

FOR IMMEDIATE RELEASE

Neshomo Hosts Inspiring Annual Befrienders Event Focused on Trauma and Resilience

Manchester, 21 May 2025 — Neshomo, the Greater Manchester-based mental health charity, hosted its annual event for its 70 dedicated volunteer Befrienders on 21st May at Stenecourt Synagogue. The theme for this year's gathering was *“Encouraging Resilience After Trauma.”*

The well-attended event featured a powerful first-hand account from an individual living with Post-Traumatic Stress Disorder (PTSD), offering insight into the struggles and spiritual resources involved in the journey toward recovery. The session formed part of Neshomo's ongoing training programme for its Befrienders, who offer vital emotional support to individuals in the community.

Prominent psychiatrists Dr Trevor Friedman and Dr David Marshall contributed to the event with insightful discussion and expert perspectives, fostering a dynamic and engaging dialogue.

The event was led by Mrs Racheli Bass and Mrs Sherelle Dresner, two long-standing members of the Neshomo team who are now retiring. Their years of service were honoured in a heartfelt presentation by trustee Mr Michael Lowe, recognising their instrumental roles in shaping and expanding the Befriending programme.

The gathering was organised by Mrs Pat Joseph and generously sponsored by Salford CVS.

As part of its continued growth, Neshomo is currently in the process of appointing a Clinical Director to lead and develop the service further.

For more information about Neshomo and its services, please contact:

Free helpline 0300 110 330

www.neshomo.co.uk
