

## **Service for Asian Women Launched**

A new free counselling service for Asian women in Nottingham has been launched will provide six weekly drop-in sessions offering confidential advice and support for women by Punjabi and Urdu-speaking counsellors.

Hamara, which means peace and tranquillity, is a voluntary group which offers free services to meet the specific needs of south Asian women in the city.

The group is based at the Asian Women's Project and works with the Healthy Living Centre, on Radford Road in the city.

There is no age limit for women and girls who need advice, and professional counsellors from the Nottingham Women's Counselling Project will provide the sessions.

At today's launch Asian women were getting the opportunity to learn more about counselling or talk to members of Hamara. They could also book an individual counselling session.

The telephone line is open to ring and talk to the centre and to book appointments.

Anne Rockliffe, development manager for The Nottingham Women's Counselling Project, said the project was "an exciting development".

She said: "Cultural differences make counselling less accessible to Asian women and we look forward to a long and rewarding association with this project."

If you would like to talk to someone in confidence about any subject contact Hamara on 0115 8440047 or drop in to the Asian Women's Project between 10am and 12 midday or between the same times for the next six weeks.

If you would like information about counselling for yourself or are a group of people who might benefit from the services of the Nottingham Women's Counselling Project call 0115 9470230.

To find out more about health issues surrounding Asian women contact: Jaan Tay Jahan at Health is Wealth on 0115 8440047.