



SHEWISE: Your Guide to Support, Empowerment, and Wellbeing

SHEWISE is a voluntary sector organisation working at the grass root level to support the educational, economic, social development and wellness of all women and girls.

How can SHEWISE help you?

We offer safe haven services and multi-level programs that are culturally sensitive, personal and understandable to ethnic women and girls. Our programs provide a mixture of bilingual workshops, skill development activities and wellness programs that target multiple barriers.

Are you experiencing Domestic Abuse?

At SHEWISE, we are dedicated to empowering women to rebuild their lives and regain their confidence, especially those affected by domestic abuse. Our comprehensive services offer support, training, and opportunities to develop skills, create businesses, and promote overall wellbeing. This guide aims to provide essential information about the support you can receive and how we can help you or someone you know to navigate through difficult times.

Want to seek advice?

We partner with other organizations to connect you to emergency shelters, counselling services, and legal support,

ensuring you receive comprehensive care during this challenging time.

This One Stop Shop takes place every **Wednesday** from **10-12** at our Hounslow base:

Holy Trinity Church, Hounslow

6 Hounslow High Street

TW3 1HG

Here you will have access to multi-service support such as legal advice, immigration advice, housing, and Domestic Abuse Support from an IDVA (Independent Domestic Abuse Worker) part of the London Borough of Hounslow Council team or a member of our SHEWISE team. You will be able to receive a range of advice on your visit to help you to take informed next steps regarding your personal situation.

Please note, SHEWISE is not an emergency service. We do not support with:

- Emergency Evacuation
- Emergency Domestic Abuse Support

If you or someone you know is in immediate danger, please call emergency services:

- **UK Police Emergency:** 999
- **National Domestic Abuse Helpline:** 0808 2000 247

How Shewise Helps Women Facing Domestic Abuse

Domestic abuse is a deeply traumatic experience that affects every aspect of a person's life. At SHEWISE, we offer a safe and confidential environment where women can find understanding, support, and practical help. Our dedicated team provides

guidance, emotional support, and resources to help women escape abusive situations and start anew.

If you would like to speak to our Domestic Abuse Team or enquire about our services please contact us:

Website: www.shewise.org/contact

Email: info@shewise.org

Phone: 0333 188 1505

Training Programs for Skill and Business Development

At SHEWISE, we believe in the power of education and skills development as a means for women to rebuild lives. We offer a variety of training programs designed to enhance both personal and professional growth:

- **Skill-Building Workshops:** These workshops cover a range of topics, from digital literacy and financial management to communication skills and personal development. Our goal is to equip women with the knowledge and skills they need to re-enter the workforce or start their own businesses.
- **Entreprise Development Programmes:** We provide comprehensive support for women interested in starting their own businesses, including training on business planning, marketing, and accessing funding. Our network of mentors and industry experts offers valuable insights and guidance to help women turn their ideas into reality.
- **Employment Readiness Support:** From resume building to interview preparation, we assist women in finding and securing employment opportunities that align with their goals and aspirations.

If you would like to sign up to one of our programmes or learn more please click below:

For our Skills Development programmes:

<https://www.shewise.org/skills-development>

For our Enterprise Development programmes:

<https://www.shewise.org/income-generation-programmes>

For further enquiries please contact us:

E: info@shewise.org

E: sayeeda@shewise.org

Promoting Wellbeing and Breaking Barriers

Wellbeing is at the heart of everything we do at SHEWISE. We understand that wellbeing encompasses mental, physical, and emotional health, and we are committed to promoting a holistic approach to healing and growth.

- **Mindfulness and Wellness Programs:** Our wellness programs, including yoga, meditation, and wellbeing focused informative workshops, are designed to help women reconnect with themselves, reduce stress, and enhance their overall quality of life.
- **Community Building and Social Support:** We believe that a strong community is essential for breaking down barriers. Through events, social gatherings, and peer support groups, we foster a sense of belonging and mutual support among women who are on similar yet unique journeys.

Understanding the relationship between domestic abuse and wellbeing is crucial. Abuse not only affects a person's physical health but also leaves deep emotional and psychological scars. It can lead to depression, anxiety, post-traumatic stress disorder

(PTSD), and other mental health challenges. By also focusing on wellbeing, we aim to help women rebuild their lives, regain their confidence, and create a future free from abuse.

Support Services for Wellbeing and Recovery

Women's health and wellbeing is seldom given importance it deserves, especially amongst South Asian and Middle Eastern communities.

Barriers such as stigmas, language difficulties, lack of education on health matters and feelings of guilt and shame, often prevent women from accessing health services that are available to them.

We want to change that!

SHEWISE Women and Girls' Wellbeing initiative focuses on reducing barriers to accessing healthcare, improve the mental and physical health and promote the wellbeing of women in an easy and culturally sensitive way.

Raising Awareness and Bridging the Information Gap

We are committed to educating and informing women who may not have access to critical information about domestic abuse, wellbeing, skills and enterprise development. Through outreach programs, community workshops, and partnerships with local organizations, we strive to raise awareness about the importance of focusing on wellbeing, enhancing personal and financial growth, and recognizing the signs of abuse.

Contact Us

If you or someone you know needs support or would like to learn more about our services, please contact us:

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Phone: 0333 188 1505

Together, we can create a safer, empowered, and more supportive world for women everywhere.

