

Assura Community Fund

Greater Manchester Health & Wellbeing 2026 Programme

Grants for projects supporting unpaid carers from global majority communities

Project Summaries

Across Ummah CIC is improving mental health, reducing isolation and providing better access to support services for unpaid carers from Asian and African communities in Manchester through multi-language accessible online self-care workshops and craft packs delivered to people's homes, as well as establishing a peer WhatsApp group.

Asian Elders' Resource Centre, based in Bolton, is supporting unpaid carers from South Asian communities with holistic wellbeing sessions (yoga, pampering, health checks, male-only sessions), outdoor activities, and benefits/form-filling surgeries, to reduce isolation, foster better physical and mental health and improve access to information and support.

Awakening Minds Practice CIC is supporting unpaid carers from predominantly Punjabi-speaking communities in Rochdale, with a creative writing and art therapy project (workshops, group sharing circles, a community showcase and digital booklet). This will improve emotional wellbeing, reduce isolation, and build greater confidence and recognition for carers.

Blossom – health through activity is supporting unpaid carers in Manchester with creative taster workshops in horticulture, food-growing and cooking that celebrate cultural diversity to improve social connection, enhance mental wellbeing, and build new practical skills and confidence.

Bolton Solidarity Community Association are supporting unpaid carers from minoritised, newly arrived and emerging communities, with a carer-led, co-designed programme of peer support meet-ups, information sessions on welfare entitlements, and wellbeing

activities (yoga, walking, mindfulness). This reduces isolation, improves access to services, and enhances physical and mental wellbeing.

Cancer Care Diaspora is supporting unpaid carers from Black African, Black Caribbean, Asian, and Syrian refugee and migrant communities in North Manchester with twice-weekly wellbeing sessions combining food support, nutrition workshops, gentle exercise, and healthcare navigation guidance, which will achieve reduced stress and isolation, improved physical health, and stronger community connection.

Caring and Sharing Rochdale is supporting unpaid carers, many from asylum-seeking, refugee, and migrant communities, in Rochdale, with twice-monthly peer support meetups, wellbeing-focused respite activities (social outings, cultural celebrations, mindfulness), and multilingual support, which will achieve reduced isolation, improved mental wellbeing, and increased confidence and access to services.

Family Unit Trust is supporting unpaid carers and their families in Manchester and Salford, with monthly peer support and wellbeing sessions, family respite activities, and practical workshops (health services, cancer awareness, employability) to reduce isolation, increase confidence, and improve health and wellbeing.

Grace Incorporation Faith Trust (GIFT) is supporting unpaid carers from African and Caribbean communities across Manchester, with its year-long 'Carers Connect' project offering weekly respite and social wellbeing sessions (light exercise, arts and crafts, shared meals, peer support), which will achieve improved mental health, reduced isolation, and greater access to support services.

Lifted is supporting unpaid carers in Manchester, primarily from Asian communities, with monthly day trips, an annual overnight trip, and ongoing drop-in, book club, walking group and gym sessions, which will achieve improved mental and physical wellbeing and a much-needed break from caring responsibilities.

Mode Rehabilitation is supporting unpaid carers, particularly carers of veterans, across Greater Manchester, with its 'Resilient Hearts' 6-week programme of skills-based wellbeing workshops and one-to-one check-ins, which will improve mental wellbeing, build stronger coping strategies and reduce isolation.

Multicultural Resource Centre is supporting unpaid carers from South Asian communities across the borough of Oldham, with dementia and autism/learning disability carer groups, weekly health and wellbeing sessions, lived experience forums, and out-of-hours talking therapy, which will achieve enhanced mental and physical health, reduced isolation, and increased confidence to access services.

Mustafia Sharif is supporting unpaid carers in Stockport and surrounding areas of Greater Manchester, with its 'Carer Station' project offering weekly drop-in sessions, an information and resource desk, pampering and healthy refreshments to improve access to services, reduce isolation, and build stronger social connections.

Newleaf Foundation, based in Manchester, is supporting unpaid carers, including young carers, through stress management workshops, life skills sessions (cooking, time management), and outdoor respite trips to reduce anxiety, build resilience and foster stronger peer support networks.

Pakistani Resource Centre is supporting unpaid carers from South Asian (predominantly Pakistani heritage) communities from across Manchester with mindfulness workshops, gentle exercise, peer support groups, inclusive activities (walking, swimming, badminton), and respite breaks (social outings, day trips). This will enhance mental wellbeing, strengthen social connections, and improve access to services and rights.

Voice of BME Trafford CIC is supporting unpaid carers, particularly women aged 20+ from minoritised communities in Old Trafford and Stretford, with a programme of weekly group therapy, art therapy and CBT-based workshops, outdoor visits, and monthly health checks. This will achieve improved mental and emotional wellbeing, increase health literacy, and lead to greater recognition and access to carer support services.

Warm Hut UK is supporting unpaid carers aged 50+ from Francophone, Lusophone, and African heritage (asylum-seeking, refugee, and migrant) communities in Salford with weekly sessions around healthy eating, keep-fit, and arts and crafts activities, to improve physical and emotional wellbeing, better self-management of long-term health conditions, and reduce social isolation.

Women's Voices CIC is supporting unpaid carers from racialised communities in Manchester with a weekly peer support group (at the Burhan Centre and online) offering advice on entitlements, befriending, health awareness, and 'me time' activities to reduce loneliness, improve financial resilience and support better mental health and wellbeing.

Yuvanis Foundation is supporting unpaid carers from South Asian communities in Rochdale and Oldham, with its year-long 'Roots and Respite' project delivering facilitated creative art and craft sessions alongside peer support and welfare workshops. This will achieve measurable improvements in mental wellbeing and social connectedness, plus stronger links to local support services.