

Oldham VCFSE Women's Network Service Directory



Inspire Women



About the Organisation

Inspire Women is a not for profit organisation, (Inspiring Futures Partnership CIC) and has a Women's Centre in the town centre of Oldham. While the Centre is currently closed, the programme of activity is run virtually via Zoom and is open to all women aged over 16 who live in Greater Manchester.

Current services

Inspired Magic: A peer support group for women struggling with isolation and lockdown to connect with other women in a positive, online, judgement-free environment. Run as a closed Facebook group.

Taking the Leap: Women's empowerment programme open to women across Greater Manchester who are currently unemployed. Twice weekly sessions (Tuesdays and Thursdays).

Online weekly Wednesdays: Learn new skills shared by members. Open to any women in Greater Manchester.

Referral process

Complete the membership form <https://inspirewomenoldham.co.uk/membership-application/>

Email: info@inspirewomenoldham.co.uk

Eligibility Criteria

Greater Manchester female residents over 16 years.

Contact details

Marion

Tel: 07969174943

Email: info@inspirewomenoldham.co.uk

www.inspirewomenoldham.co.uk



REEL

Real Education Empowering Lives

Real Education Empowering Lives (REEL CIC)

About the organisation

REEL is a not for profit organisation based in Oldham which aims to reduce the barriers to education, training, volunteering and employment.

Current services

The Clothing Rack: Works with partner organisations to collect and distribute essential clothing to adults and children in urgent crisis.

REEL Women Enrichment group : Online closed group helping women to build confidence, peer support, healthy relationships, parenting skills, etc. (Group currently full to capacity).

Parent Groups: Baby Massage courses, Connected Parents, and Baby Boogies weekly online groups.

Winter packs for women: containing useful information, activities and goodies are being distributed to women in Oldham.

Emergency clothing packs: Available to women and children fleeing domestic abuse.

Referral process

Email completed referral form to rack@reelcic.co.uk

Eligibility

Oldham residents.

Contact details

Email: rack@reelcic.co.uk

www.reelcic.co.uk

Peaceful Minds CIC



About the organisation

Peaceful Minds provide 'one to one' and family Therapy sessions to families and individuals in the Oldham area. The service is available to all members of the community however, they specialise in alleviating the stigma associated with Therapy amongst the BAME community.

Current services

Counselling and Family Therapy: the sessions are delivered over the telephone and online to women who have experienced domestic abuse.

We specialise in multi-lingual Therapy, languages spoken include- English, Urdu, Punjabi, dialect Pahari/Mirpuri, Bengali and Hindi. We offer both 'one to one' and Family Therapy sessions.

Boost your Immune System: Practical training on how to boost your immune system in partnership with a GP and pharmacist. Four 'one to one' online training sessions. Places available until March 2021.

Anxiety Demolition group: Weekly sessions to learn strategies to support people suffering anxiety to learn strategies to overcome it. Online group environment.

Referral process

Email details of the person who wishes to be referred to peacefulmindscic@outlook.com.

Peaceful Minds CIC will triage to offer appropriate support.

Eligibility

Oldham residents

Contact details

Skina Hussain

Tel: 07794159547

Email: peacefulmindscic@outlook.com



Charity Registration Number: 1150921 | www.ukeff.org | enquiries@ukeff.org | 0871 222 3833

UK Education and Faith Foundation (UKEFF)

About the organisation

United Kingdom Education and Faith Foundation are an Oldham based Charity working to alleviate social problems and build bridges between different parts of the community. They provide a number of services across Oldham to support people in a wide range of areas including food poverty, homelessness, domestic abuse, supporting people with no recourse to public funds, Refugees, Asylum seekers, health inequalities and community cohesion.

Current services

- **Emergency Food Parcels:** Specialise in providing culturally appropriate food (unlimited in accordance with the womans needs).
- **Financial Aid :** Crisis support to meet immediate needs.
- **Welfare Benefits:** Advice and support with applications.
- **Advocacy and support:** To help women know their rights and access wider support, and empower them to become confident and independent.
- **Befriending:** A befriending service and helping link up with women from similar cultural backgrounds, as well as providing emotional and wellbeing support.
- **Domestic abuse:** Supporting women who are wanting to leave or have left an abusive relationship through their journey, including practical support such as food parcels, clothing, financial support, travel costs, essential furnishing /household items and to meet any immediate needs whilst in temporary accommodation or for a new home.
- **No Recourse to Public Funds:** Providing food and financial support, to women and children in crisis or with ongoing needs

Referral process

Complete the referral form <https://www.ukeff.org/referrals/>.

Eligibility

Greater Manchester resident.

Contact details

Tel: 0161 660 6818

Email: enquiries@ukeff.org

www.ukeff.org.uk

BAME Connect



About the organisation

BAME Connect is a partnership led approach to tackle social isolation and loneliness amongst people of Pakistani and Bangladeshi heritage living in Oldham. They provide engaging, meaningful activities and empowerment to enable people to take proactive action in improving their health and well being.

Current services

Virtual activities on zoom: A programme of physical, emotional and learning activities.

Ladies coffee and connect : Weekly sessions to bring women together and hear from speakers on a range of different topics.

Befriending: one to one bespoke support for individuals for up to six weeks. Support includes weekly check in, support, and referrals to further services where required.

Walking groups - small groups walking outdoors in Oldham. All sessions are run safely in line with current Covid-19 restrictions. All participants must book their place in advance.

Referral process

Contact Qulzam on 07473793772 or email qulzam@oakcd.org.uk for a referral form

Eligibility

Oldham residents.

Contact details

Qulzam Bhatti Tel: 07473793722

Email: info@oakcd.org.uk

www.oakcd.org.uk

Support & Action for Women Network

About the organisation

Support and Action for Women Network promotes the welfare of Black/African women in Oldham and Greater Manchester. SAWN's aim is to realise the full potential of women by engaging them in activities, providing opportunities and events to help women become independent, self-sustaining and key players in matters that concern them.

Current services

Furniture Bank: Preloved furniture and white goods at affordable prices.

Furniture packages to those in desperate need or no recourse to public funding. (Please note funding must be applied for by the advisor referring.

Befriending service: Weekly Zoom meetings for women who are isolated or going through hardship.

Female Genital Mutilation (FGM) Awareness and Support - Specialised support to women to understand the impact of FGM and to speak about it in an unjudged way.

Money Matters : Support and basic advice for women and their families on issues regarding money; living on a budget, debt management, welfare and signposting to FCS registered money advisors.

Prison Project: Support for women in prison and ex-offenders to aid community rehabilitation and a befriending service.

Working with a group of African women to develop and trial an app and devices to provide discreet information and support in a culturally appropriate way, as well as facilitated zoom 'conversation pods' on topics related to domestic abuse/healthy relationships.

Referral process

Download and complete the referral form <https://sawn.org.uk/contact-us/>

Email completed forms to info@sawn.org.uk

Eligibility

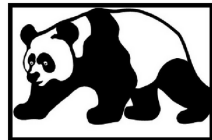
Greater Manchester Women and their families.

Contact details

Rose Ssali Tel: 0796050188

Email: info@sawn.org.uk

www.sawn.org.uk



Werneth and Freehold Community Development Project

About the organisation

Werneth and Freehold Project work to build positive relationships across the area by providing activities and educational opportunities for the whole community.

Current services

Cookery sessions: Online group sessions learning to cook new and healthy recipes.

Stay and play: Home craft bags delivered to families with a link to an online group session for families to join in a creative activity.

Toy Library: Educational toys delivered to children aged 0-5 years. the toys are swapped every 3 weeks.

Job club: Every Monday 11am- 2pm via telephone and email offering jobsearch support, interview techniques, and CV preparation.

Panda Pre-school for 0-4 years olds : Delivered at our Coppice and Chadderton centres in line with Covid guidance. We also offer support to help parents access the childcare funding to fund these sessions.

NHS Better Health app: working in partnership with Early Help to offer support to get healthier and lose weight through a 12 weeks intensive support programme.

Domestic Abuse support: Providing bespoke support to women who are contemplating leaving or left an abusive relationship or currently at risk of domestic abuse.

Referral process

Email details to wfcdp14@hotmail.co.uk.

Eligibility

Oldham residents.

Contact details

Tel: 0161 628 2235

Email: wfcdp14@hotmail.co.uk

www.wfcdp.com



Fatima Womens Association

About the organisation

Fatima Women's Association aims to meet the needs of women from the local area's including Glodwick, Alexandra, Roundthorn and other parts of Oldham. We provide and assist in the provision of training, educational courses, health and wellbeing sessions, recreation and leisure activities for women, young people and children.

Current services

Employability Skills programme via zoom:

Mondays 10am-12.30pm: literacy session

Monday 12..30pm-3pm: presentation skills/ job search skills

Thursday 12.30pm-3pm: communication skills/ confidence building skills

Emotional wellbeing/resilience sessions via Microsoft team on:

Thursdays 11am-12pm

Spoken English class delivering via Microsoft team:

Wednesdays 10am-12pm

Reducing Social Isolation telephone calls to people aged 50 plus

Wednesdays 10am-12pm

Children's activities via zoom on:

Thursdays 5pm-7pm, drama/presentation skills

Fridays 5pm-7pm, Art craft/confidence building

Saturdays 2-4pm, Sports activities

Referral process

Telephone 0161 627 3109 or email details to info@fatimawomens.org.uk.

Eligibility

Oldham women.

Contact details

Tel: 0161 627 3109 / 07459814035

Email: info@fatimawomens.org.uk

www.fatimawomens.org.uk

Keeping Our Girls Safe (KOGS)

About the organisation

Keeping Our Girls Safe (KOGS) is a registered charity working with children and young people to educate about unhealthy relationships, child sexual exploitation (CSE), grooming and risks; to empower them to have confidence and self-esteem; and inspire them to make positive life choices.

Current services

Parents support: group and one to one work with Parents of children affected by Child Sexual Exploitation. Online and Telephone support.

Resilience Project: Working with Positive Steps offering a resilience project to girls in Oldham. Places available from January 2021.

Eligibility

Girls in Oldham at risk of experiencing child sexual exploitation.

Referral process

Email Referral form to K.O.G.S@hotmail.co.uk.

Contact details

Hayley Harewood Tel: 07491068364

Email: K.O.G.S@hotmail.co.uk

www.kogs.org.uk

Womens CHAI Project (Care, Help and Inspire)



Women's CHAI Project
Care, Help & Inspire

About the organisation

CHAI stands for Care, Help And Inspire. The Women's CHAI Project cares about its members and the community, helping and inspiring them to make a difference. The aim of the project is to develop and empower women to function at maximum levels as mothers and females. It also raise's awareness of women's wellbeing and ensure mothers are better equipped to make a difference o their children, themselves and the community. The CHAI Project usually run their sessions at 6 School's across Oldham.

Current services

3 weekly Chai women's groups delivered via Zoom

- Monday - Roundthorn Primary Academy and Coppice Primary Academy
- Thursday - Werneth Primary and Hathershaw College
- Friday - Greenhill Academy

Excercise classes: Weekly online excercise sessions pilates, nutrician, and yoga in partnership with ABL.

Eligibility

Women must be Mother/Carer or Grandmother of children attending the above schools. We also have 2 Chai groups who accept external Mothers/Carers.

Referral process

Email details to najma@womenschaiproject.co.uk.

Contact details

Najma Khalid Tel: 07400658785

Email: najma@womenschaiproject.co.uk

www.womenschaiproject.co.uk

About the Organisation

OPAL is a registered charity providing independent advocacy services and activities for people with learning disabilities and/or autism in Oldham.

Current services

Women's group: weekly activities offering support to vulnerable women with learning disabilities

OPAL Advocacy service: Advocates help people with all sorts of different problems including: money, care and support plans, parenting, employment and volunteering, learning, relationships, where to live and housing, and making complaints.

Referral process

Complete the referral form <http://opal-advocacy.org.uk/advocacy/>

Eligibility

Aged 18 years plus and been assessed as having a learning disability and/or autism.

Contact details

Tel: 0161 633 5544

Email: admin@opal-advocacy.org.uk

www.opal-advocacy.org.uk

Oldham Womens VCFSE Network

Oldham Womens Voluntary, Community, Faith and Social Enterprise Network was established by Action Together to understand the issues and inequalities impacting on the lives of Women and Girls in Oldham particularly during the Covid 19 pandemic and recovery.

The Network brings together VCFSE organisations delivering support directly to women in Oldham, to meet regularly, share insight on issues and inequalities, inform decision making and work collectively.

For more information about the Oldham Womens Network contact :

Victoria Holden, Partnerships Coordinator,

Email: victoria.holden@actiontogether.org.uk Telephone: 0161 339 2345

Web: www.actiontogether.org.uk