of anyone who would like to join please pass on the details below or let them make contact. The club offers more than just football which is a great exercise, it also offers befriending, and networking opportunities no doubt one good cure for isolation.

To join for some fun, exercise and make new friends.

Age Group: 14 - 22yrs

Saturdays at Glynn Owen Centre, Southfarm Road, Worthing, BN14 7AP

Time: 12.30pm -2:30pm.

For details call 019003211033 or The Club Leader on 07824793310

Special thanks to WSCC Youth Service for allowing use of the venue for free. Any young people willing to stay on after 2.30pm are free to use the youth centre facilities with the youth workers there.

### Volunteering:

We encourage BME people to take up volunteering opportunities. We will, where possible arrange for volunteering opportunities for members. We are always looking for help from volunteers. We have a variety of positions to suit you, if you have at least 2 hours a week to spare or if you would simply like to give something back to your community give us a call.

We will be happy to hear from you. Mums with young children are welcome too, we work in a supportive, flexible & family friendly environment!

## CONTACT DETAILS:

- **CEO:** [amina@bme-cs.org.uk](mailto:amina@bme-cs.org.uk)/07501721184
- **SAWA:** [henna@bme-cs.org.uk](mailto:henna@bme-cs.org.uk) /07501721183
- **Trustees:** [trustee@bme-cs.org.uk](mailto:trustee@bme-cs.org.uk)
- **Newsletter/ mailing info:** [nsofwa@bme-cs.org.uk](mailto:nsofwa@bme-cs.org.uk)
- **Outreach:** [violet@bme-cs.org.uk](mailto:violet@bme-cs.org.uk)/07960144296
- **Counseling:** [savi@bme-cs.org.uk](mailto:savi@bme-cs.org.uk)
- **Admin/Training:** [officeadmin@bme-cs.org.uk](mailto:officeadmin@bme-cs.org.uk)
- **DCFC:** [inno629@yahoo.co.uk](mailto:inno629@yahoo.co.uk)/07824793310

If what you want to know is not on here please feel free to contact us and we will be more than happy to answer any questions/queries and take comments

### BME Community Services

1st Floor, Gordon House,  
34 Railway Approach,  
WORTHING  
BN11 1UR

Website: [www.bme-cs.org.uk](http://www.bme-cs.org.uk)

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# BMECS



## BME COMMUNITY SERVICES West Sussex

Offering a culturally sensitive support & referral service to black & minority ethnic (BME) communities who may be disadvantage & vulnerable.  
Encouraging integration, cohesion & promoting healthier living ultimately reducing isolation.

## WHO WE ARE

BMECS is a charitable organisation established with an aim to address the gap in services for BME Communities in West Sussex.

We work with self-referrals from BME Communities and also have mutual referrals with statutory, voluntary sectors & other organisations

We work very closely with West Sussex County Council, Local Authorities and share good practice with other BME organisations.

### Our Services - In Detail:

- **DROP-IN SERVICE**

One to one sessions offering emotional support & referral to other services while assuring confidentiality.

- **ADVOCACY**

Job related, immigration issues, domestic violence, racial & hate issues (please note we do not offer immigration advice but are able to refer clients).

- **MULTI-CULTURAL ACTIVITIES**

Culturally diverse group meetings & workshops for people to share issues & celebrate diversity in a safe & non judgmental setting.

- **HEALTH OUTREACH**

General Health & Wellbeing.

- **CULTURAL YOUTH CLUBS**

Peer support education, mentoring, befriending services for ethnic minority Young People.

- **VOLUNTEERING OPPORTUNITIES**

Encourage BME members to get involved in Volunteering.

- **SUPPORT FOR GROUPS**

Working closely with other partners helping start-up BME self-help groups.

## SUSSEX AKOTA WOMEN'S ALLIANCE (SAWA)

SAWA aims to offer friendship, advice & emotional support to all ethnic minority women in the area. This group aims to build & empower local BME women to fulfil their potential, improve confidence & encourage unity.

It enhances skills & potential of women through sensitive & appropriate socio-economic support, which is recognised by all sectors of the community as being underpinned by quality & equality giving them a sense of achievement.

### Services Include:

- Counselling
- Healthy lifestyle activities
- Parenting classes
- Outings
- Training
- Social & cultural events
- Volunteer placements

Our reference to 'Black and Minority Ethnic' 'BME' or 'Ethnic Minority' refers to An umbrella term, covering all the characteristics of a 'racial group', as well as the religious and cultural bonds that are seen as defining Africans, Muslims, Rastafarians and other groups that may not have formal protection under the Race Relations Act.

## DIVERSE CULTURES YOUTH PARTNERSHIP (DCYP)

DCYP offers BME young people opportunities to come together into groups of their own choice while encouraging them to integrate into mainstream youth clubs. To exchange knowledge and cultural activities, increase confidence to engage in activities relevant to their interests.

It aims at reducing the risk in young people turning to crime by supporting opportunities to develop into responsible adults. It creates an environment of friendship & belonging where young people gain strength & power both collectively & individually, through creative learning & participation.

### Services Include:

- African & Asian dances
- Cultural exchange programmes
- Expressive arts
- Youth voice (advocacy).
- Sexual health education.
- Training & skills for employment.
- CV writing support
- Signposting to appropriate services.
- Volunteer placements