



## **FWT- A centre for women**

### **Our service delivery during Covid-19 – November 2020**

Our centre is closed from 5<sup>th</sup> November 2020 until December 2<sup>nd</sup> 2020

All our services are delivered remotely apart from stated below.  
Phone the project staff below for details, or for urgent support (Mon-Friday 9-5), call Tirth on (07538) 093004

#### **HEALTH PROGRAMMES**

**MAMTA** Child and Maternal Health teams continue to provide key health messages to antenatal and postnatal BME women (until the baby is six months old). MAMTA staff are attending some clinics where 1-1 support is provided & appointments are pre booked - for women in **St Michaels or Foleshill & Stoke areas**. MAMTA is also supporting the **BME Continuity Clinic on Monday mornings at FWT.**

**MAMTA Parent Craft - Education Sessions for BAME Pregnant Women** - including topics on Labour, Birth, Breastfeeding and Going Home with Your Baby, will take place in partnership with Maternity Services **on Monday's at FWT** during lockdown **one to one booked appointments only**

**Note:** Phone/Virtual sessions also available. Contact Kiran Jallan **07538 092929** / email [Kiran.Jallan@fwt.org.uk](mailto:Kiran.Jallan@fwt.org.uk) or Paramjeet Bassan **07538 092956** / email [paramjeet.bassan@fwt.org.uk](mailto:paramjeet.bassan@fwt.org.uk) or Sania Begum **07538 092922** / email [Sania.Begum@fwt.org.uk](mailto:Sania.Begum@fwt.org.uk)

**Cervical Screening** – For BME women aged 25+ We continue to raise awareness on breast, cervical and bowel cancer & are contacting BME women promote the importance of attending screening appointments after lockdown. 1-2-1 support is also provided. Contact Pam Bassan on **07538 092956** or [paramjeet.bassan@fwt.org.uk](mailto:paramjeet.bassan@fwt.org.uk)

**Perinatal Mental Health - BME Peer Support** The project continues to provide support to BME women experiencing baby blues, feel depressed, lonely, isolated, have low mood, or feel anxious around the birth of the baby.

**Drop-in phone support** - for mums and mums-to-be on Wednesday's 10:00 - 12:00  
**Support Group** – booking in advance

**1-1 phone support & new referrals** – Tuesdays-Thursdays from 9:00–4:00

Contact Surindar Nagra on **07399 504051** or email [surinder.nagra@fwt.org.uk](mailto:surinder.nagra@fwt.org.uk)

**COVENTRY WOMEN'S PARTNERSHIP** - Led by FWT, our partners Coventry Haven Women's Aid, CRASAC, Coventry Law Centre and Kairos WWT are still offering services and support to women across Coventry. Our Partnership Connector Faye Pettitt is continuing to support service users remotely and has direct links with teams at FWT and across Coventry Women's Partnership. Contact Faye on **07538 092997** or email [faye.pettitt@fwt.org.uk](mailto:faye.pettitt@fwt.org.uk)



## INTEGRATION PROGRAMMES

**Your Future, Your Integration Project:** supporting refugee women & migrants by delivering a broad range of services

- Benefit and welfare advice and guidance - Mondays
- Employment advice and guidance - Wednesdays
- Online ESOL lessons - Thursdays
- Coffee morning at home - Fridays

Contact Zivar Sahaf on **07508 517654** or Maryam Baboli on **07399 511972** or email [Zivar.sahaf@fwt.org.uk](mailto:Zivar.sahaf@fwt.org.uk) [Maryam.baboli@fwt.org.uk](mailto:Maryam.baboli@fwt.org.uk)

**Resettlement Scheme** supporting Syrian women refugees (City Council Referrals only) to take control of their lives and gain independence through a variety of activities and support offered by FWT.

- Tuesdays - Staying Positive/ Confidence Building activities 10:00-12:00
- Wednesdays – Coffee morning at home 10:00 - 12:00
- Thursdays - Online ESOL lessons 10:00-12:00

Contact Amal on 07538 092983 or email [amal.parr@fwt.org.UK](mailto:amal.parr@fwt.org.UK)

**Afghan Interpreters Scheme** supporting Afghan women (City Council Referrals only)

- Mondays 11:00– 12:00 Staying Positive/Confidence Building activities
- Tuesdays 11:00– 12:00 Socialising from home
- Thursdays 12:00-13:00 Online Pre entry ESOL
- Thursdays 13:00– 14:00 Online Entry 1/2 ESOL

Contact Zivar Sahaf on **07508 517654** or Maryam Baboli on **07399 511972** or email [Zivar.sahaf@fwt.org.uk](mailto:Zivar.sahaf@fwt.org.uk) [Maryam.baboli@fwt.org.uk](mailto:Maryam.baboli@fwt.org.uk)

## EMPLOYMENT & EDUCATIONAL COURSES

We're offering a wide range of online resources to help women continue with their learning, whatever their level & provide information on resources to practice reading, listening and speaking English. 1-2-1 coaching – practice video interviews, job search, applying for jobs, interview tips and advice.

For **Accelerate** contact Lucia Vinolo on **079 5080 0503** email [lucia.vinolo@fwt.org.uk](mailto:lucia.vinolo@fwt.org.uk)

For **Succeed** contact Tirth Hyare on **07538 093004** email [tirth.hyare@fwt.org.uk](mailto:tirth.hyare@fwt.org.uk)

For **Connect2** contact Joanna Selby on **079 5080 3581** email [joanna.selby@fwt.org.uk](mailto:joanna.selby@fwt.org.uk)