

## Mosaada Centre for Single Women in London



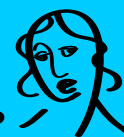
Kristina Agnes Gwen



Gala Abdelrahim

### What courses are provided and what is gained?

Actual courses provided by the project are Training courses in ESOL and ICT; One-to-one English support; Confidence Building; Help with job search; Encouraging disadvantaged women to access health services; and Counselling and support; CV writing, interview skills, increased access to and understanding of the labour market.



### What's the Project all about?

Mosaada Centre for Single Women, funded through the London East Learning and Skills Council (European Social Fund) and the Equal Programme is a self-help organisation set up to provide activities for single and homeless women residing in hostels. Many of the women supported by this group are refugees and asylum seekers, or recently resettled. Others are migrant or UK residents some with mental health problems or in personal crisis.

Amongst the many activities the project provides, it organises and runs classes activities for women living in hostels and arranges various training and advice sessions for women of all ages, within the said target group living in the hostels across London. The project also organises and participates in events and functions in order to promote culture, enable greater integration and wider participation in the community along with sending representatives to forums and take part in local activities in order to build links and networks.

Finally, it also organises and runs a complementary health project to enable women to move out of the personal crisis of homelessness, empowering and giving them confidence to take other opportunities, i.e. housing, employment.

The courses help women to develop their writing skills; improve their grammar; communication skills, at the same time helping the women to increase their confidence and self-esteem. Also by actively participating in community activities, women develop a sense of self worth and achievement by realizing their full potential.

## Success Stories

One of the women who has benefited from Mosaada's work is now running her own project through Mosaada. She applied for an Individual Millennium Award from Peabody Trust to run her own initiative to support other women living in the hostels.

Her project is called “ Way Out” . This name is symbolic of the purpose of the project, in the hope that it will open a new horizon for the participants. The project enables women to take part in physical exercise, on 3 days per week with a professional instructor at their own premises (Bridge House Hostel) at times that are convenient to them.



Yolende Eumareda (standing)  
Stefa Zubaviciute Adim Dawit (sitting)

## **Further Information: Getting Involved**

For further information on the above project contact: Huda Al Amin

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