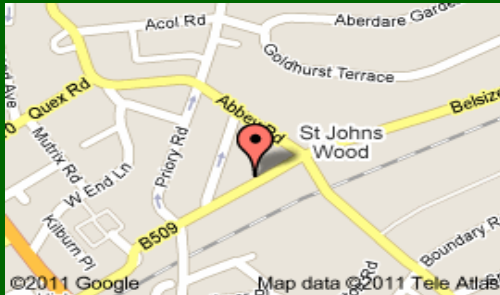


Advice Service
Befriending Service
Celebrations like Eid, Navratri, Christmas
Exercise Classes
Health Workshops
Outings and Coach Trips
Listening Service
Over 50's Monday Club
Ageing Better Project
ESOL & Numeracy Programme
No Crèche Provided



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Registered charity no: 1105607 Registered company no: 5200902
Company registered in England and Wales, the registered office of
Henna Asian Women's Group is as above.



HENNA'S MISSION

“ To improve the quality of Asian women’s lives by reducing isolation, encouraging active participation and providing

Henna Asian Women’s Group is a **Women-Only** community based organisation set up over 32 years ago in London to support South Asian women to overcome their isolation. We encourage ladies who are lonely due to language, cultural or health barriers to attend our women - only services. **Membership fees are £10.00 annually.**

Health Awareness

We run 4 exercise classes a week and skill based classes where women can learn new skills, become healthier and make friends. Once confidence is built, we support women to use external services to improve their life choices.

Befriending Service

Asian women who live alone or are housebound will benefit from the support offered by our Befriending service. We arrange home visits by volunteers who offer a service of friendship while connecting our women to services.

Volunteer Opportunities

Henna is always in search for Befriending volunteers who will pay regular weekly visits to clients and support them into taking steps to come out of their homes and access services. The Befriending service does not include volunteers to shop, cook, clean the individual’s home or bathing/changing the individual or their family members. Henna provides all the necessary training for volunteers to go out and befriend. Regular on-going training is provided to support volunteers in enhancing their own skills.

Monday Club (Over 50’s Club)

Henna has a weekly over 50’s club. Here our beneficiaries meet up and enjoy each others company. We also have a range of other s in regards to different

Advice service

Henna offers one to one support on an appointment basis to our members on varied issues:

- Council matters
- Physical & mental health
- General support to read letters, write letter or fill forms.



Listening service

A confidential service, Henna’s Listening Service offers ladies one hour where they can talk to a Henna staff member about their stress and worries without fear of being judged or anyone finding out. Many of our members have received relief and benefit from this service.

Ageing Better - Art, Freedom and Creativity Project

This two-year programme provides 6 weekly workshops, the workshops include activities such as Gardening, Singing, Creative Writing, Painting, Exercise, Cooking, I.T sessions, Crochet, Memory Lane storytelling and Tile Mosaic. Alongside this we take the participants on a variety of outings. The variety of outings will include Art galleries, Parks, Beaches, Theatre, Boat trips, Zoo, British Museum, Sky gardens, Tower of London and many more. This project will also hold quarterly forum meetings to receive feedback on any project concerns or changes that the beneficiaries would want.

ESOL & Numeracy programme

Henna provides ESOL & Numeracy courses. These courses run throughout the year, helping participants gain confidence and achieve qualifications for better improved career opportunities.

