

## Language Class

This group is a free, informal class for BME women who would like to improve their English language skills, and the session is held at PDREC once a week and is facilitated by Lorraine Frances and a small group of volunteers and students.

This has approximately 25 participants, 10 with young children. The group consists of women with a range of abilities and is difficult to run without the extra volunteer support. During the class sessions we invite a range of professionals to talk about the services that they can offer our students. We have had a session on 'Breast Care' where women were given translated information on the services available and the importance of women doing regular checks. Participants can then take the opportunity to have a nurse check them if they have any specific concerns.

We also had a presentation from the Red Cross on tracing and messaging, for those who have lost contact with their families or are unable to contact them because of war or other disasters. None of the women had heard of this service. We have had a session from the Jan Cutting health living centre, on healthy eating. We are currently negotiating to have Health visitors, which we feel most of the women would benefit from. Our intention is then to schedule in Behaviour Support (Children Services) Domestic Abuse, more Women's health information around cervical smears.



