

# Tower Hamlets

LinkAge Plus

## Health and well-being for Somali women

A Coffee Morning for Somali women (50+) which runs once a week. The session gives women an opportunity to socialise, be empowered and to build their self confidence. These sessions run in a local Somali women's voluntary organisation.

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# Health and well-being for Somali women

## Objective

- To promote social inclusion as well as helping Somali women to integrate and access existing/new services in Tower Hamlets.
- To tackle and reach one of the hardest to reach target groups in Tower Hamlets, which is Somali Women.
- To create an environment in which they can socialise and feel safe and secure.
- To increase their knowledge and understanding of local service providers, such as Domestic Violence, PCT, Idea Store etc.
- To promote healthy eating.
- To create sessions that will give Somali women the opportunity to build their self confidence.
- To target 30 Somali women.
- To identify and tackle these women's needs by giving them the opportunity to develop their own activities.

## Activity

These coffee morning sessions are held at Somali Integration Team's (women's organisation) centre. They normally start with a short presentation from service providers like PCT followed by a lively discussion (questions and answers). These sessions expose Somali women to mainstream services.

## Achievements against objectives

- These sessions are unique and targeted and work with hard to reach Somali women.
- We have exposed the women to new and beneficial mainstream services.
- The sessions are women only and culturally sensitive, this helps the women to feel comfortable to socialise.
- The women are offered a variety of healthy snacks, and they are given the opportunity to explore and learn about non-traditional healthy options.
- This sessions has exceeded its target number, it has worked with 41 Somali women.
- The coffee morning has been a positive tool to identify the women's needs and wishes. The consultation sessions have resulted in the development of a user led massage and keep fit session which had been very successful.

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## Wider achievements

- These sessions have achieved and exceeded their objectives.
- The sessions have successfully targeted hard to reach women.
- The evaluation of the sessions shows that the women now feel more confident in themselves and in accessing local services.

## Resources

- £25 per sessions for healthy snacks.
- Admin for evaluation and daily registration.
- Posters and fliers.

## Key lessons learned

- We have identified the needs and requirements of Somali women which we have developed and tailored our services to.
- Giving the women the ability to create suitable activities for themselves.
- To increase the sessions especially at weekends because of the high demand.

## Further information

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## Related documents

- Posters and Flyers for the sessions
- Daily register forms
- Registration forms

