

# Advice & Support Project for Women over 55 Residing in Hackney



2 Newington Green Road,  
Islington, London N1 4RX

## Project Outline

This project targets Turkish, Kurdish, Cypriot, and Turkish-speaking Hackney resident women over the age of 55. The project aims to ensure that women can live their lives in a secure environment and to avoid isolation and loneliness through cultural activities and group work. We also offer qualified, understandable advice on general needs and welfare rights in order to raise women's awareness and empower them to decide in an informed manner.

## Services

### Group Activities

- Mental Health (Mindfulness, Positive Thinking, Self-care and Loneliness)
- Physical Health (Nutrition, Chair Based Exercises, Menopause)
- Smartphone and Internet Use Zoom Video Conference platform use
- Awareness sessions on Welfare benefits and ESOL opportunities

## Advice & Information

- Domestic Violence
- Elder Abuse
- Welfare Benefits
- Debt, bills, and budget management
- Homelessness, accommodation, and repairs
- Hate crimes, harassment and anti-social behaviours
- Health
- Education
- Referral to other local services

## Social and Cultural Activities

- International Women's Day Celebrations
- Movie Screenings
- Trips to Museums & Galleries

## Project Days

Monday, Tuesday, and Wednesday

## Advice & Information Line

020 7354 1359

*Imece is Advice Quality Standard Certified*