

HEAR WOMEN WEEKLY EMAIL

Dear All,

Hear Women would like to keep our staff and volunteers up to date with regards to its latest projects and their developments please see below for more information.

Health Talk Workshops:

Hear Women recently launched its health talk program, aimed at women mainly from BME community groups. As part of this project, the organisation has decided to facilitate and deliver a total of 30 workshops. 15 of those workshops is being delivered in the Borough of Kensington and Chelsea (Al-Manaar Cultural and Heritage Centre), with the remaining 15 workshops being deliver in the Borough of Westminster (Paddington Arts Centre), workshops taking place in both venues would usually be for up to one hour and a half commencing from 11 am through to 12.30 pm The aim of delivering our workshops in those Borough, is due to recent research and studies we have carried out, which Identified to the organisation that very little in the way of Health and Well-being provision and support was available and thus we felt our series of workshops could address those needs and empower women from BME background living in those identified Boroughs feel empowered by the knowledge and support they acquire throughout our events.

Update News 03.07.2015

The Hear Women Staff and volunteers have been hard at work, applying for funding and reorganising. We are also preparing for our summer programme.

We would also like to thank Suzanne King who has finished her internship with us this week for all her hard work and wish her success in the future.

Upcoming Event

Hear Women are pleased to announce they are organising a trip for all members and family to Margate beach, and to Dreamland Amusement Park Margate Kent on the 19th of July 2015.

Update News 19.06.2015

2015 Hear Women Lunch Event

On Monday 15th June, the Hear Women Organisation hosted a special Lunch Event to mark the end of our successful Health Talk workshops. The lunch was attended by more than 100 community women and local councillors.



All in all, it was a terrific day, and many thanks and congratulations to Deqa Salad for putting it together! A special thank you to you all...

Update News 12.06.2015

Hear Women have been busy this week preparing for the hosting of our Lunch Event on Monday the 15th of June 2015. Invitations to the event have been sent out and we are expecting around 70 members and guests to attend. Also several funders will be attending the event so we all need to make sure that the event runs smoothly.

This is a chance to meet and discuss with Hear Women members about achievements over the past year. The aim of the Health Talk Workshops was to engage with and inspire our users by arranging meetings, events and participation. We hope everyone have found these workshops informing, entertaining and inspiring.

See you all there

Update News 05.06.2015

Hear Women is undergoing a restructuring of all its service including updating our website and social media sites , leaflets , newsletters, and other publicity materials. We will be closing our Health talk project on the 15th of June 2015 with a celebration with our funders and project beneficiaries. We will soon be announcing our summer programme for our members and their families.

Welcoming new staff

Hear Women would like to welcome our two new members of staff

Achmat Sulaiman as the new Administrator and Communications Coordinator

Ms Vittoria De Meo as the new Organisational Coordinator

We would also like to welcome our new volunteers and intern.

Suzanne

Awa

Inas

All look forward to meeting everyone and working together.

Upcoming Event

Hear Women are pleased to announce that we will be organising a Lunch event for all members. The venue for this event will be the Stowe Youth Centre between 11:30 - 12:30 on June 15th 2015. We look forward to seeing you all there.

New Website and Quarterly Newsletter

A new Hear Women Website is being developed by Terri and we expect to launch the website by the end of June. It will be packed with information about the organisation. We are also planning a new Quarterly Newsletter aimed at the public and Hear Women members which will keep them informed on all activities and workshops ongoing/upcoming at Hear Women. Stay tuned for more information on these exciting developments at Hear Women.

Activities

Hear Women have organised swimming sessions at the Jubilee Centre for all members at a reduced price.

Friday: from 16.00pm to 8.00pm

Sunday: from 2.00pm to 16.00pm

Update News on Bournemouth Trip for members on Wednesday 27.05.2015



Hear Women had the most fabulous day trip to Bournemouth last Wednesday, where our

Members and their families had an unforgettable moments of being together: sharing traditional food, enjoying sunshine and splashing in the sea, visiting museums and having fun in a picnic time.

Update News on New Admin Officer - Achmat

Hear Women welcomes New Admin Officer Achmat who will take up his new position from next Monday 01.06.2015.

Health Talk Workshops in Al-Manaar Cultural and Heritage Centre

Health Talk Workshop 14 (Heart Health) 18.05.2015

Hear Women had our 15th Health Talk Workshop in Stowe Centre last week. A student consultant who is also our member presented a workshop on Heart Health to our users.

Health Talk Workshop 13 (GP and Changes in NHS) 15.05.2015

Last week on Friday we had our very successful 14th Workshop in Stowe Centre where we had many interested attendees. Also, healthcare professional Kalwant who is part of CCG clinical commission group delivered the workshop to our community users. She discussed a topic as a Changes in NHS and how to use a service of GP.

Health Talk Workshop 12 (Breast Cancer) in Paddington Arts 28.04.2015

Hear Women had a very successful Breast Cancer Workshop on 28th of April 2015 with our consultant Lorna Cook from Guys and St Thomas's NHS Trust who already presented her workshop of Breast Awareness to our community women in Al-Manaar Cultural and Heritage Centre in December 2014. The Consultant was delighted with our users and their big interest in the topic.

Health Talk Workshop 11 (Healthwatch) in Paddington Arts 21.04.2015

Hear Women had our 11th Health Talk Workshop in Paddington Arts on 21st of April. Mimi Nunez from Healthwatch presented her workshop to our users about Health and Wellbeing. The consultant was especially delighted to see a huge group of our happy users who are actively engaged in activities provided by Hear Women.

Health Workshop 10 (FGM) 12.03.2015

Our 10th Health Talk Workshop on FGM was delivered by Deqa Salad

Health Workshop 9 (Diabetes) 10.03.2015

Hear Women is happy to announce that we had our 9th Health Talk Workshop on Diabetes last Tuesday 10th March 2015 in Al-Manaar Cultural and Heritage Centre. Diabetes Workshop was delivered by a Health Consultant Phayza Fudlalla from Abbey Community Centre & Association.

Health Talk Workshop 8 (Dementia) 03.03.2015

Nick Driscoll, Admiral Nurse from Older People & Healthy Ageing Service Line, has delivered his presentation about Dementia on 03.03.2015 in Almanaar Heritage Muslim Centre. We had very successful workshop followed with lively discussions and questions of users (approximately 20 users).

Health Talk Workshop 7 (Mental / Psychology) 26.02.2015

Dr Jo Ashcroft, Clinical Psychologist from Primary Care Psychological Health at St. Charles Centre for Health & Wellbeing delivered his workshop to our users on 26.02.2015 in Almanaar Heritage Muslim Centre. In the presentation The Consultant / Psychologist discussed a topic how to manage existing pain.

Health Talk Workshop 6 (Stop Smoking) 16.12.2014

Last week we had our very successful sixth Workshop in Al-Manaar Cultural and Heritage Centre where we had many interested attendees. Also, healthcare professional Mutiat Oladejo who is part of Kick it Stop Smoking Service delivered the workshop to our community users. She discussed a topic such as a basic knowledge of smoking trends, components of a cigarette/shisha, health consequences and understanding the service.

Health Talk Workshop 5 (Breast Cancer) 02.12.2014

We are pleased to report that we had our successful fifth Workshop in Al-Manaar Cultural and Heritage Centre where the healthcare professional Lorna Cook from Guys and St Thomas's NHS Trust presented the workshop of Breast Awareness to our community women. Photos from all of our workshops will be published soon on our Face book and Twitter pages.

Health Talk Workshop 4 (Mental Health) 25.11.2014

We are pleased to inform that last week we had our fourth Workshop in Al-Manaar Cultural and Heritage Centre where two healthcare professionals Ali Keen and Nina Janjuah both of whom are part the Primary Care Psychological Health Organisation delivered the workshop to our community users.

Health Talk Workshop 3 (Mental Health with Stop Smoking) 11.11.2014

On 11th of November our community users welcomed Mental Health together with Stop Smoking Consultants. The main topic was to discuss how smoking can be related to Mental Health.

Health Talk Workshop 2 (Accessing GPs) 21.10.2014

We are pleased to report, that we have recently held our Access to GPs workshop, in Al-Manaar Cultural and Heritage Centre. The event discussed information regarding accessing Local GPs and health care points and was attended by women from BME communities. We managed to attract up to 35 participants and attendees, the event was attended by a Health

Care professional. Photos from all of our workshops you will find attached and also they shall be published soon on our Face book page.

Health Talk Workshop 1 (Changes to the NHS) 14.10.14

We are pleased to report, that we have recently held our first Health Talk workshop, in Al-Manaar Cultural and Heritage Centre. The event discussed changes in the NHS both in terms of management structure and health care provision and support. As a result of our publicity we managed to attract up to 25 participants and attendees, delivering our workshop were two healthcare professional Mrs Kalwant Sahota and Mrs Jude Channon both of whom are part the West London Clinical Commissioning Group Board. Photos and pictures of the event in full flow will be sent via attachment to our weekly email and also published on our Facebook and twitter pages.

Skills for Life Workshops

Funders visit

20th of January we had a successfully regular visit from our funders in Almanaar Heritage Muslim Centre. Funders had an opportunity to see our Zumba Class with the many of the attendees on the day. They had questioned some of our users and they were pleased with facilities and well organized Skills of Life workshops for women

Skills for Life Workshop - Zumba Exercise Classes

We are pleased to inform that we launched our successful new Zumba Exercise Classes in Paddington Art in Westminster Borough, with many expressing great level interest in taking up our classes on a regular basis.

These classes will take place once every week on Fridays and will be delivered by Amy our Zumba instructor. We have our regular exercise Zumba Class with many attendees who already joining Zumba Class in Al-Manaar Cultural and Heritage Centre. Also, we are open and expecting more users in Westminster as also we will be delivering our regular workshops in that borough shortly.

Skills for Life (Social Media Workshop) 11.05.2015

Hear Women had a very successful social media workshop "Community Awareness Briefing for parents" on 11th of May 2015 at 11:00am to 12:00pm in Stowe Centre, 260 Harrow Road, London W2 5ES. The users were highly interested and actively participated in discussions.

Skills for Life Workshop (Interpreting Services – User Involvement) 5.05.2015

Hear Women had an Interpreting Service Workshop last Tuesday, 5th of May with Guest Speaker Sau Fun Wong from NHS West London Clinical Commissioning Group who made a presentation to our users about Interpreting Services – User Involvement. Thereafter, few users were invited for a paid job within an organisation.

Zumba Class and Coffee Morning in Paddington Arts on 24.02.2015

We had a very successful session with over 25 users joined us for Zumba Exercise Class and Coffee Morning session. The users had an opportunity to participate, share ideas with each other and get more information on activities and trips in Hear Women.

Skills for Life (Housing Workshop) 24.02.2015

The Housing Workshop was delivered by Brigitte Boldy from 2 Dominion Organization is on 24th of February in Al-Manaar Cultural and Heritage Centre. We had a high number of attendees who were interested on changes in the current housing systems in UK. The users had an opportunity to discuss the relevant housing disrepair and neighbourhood issues. The guest speaker is expected to present more related issues to current housing law in UK in Westminster Borough. Also, more information follows.

Updates on tasks completed 29.06.2015 - 3.07.2015

Achmat

1. Admin / Bookkeeping tasks.
2. Worked on Fundraising application
3. Collected weekly reports of staff members and volunteers and presented in weekly Email.

Ishmail

1. Booking Guest Speakers for Health Talk Workshops for Westminster users
2. Advertise for volunteer roles within Organization.

Amy

1. Regularly books new members
2. Advertise and promote activities of Hear Women
3. Created Group "What's up" for members to share information related to workshops, trips, swimming, events and etc.

Vittoria

1. Worked on Community Champion application
2. Designed Hear women Active Leaflet

3. Researched information for trip to Margate

Suzanna

1. Worked on Health talk spreadsheet
2. Edited FGM newsletter

Awa

1. Mainly focused on how to increase the visibility of Hear Women on Facebook
2. Updated Social Media
3. Researched the BME figures for physical activity and obesity n Westminster and RBKC

Ayat

1. Updated Social Media
2. Admin work
3. Worked on Health Talk worksheet

Inas

1. Admin Work
2. Worked on membership worksheet

Regards

Achmat

Admin and Communication Coordinator
Hear Women (Gargar Foundation for Development)