

There are numerous, often complex, reasons why ethnically minoritised communities face specific health issues and health inequalities. Haref is committed to improving the quality of life of everyone in the diverse communities of Newcastle and Gateshead

### ASK

Are you from a ethnically minoritised community?

Do you need health information or support that meets your cultural needs?

Are you looking for training to help you be more confident when working with other ethnically minoritised communities?



Connecting ethnically minoritised communities and organisations to reduce health inequalities

### ASSIST

Ethnically minoritised communities face specific issues around health, which can vary between different ethnic groups. The Haref Network is actively working to tackle a number of health-related issues affecting our local communities.

### ACT

If you are interested in training, delivering or receiving health information sessions, need help and support or just more knowledge about cultural needs, please speak to Haref.

Visit: <https://connectedvoice.org.uk/services/haref>

Call: 0191 235 7022

Email: [haref@connectedvoice.org.uk](mailto:haref@connectedvoice.org.uk)

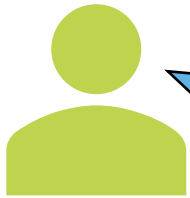


How have you been coping lately?

I've really struggled to access the culturally appropriate support I need



## ASK



What time of support are you looking for?  
Networking, information or a specific service?



## ASSIST



Are you aware that Haref have a monthly bulletin, run network events and also work alongside health partners?



## ACT



You can make contact with Haref by phone, email or arrange a face to face appointment.

