

## Let's Talk Covid 19

Greetings All,

Unity Does Matter (UDM) is a non for profit organisation who serves primarily the African / African Caribbean heritage people in the Chapeltown, Chapel Allerton Ward community.

We have some events coming up which may be of interest to you. They are to support you during this Covid 19 (CV19) pandemic that has affected everyone.

CV19 has changed our routines; placed restrictions on our civil liberties; changed the way our children learn; changed the way we see people who are masked and unmasked; some of us have had to dig deep and look at what is important to us; some of us have had suicidal thoughts; some have questioned the pros and cons of taking the vaccine; some are unsure of the future regarding working and adhering to new guidelines; some have loved this time away from a work environment and have taken the time to self-develop, learn something new and take action to implement the new knowledge.

UDM have been successful in gaining funding to ensure that our community stay resilient during this time. We have CV19 Conversation online events. The 60 minute CV19 Conversations have topic themes. The up to 120 minute CV19 Conversations are smaller groups and are longer in order to discuss any topic you like, regarding this pandemic. We are aware that accessing professionals that look like you and me is sometimes impossible.

- There have been many studies on why black people have difficulty trusting the mental health care system e.g. over medicating, no talking therapy as a service etc.
- We don't have to defend the made up narratives, racist stereotypes and judgments about ourselves etc.
- We don't have to explain our culture and can just talk about our issues.
- We can be our authentic self.

Joining our conversations are two expert therapists Stephen and Verina, both of whom have a wealth of experience in mental health services working with children, families and elders in the Chapeltown Community.

**60min Covid-19 Conversation  
ONLINE with UDM & Partners**  
email: [unitydoesmaater@gmail.com](mailto:unitydoesmaater@gmail.com)  
call: 07984 557 537 / 07732 367 190

**It's family time!  
Let us talk .....**

**Tuesday 9th March 21 - Homeschooling  
Tuesday 16th March 21 - Working remotely  
Tuesday 23rd March 21 - Children moving  
from primary to high school  
Tuesday 30th March 2021 - Any topic**

**TIME: 7:00pm - 8:15pm  
Conversations start at 7:15pm PROMPT**

**ABOUT US, FOR US BY US**

**Unity Does MAATer**  
Unity is our strength

Department for Digital, Culture, Media & Sport  
THE NATIONAL LOTTERY COMMUNITY FUND

**LET'S TALK**

**12 months of Covid-19!  
Share your experiences, let's  
explore and share solutions.**

**CV19 Conversation  
ONLINE with UDM & Partners  
11, 12, 18, 19 and 25 March 2021**

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Unity is our strength

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120 minute CV19 Conversations take place on the 11, 12, 18, 19, 25 March 2021 (Thursdays 7-9pm; Friday 6 -8pm).

UDM know the benefits of black people talking to black therapists.

60 minute CV19 Conversations take place on the 9, 16, 23, 30 March 2021 (Tuesday's 7- 8:15pm, conversations start at 7:15pm).

Our events are all bookable via Eventbrite. Do a search using keywords: [Eventbrite Unity Does MAATer](#), select the event(s) you want to join. You will also have to register via Zoom to attend.

Peace, love and light  
UDM Committee

**Contact details:**

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