

Case study

Wollaton Asian Ladies

Formed in 2006 to provide a meeting point for South Asian women aged over 50 in the local area, Wollaton Asian Ladies provides an opportunity for its members to engage in a variety of physical, social and cultural activities.

The group aims to enable its members to embrace new opportunities and ideas, which enhance and improve confidence, self image, education, health and wellbeing. The group also provides opportunities for mutual support and friendship, where experiences can be shared and coping strategies for difficult situations learnt.

Through its work, the group promotes confidence building, inclusion, development of new and existing skills, health and wellbeing, and awareness of rights and responsibilities, as well as a platform for Asian women to voice their opinions and concerns.

Starting out in front rooms, the group quickly had to find a local community centre to accommodate its' now over 70 members, with classes, including yoga and chair exercises, attended by over 30 women at any one time.

