

## Roshni

Registered charity Roshni has been providing specialist support to BME and refugee women and children affected by all forms of gender based violence across Nottingham and Nottinghamshire for over 27 years.

The charity began in 1985 when a group of five South Asian women, whose backgrounds including probation, public health and community work, formed the Nottingham Asian Women's Support Group to provide advice, assistance and support to South Asian women and their children experiencing violence within their relationships.

Following the group's opening in 1987 of a safe house for South Asian women and their children fleeing violence, they changed their name to Roshni (meaning light) and expanded their specialist work to include women and children from all BME and refugee communities.

Roshni's years of experience in working with survivors, has led them to develop specialist skills across all gender based violence, including domestic abuse; sexual violence; sexual trafficking and exploitation; bullying; assault; forced marriage; female genital mutilation; honour based violence; prostitution; slavery; and gang related violence. They are also experienced in the issues of coercion, more subtle forms of abuse, and the language and cultural barriers that BME and refugee survivors face in putting an end to the violence.

Through their strategy that combines client-led service provision and advocacy with community awareness, Roshni work towards realising their goal of social

change through mobilising communities to take a stand against violence, whilst addressing the immediate and critical needs of individual survivors. They carry out this work through a range of services including counselling and therapy, advocacy and group work, an outreach service, workshops and training, and telephone support and signposting.

The charity provides free counselling and therapy to BME and refugee women aged 16 to 25 in Nottingham and Nottinghamshire who have experienced or been affected by any form of gender based violence. This service is available in a range of languages including English, Hindi, Punjabi, Urdu and Tamil.

Roshni's advocacy service provides BME and refugee women aged 16-25 in Nottingham and Nottinghamshire with advice, signposting, representation and support across a range of issues including accommodation; safety; immigration; legal services; safeguarding; education; employment and other specifically identified needs.

Through group work sessions these young women are also educated about their rights and developing their self-esteem and assertiveness, in order to enable them to empower themselves and move on from abuse and violence.

South Asian women of any age in the Nottinghamshire boroughs of Gedling, Broxtowe and Rushcliffe are able to access advice, advocacy and signposting through Roshni's South Asian Women's County Outreach Service.

BME and refugee women of ages across



working for the safety and empowerment of BAME  
women, children and young people

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Nottingham and Nottinghamshire who are experiencing abuse, as well as support workers from other agencies, are also able to access telephone and signposting support to other services from the charity.

In addition to running workshops for young BME and refugee women raising awareness of domestic violence and the importance of healthy relationships, Roshni also provides training and workshops for organisations on issues relating to gender based violence.

Through all of these services Roshni works towards its ultimate aim of empowering survivors of gender based violence and building a society where women and children can live without fear and abuse.

For further information on Roshni telephone 0115 988 1414, or email [counsellingservices@roshninotts.org.uk](mailto:counsellingservices@roshninotts.org.uk) for information on its counselling and therapeutic work, [advocateservices@roshninotts.org.uk](mailto:advocateservices@roshninotts.org.uk) for its advocacy and group work, [countyservices@roshninotts.org.uk](mailto:countyservices@roshninotts.org.uk) for its South Asian Women's Outreach Service or [Rahni@roshninotts.org.uk](mailto:Rahni@roshninotts.org.uk) for workshops and training.

*"I feel better about myself... If I hadn't had the counselling at Roshni I would have locked myself up and done something stupid... Counselling helped me tackle my issues and I will and am using the techniques to help me with difficulties in the future."*

21-year-old ex-service user

*"It helps to be able to say what I want, be heard and for someone to say 'you are not wrong'. It gives women power"*

22-year-old ex-service user