



**Tower Hamlets Voluntary Sector**

# **DOMESTIC ABUSE AND MENTAL HEALTH PROJECT**



## Introduction

The voluntary sector partnership addressing domestic abuse and mental health is made up of 12 voluntary sector organisations. The group has coproduced a programme funded by the health equity funding via the NHS and supported by the Tower Hamlets Violence Against Women and Girls (VAWG) Programme.

**The 6 core partners offering support are:**

[Coffee Afrik - www.coffeefrique.co.uk](http://www.coffeefrique.co.uk)

[Limehouse Project - www.limehouseproject.org.uk](http://www.limehouseproject.org.uk)

[Nour - www.nour.org.uk](http://www.nour.org.uk)

[Shewise - www.shewise.org](http://www.shewise.org)

[Sister Circle - www.sistercircle.org.uk](http://www.sistercircle.org.uk)

[Women's Inclusive Team Haawa Project - www.wit.org.uk](http://www.wit.org.uk)

**Supported by 6 satellite partners connecting to communities:**

Carers Centre, Christ Apostolic Church, Ocean Women's Association, Paracarnival, Somali senior Citizens Club and Vision Ability.

**The programme will offer support by raising awareness of domestic abuse with communities through:**

- Workshops.
- Campaigns.
- Support to people experiencing abuse.
- Advice offer.
- Counselling.
- Arts based activities.
- Prevention approach.
- Working with young people through personal development programmes.
- Working with Safeguarding Adults Board, VAWG and Independent Domestic Violence Advisors'.
- Raising awareness of the needs of different protected characteristic groups.



## Coffee Afrik

Coffee Afrik CIC is a Black-led, Black-founded, award-winning, lived-experience-led organisation working across Hackney, Tower Hamlets, and wider London since 2018. We build community power through healing, governance, and innovation—turning care into structure and lived experience into systems change.

We currently run seven hubs and 31 projects, including safe spaces for Muslims experiencing problematic drug use, a research lab, two women's hubs led by and for Muslim women, a youth hub, and a systemic litigation space. Our programmes in youth leadership, trauma-informed practice and community regeneration have supported thousands of young people and families to move from marginalisation into leadership and organising.

Coffee Afrik is trusted locally and nationally for its cultural credibility, civic integrity and systemic impact, leading partnerships on wellbeing, employment, and co-design.

Our practice is inspired by Islam, land justice, and the community programmes of the Black Panther Party—always rooted in love, care and liberatory harm reduction. Our mission is simple: to turn care into structure, and youth into governors of their own futures.

### Key Programmes & Services:

- Youth Hub - Safe, inclusive spaces for young people to build confidence, self-awareness, and community belonging through dialogue, mentorship, and activities.
- Workshops: Weekly sessions co-designed with young people to explore key topics, harmful social norms, and reframe what strength and care look like.
- Personal Development Plans: participants create an individual plan to identify personal goals, strengths, and areas for growth. Youth workers provide one-to-one mentoring and reflective support, helping young people track their progress and build life skills around empathy, purpose, and communication.
- Youth Pathways: Participants progress into leadership roles — co-facilitating sessions, designing campaigns, and leading peer discussions to promote equality, healthy relationships, and positive behaviour in their schools and communities.

### Contact us:

Email: [khaleel.m@coffeeafrique.co.uk](mailto:khaleel.m@coffeeafrique.co.uk) (for immediate youth support or queries about workshops and programmes).

For any referrals, please contact us via our website:

[www.coffeeafrique.co.uk](http://www.coffeeafrique.co.uk)

Instagram: @coffeeafrikcic

Twitter: @coffeeafrique



# Limehouse Project

At Limehouse Project, we are committed to empowering women who have experienced or are at risk of domestic abuse. As a delivery partner within the Equity Group Partnership, we provide holistic, trauma-informed support to help survivors rebuild their lives with stability, safety, and confidence. Our team of skilled and compassionate advisers offer free, confidential, and culturally sensitive one-to-one advice across a range of social welfare issues, including:

- Welfare Benefits (Including Benefits Checks).
- Housing Benefit and Council Tax Reduction.
- Immigration (Level 1 Advice).
- Housing.
- Money & Debt (Generalist Level Advice).
- Energy Efficiency

We recognise that survivors often face multiple, interconnected challenges, from fear and instability to financial hardship and housing insecurity. That's why we take time to build trust, explore the full context of each woman's situation, and respond in a way prioritising immediate safety and housing, followed by access to welfare benefits, income stability, and longer-term empowerment.

To ensure no one is lost in the system, we have established a dedicated Domestic Violence Advice Referral Pathway for professionals and clients. You can contact our Domestic Violence Advice Referral Team directly at [DVadvicereferral@limehouseproject.org.uk](mailto:DVadvicereferral@limehouseproject.org.uk)

## **We also provide multiple ways to access support:**

- Clients can also call us on 020 7538 0075 (the phone line is open between Monday to Friday, 9:30am – 1 pm and 2pm – 4pm) to book an appointment for advice or support. Please note that our phone line can be very busy, and you may need to call several times to get through.
- For urgent or short issues, we also offer a drop-in service every Tuesday from 9 am – 1 pm, dedicated to supporting service users in crisis. This service operates on a first-come, first-served basis.

At Limehouse Project, we empower survivors of domestic abuse with practical social welfare advice, emotional support, and the resources to reclaim safety, confidence, and independence.

## **Contact Details:**

**Phone:** 020 7538 0075 - The phone line is open from Monday to Friday, 9.00am - 1.00pm and 2.00pm - 3.00pm (please note the phone line can be busy, so you may need to call several times).

**Email:** [DVadvicereferral@limehouseproject.org.uk](mailto:DVadvicereferral@limehouseproject.org.uk)

**Website:** [www.limehouseproject.org.uk](http://www.limehouseproject.org.uk)



Limehouse Project

## Nour

Nour is a charity dedicated to compassionately supporting adult survivors of all forms of abuse through holistic, trauma-responsive, and culturally attuned services.

We offer free one-to-one counselling (in-person or online), emotional and practical support, legal advice on family law and safety matters, and spiritual advocacy to challenge harmful narratives used to justify abuse. Our services also include hardship grants, group therapeutic Walk & Talk sessions, and workshops on healthy relationships and mental wellbeing.

Counselling is available in English, Urdu, Sylheti, French, and Arabic.

Referrals, including self-referrals can be made easily online at [www.nour-dv.org.uk/referral](http://www.nour-dv.org.uk/referral).

Website: [www.nour-dv.org.uk](http://www.nour-dv.org.uk)



## SHEWISE - Community Support & DV Awareness Programme

SHEWISE is a specialist grassroots organisation delivering person-centred, culturally responsive, trauma-informed, and multilingual support for women and girls. Our services are designed by and for marginalised women, particularly from South Asian and Middle Eastern communities, and address domestic and sexual abuse, honour-based violence, and other culturally specific gender-based violence.

We work with local organisations and faith leaders to create safe spaces for exploring domestic abuse and honour-based violence, fostering understanding, reducing stigma, and encouraging early intervention. Our training is culturally sensitive, trauma-informed, and delivered by professionals with shared experience and language.

### Key Programmes & Workshops:

- Advice & Support Helpline & Drop-in Services at Sundial Centre.
- 'Nayee Shuruaat' – 12-week cohort for 15 participants.
- 'I Matter Too!' Youth Project – 12-week cohort for 15 participants.
- Domestic Abuse & Harmful Practice Pathway (DAHPPVO) – 6 sessions for voluntary organisations.
- Faith, Safety & Empowerment: Ending Domestic Abuse (FSEEAB) – 7 sessions.

SHEWISE is building stronger, safer communities where every woman can seek help, shape her future, and thrive.

Website: [www.shewise.org](http://www.shewise.org)

Domestic Abuse Helpline: [0333 188 1505](tel:03331881505)

Email: [info@shewise.org](mailto:info@shewise.org)



## Sister Circle

Sister Circle is a multicultural, women-led charity dedicated to advancing health equity and justice for women from diverse communities living with complex challenges. Our volunteers and staff, many of whom have lived experiences similar to those of the women we serve, build trusted relationships and provide holistic support. We meet women where they are, offering a trusting, safe and supportive space at the times when they need it the most.

We offer:

- Maternity Mates: Support during pregnancy, birth and in the early weeks with a new baby.
- Her Health: Specialist support following gender-based violence.
- Healing Conversations: Maternal Mental Health peer support and long-term trauma counselling in community languages.

To access support use [this link](#), once received, we will contact you by phone:

Website: [www.sistercircle.org.uk](http://www.sistercircle.org.uk)



## Women's Inclusive Team - Haawa Project

The Haawa Project is based in Tower Hamlets and supports women from Black and minority communities who are experiencing domestic abuse. Many of the women we work with face additional barriers to accessing support, including cultural pressures, language barriers, stigma, and limited awareness of what constitutes abuse or what help is available.

The Haawa Project provides safe, practical, and culturally aware support. We focus on empowering survivors and ensuring they are effectively linked into appropriate specialist and statutory services. Support is delivered in key community languages including Somali, Sylheti, Swahili, and Arabic, helping to ensure women can access help in a way that feels safe and accessible.

Support includes:

- Housing: Working closely with Tower Hamlets Housing Options, refuges, and the Homelessness Prevention service to support women at risk of homelessness.
- Financial: Signposting and referrals to welfare and benefits advice, including Tower Hamlets CAB, DWP, and local advice services.
- Health: Supporting access to GPs, IAPT (talking therapies), and specialist trauma-informed counselling services.
- Community and safeguarding links: Working with trusted local settings such as mosques and schools where appropriate, while ensuring women are connected to specialist domestic abuse services for ongoing support.

Contact Information:

Phone: (07458) 307356

Email: [haawa@wit.org.uk](mailto:haawa@wit.org.uk)

Website: <https://wit.org.uk>



For further advice and information on the Tower Hamlets Violence Against Women and Girls programme, [click here](#).