

25 YEARS
HerStory

*From Violence to
Safety and Freedom*

Annual Report 2012

Newham
Asian
Women's
Project



Voices of NAWP Staff

Being Feminist

“...As a Law graduate I worked with women affected by gender based violence and I understood the devastating affect it can have on the victims. Whilst at University I took a module related to feminism, it allowed me to understand the power structures still at play that determined the social and cultural restraints impacting on me, and on so many women’s lives. I wanted to join an organisation that provided a voice and support for marginalised members of society. I believe that NAWP makes a stand against injustice and brings about change for real equality...” (Pavanjit Pattar).

“...After completing my law degree, I came across NAWP and was very much inspired by the nature of work involved...As a woman myself, I believe I have great understanding of the constant struggles that women suffer in their day to day lives. The regular inequalities that exist between men and women are very much apparent and can have an extremely negative impact on the lives of many women and children. Working at NAWP has allowed me to move away from all the stereotypes and inequalities which have been imbedded into many people’s thoughts and understandings...” (Amena Khanom).

A Community of Women

“...I want to gain strength from being around other women. I have a sense of justice for women. I want to maintain awareness providing services that [are] needed and making a positive link with the community...” (Shabana Sharif).

“...A passion to grow, develop and enhance my skills, experience and knowledge, the willingness to help and give my time, to share my knowledge and experience with others, and compassion to truly care about making someone else’s life better ...” (Shahina Begum).

“...I wanted to work for NAWP because I feel the service is very unique and provides help and support to those who often have nowhere else to turn and NAWP is a lifeline for the service users. I feel proud to be a part of NAWP...” (Husnara Kabir).

“...I feel empowered by working for this type of organisation which provides valuable support to women and families in vulnerable situations. NAWP is a life line to women in a time of much need and the work we do gives me strength and inspiration, to give my all to the aims of the organisation...” (Mina Hussain).



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MC Foreword

25 Years of Working for Women, Working against Violence

This year NAWP celebrates 25 years of achievement. Here is our *HERSTORY!*

1981 – A Collective of Women

In 1981 a group called the Newham Asian Women's Collective (NAWC) was established to campaign for and support the needs of South Asian women in the London Borough of Newham. NAWC was also concerned about the gaps in services for South Asian women and found that mainstream services either lacked preparation and resources to support South Asian women or failed to understand the complexity of their needs. During this time, South Asian and other BME communities faced racism and discrimination, and social, political and economic exclusion. Their access routes to services were significantly affected. There were few women advocating on behalf of South Asian women. NAWC found itself at the centre of such activity and challenged implicitly discriminatory policies and practices. Anti-racism activity formed a central theme in the work of organisations like NAWC. NAWC was equally concerned with gender-based violence and mobilised to ensure that the basic human rights of women and their children were protected and promoted.

1982 – A Movement

By 1982, NAWC had expanded into the neighbouring East London boroughs of Redbridge, Barking and Dagenham, and Waltham Forest. Following the expansion, a group called the East London Asian Women's Group (ELAWG) was created.

1987 – Birth of a Community Grassroots Organisation

Newham Asian Women's Project (NAWP) emerged from these early developments. It was set up initially to provide counselling and advice to women and their children fleeing domestic violence. In 1987 NAWP opened its first refuge to provide emergency accommodation and housing support services to women and children fleeing to Newham from domestic violence. In 1990 NAWP articulated a vision for holistic provision to ensure that women were not only safe and protected once they fled violence but that through therapeutic support and rights-based advice, information and advocacy work, women could access further support towards their own empowerment and continue to live free of violence. NAWP celebrates its birthday on 9 June.

25 Milestones and Achievements

1991 NAWP joined forces with sister organisations to challenge the No Recourse to Public Funds rule for women with insecure immigration status fleeing domestic violence.

1992 NAWP joined Black, immigrant, refugee and anti-racism groups calling for just and fair treatment for all citizens living in Europe.

1995 NAWP's Training service opened its doors to women providing essential training in courses ranging from ESOL, computer literacy and childcare. From 1995 to 2010 the courses were accessed by 500 women per year from the NEET group. With a shift in funding priorities, the Training service shut in 2011.

1996 NAWP opened the Resource Centre at 661 Barking Road. The centre, officially opened by NAWP's patron Meera Syal, became NAWP's main office.

1996 NAWP launched its first weekly support groups for South Asian women called Chandani and Saheli. These groups are survived by Shakti, the only support group for older South Asian women in Newham.

1996 NAWP opened a second stage refuge in partnership with East Thames Housing Group (now East Thames Housing Association). The second stage refuge provided housing support to women under a model of semi-independent and independent living. It proved successful in providing women with essential housing support so that they could move on the safe and sustainable housing of their own.

1997 NAWP marked its tenth year anniversary by setting up a new therapeutic support service for adult women. It remains one of few counselling services offering community language counselling.

1997 NAWP won the National Excellence Award from SmitheKline Beecham. At the time we were the only black women's group and London-based organisation to have received the award.

1997 NAWP, funded by the Newham Intercity Multifund, conducted research on the mental health needs of South Asian women and published a report called, 'Growing Up Young, Asian and Female in Britain: Conflict and Culture'.

1998 NAWP, along with the Asian Women's Resource Centre in Brent, secured funding to develop IMKAAN. The aim of IMKAAN was to develop and provide resources in support of black women's refuges. Today, IMKAAN is an independent second tier organisation and NAWP continues to have a successful collaboration and working relationship with them.

1998 NAWP developed the Zindaagi (meaning 'life') project focusing on service delivery to young women and working under an early intervention and prevention framework.

2001 NAWP expanded its refuge provision to the London Borough of Haringey and took over the management of two 10-bedspace refuges for South Asian women.

2001 NAWP won the BBC Asia (Asian Success, Innovation and Achievement) Award.

2004 Involved in the first ever National Inquiry into Young People and Self-harm in an advisory capacity funded by the Camelot Foundation and the Mental Health Foundation. The Inquiry Report went on to highlight Zindaagi as a model of Good Practice.

2004 NAWP developed a training pack called 'Silent Scream' to raise awareness about self harm.

2007 Short listed for the Health Services Journal (HSJ) Award 2006 under the category for Mental Health Innovation for the work done with young South Asian women around self harm.

2007 Obtained funding from the Big Lottery Fund to re-launch the Advice Service. This funding essentially saved the service from closure and ensured that women in East London would have access to free legal advice and information services to protect and promote their rights.

2007 NAWP's Training service underwent an Ofsted inspection and was awarded a grade of 'Outstanding'. It was the first voluntary sector training organisation to be awarded this grade.

2008 Launched Painful Secrets: A Qualitative Study in the Reasons Why Young Women Self Harm.

2008 Launched the first national DVD on self harm and young people produced in collaboration with Mouth

That Roars. The DVD focused on advice and support for young people and professionals working in mental health services and it was funded by Diana Princess of Wales Memorial Fund.

2010 Achieved Customer First Quality Mark Standard.

2010 NAWP diversified its client base to provide some of its services to all Black, Asian, minority ethnic and refugee women in Newham.

2011 Launched a dedicated project focusing on support services to young South Asian women suffering domestic and sexual violence funded by Comic Relief and developed a dedicated therapeutic support service.

2011 Developed a specialist support group for young women suffering domestic and sexual violence.

2012 Launched a pilot scheme on housing for women moving on from accommodation-based services in refuges.

Looking Forward

NAWP will be building on its existing work to develop a Domestic and Sexual Violence Hub – a centre where specialised services can be provided to women and children subjected to domestic and sexual violence.

NAWP has started to develop a housing model for women who are at resettlement stage in their refuge stay. The model will consider how best to address women's needs for safe, sustainable and affordable housing. This issue is the focus of this annual report.

NAWP will be focusing on enhancing its framework for safeguarding children by introducing additional instruments in collaborative work with other agencies. NAWP will continue its advocacy work in this area focusing specifically on the impact of violence on young people and children.

NAWP will be consolidating its young women's counselling and therapeutic support service working with and developing approaches that are best for young women and establish ways to promote continuous engagement in the process. NAWP has already made significant progress in defining good practice in a therapeutic environment for young women.

NAWP will further develop its projects aimed at promoting the representation and voice of women at local level through skills development, knowledge exchange and community based activism. These projects include the community advocates programme, the internship programme, and 'strategic voice' where service users have a direct line to the Management Committee of the organisation through which they identify future need and service priorities.

The focus of this report is women's housing needs. The report provides a gendered analysis to the housing problem and identifies ways in which housing needs can be addressed. In our 25th anniversary year we feel that this issue needs to move to the forefront of social and economic policy and feature prominently in local housing strategy. Domestic violence is a crime that affects a large cross section of society. Safe and sustainable housing is a key concern for the women who flee. Long-term strategies and approaches are needed to appropriately address this need. For 25 years NAWP and several other organisations have advocated and campaigned for safe women's housing. It is an idea that should materialise with immediate effect.

Management Committee

Newham Asian Women's Project

November 2012



Meera Syal, NAWP's Patron

Every year since I became patron of NAWP I have met with the women who use the services.

They approach me wanting to say 'hello' and by the end of the conversation they have spoken about their journey to NAWP. The stories are often difficult to hear but they always convey courage. Sometimes the struggles that they have overcome are very recent in their memory. You can see tears welling but they do not fall. When the conversation comes to an end I know I have heard empowered voices of women that are looking forward – to the next stage in life, the next part of the journey and the next 25 years.

Reflecting back on those stories the issue of housing is expressed by the majority of women in words like *'what happened in that house'*, *'it was my house'*, *'I left my house'*, *'I came here to my new house'* and *'I don't know what my next house will look like'*.

This year NAWP is focusing on women's housing. Not surprising, they have been addressing women's housing issues everyday for 25 years. Houses may carry bricks and mortar but they are built by women. A safe house can bring sustainability to more than just one person. A house in a community, in a neighbourhood and on a street can produce many benefits for society. Women's housing concerns are universal linking to the fabric of society.

In this 25th anniversary year, the focus on women's housing needs is timely, strategic and necessary. I look forward to my work with NAWP over the next 12 months and my further dialogues with women on the next chapter of the journey and perhaps a cup of tea in a new house occupied by a woman who is safe from violence.

Meera Syal
November 2012

Sustainable Housing

A Gendered Approach

Last year the theme of NAWP's annual report was 'Gendering Sustainability: Women's Resilience and Survival'. We spoke about the economic imperative to transform organisation around the oxymoronic catch phrase of 'achieving efficiency in organisations of economies of scale'. We highlighted the disproportionate impact of cuts on women arguing that there was not necessarily a correlation between efficiency and market position because the goal of sustainability itself is affected by the reduction in public spending on women. However the purpose of NAWP's work around gendering sustainability was to identify transformative and dynamic approaches under a framework of gendering sustainability looking to global examples of women's mobilisation and grassroots movement in order to promote a model of economic common sense that is, women form an integral and substantive part of the supply chain and produce many benefits for society. In short, it makes good economic sense to promote women's participation by protecting rights and safeguarding economic opportunity. We characterised the gender-based approach as transformative albeit, it was not a new concept, but one that needed to be re-introduced in times that were driven by crisis and reactionary tendency. We promoted women's resilience and survival as cause and movement, identity and discourse. For example, the notion of gender equality lying at the heart of tendering (referring to the latter as supply chain diversity) made sense.

Safe Voices Echoing Freedom from Violence

It is now 12 months later and as a feminist organisation we must consider progress made in the context of gendering sustainability. In our 25th anniversary year we find ourselves travelling back in time, to the basic foundation upon which we set up, the idea that women could live free from violence if they had access to refuge accommodation and then from there, were able to meet their own housing needs and aspirations, to continue to live in freedom. Going back to the grassroots we began to listen to the voices of women and the concerns they had. These voices enabled us to better understand ourselves as providers of services and the work we still needed to do as we headed into the next phase of our development.

“...plan for my future...”,
“...live my life...”, “...believe
in myself...”, and “...right
to my life...”

When women talk about NAWP's refuge they all welcome it as safe space which is very much needed at a particular point in their lives. They express that if a refuge had not existed then they would make a different set of choices and some cannot guarantee life. The refuge provides them with a space free from violence. Words like “...plan for my future...”, “...live my life...”, “...believe in myself...”, and “...right to my life...” are always prominent in their expressions.

Housing is a key concern and it automatically means safe and secure. Safe housing means safe space including schools for children and access to local amenities. Safety concerns, building healthy and safe relationships and protection from

perpetrators are paramount concerns. Women also express concern that their housing needs are not being viewed in the context of affordability and safety. They feel that there is something missing in the understanding about domestic violence that needs to be addressed when confronting housing agencies. A significant factor to that understanding is the idea that concern for safety never ends, it is part of life and everyday living circumstances. A house therefore has to have the following components: safe area, affordability, habitable conditions, connections to services and amenities, and accessible infrastructure.

Affordability also takes on other dimensions such as economic poverty. At the quarterly service user panel (called Strategic Voice) held March 2012, service users told us about the high cost of living and having to select items of grocery carefully. One service user said that it was like 'buying milk one week and bread, the other'. In addition to food and household expenses, the cost of transport was making it difficult to balance the weekly budget. It affected how women accessed services. For example, another service user said that she planned only one trip to NAWP offices per week because she could not afford additional or unplanned trips. A service user with physical disability spoke about her decision making around accessing services. She said agencies were good at identifying what services were needed and where they were located but she could not always afford access because of the high cost of transportation.

The ideas were clear from this dialogue with women – from 'safety to freedom' – was typical of the journey women took. While the need for housing was marked by their status in a refuge as temporary housing, they had other aspirations. These aspirations linked to the 'gendering sustainability' discourse that without women's inclusion and participation in development society does not progress in equal and just ways. Women who used our services saw their stay in the refuge as a way to re-build lives and establish themselves for independent living.

NAWP has four refuges and 25 bed spaces. In the financial year 2011/2012, 52 women and 56 children fleeing domestic violence were accommodated in NAWP's refuges. Over the year 33 women were resettled with 48% moving to independent housing, 3% to another sheltered scheme and 49% moving on to other accommodation. Most women expressed concerns about long term sustainability as not all women felt that the housing they were moving to was affordable in the long-term.

A Question of Affordability: Considering Economic and Social Circumstances

The affordability question is not easily accepted by all in the housing field. In a meeting where housing was discussed a voice speaking about the need for affordable housing for women was challenged on the basis of evidence. The opposing voice asked 'is it really affordable housing that's needed or just proper support work to get them to move on...where's the correlation'? Sometimes such views can leave one dumbfounded 'was this really said or did they mean more investment in Support People to ensure sustainable resettlement'. On the basis of the interpretation, rather than the expressed view it is worth reviewing the 'housing issue'.

Employment and housing are closely linked to the question of affordability. The employment rate in Newham is 56.2% and more than one third of the working age population was economically inactive. It is a gendered problem as more than half of the economically inactive population is made up of women.¹ Income generation is a key concern for women who access refuges. If this figure is broadly applied to NAWP's refuge residents then NAWP's service users would fall into the most affected category struggling to generate income, find suitable employment and sustainable housing. As a housing issue it represents the biggest challenge for women to be able to generate enough income to make a deposit and pay administrative costs. The upfront cost for housing could be around £1,760 for a borough like Newham. For working women on limited incomes this figure could be difficult to match. For women on benefit access to safe housing would be the main challenge as many of NAWP's service users fair less well on the choice-based system, having to make several failed attempts before 'opting' for higher cost private sector housing.

Newham Strategic Housing Market Analysis highlights the shortage of affordable housing has led to increase in the number of households in priority need who are being forced to live for longer periods of time in temporary housing and in overcrowded conditions². According to the Department of Work and Pensions commissioned study monitoring the impact of changes in the Local Housing Allowance System of housing benefit, 40% of

1 Aston Mansfield (2010) Newham Key Statistics. Aston Mansfield.

2 ORS (2010) Newham Strategic Housing Market Analysis. Swansea.

London landlords said they would stop renting properties to housing benefit tenants in the next year³. Another 26% said they would reduce their lettings in London to housing benefit tenants. The impact of the changes to the Housing Allowance System will be even more devastating for vulnerable families escaping violence.

Further, the London Mayor's Housing Strategy aimed to halve the number of Londoners living in temporary accommodation by 2010, deliver 50,000 affordable homes by 2011, and end rough sleeping by 2012. The Newham strategy is based on mixed communities and diversity, increasing supply, building quality neighbourhoods and constructing housing for opportunity (aspiration rather than just meeting need). The Olympic 2012 legacy is intended to meet these goals by building a diverse range of houses, creating high quality 'aspirational' homes, and building high quality affordable housing for people excluded from the housing market⁴.

The idea of 'aspirational' homes is an important one. In dialogue with the women who use NAWP's services the concept of 'aspiration' is linked to the long-term sustainability of a home however many have expressed stress over the fact that it is taking them longer to find suitable housing. This means that they are staying in accommodation-based and temporary provision for longer or moving out before they are ready to financially sustain a home. This concern was raised as a 'gendering sustainability' issue because changes to Supporting People actually mean faster turnaround and shorter stay in refuges. The equation for supply-demand-aspiration is not perfectly balanced. Further, the women we spoke with also raised concern about 'having to move on' as they felt that there was pressure to resettle which was not defined in the context of support. This argument reflected tension between the different understandings around the length of support and under the current approach, faster move-on was not viewed as appropriate because the support provision required was needed for longer periods of time coupled with a crisis of housing supply that did not keep up with need or aspiration.

According to the Newham London Local Economic Assessment 2010 – 2027, poverty after housing costs were considered was 45.3% in Newham. The Pan London figure was 22.1%. It was concluded that housing cost is an important contributor to poverty. The poverty rate before

housing costs are considered is 34.7% jumping 10.6% points after housing costs are added to household budgets. Across London the difference before and after housing costs is 0.3%⁵. The problem in Newham is chronic compared to elsewhere in London.

Journey to Freedom

For women to leave a house of violence represents a major step towards freedom from violence. The first part of that journey is safe emergency accommodation. After the package of support is complete women look forward to housing of their own that is safe, secure, affordable and sustainable so that they can build a life for themselves and their children. However vulnerable women's housing needs are not being met. They are waiting longer to secure housing of their own. There are fewer affordable housing options available to them. They are affected by the economic downturn with their capacity to generate income impacted by the rising cost of child care, inflation, changes to the benefits system and fewer job opportunities.

Looking back over 25 years NAWP was set up to protect women against violence by providing refuge services. It went beyond accommodation to long-term sustainability including housing, training, therapeutic support, and other services. One of the most critical needs that women have today is access to safe and affordable housing.

To address need in the next phase of our development NAWP is committed to:

Sustainability

The development of a sustainability plan based on an up-to-date gender analysis of the impact of the economic and political climate on women's organisation. The plan should consider modelling diverse approaches to meet the needs of vulnerable women. Two examples of this work are the following pilot schemes:

1. the Domestic and Sexual Violence Hub aimed at a dedicated therapeutic support services for women and girls subjected to domestic and sexual violence, and

3 DWP (2012) Monitoring the Impact of Changes to the Local Housing Allowance System of Housing Benefit. London.

4 Ibid.

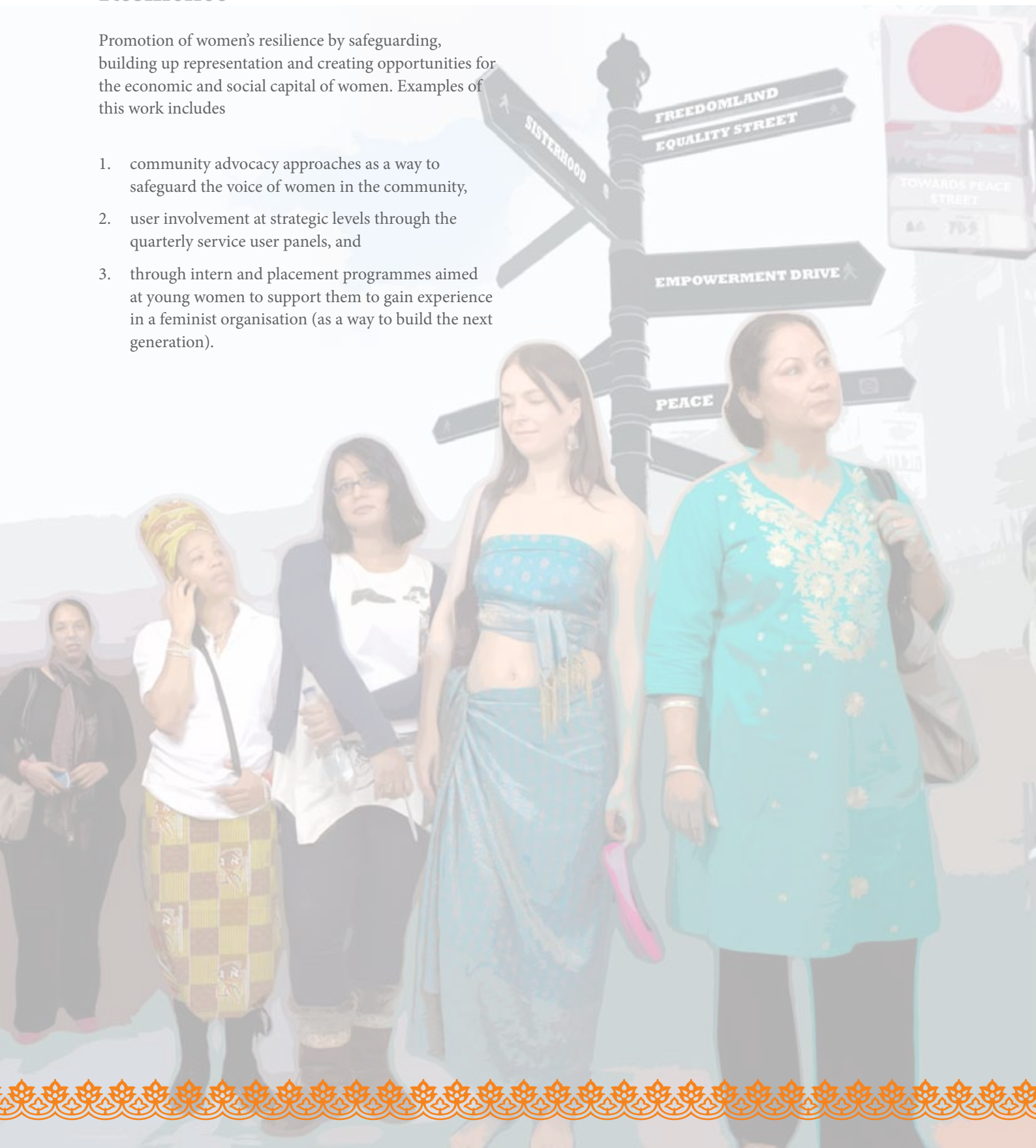
5 LBN (2010) Newham London Local Economic Assessment 2010-2027. Newham: LBN.

2. the Independent Women's Housing project aimed at expanding housing options for women by enabling them to generate resources to move on to sustainable housing.

Resilience

Promotion of women's resilience by safeguarding, building up representation and creating opportunities for the economic and social capital of women. Examples of this work includes

1. community advocacy approaches as a way to safeguard the voice of women in the community,
2. user involvement at strategic levels through the quarterly service user panels, and
3. through intern and placement programmes aimed at young women to support them to gain experience in a feminist organisation (as a way to build the next generation).



Refuges

“ ...I took out an injunction against my husband so I needed a safe space to live... ”

“ I am very happy that I am at a refuge where there are Asian women. We have a similar background, speak similar languages so I am very comfortable... ”

“ I wanted a place where I could talk freely with other women and NAWP has given me that place... it helps... ”

“ I feel more independent and I am able to do something about my future...It has given me the confidence to solve bigger issues in my life... ”

“ Residents can be difficult to live with but compromises have to be made and everyone has to understand the experiences of the other... ”

The Refuge Service opened in Newham in June 1987 and expanded to the London Borough of Haringey in 2001. NAWP manages 25 bedspaces in three first stage and one second stage refuge (for semi-independent or independent living). The accommodation-based service provides women and children fleeing domestic violence with housing related support including advice, advocacy and practical and emotional support under an empowerment framework. The support provided enables women to move on to safe and secure housing of their own and to live their lives free from violence and harm. The service is also delivered under a holistic empowerment framework where women have access to therapeutic support and legal advice and information as well as a dedicated resettlement support service.



The concept of safe space for women is critical in the journey towards a better quality of life that is free from violence. In the example of one service user quoted above, she had used the criminal justice system to protect herself, she took out an injunction against her abusive partner however that was not enough. She found herself fleeing violence, unable to live in her home even though she had taken the necessary precautions. The violence did not end for her as she needed additional support but most crucially, safe space. Moving from safe space in a refuge to independent housing is both a need and an aspiration and encompasses hope and desire and should be integrated to social policy as an underlying ethos and principle. A refuge is not an ideal home, it is a safe space where women gain confidence and build up their coping and resilience mechanisms. The evidence for continuing need for suitably funded refuges with an appropriate support framework is overwhelming.

“...Feel a lot more confident. Before coming to the refuge I felt I had nothing. Now I am so happy that I have come and received help from NAWP”

Following the AGM last year NAWP highlighted findings from studies on resilience and the experiences of women in developing countries and situations of war and conflict, disaster and other emergencies. Survival from rape and sexual abuse and exploitation were also identified as critical to women's resilience and the strategies adopted. NAWP referenced the link drawn by the United Nations Development Programme between gender inequality, poverty and development suggesting leadership in securing resources, improving living conditions and empowerment based approaches, and identifying women as grassroots leaders active in implementing strategies that reduce risk and achieve long-term resilience focusing on education, training and early intervention as key aspects. NAWP also understood that to achieve resilience, the gender perspective must be integrated to all plans,

policies and decisions where the fundamental building blocks are identified as women led approaches. In terms of finance resources, the role of women in building capital, influencing government in the allocation of funds, and developing housing and community infrastructure is considered critical to the promotion of resilience approaches.

NAWP is developing projects to secure women's access to affordable housing. Some of the work undertaken over 2012 has included internal needs mapping and consultation with service users on housing needs and aspirations, local market analysis and macro analysis and scoping the feasibility of housing provision from first and second stage to complete independent living. A pilot scheme is now underway offering affordable housing to women leaving accommodation-based provision. Further work on women's housing will be done over the next 12 months.

Outcomes

The service is funded by the London Boroughs of Newham and Haringey Supporting People programme and by BBC Children in Need. The monitoring data for financial year ending 31 March 2012 is as follows:

- 29 women were accommodated in Newham
- 23 women accommodated in Haringey
- 52 women in total were accommodated in NAWP's refuges
- Of which 27 women moved on during the year
- 56 children were accommodated in NAWP's refuges
- 108 women and children were accommodated

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Zindaagi Youth Service

“ ...I have done so many courses and activities, which I have enjoyed. Doing them has helped me overcome some fears, which may never have happened if I was not at this youth group. From coming to this group, it's made me think deeply about life and helped me to grow up and get somewhere in life. Coming here is good, because fingers don't get pointed and everyone is seen equally, which makes me feel good... ”

“ I was in a huge dilemma. I had no support and I couldn't go to my family because they would never understand me. I came to NAWP and told them my situation. They were understanding and kept it confidential... ”

“ It has made me make better decisions in my life and take up higher education. The experience...has made me confident in a future life...I had no idea about any options in my life. It was only when I came to NAWP that all my problems were resolved... ”

The Zindaagi youth service is developed under the early intervention and prevention framework. The services delivered to young BMER women and girls aged 11 to 25 include: therapeutic support and youth counselling, youth groups, mental health advocacy, 1:1 casework support, issues-based workshops, the schools' programme and residential programmes.

The aim of the service is to work with young women and girls in youth-led space using empowerment approaches. The service is developed and delivered through co-ordinated programmes to support young women and girls, providing guidance to enable them to make informed choices, raising awareness around the impact of violence, building confidence and self esteem, and by providing a range of opportunities through support networks. Leadership, support and facilitation are

core concepts in the work delivered. These are achieved through the empowerment of young women and girls by developing qualities through awareness raising and aspirational leadership.

In day to day delivery, the service provides safe space to explore issues affecting young women and girls such as self harm, forced marriage, relationship issues, honour-based violence and women's status and equality. Tools such as confidence building, coping and resilience are used to breakdown barriers, challenge myths and misconceptions about women's value and re-build lives. To this end, leadership, participation and rights based work is central to the work of Zindaagi and these include themes such as freedom, voice, choice and self worth. NAWP is committed to learning through the work with young women and girls to make change in society and contribute to development by promoting learning. Through empowerment NAWP believes that by encouraging young women and girls it is possible to change individual and systemic circumstances to affect positive change in society.

The service is funded by Children and Adolescent Mental Health Services (CAMHS), Integrated Youth Services Strategy (IYSS), Paul Hamlyn Trust/Mental Health Foundation and Comic Relief. The monitoring data up to 31 March 2012 is as follows:

- 58 young women and girls accessed the outreach counselling service receiving intensive counselling support for up to 12 sessions.
- 428 young women and girls received support from the mental health advocacy and youth work project.
- 80% said that their confidence level, self esteem and coping had improved after having accessed NAWP's services.
- 90% said that they had experienced a positive impact in their lives as a result of the support received from NAWP.
- 70% said that their emotional health had improved as a result of support from NAWP.
- 70% said that their decision making capacity had improved and that they were making more decisions for and about their lives now than before they accessed the project.

Domestic and Sexual Violence Project

“ I had had a very traumatic childhood. My family is dysfunctional, I left home due to conflict and violence...I am 18 years old and for the first time in my life I can now plan for my future and live my life... ”

“ When I came to NAWP I was very depressed but the support here has helped me so much. I am a lot happier...There are no men and I feel safer...Staff understand my culture and my fears... ”

The dedicated Domestic and Sexual Violence Project is funded by Comic Relief. The project was launched in April 2011 and ran for six months. Due to staffing changes it was re-launched in April 2012 and has been running as a dedicated project since then. The history of this project is worth noting because it not only provides the strategic context for the work but also highlights the critical need.

From 2006 to 2008 NAWP ran a sexual health project. NAWP identified that sexual health problems were linked to domestic and sexual abuse. Casefile analysis suggested that the majority of women seeking information on STDs had acquired disease from domestic and sexual abuse they suffered. 153 referrals for direct support were made to NAWP where there was an issue of sexual violence for young women and girls between the ages of 9 and 25 with one third being under age 18. Their experiences were documented in case studies, the analysis of which identified the need for crisis, advocacy and support services for young survivors.

From internal data analysis at NAWP it was found that there was evidence of physical, emotional and sexual abuse in 65% of cases. From focus groups it was identified that for the majority of young women and girls, domestic and sexual abuse was a major concern and growing problem. They were either victims themselves or had known someone who was a victim.

In 2010, NAWP conducted a focus group with young women on sexual violence and exploitation finding that there was a high level of fear of exploitation and violence among young women aged 11 to 18 who had all heard stories of friends being victims of violence. Issues such as gang initiation, rape, street violence and violence perpetrated by peers in school settings featured prominently in the discussion. Attitudes of normalisation of sexual violence and exploitation were also identified as issues of concern.

From this early work NAWP was able to develop a more dedicated project delivering intensive counselling support to young victims, therapeutic support groups and 1:1 advocacy. The data so far reveals the following:

- 25 cases have been supported for intensive counselling
- Of the total cases, 21 cases identify sexual abuse and 11 cases identify rape



Zindaagi Adult Counselling Service

“ ...I thought that I couldn't do things for myself and staff helped me to realise that I just have to believe in myself. I could then do whatever I wanted, the staff have always supported, encouraged and most of all believed in me for who I am... ”

“ I was suffering from severe depression and I needed someone to speak to. Although I was receiving counselling from another service I needed to speak to someone who was from my own culture to understand my needs... ”

“ I am a Bengali woman and I was suffering a lot from depression. My GP told me to come here. I needed support with depression and also Bengali speaking staff. I was told it would be a good place for me... ”

The adult counselling service was set up in 1997 to provide community language counselling to adult women aged 18+. The purpose of the service is to offer one-to-one counselling covering the following languages: Punjabi, Gujarati, Hindi, Bengali, Urdu and English. The service is managed through the centralised IAPTus database managed by the East London NHS Foundation Trust. All referrals are logged and triaged centrally and placed on the specialist care pathway directed to NAWP. All counsellors are BACP accredited.

The service is prioritised to Asian Women and girls living in Newham who suffer domestic violence, self harm and/or are at risk of suicide, and to women residing in NAWP's refuges. The client group may include those who may or may not have a psychiatric history, sufferers of psychosomatic illness, anxiety, stress, depression, loneliness among other issues. The service is offered completely independent of any other professionals involved with the client/user thus, intending to ensure that the service operates with a Confidentiality Policy, and is perceived as such by the user group.

The service works towards the empowerment of women and girls. The service operates using an Intercultural model of counselling, where cultural and religious norms are recognised, respected and challenged. The service does not respond to the community as a homogenous one and does not make assumptions accordingly.

Moving Forward
Newham Asian Womens Project

Advice

“ The abuse has stopped. I have confidence to stop these things. I feel confident to challenge my husband and not just listen to what he is telling me... ”

“ It has given me the confidence to solve bigger issues in my life... ”

“ I was suffering domestic violence so my cousin sister suggested NAWP as she had a similar problem and was helped by NAWP... ”

“ My life changed. I didn't know anything before coming to NAWP. I was isolated in my home. I suffered domestic violence. Now I am going out and I have a happier life...I was isolated so I was referred to NAWP... ”

“ I am a legal aid client and sometimes I find it difficult to get support, guidance and information, the staff here are brilliant... ”

NAWP's Legal Advice Service was funded by the Big Lottery Fund until 2011. The service continued under the Reaching Communities Fund from 2011 and will complete in 2014. The service provides women who have limited access to community based legal advice and information with individualised casework support around their rights in the areas such as immigration, welfare, housing, issues relating to children (custody/protection), forced marriage, honour-based violence, family law and domestic violence. The aim of the service is to improve access of women to legal services and raise their awareness of their own rights so that they can take control of their lives and break away from the barriers that are imposed on them.

Last year NAWP highlighted the gendered nature of the cuts and the disproportionate impact on women. Looking at cuts to Legal Aid specifically, over 1,000 women access NAWP's Advice service annually. NAWP's service works in collaboration with legal aid which is an essential partner in service delivery for NAWP. For example, NAWP is able to access specialist advice around immigration through legal aid. Over the years NAWP, working in collaboration with legal aid, has built up a pool of expertise of legal advisers to assist and support local women through the court system. Recent reductions in legal aid have a particular impact on women fleeing domestic violence who have limited access to legal services. Continued cuts are putting women's lives in jeopardy.

NAWP's service is one of few community based provisions for women and it will remain in place for another two years. Beyond 2014 the landscape will look different as the need for essential and vital services that provide a lifeline to women continue under attack. NAWP's service is doing groundbreaking work through the community advocates programme and its outreach surgeries to ensure women that there is protection for their legal rights. However a more sustainable strategy is needed to address structural imbalances caused by the cuts. While the work can be discussed in terms of projects delivered and targets met, the factor that has always been crucial in the delivery of advice work is the voice of women. The community advocates programme is one such initiative through which community voices are promoted and given democratic space for expression. As discussed elsewhere in the annual report, encouraging leadership through voice, representation and equality is critical to success and encapsulated in the work of the Advice service.

Outcomes

The monitoring data for financial year end 31 March 2012 is as follows:

- 1,501 number of women accessed the service for legal advice and information
- 17% of cases were no recourse of public funds.
- 70% said that their self esteem and confidence and coping mechanisms had improved after having used the Advice service.
- 85% said they were more aware of their legal rights as a result of accessing the service.
- 80% felt empowered by the service.
- 63% felt that the advice they received had a positive impact on their lives, feeling less isolated and able to develop long term resilience strategies to deal with the circumstances of their lives.
- 77% felt better about their lives in general after having received support from NAWP.



Newham Asian Women's Project
Statement of Financial Activities (Incorporating an Income and Expenditure Account)
For the year ended 31 March 2011

	Restricted	Unrestricted	2011 Total £	2010 Total £
Incoming Resources				
Incoming resources from generated funds				
Voluntary income	-	42,322	43,322	31,382
Investment income	-	110	110	105
Incoming resources from charitable activities				
Safe accommodation and housing support	37,303	585,901	623,204	609,928
Legal advice	77,096	-	77,096	99,117
Mental health services	70,000	73,000	143,000	135,114
Health intervention and prevention programme	-	-	-	-
Paul Hamlyn Foundation – Right Here	37,100	-	37,100	26,804
Training	-	11,160	11,160	10,390
TEENs (early intervention and prevention)	27,000	-	27,000	30,000
Total Incoming Resources	248,499	712,493	960,992	942,840
Resources Expended				
Cost of generating funds				
Fundraising and publicity	-	7,065	7,065	13,466
Charitable activities				
Safe accommodation and housing support	37,303	462,739	500,042	518,536
Legal advice	83,122	-	83,122	96,319
Mental health services	67,492	62,863	130,355	139,744
Paul Hamlyn Foundation – Right Here	40,730	-	40,730	26,805
Health intervention and prevention programme	-	-	-	-
Training	-	38,835	38,838	76,158
TEENs (early intervention and prevention)	32,899	-	32,899	43,588
Governance costs	-	18,002	18,002	12,262
Total resources expended	261,546	589,507	851,053	926,878
Net incoming(outgoing) resources before transfers	(13,047)	122,986	109,939	15,962
Transfers between funds	3,983	(3,983)	-	-
Net movement in funds	(9,064)	119,003	109,939	15,962
Funds brought forward	22,111	149,162	171,272	155,311
Funds carried forward	13,047	268,165	281,212	171,273

All of the above results are derived from continuing activities. There is no other recognised gains or losses other than those stated above. movement in funds are disclosed in note 12 of the financial statement.



Anjum Mouj
Chair of NAWP

NAWP Staff and Management Team

Management Committee

Chair	Anjum Mouj
Vice Chair	Surriya Ahmad
Treasurer	Saika Alam
Secretary	Rena Pathak
Members	Palvinder Kudhail Prity Patel Bedia

NAWP Staff

Director	Baljit Banga
Senior Management Team	Fatima Seedat Kaveri Sharma
Central Services	Reyan-Elizabeth Balogun (left August 2011) Shahina Begum Humayra Begum Ali Katherine Botros (left August 2012) Riffat Jabeen Pushpa Patel
Advice	Amena Khanom Pavanjit Pattar
Refuge	Navdeep Kalsi (left December 2011) Mina Khanam Mehnoor Malik Farah Mian Saira Razaq (left August 2011) Shabana Sharif Syrina Salam
Zindaagi	Anam Ali Poppy Banerjee Hatel Bhatt Zoe Davenport Zephyr Devon Sutapa Howlader (left April 2012) Husnara Kabir Kinnari Kinsara (left November 2011) Sabina Rahman (left December 2011) Chandni Tanna (left June 2011)

Newham Asian Women's Project wish to thank all of its funders: BBC Children in Need, Children and Adolescent Mental Health Services (CAMHS), Comic Relief, East London NHS Foundation Trust, Integrated Youth Services Strategy (IYSS), London Borough of Haringey, London Borough of Newham, Mental Health Foundation, Paul Hamlyn Trust, and Reaching Communities.



Newham Asian Women's Project wish to thank all of its supporters and friends who have remained committed to our work for 25 years. We could not have done it without you. It has been a long collaborative effort and it has served as a strong voice working towards ending violence against women and girls and a future of safety and freedom.

Newham Asian Women's Project celebrates 25 years of service delivery to women.

Last year our AGM theme was 'Gendering Sustainability: Women's Resilience and Survival'. Following the AGM NAWP implemented a few initiatives to ensure that we were working under a framework towards long-term stability protecting the services and rights of women. In the 2012 Annual Report many of those initiatives, developed under the 'gendering' theme have been discussed. NAWP will continue to work to develop models and approaches from the knowledge gained. As we said then, the journey is long and we will be taking substantive steps to shorten its length.

Transformative Voices

“...NAWP provided me with a service that no one else did. The women who supported me were my role models. For me, being able to work for a service like no other, makes me proud. Now I feel I can help make a positive difference/ change to the lives of other women who have been affected by domestic violence...” (Anam Ali).

“...I enjoy my role as it provides a good service to women fleeing Domestic Violence. I enjoy working for NAWP as it is a very good organisation that empowers abused women and moves them forward in society ...” (Syrina Salam).

Socialising Experience

“... Working for NAWP, and Zindaagi in particular gives me the opportunity to work with young women, giving them a voice, an opportunity to learn and an opportunity to change their future...” (Zoe Davenport).

“... Working for NAWP has been valuable. I feel proud to work for an organisation where the staff show sincere dedication to support the needs of vulnerable women and children fleeing DV. Working at NAWP has also been a learning curve for me and I have gained valuable knowledge that is used in my everyday work...” (Farah Mian).

“.. Working for NAWP is an eye opening experience in my personal and professional life. I wanted to learn about violence against women. I came to know about NAWP and saw the early intervention and prevention work around DV. NAWP not only inspired me but also empowered me and boosted my confidence to believe in myself. The guidance I received and knowledge I gained gave me opportunity to make a difference in women’s lives. There is passion to work...I can’t find a better opportunity to raise my voice except at NAWP...” (Riffat Jabeen)

Voices of NAWP Staff

Newham
Asian
Women's
Project



Newham Asian Women's Project
661 Barking Road
Plaistow, London
E13 9EX

Telephone: 0208 472 0528
Fax: 0208 503 5673