



Inspire Well Women Programme

Midaye (Somali Development Network) iyo Al-hasaniya (Morrocan Women Project)
Waxay idiin hayaan Barnaamij ku saabsan Cafimaad U khaas ah Haweenka Soomaliyed iyo kuwa Carbeed ee degan xaa fadda

KENSINGTON & CHELSEA
Barnaamijkan waxaa lagaga hadli doonaa arimo kala duwan Sida:

- ✓ Wadahadal / lasheekeysi ama latalin caafimaad
- ✓ Cawimaad khaas u ah qofka
- ✓ Wacyigelin sidaad u cawin lahayd naftadda
- ✓ Warbixin ku saabsan caafimaadka guud
- ✓ Jimicsiga Jidhka

MIDAYE SOMALI
DEVELOPMENT NETWORK
& AL-HASANIYA
MOROCCAN WOMEN'S CENTRE

An exciting new project for Somali and Arabic speaking women living in the borough of Kensington & Chelsea.

Developed by Midaye SDN and Al-Hasaniya MWP, the programme aims to offer holistic advice and guidance around health and well-being through a variety of activities and services

- ✓ Talking Therapy
- ✓ One to One Support
- ✓ Self-Advocacy Skills
- ✓ Health Information
- ✓ Exercise Classes

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For further information, please contact...

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