



OUR SERVICES

Barking and Dagenham Somali Women's Association (BDSWA) provides wide range of community support services.

Services provided as follows:

- ★ Basic IT Courses
- ★ Training and work- readiness program
- ★ Online Learning
- ★ Carers Support Group
- ★ Lunch club for older people
- ★ Activities for young people

Information, Advice & Support

Advice Project on :

- ★ Welfare benefits and Housing
- ★ Schools and Education
- ★ Training and Employability
- ★ Child Care and Clubs
- ★ Family matters
- ★ School related issues
- ★ Immigration triage for referral



COMMUNITY WELLNESS CAFE & IT HUB

- The Wellness Café provides safe, relaxing and welcoming space for women to meet, support each other and access services.
- Our services offer practical and emotional support to women and their families, especially lone parents, Carers and women with disabilities.
- The IT hub provides resources for women and online learning

Social and Support Group for Women

The Wellness Café Promotes Health and Wellbeing and provides practical support with fun activities.

Activities include :

- ★ Health eating
- ★ Fit for Fun activities
- ★ Weekly Social Group
- ★ Access to internet
- ★ Health workshops
- ★ Pampering sessions
- ★ Therapy sessions

FGM PROJECTS

Female Genital Mutilation is cultural harmful practice which is child abuse and therefore is **against the law in United Kingdom** and many countries around the globe. The project provides safe space for women to come together to support one another and work together to end FGM practice,

Empowering young people to #ENDFGM

We provide practical support for women and girls to protect themselves, FGM prevention program and survivors support. In relation to the Wellbeing Project, we run Anti FGM summer Campaign to reduce the risk.

- Survivors Support Group
- Intervention and Prevention Program
- FGM Outreach Project



**BARKING &
DAGENHAM
SOMALI WOMEN'S
ASSOCIATION**

Supporting women & families from ALL ethnic minority backgrounds