

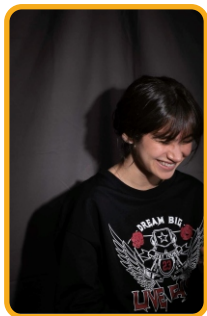
FWT, in partnership with Coventry City Council and other organisations, supports newly arrived women by delivering a broad range of women only services, providing in-depth participation programmes to help women take a more active role in the community. This includes ESOL, social groups, confidence building, volunteering and employment support. We offer ongoing support to build confidence and support access to mainstream services independently.

For further information, email:

integration@fwt.org.uk

or call **07508 517654 / 07508 437589**

"My life had stopped. I came here. It started again"



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Our Vision

We are an award-winning women only organisation with over 35 years' experience of removing barriers facing women from Coventry and the surrounding areas.

We offer a culturally sensitive and appropriate place for all women to access Education, Training, Healthcare and Employment Opportunities, and be empowered & enabled in MOVING FORWARD.



We operate from our women only centre in Foleshill but deliver programmes to all women across Coventry and parts of Warwickshire.

We pride ourselves with our innovative and award-winning solutions.

70 - 72 Elmsdale Avenue,
Foleshill, Coventry,
CV6 6ES

Telephone: 024 7663 7693

F: www.facebook.com/FWTCov

Email: office@fwt.org.uk

Website: www.fwt.org.uk



To find out more click or scan the code to visit our website for details of each project.

Location and Access

Bus routes from the city centre are the 20, 20A, 20E and 48. All buses travel down the Foleshill Road. You will need to exit at the Wheatsheaf bus stop.

Opening Hours

Monday - Friday 9.00am to 3.00pm

Please note this may change.

Please see our website for updates.



Projects Supporting Women in Coventry

Social, Health and Economic projects supporting women across Coventry and Warwickshire.

Led by women, for women.

Health Projects

We offer a range of health projects across Coventry and Warwickshire to reduce Health Inequalities facing women, with specialist support for ethnic minority women.

MAMTA - Child and Maternal Health

MAMTA is commissioned to work in conjunction with SWFT #FHLS service and in partnership with UHCW Maternity services. MAMTA offers culturally sensitive peer support to women from ethnic minorities, in pregnancy and after baby is born & includes help with access to key health information & services.

please contact mamta@fwt.org.uk

or call 07538 092956 / 07538 092929 / 07538 092922

Cervical Screening

FWT is working to improve Cervical Screening uptakes within woman aged 25-64. Our project supports ethnic minority women to overcome fears and barriers around attending Breast, Bowel and Cervical Screenings. We work closely across GP surgeries and outreach venues.

Perinatal Mental Health – Peer Support

FWT supports ethnic minority women through the antenatal and postnatal period, focusing on emotional wellbeing around baby blues, low mood, anxiety, depression and isolation, across Coventry and parts of Warwickshire.

For Health Projects enquiries (MAMTA / Cervical Screening), please contact

mamta@fwt.org.uk or call 07538 092956

For Perinatal Mental Health enquiries (Coventry & Warwickshire pockets)

please contact pmht@fwt.org.uk

or call 07508 517654 or 07534 578607



Coventry Women's Partnership

Coventry Women's Partnership (CWP) brings together five specialist organisations to tackle the systemic barriers that contribute to gendered poverty, homelessness, and housing insecurity in Coventry.

Our Partners

Central England Law Centre (CELC)

Coventry Rape and Sexual Abuse Centre (CRASAC)

Coventry Haven Women's Aid

Foleshill Women's Training (FWT)

Kairos Women Working Together (Kairos)

Who we work with

We work with women experiencing or at risk of poverty, homelessness, and housing insecurity, including women affected by domestic abuse, sexual violence, poor mental health, immigration challenges, no recourse to public funds, and other complex or intersecting needs.

We want to hear from you

The experiences of women shape our work. If you are a woman in Coventry who is experiencing, or has experienced, poverty, homelessness, or housing insecurity, we want to hear about your experiences – what has helped, what has not, and what needs to change.

Get in touch

To find out more, receive support, or share your experience, contact:

Georgia: 07538 092297

Maryam: 07399 511927

email: onyeka@cwpa.org.uk



Employment Support Projects

We are funded by WMCA Digital Divide and Barclays LifeSkills to support women in improving their IT skills, progressing onto accredited learning and increasing their employability. We offer a variety of free, women only courses, including our weekly drop-in computer sessions, and we also support with other courses at our women only centre:

- Pre-entry ESOL
- Entry 1&2 ESOL
- English & Maths
- Volunteering
- Beginners and Adult Education IT
- Job searching, applications, and CV writing
- Upskilling courses; Level 1 Customer Service, Level 1 Business Administration, Entry 3 Caring for Children for ESOL Learners (2027)

"The warmth, love, understanding and support from FWT is amazing, I'm glad to be part of FWT".

"I looked at volunteering in other places but feel like I belong here."

To join our projects or to find out more, contact the employment team at 07950 813581 or email employment@fwt.org.uk



**Funded by
UK Government**

