



Empowering Sikh and other Ethnic
Minority Women and their Families

Covid-19 Service Provision

For General Enquiries

Email: info@sikhsanjog.com

Keep Up to Date

Website: www.sikhsanjog.com

Facebook: @sikhsanjogedinburgh

Twitter: @Sikh_Sanjog

Instagram: @sikh_sanjog

Emergency Support

Food parcels, hot meals and food vouchers, financial support, emotional support, health and well-being, benefits, domestic violence.

For further information contact;

Balvinder Singh: balvinder@sikhsanjog.com or 07961245921

Sabrina Tickle: Sabrina@sikhsanjog.com or 07961246181

Befriending Service (phone calls)

If you are feeling lonely and struggling during these challenges times we have volunteer befrienders that would love to have a chat and check in on you.

For further information contact;

Jasbir Singh: Jasbir@sikhsanjog.com

Health and Well-Being Group Via Zoom

Thursdays: 1.30pm

A safe on-line space to discuss health and well-being concerns including mental health and loneliness, connect with others and facilitate projects including vegetable growing and tapestry.

For further information contact;

Jasbir Singh: Jasbir@sikhsanjog.com

Youth Groups Via Zoom

A safe on-line space for young people to engage with their friends and trusted adults, take part in fun and topical activities and access further support.

Friday 1.30-2.30, ages 5-9

Friday 2.30-3.30, ages 10-14 (girls only)

For further information contact;

Satnam Singh: satnam@sikhsanjog.com or 07399805353

Sabrina Tickle: sabrina@sikhsanjog.com or 07961246181

Punjabi Junction Social Enterprise

Coming soon, traditional Punjabi Recipes and Demonstrations to keep you going through lock-down.

Facebook - @punjabijunctioned

Twitter - @punjab1junction

Instagram - @punjab1junction

Open Arms Project

A collaboration between Saheliya, ELREC, LINKNet Mentoring and Sikh Sanjog. These services are targeted particularly for women from black and minority ethnic communities in Edinburgh, including refugees, asylum seekers and those who have mental health challenges and difficult home situations. Through our four organisations we provide a range of services - currently either through the phone, video calls or online methods as follows:

Sikh Sanjog

The provision of one to one support to women and their families through the phone or video calls, including help with accessing benefits, foodbanks support etc; as well as a chance to talk to someone. They also have a WhatsApp group to help women network with each other.

To access support contact:

Balvinder Singh: balvinder@sikhsanjog.com or 07961245921

Sabrina Tickle: Sabrina@sikhsanjog.com or 07961246181

LINKNet Mentoring

The provision of one to one mentoring support for those who would like to build their confidence and look for opportunities for education, employment and personal development. A qualified, experienced and trained volunteer mentor is matched with the woman who is looking for support and mentoring of 2 to 3 hours per week can be provided for up to 6 months. Support is currently provided on the phone or by video link.

To access their support please contact;

Email: linknet3@linknetmentoring.com or phone 07957989804

ELREC

The provision of a range of activities or courses which women can take part in remotely including;

- On-line information, tips and videos on culturally appropriate exercise sessions online and also information on skin care and keeping well. Women can join this group to take part.
- A WhatsApp group to link women with each other and enable networking. Activities and simple challenges are posted to the group (e.g. making simple household items and posting photos of the results on the group) to provide ideas for things to do.
- Craft group meeting online, the tutor makes tutorial videos on how to make the craft item and posts these on WhatsApp and Facebook.
- In collaboration with ELREC, Health in Mind is running the Stress and Anxiety management group for women from black and minority ethnic communities and women can sign up through ELREC to join these weekly sessions online or by phone.

To access ELREC's support please contact; Mitra on: mrostami@elrec.org.uk

Saheliya

The provision of a range of activities or courses which women can take part in remotely including;

- Are offering access a range of learning sessions online or by phone including English language, computer skills, yoga, well-being and exercise sessions, sewing.
- A weekly informal drop-in session on zoom where women can chat and keep in touch and this session has language support in Arabic, Urdu, Hindi and Bengali.
- Support with applying for work and learning opportunities through a job drop-in session.

To access Saheliya's support please contact: Sweety on sweety@saheliya.co.uk or phone 07400617023 (between 10am - 4pm on Mon - Fri)