

# The Projects

**African Refugee Project** provides advocacy and support to refugee and migrant communities in the UK.

**Asian Muslim Women Association** supports isolated families provides outreach to enable women to build confidence and independence.

**Bee Interested in Portobello Road** uses the growing of fruit and vegetables to enhance people's economic physical and mental wellbeing.

**Chinese National Healthy Living Centre** promotes healthy living and provides access to health services for the Chinese community in the UK.

**Ethiopian Women's Empowerment Group** provides counselling and advocacy to advance the education and training of Ethiopian women within the UK.

**French African Welfare Association** delivers health advice and promotes the advancement of education of French-speaking Africans who either work, study or live in the UK.

**Healthier Life 4 You** improves the emotional & physical wellbeing of local residents through dance, creative arts and other activities.

**Iraqi Women's League** provides health information, advice and support to women, in particular those of Iraqi descent, living in the UK.

**Midaye** is a user-led charitable organisation which provides activities and projects to help BME communities in West London.

**Persian Care Centre** offers advice and education to support Iranian people and reduce isolation.

**St Antonio's Women's Group** works to relieve poverty and sickness, advance education and preserve the health of Eritreans who have settled in London.

**WAND** promotes health and wellbeing for BME women through workshops and activities. It uses 3 key messages: accept who you are, eat well and keep active.



**At Dalgarno Trust we aim to:**

1. **Enable** people from diverse backgrounds to change their lives, fulfil their potential and break the cycle of poverty, ill-health and deprivation.
2. **Provide** a range of services and activities that offer education, employment and in partnership with statutory and community organisations.
3. **Develop** long-term sustainability of the community through the development of social enterprises, small business and entrepreneurial activities.
4. **Create** a strong, inclusive, vibrant and active neighbourhood.
5. **Ensure** that services, facilities and amenities of the highest quality are accessible to people of all ages, on the basis of a strong commitment to equality of opportunity for all.



Version 2 created April 2013. Review date October 2013.



## HEALTHWORKS ✓ Love Life, Live Longer

### PHYSICAL ACTIVITIES

### EMOTIONAL WELLBEING

### VOLUNTEERING & TRAINING

### HEALTH WORKSHOPS & OPEN DAYS

### 1-TO-1 SUPPORT

*'Looking after  
yourself,  
your family &*

**Lead by Dalgarno Trust  
Funded by RBKC**

# About Us

**HEALTHWORKS**√ is a health partnership project led by Dalgarno Trust in a unique voluntary sector consortium of three community anchors and thirteen BME organisations.

The organisations in the partnership enable this project to have enormous reach into a wide range of BME communities, impacting the most disadvantaged individuals in Kensington & Chelsea, Westminster and Hammersmith & Fulham and other neighbouring boroughs.

**HEALTHWORKS**√ is designed to:

- ✓ Improve access to mainstream health services
- ✓ Support individuals to improve their own health and wellbeing
- ✓ Deliver preventative healthcare
- ✓ Increase physical activity and improve diet and nutrition in the community
- ✓ Offer training and volunteer opportunities

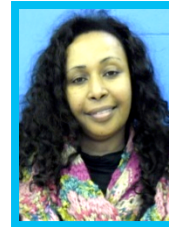
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# The Team

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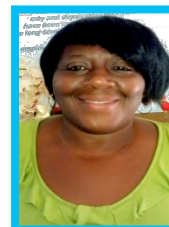
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# Our Partners



- ✚ African Refugee Project
- ✚ Asian Muslim Women's Association
- ✚ Bee Interested in Portobello Road
- ✚ Chinese National Health Living Centre
- ✚ Dalgarno Trust
- ✚ Ethiopian Women's Empowerment Group
- ✚ French African Welfare Association
- ✚ Harrow Club W10
- ✚ Healthier Life 4 You
- ✚ Iraqi Women's League
- ✚ Midaye Somali Development Network
- ✚ Persian Care Centre
- ✚ St. Antonio's Women's Group
- ✚ Venture Centre
- ✚ Women's Association for African Networking and Development (WAND)