



Through our work we have always recognised a need in the communities for more health awareness projects.

This message to EMC's members, clients, users and well-wishers from The Ethnic Minority Centre's Chair, Trustees, Staff and Volunteers is that in March 2022 the EMC had to make difficult decisions about their many projects. They had to look at the problem from two prospective: one is human life and another one is stay safe and healthy.

The impact of CORONOVIRUS pandemic challenges lay ahead.

Going Forward

We continued in 2023-2024 to develop new ways of working and supporting our communities to encourage confidence in many, and help heal some of those mental wounds from the covid scar. We also feel privileged to be acquainted with our funders who have been helping us for some time and would like to thank NHS, MVSC/Merton Connected, Vestry Hall Management Team, LBM, Libraries, Community Centre, OneYou Merton, Health Watch, Green Social Prescribe, AGE UK, Wimbledon Guild for their relentless support. Our sincere thanks to trustees, staff, volunteers, facilitators and tutors.



Ethnic Minority Centre Ltd

The EMC has been active in the London Borough of Merton since 1989 and its aims and objectives have always been "to bring the communities together, build community cohesion and improve the quality of lives of the BAME communities living and working within the London Borough of Merton".



Serving the Community in Merton

The Ethnic Minority Centre was established in 1988/89 to meet the growing needs for a base for BAME Communities in the London Borough of Merton.

Mission Statement

Building and serving a diverse community to promote understanding, tolerance and acceptance of all cultures.



Contact

EMC

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Registered Charity No:1107248,

Company Limited by Guarantee Reg

No: 04639520

Health Inequalities

Bowling starts on Monday 22nd April at 4.00pm at Vestry Hall

Bowling is done in a group; it gives people a break the social interaction needed to decompress and improve mental well-being.

Some comments from our recent attendees :

It gives people a break from every day's hustle if any, also reduces isolation. This exercise is an important part of a balanced lifestyle. We are lucky, EMC gave that opportunity. There is a low impact option that's easy and enjoyable. It is also keeping us emotionally and physically healthy and happy.



Cycle Project for women

Comments from our latest attendees:

Cycling is benefitting us in a positive way. These sessions are our lifeline. After keeping ourselves in the confinement of four walls for a long time, these sessions seem like an open door to the outside world. It is so uplifting; we are privileged to be acquainted with Sabitri-EMC. Look forward to these sessions and we are exercising regularly again. These sessions encouraged us to be disciplined and be happy. All the programmes run by EMC have given us a purpose to live, they have shown us the light at the end of a dark tunnel.



Advice session

Advice/Information On

Health and housing issues, Domestic Violence, Organizing overseeing multi-cultural awareness, music, dance, art events encouraging integration of diverse communities

Council Service

In partnership with Wimbledon Guild

- Wednesday and
- Friday
- Time: 9.30am to 2.00pm
- Venue: At Vestry Hall, 336 London Road, Mitcham, Surrey, CR4 3UD

EMC currently provides the following service

Fitness Made Easy

Monday: Mindfulness Yoga on at Vestry Hall at 12.00pm to 1.00pm

Monday: EMC's Digital Inclusion Session at Vestry Hall from 11.30am to 1.30pm

Tuesday: Chair based gentle exercises and Pilates from 12.30pm to 4.00pm followed by talk, knitting, refreshments

Mon, Tue, Wed & Thurs- Online Exploration of Creative Maths and Puzzle

Wednesday : IT session from 11-.00am to 1.00pm

Thursday: Cycle project, 12.30pm to 3.30pm

Friday Swimming at Canon Leisure Centre Mitcham

Friday: Online Zumba , 5.00pm to 6.00pm

For registration, please email ethnicminority@btconnect.com or

call: 0208 648 0084 or 07865216046