

CASEWORK

We provide free, confidential support to people in Aberdeen who have suffered inequality, discrimination, hate crime or social exclusion. We also provide advice and advocacy, and language support is available if needed.

Contact: casework@grec.co.uk

COUNSELLING

Free, confidential and personalised support for adults, children and young people affected by hate crime, prejudice or discrimination. Qualified counsellors provide a safe environment to speak about what's happened and help individuals move on with their lives.

Contact: pbooth@grec.co.uk

TRAINING

We offer bespoke training sessions for community groups and organisations in all sectors. Topics include Prejudice and Discrimination, Understanding the Equality Act 2010, Unconscious Bias, and Working with Interpreters.

Contact: info@grec.co.uk

INTERPRETING & TRANSLATION

With a pool of over 160 interpreters covering 45 languages, our In-Trans service works with NHS Grampian, other organisations and individuals across North East Scotland. For details, please visit: in-trans.co.uk

Contact: in-trans@grec.co.uk

LANGUAGE CAFÉS

Free, informal weekly sessions where everyone is invited to chat, practise their English skills, meet new people and learn about their local area and the UK. For details, please visit:

facebook.com/LearnEnglishAberdeen

Contact: language-cafe@grec.co.uk

ANNE FRANK AWARDS

Annual awards recognising the work of young people advancing equality and human rights in North East Scotland. For more information, please visit:

grec.co.uk/anne-frank-awards

Contact: info@grec.co.uk





COMMUNITY ENGAGEMENT

Through a range of projects, we build relationships with diverse communities (including New Scots) and work to understand the challenges they face. We then work with partners and service providers to encourage positive change.

RESEARCH & POLICY INFLUENCE

With links to universities, voluntary organisations and the public sector, we conduct research on topics relevant to equality and human rights, including access to health services, barriers to employment, and housing issues. We also collect evidence of systemic issues affecting communities in Grampian, and prepare briefing papers for policy makers and other interested parties.

Our publications: grec.co.uk/research

FORUMS & NETWORKS

We support and work with groups advancing equality including Integrate Grampian, No Recourse North East, Aberdeen Interfaith, and Aberdeen's Equalities Participation Network, Disability Equity Partnership, Violence Against Women Partnership, and more.

VOLUNTEERING OPPORTUNITIES

Our team of committed volunteers are vital for delivering GREC's projects and services. To get involved, please email gusia@grec.co.uk.

GREC MEMBERSHIP

You can support and help shape GREC's work by becoming a member. We are committed to recruiting members from communities most likely to experience discrimination in the Grampian region, and everyone is welcome. We also offer a non-voting 'Friend of GREC' category of membership for those who support our aims and objectives. Please email info@grec.co.uk for more info.

GREC NEWS & SOCIAL MEDIA

We regularly share information, news and resources on equality and human rights, along with details of upcoming events that celebrate diversity and promote positive community relations. To join our mailing list, please email info@grec.co.uk.

You can also find us on social media:
[facebook.com/GrampianREC](https://www.facebook.com/GrampianREC)
twitter.com/GrampianREC

Grampian Regional Equality Council

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