



Roshni Advocacy and Outreach Project

Roshni advocacy project provides practical and emotional support to women from South Asian communities, and has bi-lingual staff who speak Urdu, Punjabi, Hindi and Bengali. The language skills and a cultural understanding of the needs of our service users is a fundamental aspect of our service in meeting our clients' needs.

The overall aim of the project is: to improve the quality of life for Asian women in Sheffield, particularly those who are most isolated and marginalized from mainstream service

The last year has seen complex cases and issues around domestic abuse, spouses being stranded abroad and forced marriages. During this year alone the project has supported 271 clients from across the city, from which 109 women were new to the project and 75 cases were of domestic violence. The project is run by a full time coordinator, two part time Urdu and Punjabi workers and a Bengali advocacy worker. We run an appointment based and drop in service at Roshni however at times we will deliver an outreach service to Pakistani, Bengali and Indian women across the city. Currently women are offered one to one advocacy support through a weekly busy drop in session on Wednesdays from 09:30am to 12:30pm, as well as individual appointments on other days of the week.

Meri Sehat

Meri sehat meaning my health has been awarded further funding by the PCT to run a number of health and social activities to boost the health of South Asian women a full timetable is available overleaf for more information contact Farzana or Saima at Roshni.

Safe and secure and Muslim Elders project

Since the launch of the Muslim Elders Support Project earlier this year the service has organized sessions for men and women on the following subjects: mental health awareness, diabetes, benefits for older people, cancer awareness and Islamic spirituality. The sessions took place at Somali Community Centre ISRAAC and at Madina Mosque. The Muslim Elders Support service works in partnership with MAAN and Sheaf CAB Through this project we aim to raise awareness on mental health and wellbeing issues affecting Muslim Elders, as well as breaking isolation amongst vulnerable Muslim elders.

Volunteering Plus Programme

Roshni is pleased to announce it shall be delivering a new project which will focus on developing current service users who are in need of employment into potential volunteers through a social skills training pack. Through the training women will be better equipped to take up further education, employment and training opportunities. The project will also base the volunteers into work placements which would allow women to further gain skills and experience of the work life. If you would like further information on how to get involved please speak to Naila at Roshni.

Children and Young Peoples project

Roshni currently runs a holiday play scheme which is aimed at young children from the ages 8-13 years from the central assembly area. The youth forum is for girls aged 13-25 from across the city for more information contact Naila at Roshni.

Carers Support Service

The carers support service has been providing a support service for carers of people with mental illness for over 5 years. We are now expanding the service and will be supporting all Asian carers of people over the age of 18, As from October the carers project will also be working in partnership with the carers centre in the city centre. For more information please contact Ghazala at Roshni.

What's on at Roshni ...

• **Roshni AGM** Wednesday 14th November 11:00am-2:00pm at Israac 54 Cemetery Road Sheffield S11 8FP . The day will include full south Asian Buffett, live performance and Roshni business. .

Meri Sehat Weekly Activities starting from 3rd October. Every Wednesday at the newly open sport facility U-MIX next to the Lowfield Primary School, 12:30-3pm; full timetable below.

Date	12:30-2:00pm	2:00pm-3:00pm
3rd Oct	Self –esteem & Body image	Bollywood dancing
10th Oct	Balanced Diet	Bollywood dancing
17th Oct	Physical activity & Hydration	Bollywood dancing
24th Oct	Importance of Breakfast	Bollywood dancing
31st Oct	School half term	School half term
7th Nov	The truth about FAT	Bollywood dancing
14th Nov	Roshni AGM	Roshni AGM
21st Nov	Hidden Salt	Self defence
28th Nov	Lets lower the sugar	Self defence
5th Dec	Portion sizes	Self defence
12th Dec	Vitamins and minerals	Self defence
19th Dec	Mood and food	Self defence
26th Dec	Christmas holidays	Christmas holidays

Monday	Tuesday	Wednesday	Thursday
09:30am-12:30 Job club for all Roshni clients at Roshni	10:00am- 12:00pm introduction to ICT at Roshni starting 6th November	9:30am-12:30pm Advocacy drop ins at Roshni 10:00am- 12:00pm Advocacy coffee mornings at Roshni	10:00am -12:30 Bengali Coffee mornings starting 8th November at Roshni
10:00am- 12:00 Roshni Carers Peer Support Group (Drop in sessions) At Roshni Start date to be confirmed	Muslim elders group and activities	12:00 -3:00pm Meri Sehat activities	11:00am- 12:15pm Iyengar Yoga classes at Ship Shape
12:00 -2:00pm Roshni Carers Support group (once a month) date to be confirmed		12:30-2:30pm Volunteering Plus Training at Roshni	10:00am- 12:00pm Job support for social care 12:30- 2:30pm ESOL classes at Roshni