



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.

Update News Invitation to Visit Houses of Parliament 27.07.2015

Hear Women were invited to the Houses of Parliament by Lady Victoria Borwick, Member of Parliament for Kensington. This was an opportunity to tour the parliament and learn about the history of British politics.

Picture from Hear Women visit to Houses of Parliament



Update News 28.07.2015 Opening of Summer activities

The opening of Hear Women Summer activities on Tuesday 28th July at the Venture Centre was a great success. Our CEO Deqa Salad made a speech informing our members of our upcoming summer activities. Hear Women would like to say thank you to everyone who made our day a success.

Pictures from the opening of Hear Women Summer activities.



CEO Deqa Salad

Volunteer Vittoria De Meo

Zumba Instructor Amy Talaat

Update News Day Trip to Southend-On- Sea 06.08.2015

Everyone had a great time and fun on the beach at Southend-On-Sea a seaside resort town in Essex. As can be seen in these wonderful picture memories to treasure. Well done to Deqa Salad and everyone who went on the trip.

Pictures form Day trip to Southend-On-Sea



Our next Trip will be to Bournemouth on the 20th and 21st of August

Hear Women Organisation is planning a trip to Bournemouth the 20th and 21st of August where you will enjoy the annual Air Show. We propose a pack including one

night in a hotel with a breakfast, a hot or cold buffet and a 3 courses dinner for £82 per adult and £57 per child.

Update News Upcoming Hear Women Summer Activities 07.08.2015

Today is our last Zumba class at the Venture Centre

Zumba will resume on Monday 31st August

The schedule for the Hear Women Summer Activities is shown below



HEAR WOMEN ORG. (HWO)

Hear Women Summer Activities

Tuesdays

> **Zumba Class (Women only)**
10.00am - 11.00am
📍 Venture Centre
103A Wornington Rd, London W10 5YB

> **Health Talk (coffee)**
11.00am - 12.00pm
📍 Venture Centre
103A Wornington Rd, London W10 5YB

> **Children's multisports**
11.00am - 12.00pm
📍 Venture Centre
103A Wornington Rd, London W10 5YB

Fridays

> **Dance Class (Kids only)**
10.00am - 11.00am
📍 Venture Centre
103A Wornington Rd, London W10 5YB

> **Zumba Class (Women only)**
11.00 am- 12.00pm
📍 Venture Centre
103A Wornington Rd, London W10 5YB

> **Swimming (Women Only)**
11:00 – 12.00pm
📍 Jubilee Sports Centre
Caird St, London W10 4RR

Excursions

- Day Trip in Southend-On-Sea
(6th of August)

- Weekend in Bournemouth
(20th and 21st of August)

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Follow us



Hear Women have lots of planned activities for August and throughout the year. This will be a busy time for as all. This is an important time for the organisation. We have been submitting applications for funding to help us support these activities. We hope to increase access to opportunities and cultural programming through the provision of low-cost and free events, trips, workshops, and classes. Weekly group activities now include a Tuesday and Friday session, offering Zumba, exercise classes and multisport for children. Hear Women believes that with the support of our Staff and volunteers we can successfully work together to create opportunities and play a more active part in the community.

Updates on tasks completed 03.08.2015 - 07.08. 2015

Achmat

1. Admin / Bookkeeping tasks
2. Wrote Letter to Ambassador of Gambia requesting a meeting
3. Arrange meeting with the RBKC Community Engagement Team
4. Designed volunteer leaflet
5. Designed advert for BME Forum
6. Updated social media
7. Collected weekly reports of staff members and volunteers and presented in weekly Email

Amy

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

Awa

1. Updated Social Media
2. Updated the Kids Activities on Facebook and Whatsapp.
3. Working on a PowerPoint presentation about Hear Women.

Jackie

1. Researched information on spas
2. Sent email to all spas for sponsorship
3. Applied for funding for office equipment
4. Helped find Nadia a job and a place to stay with her daughter Katia

Inas

1. Updated Social Media
2. Researched information on women empowerment movement posted on Facebook

Neesren

1. Updated Social Media
2. Updated membership Database

Regards

Achmat Sulaiman

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