



Friendship and More

Building communities (Wakefield)

Supportive sessions for refugees and asylum seekers

Every Thursday, members organise a friendship session for women who are now making their home in the UK. These women come from countries including Zimbabwe, Nigeria, and Thailand. They all appreciate this kind of support and friendship, many having tragic stories to share.



A mother and daughter enjoying their time together at the friendship session

Some are able to speak English, with others just learning. Some have young children and babies and are trying to cope without husbands or family.

Members provide a soup lunch followed by a time for chatting and sharing craft skills; flower arranging is a favourite. Members also occupy the young children to give the mums a break.

Please seek advice regarding appropriate Safeguarding procedures to follow.

For general guidelines about setting up and developing outreach initiatives, go to the members' section of the Mothers' Union website www.themothersunion.org