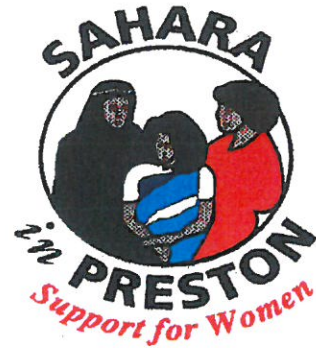


# Lone Parents Forum



Are you a single mother looking for help and support?

Sahara offers a **safe space for mothers** raising a child alone to access the services and support they require.

The Lone Parents Forum is for single mothers, where we can support you with:

- Housing
- Universal Credit
- Education
- Finance
- Legal issues
- Health and Wellbeing
- Counselling
- Employment
- Parenting
- Digital skills

**We understand the needs of BME women from diverse cultural backgrounds and offer bilingual support.**

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For further information please contact us on 01772 702090

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 Sahara Project Ltd