



## **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](http://www.adannawomensupportgroup.com)

Instagram: @adannawomensgroup

Call 02087092042

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## **Upcoming International Women's Day events.**

**Join us for a special event dedicated to celebrating women and women achievement. This year the theme for International Women's Day is #accelerateAction.**

This International Women's Month, we are hosting an event focusing on the inequalities women face in many aspects of their lives. We are specifically focusing on health inequalities, career/economic inequalities, and political inequalities.

**Date:** Saturday, 22nd March 2025

**Time:** 10 AM - 2 PM

**Location:** Barking Women's Museum, Barking Wharf Square, Abbey Road, Barking, London IG11 7HZ

**PLEASE REGISTER:** <https://AWSGInternationalwomensday2025.eventbrite.co.uk>

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# ADANNA WOMEN'S SUPPORT GROUP

**RECC**  
Striving for an Equal Society



## International Women's Day Seminar

Let's celebrate unity on International Women's Day with our empowering seminar with the theme:

### #AccelerateAction

An inspiring event looking at how gender inequalities affects different aspects of our lives and how we can take action to make a change.

**EARLY BIRD ENTRY FREE!**



### WHAT WE WILL DISCUSS:

- Health inequality
- Career and economic inequality
- political inequality.

**22 MARCH  
2025**

From 10:00AM- 2:00PM

### THE WOMEN'S MUSEUM

Unit 4, Barking Wharf Square,  
Abbey Road, Barking, London  
IG11 7HZ

This is a free event but please support us to continue this good work by making a donation via Eventbrite or just giving

<https://www.justgiving.com/crowdfunding/AWSGYOUTH>

**REGISTER NOW**

<https://AWSGInternationalwomensday2025.eventbrite.co.uk>



International Women's Day  
#IWD2025 #AccelerateAction

### FOR MORE INFORMATION:

[www.adannawomenssupportgroup.com](http://www.adannawomenssupportgroup.com)

[adminoficer@adannawomenssupportgroup.com](mailto:adminoficer@adannawomenssupportgroup.com)

# **Coffee Morning**

**Thursday 6th March 2025**

## **International Women's Day Coffee Morning**

Come along to meet other women over a coffee, tea, biscuits and join us as we celebrate International Women's Month.

Join us at Cranbrook Baptist Church on Thursday 6th March from 10AM- 12PM. We are celebrating International Women's Month with healthy living information and activities. Join us as we #AccelerateAction on Health and Wellbeing. We have some amazing guest speakers and activities lined up!

**To show your support for international Women's Day wear something PURPLE!**

Date: Thursday 6th March 2025

Time: 10 AM

Location: Cranbrook Baptist Church

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

[View](#)

ADANNA WOMEN'S SUPPORT  
GROUP



## International Women's Day Coffee Morning

Come along to meet other women

At Cranbrook Baptist Church Ilford IG1 4JT  
On Thursday 6th March from 10AM- 12PM.

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healthy living information and activities  
#AccelerateAction

Join us as we Accelerate Action on Health and Wellbeing. We  
have some amazing guest speakers and activities lined up!



International Women's Day  
#IWD2025 #AccelerateAction

[www.adannawomensupportgroup.com](http://www.adannawomensupportgroup.com)

# **Support women at your local community.**

**Here are some local events taking place to  
support women this International Women's  
Month.**

## **Women's Health and Pamper Day- Barking.**

**Saturday 8th March 2025 from 11AM-3PM**

Celebrate Women's Empowerment with LBBD and Partners!

Join us for a Women's Empowerment event hosted by LBBD in partnership with We  
Achievers, Radiant Ambition, and Laura I. Art Gallery.

Enjoy a variety of free activities including:

- Face Painting
- Kids Arts & Crafts
- Henna Art
- Hand and Shoulder Massage
- Creative T-shirt Design Workshop by Radiant Ambition
- Art Workshop by Laura I. Art Gallery

Event highlights:

- 12:30pm: Speech on Women's Health by a local GP
- 1:00pm: Kids dance performance by Events to Empower
- 1:30pm: Cake cutting ceremony

- 1:45pm to 2:15pm: Cultural fashion show

All activities are free and open to women and children. Come celebrate women's health, creativity, and empowerment with us! Check out our programmes page to find out what else is happening during Women's Empowerment Month

Date: Saturday 8th March 2025

Time: 11AM- 3PM

Location: Barking Learning Centre, Conference Room.

## **Pivotal Women's Empowerment Family** **Event.**

**Thursday 20th March 2025**

A family friendly day celebrating and championing creative women. Everyone is welcome where there will be fun activities, entertainment, local vendors and more.

Here's our website - <https://www.galleonartscentre.org/pivotal>

- Vendor: sharing information about your services
- Aiming for 50 people different ages intergenerational

Date: Saturday 15th March 2025

Time: 3PM- 6PM

Location: Galleons Arts Centre, Boundary Road, Barking IG11 7JR

# Award Winning Local Disability and Mental Health Comedy Night

**Wednesday 19th March 2025**

We are partnering up with Vision Redbridge Libraries to put on our annual Women's History Month Comedy Night, celebrating the most up and coming and best women on the comedy scene right now  
This year Leicester Square Comedian of The Year 2024 Siobhan Dodd will be on hosting duties.

Our Headliner is Disabled Comedian Of The YEAR 2024 Lizzy Lenco! "

"Lenco's brilliant dark humour makes it fun and hilarious" (Neurodiverse Review 2024) Alongside those acts we will have some other top talent on display such as Pam Ford and Sally Firth! Anyone that reserves tickets before hand will be automatically entered in our Prize Draw for a tote bag with some lovely goodies inside!

The night also involves:

AWARD WINNING COMEDY accessible venue

BYO food and drink

Tea, coffee other refreshments in the break

Prizes for the best audience member!

So click on the link below to reserve your place pay what you can or reserve tickets for **FREE**.



Women's History Month With Lizzy Lenco at Wanstead Library event tickets on  
TicketSource.

Date: Wednesday 19th March 2025

Time: 10:30AM

Location: Wanstead Library.

Buy Tickets: <https://www.ticketsource.co.uk/laugh-able/laugh-able-comedy-night-19th-march-womens-history-month-with-lizzy-lenco/e-xjzxvd>

[View](#)

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# **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](http://www.adannawomensupportgroup.com)  
 0790 634 3050

**NHS**

London Borough of

**Redbridge**



# 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.

## **Louanne Sings**

Let's 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 and packaging or £10 if in person .

Contact 07941298154



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