



We help women to strengthen their social groups and make new friends.

Gain new skills or share skills they/ have already with other women, developing self-confidence as they share knowledge.

This helps people feel less isolated, more confident, more independent, included and valued.

We offer:

- One-to-one support based on individual needs
- Home visits
- Petals of Hope - a weekly women's group
- Family trips



We provide a safe space for women to develop their skills and confidence as well as offering friendship and care.

To find out more about how we can help you, please call us or drop into the centre for a confidential chat.



Registered in England & Wales - No. 7334536
Reg Charity - No. 1139362

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