

# HEALTH PARTNER

**WORKING IN PARTNERSHIP  
TO IMPROVE THE HEALTH AND  
WELLBEING OF THE COMMUNITY  
OF NORTH KENSINGTON**

[www.grenfell.nhs.uk](http://www.grenfell.nhs.uk)



# Al Manaar Muslim Cultural Heritage Centre and the Health Partners Programme

**Al Manaar Muslim Cultural Heritage Centre is working in partnership with the NHS, Residents Associations and other community, voluntary and faith organisations to support communities in North Kensington in building a healthier future.**

The aim of the Health Partners Programme is to:

- strengthen the wellbeing of individuals, families and the community
- improve the understanding of basic health information and services so people can make good health decisions

- develop and deliver services that are culturally sensitive
- engage with the community to help share health messages.

“We believe Health Partners will give community organisations like Al-Manaar the confidence and clinical support to deliver therapeutic counselling services in a collaborative and complementary manner.”

Abdurahman Sayed, Executive Director,  
Al-Manaar Muslim Cultural Heritage Centre

**Find out more by visiting  
[www.grenfell.nhs.uk](http://www.grenfell.nhs.uk)**

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## What we do

**You can contact the Al Manaar Muslim Cultural Heritage Centre if you need support and advice to help you with your physical and emotional health and wellbeing.**

We are currently working to:

- Help build resilience, improve health and wellbeing and reduce social isolation
- provide emotional and mental health support, particularly for men and the elderly
- provide community and one-to-one counselling
- tackle loneliness amongst elderly men
- provide health awareness workshops
- provide coffee mornings and organise activities for the elderly
- improve people's health with a focus on healthy diet and nutrition
- build a community kitchen
- provide wellbeing classes for older people
- develop NHS health information in different languages.

**Contact us to learn more and find out how you can get involved**

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**Supporting  
the NHS**