



ADANNA Women's Support Group.

ADANNA Women's support Group (AWSG) is a non-profit organisation based in East London (covering Redbridge, Barking & Dagenham, and Newham). Our aim is to empower and uplift BAME women and girls who are going through challenges. To reset and rebuild their lives and alleviate poverty. By providing information, advice and helping build their self-confidence, these women can overcome any issues they may be facing such as relationship issues, domestic violence, debt, unemployment, loneliness and isolation, challenges bringing up their children, etc. We host events and run various projects/services.

Some of the services we provide include:

- Advice support
- Employment support
 - Mentoring
 - Befriending
- Monthly women's talk meeting
 - Girls Mentoring
- Monthly girls talk meeting
- Holiday clubs for teenagers
- FREE Entry level/Level 1 Courses
 - Coffee Morning

For help and support please contact www.adannawomensupportgroup.com

Instagram: @adannawomensgroup

Call 02087092042

Welcome 2025.

2024 has been an eventful year for us! with many new achievements we have made!

We hope to carry on the support we provide for women to help uplift and build their confidence.

"The new year is a time to honour our histories, embrace our differences, and step boldly into the future. Together, we will continue to create spaces where every person feels valued, heard, and empowered."

(Nadia Ali, Poet and writer, and one of the UK's notable young voices for social justice)

Upcoming Training, Support Sessions & Course assessments.

Join us for a series of session to help you be successful in gain employment.

Application Forms Support

(Job Search Support)

Thursday 12th December 2024

Are you struggling with doing job searching? Do you know what to include when writing a job application?

Come along to discover and discuss the ins and outs of completing job application forms. This session is dedicated to teaching women how to effectively complete online job applications.

Dates: Thursday 16th January 2025

Time: 10:30AM

Location: Cranbrook Baptist Church, Wellesley Road, IlfordIG1 4JT

PLEASE REGISTER IF INTERESTED IN JOINING THIS SESSIONS.

Registration link: <https://forms.office.com/e/MeibAmd9Bs>

For more information email: adminofficer@adannaowomensupportgroup.com

View



ADANNA Women's Support Group

JOB CLUB

Join us for a series of sessions dedicated to helping women understand and use online platforms to search for jobs and using their own initiative to find the job they are looking for.

Support and advice provided by our expert Employment coach.

- searching for jobs support
- practice doing job applications
- helpful tips and techniques to make doing job applications easier!



Date: Thursday 16th January 2025 Time: 10:30am- 12:30PM
Location: Cranbrook Baptist Church, Wellesley Road IG1 4JT

Pre-register today at:
<https://forms.office.com/e/MeibAmd9Bs>
Or use QR code Above.

Alternatively, please email interest to:
adminofficer@adannaowomensupportgroup.com

Interview Techniques

Monday 20th January 2025

The aim of the interview skills sessions is to teach and explain the process of what happens at an interview, to help you feel more confident when you do go for an interview. Come along to get some important tips and gain some experience with practice mock interviews.

Date: Monday 20th January 2025

Time: 10:30AM

Location: Cranbrook Baptist Church, Wellesley Road, IlfordIG1 4JT

Joining Link: <https://forms.office.com/e/BEe6q9fJ5U>

For more information email: adminofficer@adannaowomensupportgroup.com



ADANNA Women's Support Group

INTERVIEW TECHNIQUES

**Improve your confidence at interviews
with our FREE interview practice
workshop.**

**Training session provided by our expert
Employment coach.**

- Pre-interview preparation
- practice interview questions
- body language for interview success



Date: Monday 20th January 2025 Time: 10:30am - 12:30PM
Location: Cranbrook Baptist Church, Wellesley Road IG1 4JT

Pre-register today at:
<https://forms.office.com/e/BEe6q9fJ5U>
Or use QR code Above.

Alternatively, please email interest to:
adminofficer@adannaowomensupportgroup.com

Confidence Building

(Barriers to employment)

Thursday 23rd January 2025

Join us for a confidence building session as we aim to help build up your confidence, so you are able to present yourself during an interview.

Date: Thursday 23rd January 2025

Time: 10:30AM

Location: Cranbrook Baptist Church, Wellesley Road, IlfordIG1 4JT

Joining Link: <https://forms.office.com/e/BEe6q9fJ5U>

For more information email: adminofficer@adannaowomensupportgroup.com





ADANNA Women's Support Group

CONFIDENCE BUILDING BARRIERS TO EMPLOYMENT

**Improve your confidence at interviews
with our FREE interview practice
workshop.**

**Training session provided by our expert
Employment coach.**

- Pre-interview preparation
- Looking at barriers that stop us from getting a job
- body language for interview success
- Techniques on how to dress for a successful interview



Date: Friday 23rd January 2025 Time: 10:30am- 12:30PM
Location: Cranbrook Baptist Church, Wellesley Road IG1 4JT

Pre-register today at:
<https://forms.office.com/e/BEe6q9fJ5U>
Or use QR code Above.

Alternatively, please email interest to:
adminofficer@adannaowomensupportgroup.com

CV Writing Support

Monday 27th January 2025

Are you struggling with CV writing? Do you know what to include in your CV? join this workshop for support to get started with your CV and if you already have a CV our employment coach can review it for you and give feedback on how strong it is.

To join this workshop, you will need to email a CV if you have one or bring it along with you.

Date: Monday 27th January 2025

Time: 10:30AM

Location: Cranbrook Baptist Church, Wellesley Road, IlfordIG1 4JT

Registration link: <https://forms.office.com/e/S9ZXtmn5Sv>

For more information email: adminofficer@adannaowomensupportgroup.com

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ADANNA WOMEN'S SUPPORT GROUP



CV WRITING AND REVIEW **WORKSHOP**

Are you struggling with CV writing? Do you know what to include in your CV?

Join this workshop for support to get started with your CV and if you already have a CV our employment coach can review it for you and give feedback on how strong it is.

TO JOIN THIS WORKSHOP YOU WILL NEED TO EMAIL A CV IF YOU HAVE ONE OR BRING IT ALONG WITH YOU.

REGISTRATION LINK:

[HTTPS://FORMS.OFFICE.COM/E/S9ZXTMN5SV](https://forms.office.com/E/S9ZXTMN5SV)



Date: Monday 27th January 2025

Time: 10:30AM - 12:30PM

Location: Cranbrook Baptist Church, Wellesley Road, Ilford IG1 4JT

For more information Email:

adminofficer@adannaowomensupportgroup.com

Childcare Level 1 (Qualification).

ASSESSMENT

Are you thinking of a career in Childcare ? We will be holding Childcare Assessments for our OCN Level 1 Childcare Course , due to begin in 2025.

The course would be introducing you to the requirements of Childcare , with a view to progressing you to Level 2 once completed. (Level 2 is the minimum level to gain employment in a childcare establishment)

If you are interested in this course you will be required to do an initial assessment, this is so we can assess your English level as a minimum requirement for this course.

Please register your interest below using the link

Date: 13th January 2025

Time: 10:30AM

Location: Cranbrook Baptist Church

Registration link: <https://forms.office.com/e/daQBdUSJGm>

ESOL Classes.

ASSESSMENT

We are excited to announce that we have worked with Barking and Dagenham Adult college to bring ESOL classes to allow women who need support and encouragement to learn English as a second language.

We will be aiming to start a new cohort in January and assessments will be taking place 17th January 2025

Date: 17th January 2025

Time: 10:30AM

Location: Cranbrook Baptist Church

Registration link: <https://forms.office.com/e/3xbl33bJ6m>



ADANNA Women's Support Group Present



DO YOU WANT TO IMPROVE YOUR ENGLISH?

We are excited to announce that we have worked with Barking and Dagenham Adult college to bring ESOL classes to allow women who need support and encouragement to learn English as a second language.

We will be aiming to start a new cohort in January and assessments will be taking place 17th January 2025

Assessment date: 17th January 2025

Time: 10:30 AM

Enroll Now

<https://forms.office.com/e/3xbL33bJ6m>



www.adannawomensupportgroup.com/2024/06/outreach-esol-classes/
07906343050 adminofficer@adannawomensupportgroup.com

Upcoming Meetings/Events

Coffee Morning

Thursday 13th February 2025

Come along and enjoy a relaxed and friendly atmosphere where you can meet other women and have a chat over some coffee/tea and biscuits.

We are running a series of creative workshops which aims to have a positive impact on mental health.

Date: Thursday 13th February 2025

Time: 10 AM -12 noon

Location: Cranbrook Baptist Church

Register attendance: <https://forms.office.com/e/i4UEuCzSZQ>

[View](#)



COFFEE MORNING

Join us as we use creative arts to help relax and embrace good mental health.

“I think that little by little, I’ll be able to solve my problems and survive.”

Join us today!

13/02/2025

10.00 AM - 12.00 PM

Cranbrook Baptist Church,
Wellesley Road Ilford IG1 4NH

www.adannawomensupportgroup.com

Women's Talk Session - Money Money Money! Let's manage our finances!

Saturday 25th January 2025 10:30AM - 12PM.

Join us for a Women's Talk session dedicated to understanding and looking at the importance of knowing your finances. Many women are unaware of their financial situation join us as we look at how we can start budgeting and making our money last longer as a goal to set for ourselves for the new year.

Date: Saturday 25th January 2025

Time: 10:30AM - 12PM

Zoom Joining Link (Please Email): Adminofficer@adannawomensupportgroup.com



ADANNA WOMEN'S SUPPORT GROUP

MONEY, MONEY MONEY!

JOIN US FOR AN INFORMATION SESSION

Welcome back to our Women's Talk session! Join us as we welcome the new year and look at our finances! Our finances are something that has an impact on our lives. It impacts how we live and how we plan for our future. So come along to learn about money and the different ways we can manage our finances.

LEARN ABOUT

- ✓ Debt Management
- ✓ Savings
- ✓ Investing
- ✓ Budgeting
- ✓ Understanding Personal Finances
- ✓ Building financial independence

DATE & TIME

- ✓ Date: 25th January 2025
- ✓ Time: 10:30AM
- ✓ Zoom Joining Link:

CONTACT US

✉ adminofficer@adannawomensupportgroup.com

BE MONEY SMART!



Befriending Support.

Are you someone who sometimes feels lonely/isolated or experiences low mood? Then perhaps our befriending service can help you.

Support from A friendly Female - Via Telephone, zoom, messaging, email or in person meetings. They can give you companionship, be a friendly person to talk to confidentially and share some time with them. You will get 8-12 weeks of support on a 1-2-1 basis to help combat isolation and loneliness and give your life a sense of focus.

A fully trained female volunteer can call you regularly and will be a friendly person. Who listens to you and helps you by listening about your situation. Our training includes a cultural understanding of women from BAME communities & with different religions and is trauma informed (in particular abuse).

The aim of this service is to help women who are experiencing low mood/isolation. By helping early to improve their wellbeing, thus, avoiding progressing into more serious mental health problems.

We are also looking for people who would like to volunteer to support a woman.

If you are interested click on the link to register your interest, you will then be contacted by a member of staff to be assessed and assigned befriender.

<https://forms.gle/FnEax7wMyAHSzWMfA>

ADANNA Women's Support Group



Befriending Services



Are you feeling lonely, isolated or alone?

We can help you!

How can we help you?

Support from A friendly woman volunteer- Via Telephone, zoom, messaging , Email or in person meetings.

How our Friendly women Volunteer can help?

they can give you companionship, be a friendly person to talk to and share some time with them.

You will get a 8-12 weeks of support on a 1-2-1 basis to help combat isolation and loneliness.

How it works?

Once the form (link and QR Code below) has been filled. we will contact you to further discuss.

What is befriending?

Befriending offers supportive, reliable relationships through volunteer befrienders to people who are lonely/isolated.

BENEFIT OF BEFRIENDING



Reduce isolation
Build Confidence
Increase socialisation
reduce stress/anxiety



<https://forms.gle/FnEax7wMyAHSzWMfA>

More information :  0208 709 2042  www.adannawomensupportgroup.com
 0790 634 3050

NHS

London Borough of

Redbridge



Local Events & Opportunities

Redbridge Healthwatch

Healthwatch is an organisation that collects the views and experiences of local people using health and social care services. We want to hear your views so that we can help improve services for everyone.

Women's Health Project

**Understanding Your Experiences -Menopause, Perimenopause or
Endometriosis**

Healthwatch is an organisation that collects the views and experiences of local people using health and social care services. We want to hear your views so that we can help improve services for everyone.

We recently spoke with groups of women about their experiences of cervical & breast screening appointments and now want to hear about experiences around Menopause, Perimenopause or Endometriosis from ethnic minorities and women with physical and learning disabilities. We want to understand any barriers you face and the effect they have on your ability to access services.



We will take out private & confidential interviews. No personal data will be shared in any publication. Please complete this form if you are interested in taking part:

Name:

Tel:

Address:

Age:

Interpreter needed: Yes / No

£10.00 Free Shopping Voucher



www.healthwatchredbridge.co.uk
rafat@healthwatchredbridge.co.uk
020 8553 1236

Jubilee Church

Upcoming Financial Capability client workshop. The event will be held in person at Jubilee Church Ilford, [14 Granville Road, Ilford, IG1 4JY](#) on Friday 17th January 2025 between 12:30-14:00.

The topic for this workshop is 'Budgeting'. This session will cover a range of topics including how to make a budget plan, money saving tips and how to maximise your income.

Please register using link below or QR Code (please see flyer).

Budgeting

This workshop aims to help you to learn about budgeting to help empower you to better manage your finances.

Please scan the QR code and register to join this free event delivered by Citizens Advice Redbridge



12:30-14:00, Friday 17th January 2025

Location: Jubilee Church, 14 Granville Road, Ilford, IG1 4JY



Registered charity number: 04249530



Women's Business Corner

If you are a woman in business and would like to promote your products or services please get in touch with us. (1atadannawomengroup

Louanne Sings

Lets support one of our members and friends. Whether you listen on Spotify, Apple Music, Deezer or buy the CD.

YouTube channel link:(LouanneSings): <https://www.youtube.com/channel/UCUmPbLwFrZXj6-hQUDVRWQg>

CD unboxing: <https://youtu.be/Tk3FB7irRTA> Please share and subscribe to her channel :CDs £12 including packaging or £10 if in person .

Contact 07941298154





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