

For further information about Ashiana and/or referral to any of our services please contact us:

Tel: 020 8539 0427

Email: info@ashiana.org.uk

Website: www.ashiana.org.uk

Find us on Facebook

Ashiana Network is:

A company limited by guarantee,

Company Number 2972903

The company is also a registered charity,

Charity Number 1042440

Registered Office:

Suite 204

First Floor

Oceanair House

750-760 High Road

Leytonstone, E11 3BB



English

If you are women experiencing domestic violence and need confidential advice, support or just someone to talk to, please contact Ashiana Network on 0208 539 0427 or email us at info@ashiana.org.uk.

Arabic

إذا كنت تعانيين سببتي من العنف المنزلي وتحتاجين إلى نصيحة سريعة أو دعم أو تحتاجين فقط لشخص يمكنك التحدث معه، فيمكنك الاتصال بشبكة أشيانا (Ashiana Network) على الرقم 0208 539 0427 أو مراسلتنا على البريد الإلكتروني info@ashiana.org.uk.

Bengali

আপনি যদি এমন একজন মহিলা হন যিনি ঘরোয়া হিংসার সম্মুখীন হচ্ছেন এবং যার গোপনীয় পরামর্শ, সহায়তা বা কথা বলার জন্য কাউকে প্রয়োজন, তাহলে অনুগ্রহ করে, আশিয়ানা নেটওয়ার্কের (Ashiana Network) সাথে যোগাযোগ করুন 0208 539 0427 নম্বরে বা আমাদের ই-মেইল করুন এই আইডিতে-info@ashiana.org.uk.

Farsi

اگر شما زنان هستید که در حال تحمل خشونت خانگی می باشید و احتیاج به مشورت، کمک، حمایت بوده و یا فقط می خواهید کسی با شما صحبت کند، لطفاً با شماره تلفن 0208 539 0427 با شبکه اشیان (Ashiana Network) تماس گرفته یا به آدرس ذیل ایمیل بفرستید info@ashiana.org.uk.

Gujarati

જો તમે ઘરેલુ હિંસાનો અનુભવ કરતી મહિલા હો અને ગોપનીય સલાહ, આધાર અથવા માત્ર કોઈની સાથે વાત કરવાની જરૂર ધરાવતાં હો તો, કૃપયા 0208 539 0427 પર આશિયાના નેટવર્કનો (Ashiana Network) સંપર્ક કરી અથવા અમને info@ashiana.org.uk પર ઈમેલ કરો.

Hindi

यदि आप ऐसी स्त्री हैं जो घरेलु हिंसा की शिकार हैं और जिसे गोपनीय परामर्श, सहायता या किसी से बात करने की जरूरत है तो कृपया आशियाना नेटवर्क (Ashiana Network) या 0208 539 0427 पर संपर्क करें या हमें info@ashiana.org.uk पर ईमेल करें।

Punjabi

ਜੇ ਤੁਸੀਂ ਘਰ ਵਿਚ ਹਿੰਸਾ ਦਾ ਸਾਹਮਣਾ ਕਰ ਰਹੀ ਔਰਤ ਹੋ ਅਤੇ ਤੁਹਾਨੂੰ ਗੋਪਨੀਯ ਸਲਾਹ, ਸਹਾਇਤਾ ਚਾਹੀਦੀ ਹੈ ਜਾਂ ਕਿਸੇ ਨਾਲ ਕੇਵਲ ਗੱਲ ਕਰਨਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਆਸ਼ੀਆਨਾ ਨੈਟਵਰਕ (Ashiana Network) ਨਾਲ 0208 539 0427 'ਤੇ ਸੰਪਰਕ ਕਰੋ ਜਾਂ ਸਾਨੂੰ info@ashiana.org.uk ਤੇ ਈਮੇਲ ਕਰੋ।

Tamil

நீங்கள் குடும்ப வன்முறையை அனுபவிக்கும் பெண்ணாக இருந்து, உங்களுக்கு நம்பகமான ஆலோசனையும் உதவியும் தேவைப்பட்டால் அல்லது யாரேனும் ஒருவரிடம் நீங்கள் பேசினால் போதும் என்று நினைத்தால், ஏஷியானா நெட்-வொர்க்கை (Ashiana Network) 0208 539 0427 என்கிற எண்ணில் தொடர்புக் கொள்ளுங்கள் அல்லது info@ashiana.org.uk என்கிற முகவரியில் எங்களுக்கு மின்னஞ்சல் அனுப்புங்கள்.

Turkish

Siz aile içi şiddet yaşayan kadınlar, özel danışmanlık veya destek hizmeti almaya veya sadece biriyle konuşmaya ihtiyaç duyuyorsanız, 0208 539 0427 nolu telefondan Ashiana Network (Ağ) ile irtibata geçebilirsiniz ya da info@ashiana.org.uk adresine e-posta gönderebilirsiniz.

Urdu

اگر آپ ایسی خاتون ہیں جسے خانگی تشدد کا سامنا ہے اور رازدارانہ مشورے، تعاون یا صرف کسی سے بات کرنے کی ضرورت ہے تو، براہ کرم آشیانہ نیٹ ورک سے 0208 539 0427 (Ashiana Network) پر رابطہ کریں یا ہمیں info@ashiana.org.uk پر ای میل کریں۔



Stopping violence in our lives
and in our communities

safe housing
advice
support
advocacy
counselling
professional
youth training
programmes

Ashiana Network's purpose is to:

- ◆ Empower Black, Minority Ethnic and Refugee (BMER) women, particularly South Asian, Turkish and Iranian women who are experiencing domestic violence, sexual violence and harmful practices with culturally sensitive advice, support and safe housing - enabling them to make positive and appropriate choices for themselves.
- ◆ Provide counseling to women and girls who are experiencing domestic violence, sexual violence and harmful practices.
- ◆ Raise awareness of domestic violence and carry out preventative work with the community as a whole.

Who we are

Since its inception in 1989, Ashiana Network has developed and expanded its services and the client group it serves.

We provide specialist services for women and girls aimed at empowering them to make informed choices and decisions about their future.

Our services

Housing

Kyra, Zafina & Saranaya*

Ashiana offers temporary refuge accommodation across three schemes.

During their stay at Ashiana, clients are offered culturally specific support, confidential advice and advocacy regarding their legal, financial, housing and personal situation. Clients can stay at Ashiana for up to a maximum of two years and are supported in seeking alternative accommodation such as shared housing, private rented accommodation and social housing. Resettlement support is offered for a period of 6 months. Ashiana cannot guarantee access to move-on accommodation.

Kyra offers 7 bed-spaces for South Asian, Turkish and Iranian women between the ages of 16-30 who are experiencing domestic violence.

Zafina and Saranaya comprise of a total of 13 bed-spaces for South Asian, Turkish and Iranian women between the ages of 16-25 at risk of forced marriage.

Clients are expected to adhere to strict confidentiality rules; most importantly not to allow any visitors to the refuge and not to disclose the location of the refuge.

Floating Support*

Ashiana provides floating support to a small number of women living in Waltham Forest. These clients are either survivors of domestic violence or currently experiencing domestic violence.

** these services are specifically for South Asian, Turkish & Iranian women.*

Advice

Advice and Support

The aim of this service is to advise and support women and girls who are experiencing domestic violence and sexual violence enabling them to make informed choices and exit violent relationships including, reporting to police, pursuing civil/criminal legal cases, taking out injunctions, access to refuges, welfare benefits, health, housing and immigration advice. In such cases, the Advice & Support Worker will arrange individual sessions to assess short and long-term needs and offer confidential advice, support and advocacy.

Specialist Advice & Support

This service offers support to women and girls affected by harmful practices such as forced marriage, honour based violence and female genital mutilation. The Advice & Support Worker offers one to one advice and information on rights, entitlements, intensive case-work and advocacy.

Counselling

We offer confidential one-to-one counselling services for women and girls who are or have been impacted by domestic violence, sexual violence and childhood sexual abuse as well as women and girls who have experienced any form of harmful practice including; forced marriage, honour based violence and female genital mutilation.

Counselling offered is short term (6-15 Sessions) and provided by accredited qualified counsellors and experienced volunteer counsellor/placements. Ashiana Network is a member of the British Association of Counselling and Psychotherapy (BACP).

Support Groups

We offer a range of support groups, which include:

- ◆ Therapeutic confidence building group specifically for BMER women (6 weeks)
- ◆ Support group for BMER women
- ◆ Generic Confidence building group (6 weeks)

Education & Prevention

Our education and training work is conducted at a variety of levels with both statutory and voluntary agencies aimed at raising awareness about domestic violence and related issues. Workshops and training can be provided on topics such as domestic violence, forced marriage and honour-based violence.

We deliver a programme of education and prevention with 11-16 year olds in schools across London. This aspect of our work is not gender or race specific. The purpose of this service is to educate young people about domestic violence, sexual violence and harmful practices, empowering young people to seek help and challenge attitudes towards violence against women and girls.

Referral Criteria for Housing Services

- ◆ All women from South Asian, Turkish and Iranian Communities.
- ◆ Women between the age of 16-30.
- ◆ Women without children.
- ◆ Women experiencing domestic violence and/or sexual violence.
- ◆ Women affected by harmful practices such as forced marriage, honour-based violence, female genital mutilation
- ◆ Women with no recourse to public funds.
- ◆ Women who are homeless as a result of domestic violence.
- ◆ Women with low/medium support needs.

Women who do not come from South Asian, Turkish or Iranian communities will be considered if we can identify substantial similarities in their culture, religion or language, which will enable staff to offer a culturally appropriate service.