

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 سرية 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 یا 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 ਕੋਈ ਗੱਲ ਕਰਨਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਆਸ਼ਿਆਨਾ 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 زبردارانہ 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۔

Ashiana NETWORK

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 (BME) women, particularly South Asian, Turkish and Middle Eastern women who are experiencing all forms of Violence Against Women & Girls (VAWG) including domestic violence, sexual violence and harmful practices such as forced marriage, honour based violence, female genital mutilation with support and safe housing - enabling them to make positive and appropriate choices for themselves.
- ◆ Provide counselling to women and girls who are experiencing VAWG.
- ◆ Raise awareness of VAWG 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 provides temporary refuge accommodation across three schemes.

We have 21 bed spaces for South Asian, Turkish and Middle Eastern Women between the ages of 16-35, who are experiencing all forms of Violence Against Women and Girls (VAWG); including domestic violence, sexual violence, harmful practices, such as forced marriage, honour based violence and female genital mutilation. Service users are offered a holistic package of support from a multi-disciplinary team including culturally specific support, confidential advice and advocacy around health, housing, legal, educational and financial matters. Service users can expect to stay at Ashiana for up to a maximum of two years and are supported to seek alternative accommodation, such as shared housing, private rented and social housing. Resettlement support is offered for a period of 6 months. Ashiana does not guarantee access to move on accommodation.

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

Referral Criteria for Housing Services

- ◆ All women from South Asian, Turkish and Middle Eastern Communities
- ◆ Women between the age of 16-35
- ◆ 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 Middle Eastern 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.

Support Groups

We offer a range of support groups open to women and girls 16+, which include:

- ◆ Moving Forward Psycho-educational group
- ◆ Specialist support group for BME women (8 weeks)

Advice

Specialist Advice & Support

This service offers specialist advice and support to women and girls who are experiencing all forms of VAWG. Intensive support and advocacy is provided including needs and risk assessment, information on rights, entitlements, access to refuge, welfare benefits, health, housing and immigration advice, reporting to the police, pursuing civil/criminal legal cases, taking out injunctions. We assess short and long term needs and risk to support a woman through her journey and enable resilience and recovery.

Immigration

This service offers legal advice and advocacy specifically for women with insecure immigration status. Some of the more destitute and vulnerable women are those that have no recourse to public funds and Ashiana's aim is to support them with access to specialist legal advice in order to resolve their immigration status.

Counselling

We offer confidential one-to-one counselling for women and girls who are or have been impacted by VAWG.

Specialist counselling offered is short term (6-15 sessions) and up to 20 sessions for harmful practices (forced marriage, honour based violence and female genital mutilation). It is provided by accredited qualified counsellors. Ashiana Network is a member of the British Association of Counselling and Psychotherapy (BACP).

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 VAWG and related issues. Workshops and training can be provided on topics such as domestic violence, sexual violence, female genital mutilation, forced marriage and honour-based violence.

As part of the Whole School Approach, the community engagement service designs and delivers VAWG training and engagement programmes to the wider community. These programmes aim to raise awareness of VAWG amongst parents, teaching staff, faith based groups and community centres. Through this approach, the community engagement programme seeks to empower communities to identify and safeguard victims of VAWG and challenge harmful attitudes that enable VAWG to continue.