

Clients' testimonials

"The group is somewhere we feel accepted – it is like a home to us" C. (Ivory Coast)

"Amidst this large and isolated world, I found a new family filled with love, happiness, relief, togetherness and support" D. (Uganda)

"Counselling has brought about peace within me. I am able to smile again" K. (Sri Lanka)

Support the Women's Project @LRMN with a donation via the Giveway website <https://www.giveway.com/WomensProjectLRMN>



ALL OUR SERVICES ARE FREE AND CONFIDENTIAL

To book an appointment please call Cristina Zorat or Ellie Mahsoori on 020 8694 0323

or email:

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The Women's Project is funded by:



the Tudor trust

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Women's Project @LRMN

Offers support and guidance to vulnerable refugee and asylum-seeker women who have suffered from gender-based violence as a result of war, trafficking, FGM or domestic violence



Women's Project

The Women's Project was set up in 2008 with the overall aim to improve the health and wellbeing of refugee and asylum-seeker women who have experienced gender-based violence.

Examples of gender-based violence include torture, rape, FGM, trafficking, prostitution, forced marriage, witchcraft abuse and domestic violence.

Violence committed against women in this way causes trauma, with resultant loss of identity, power, self-esteem and hope.

Our services

Our services are free and confidential and are designed to fit together as 'wrap-around' support:

1-1 Counselling – offers emotional support to vulnerable women;

1-1 Social Work Advocacy – to address women's practical needs around welfare, housing, education and asylum/immigration;

Weekly Women's Group – creates a safe space in which service-users come together in order to build support networks, learn about self-care and entitlements;

Mother and Child: Dance-movement Psychotherapy and Art Therapy – these are group sessions for mothers and children between the age of 0 and 12. The aim is to help mothers and children to form healthy attachments, improve the way they communicate with each other in order to minimise the effects of mothers' trauma on their children.

We work with interpreters and provide creche facilities if required.

About LRMN

LRMN's mission is to empower refugees, asylum seekers and migrants to improve their quality of life by providing culturally sensitive support, advocacy and capacity development to individuals and organisations.

Services we provide:

Information and Advice - on asylum, immigration, welfare benefits, housing, health, debt and more

Counselling and Therapy

Social and Homework Club - working with young refugee and migrant carers

Advocacy and Representation - representing clients to Tribunals, meetings etc.

Literacy and ESOL classes for beginners

Food parcel for destitute clients

We are open Monday to Friday 9.30 - 5.30 (by appointment only)

For more information, please visit our website www.lrmn.org.uk

