

“Syrian and Afghan Refugee Women are offered specialist support at FWT via direct referrals funded through projects run by the City Council. Women gain confidence through a variety of activities and support offered across FWT.

For further information please email:
Integration@fwt.org.uk

“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 30 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.

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

Crèche may be available for some activities.

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Foleshill, Coventry,
CV6 6ES

Telephone: 024 7663 7693

T: @FWTCov

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 that this is subject to change in light of ongoing Covid-19 measures.



Support for Women in Coventry

April - June 2024

**FREE Social, Health and Economic
projects for women**

Health Projects

We offer a range of health projects across Coventry to reduce health inequalities facing women, with specialist support for BAME (Black and Minority Ethnic women).



South Warwickshire **NHS**
NHS Foundation Trust

MAMTA is a Child and Maternal Health service in conjunction with South Warwickshire Foundation Trust (SWFT) #FHLS in partnership with UHCW maternity services. MAMTA empowers & supports BAME women in pregnancy and after the baby is born.

BAME Cervical Screening Project

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



Perinatal Mental Health

BAME Peer Support

The Perinatal Mental Health BME Peer Support Project aims to educate and support BAME women through the antenatal and postnatal period around their emotional wellbeing. We are also working in Rugby.



Start for Life Project

FWT are also working with the Coventry City Council and partners on the Start for Life Programme providing enhanced Infant Feeding and Perinatal Mental Health support to certain groups. Activities include sessions in the community and in Family Hubs in Coventry.



For all Health Projects enquiries (MAMTA, Cervical Screening, Start for Life - Infant Feeding) please contact mamta@fwt.org.uk or call 07950 813080 or 024 7663 7693

For ALL BAME Perinatal Mental Health project enquiries (Coventry CWPT, Start for Life & Rugby) please contact pmht@fwt.org.uk or call 07508 517654 or 07399 504051 (Coventry PMHT) or 07534 578607 (Rugby PMHT) or 024 7663 7693

Coventry Women's Partnership

COVENTRY WOMEN'S PARTNERSHIP

Supporting Women - Connecting Services

Coventry Women's Partnership is a unique project, led by FWT which has been established with 5 organisations in Coventry to ensure women in the city feel supported in safe environments, empowered, and believed. We want to break down barriers for women in accessing crucial services and make engaging with support easier. Our partnership includes Coventry Haven Women's Aid, CRASAC, Central England Law Centre Coventry and Kairos WWT. Coventry Women's Partnership is funded by the Smallwood Trust.

Through referrals across the partnership, we will work with women who need support in any of the following areas:

- Education, Training and Routes to Employment
- Confidence Building
- Free Legal Advice on Family, Immigration, Housing & Money Issues
- Health & Wellbeing Support & Easier Access to Services
- Rape & Sexual Abuse, Accessing Therapeutic Support and Advocacy
- Domestic Violence and Abuse (all forms)
- Pathways to Exiting Prostitution & Homelessness
- Staying Safe
- Language Support
- Access to Childcare

To receive support or to find out more, please contact: faye.pettitt@fwt.org.uk 024 7663 7693 or (07538) 092997

Twitter: #CovWP

Employment Projects

We are currently funded by #UKSPF UK Shared Prosperity Fund, and Barclays LifeSkills to support women, including Economically Inactive women, to be empowered through skills development and training (including Digital Skills), health and wellbeing, volunteering and to progress towards employment. We can support you with:

- ESOL
- English
- Basic IT & Digital Life Skills for Work
- Confidence Building
- Weekly online Wellbeing Workshops - hear about FWT and partner projects
- Monthly onsite Wellbeing Workshops - Arts, crafts, walks, lunches
- Volunteering - Volunteer with FWT to develop skills, confidence and work experience
- Employability support

"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 find out more and join our projects contact 024 7663 7693 or email employment@fwt.org.uk to find out more! or contact 07950 813581 email: raman.nijjar@fwt.org.uk

LifeSkills
Created with

Coventry Employment and Skills Projects

Funded by
UK Government

LEVELLING
UP

West Midlands
Combined Authority

Coventry City Council

These projects are funded by the UK Government through the UK Shared Prosperity Fund and the West Midlands Combined Authority and HM Government's Commonwealth Games Legacy Fund