

healthwatch Slough

List of organizations in Slough that offer services and activities for women

N.	Name of Organization	Description	Contact
1	Al Nasr	This organisation offer everyday solutions to problems that may occur helping the Muslim community. Al - Nasr Trust offer multiple services including; Support for young unemployed people with mentoring to increase confidence, adjust attitude and increase motivation. CV building, advice and support with job applications, work experience placements. Support for women/men who need immediate help, workshops, leaflets and advice on domestic violence or forced marriages. Al-Nasr liaise with social services, regarding issues, including; adoption, fostering, children in care and domestic violence. Al-Nasr mentor and advise many families regarding issues with teenage children, financial problems, family rifts, housing or employment concerns and drug or alcohol abuse.	<u>Robert Farooq</u> <u>msvvv@yahoo.com</u> <u>01753550788</u> <u>www.al-nasr.org</u>
2	Aman Group	A friendly group for Asian women of all ages but any woman from any ethnicity is welcome. Opportunities for Women to meet and socialise. Tuesdays, 12o clock, Manor Park.	Rita Berry,Mrs Saroj Rai bronwenberry@hotmail.com 01753 532509

3	An-Nisa Slough Muslim Women`s Group	An-Nisa is a voluntary organisation that supports Muslim women and their children in and around Slough by providing information and advice, social activities, a Friend2Friend meeting group, and a monthly newsletter. The ultimate aim is to help women to help themselves and each other in order to improve their quality of life. Friend2Friend meetings are held on a regular weekday, term time only.	info@annisa-slough.org.uk Julie Siddiqi or Imelda Ryan 07956 132 035 07956852514 https://annisaslough.wordpress.com/
4	Arab Welfare Association	Provides educational support through multi-lingual classes Education and social activities, arabic school for children, womens social group	Mr Amer info@sicec.org.uk
5	Asian Carers Group	Provide opportunity for carers to get together once a month and run a referral service. Advice and information to carers, physically disabled people, women and ethnic minorities, plus activities and outings. Asian Carers Group supports any Asian carer in a social environment. Meetings are held on the 1st Thursday of every month at 1.30pm - 3pm. Mostly only ladies go. Happens in Upton Lee community center. Wexham road. Pushpa also run Yoga and Pilate group, everyone is welcome but only women go, happens every week Thursday at Hindu temple, Keel drive in Slough. Every Thursday.	Pushpa Kharbanda - runs 3 groups which mostly only women go to. pushpakharbanda@hotmail.com (0)1753 530579
6	Community Learning Achievement Programme (CLAP)	CLAP is a voluntary community organisation. Supporting people in the local community to identify and understand issues that are important to them and then provide learning that helps them to Courses for Muslim women Deliver workshops/ Short Courses/Taster Sessions	Saima Hussain-Munawer CLAP@hotmail.co.uk

7	Girlguiding	We offer a safe, welcoming girl-only space for girls and young women to try new things, help other people and discover their passions and talents. All while having fun with a group of ready-made friends!	https://www.girlguiding.org.uk / www.girlguidingroyalberkshire.org.uk 0800 999 2016
8	Jeena	Empowering Women and young people through education, training and creative workshops in Slough local area. Running workshops for women; making women aware of opportunities available for them; domestic violence sufferers	Rani Bilkhu ranibilkhu@hotmail.com (0)17 5342 4240
9	Khush Mizaz	To provide a holistic approach to the health of Asian women. To reduce the risk of coronary heart disease and improve physical and mental health of these women, in the long term, through educational Exercises/stretchers, meditation & yoga, asanas.	Jaswinder Kaur Nigam delld@hotmail.co.uk 01753572266
10	Life Housing	Charity - Provides housing and life skills programme for pregnant women and young mothers. (anti-choice charity)	Elizabeth Oyeledun Carol Numan Pregnancy matters manager 07483027478 http://lifecharity.org.uk/ General: 01926 312272

11	Live your Life	<p>Sewing, Henna Art and exercises we want to provide a place where women can come not just to socialise with others but to learn a skill. Women who are low in confidence and self esteem and to help them to integrate and become part of the community. We run classes of sewing, embroidery and henna bodyart instructed by tutors. Where local people can come along and enjoy the activities and take part and also stay for some energising exercising classes. Activity Venue: Upton Lea Community Centre, SL2 5JW Monday /Thurs Upton Lea C.C. Times: 9.30 – 10.30am Cost: £10.00 per year membership</p> <p>Sewing, Henna Art and exercises We run classes of sewing, embroidery and henna bodyart instructed by tutors. Where local people can come along and enjoy the activities and take part and also stay for some energising exercising classes. Activity Venue: Chalvey Community Centre, SL1 2SP Friday Chalvey C.C. Times: 10.00 – 11.00am Cost: £10.00 per year membership</p>	<p>Nasreen Zamurad n.zamurad@yahoo.com 07460800859</p>
12	Nari Niketan	Provide activities in Health and Education to women over 40	<p>Sudarshan Dheer addco@hotmail.com</p>
13	Pakistan Welfare Association	<p>To cater for the welfare and wellbeing of the Pakistani Community. Worker Safeef Rabbani 10 Chalvey Rd East-Slough SL1 2PN. Youth and community service. Listens to and solve people problems. Provision of a weekly lunch club (Wednesdays), women's drop in and exercise classes. Lunch club with women. Wednesday. Koran reading and discussion, have people come to talk about health issues.</p>	<p>Shaida 07861261768 info@pwaslough.org.uk 01753 821003</p>

14	IQRA Slough Islamic Primary School - Parent Partnership Committee	To provide a safe environment for mothers/babies. To support social networking/learning for all, interacting with other children socially. play activities. Every two weeks.	Hummera Munawar office@iqra.slough.sch.uk smalik@iqra.slough.sch.uk (0)17 5352 0018 www.iqra.slough.sch.uk/ 08:30am - 4pm
15	Mother of Good Hope	Working with the Zimbabwean Community in Slough to raise awareness of HIV/AIDS and to promote healthy living.	Teder Kwaramba kwaramba_t@yahoo.com (0)77 8933 2713
16	Mothers 4 Mothers	Support for mothers whose children have been victims of abuse Registered Charity 1120626 Group meetings(Priory in High Wycombe), 1:1 support, counselling, tel. support	Denise Selet mothers4mothers@hotmail.com
17	NCT Slough, Windsor & District	NCT Slough Branch, supports parents and parents-to-be in and around the area of Windsor, Eton, Slough, Datchet, Old Windsor, Burnham, Farnham, Iver and Langley.	sloughwindsoranddistrict@nct.org.uk https://www.nct.org.uk/branches/slough-windsor
18	Home-Start Slough	Home-Start Slough is a local charity, covering the Borough of Slough and Burnham, in which volunteers offer support, friendship and practical help to families Weekly home visiting service for families & Family Support Group for invited families only on Thursdays. Supply transport. Tuesday and Friday do messy play, which is open for everyone happens at Cippenham library and curve. At Open space run stay and play session on Wednesday.	office@hsslough.co.uk 01628661029 http://www.hsslough.co.uk

19	Meet and mingle	Meet & Mingle is a voluntary, non-profit charity organisation, founded by Aksa Marshal in January 2013. It was established to help women in slough who feel lonely, isolated, depressed or stressed. The group helps to empower these women and support them through difficult stages of life and encourage them for wholesome living whilst building lifelong friendships and having fun.	https://www.meetandmingle.co.uk
20	Utulivu Women's Group	Utulivu means 'patience'. We are a Kenyan organisation that works with women and children to promote healthy living and to integrate into the wider community.	info@utulivu.co.uk 01189515776 07828307997 www.utulivu.co.uk
21	Townswomen's Guilds	Members of Townswomen's Guilds offer each other support and stability in an increasingly fragmented society, with each member benefiting from a strong national movement that has remained a cornerstone for thousands of women across the UK. Meets: 3rd Tuesday of the month at 19:30	Kingsway United Reformed Church, Church St SLOUGH. Contact for headoffice: contact@the-tg.com 0121 326 0400
22	Mum's Zone Ambassadors	Mums' Zone is a holistic health and wellbeing intervention targeting inactive mums at risk of poor mental health. It aims to improve mental health and wellbeing by offering a programme (approx. 2 hours per week for 26 weeks) of physical activity and health and wellbeing support, messaging and signposting as well as an opportunity for mums to get together in a comfortable setting to aid social networking and peer support.	07912178652 cathy.carr@getberkshireactive.org

23	Refugee council	Have a number of diferent groups and activities for women only. Eg. Sowing club.	General enquiries 02073466700 info@refugeecouncil.org.uk Address: The Refugee Council PO Box 68614 London E15 1NS
24	Café Mama	Breast feeding group. Mothers meet every thursday 9:30 - 11:30	<u>01753522561 Jamia Masjid & Islamic Centre</u> <u>address: 83 Stoke Poges Lane SL1 3NY</u>
25	Slough Modest Sisters	As inspirational page to empower and support all women in and around Slough. Run workshops, Bazzars and self awareness events and monthly meetings.	07522793227 s.muslimsisters@gmail.com Instagram @sloughmodestsisters www.facebook.com/groups/1401471010554/