Mrs S has developed a new sense of confidence that has helped her deal with her personal circumstances. She has gained confidence and better communication skills that helps her socialise with her extended family on a regular basis.

Mrs A is now more confident to go outside without her zimmer frame. She now is walking around with a walking-stick. This is a major improvement as when this client was introduced to the Befriending service she was bed-ridden and hardly moved from her bedroom.
HENNA ASIAN WOMEN’S GROUP

MISSION STATEMENT

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

Henna Asian Women’s Group is a community based organisation set up over 25 years ago to assist Asian ladies from India, Pakistan and East Africa. We are based at the Abbey Community Centre where we offer a range of multi-lingual services and activities (Hindi, Punjabi, Gujarati and Urdu). We encourage women to participate in the various women only services we have on offer.

BEGRIENDING SERVICE

Henna Asian Women's Group has been running a successful Befriending service, reaching out to the most vulnerable women in Camden.

Our aim for running this service is to build confidence, reduce isolation and improve health of older Asian women. Our goal is to act as a bridge between isolated ladies and the services offered by Henna and of statutory and voluntary sector agencies.

Older Asian women (over 50), based in Camden, who live alone or are housebound can benefit from the support offered by our Befriending service.

We currently support Urdu, Gujarati, Bengali, Punjabi and Hindi language speakers.

Henna’s “befrienders” worker and volunteers pay regular visits to the most vulnerable older Asian women in the community. Befriending service does not include shopping, cooking or cleaning your home.

BENEFITS OF THE BEFRIENDING SERVICE

There are many benefits Asian women can gain whilst accessing the Befriending Service.

♦ Using local services and facilities such as community centres and groups.
♦ Actively accessing health services and not waiting for emergencies.
♦ Receiving their due benefit and service entitlement.
♦ Developing a friend’s network or reconnecting with old friends.
♦ Meeting women with similar needs and supporting each other.
♦ Gaining self-confidence and meeting their self-identified goals.
♦ Learning new skills and becoming active in their local community.