

# SAHARA ADVOCACY SUPPORT SERVICE



Sahara in Preston provide an advocacy support service and case work for women. We provide help in the following:

## BENEFITS

- Universal Credit
- Housing Benefit
- Disability  
Personal Independent Payment
- Attendance Allowance

## IMMIGRATION

- No recourse to public funds
- Different Immigration visas
- Life in the UK course  
if you are applying for Indefinite  
Leave to remain in the UK

## MONEY MANAGEMENT

- Debt help
- Money Adviser - help with  
creditors & courts

## HEALTH & WELLBEING

- Mental Health  
- The Sahara Wellbeing Project
- Counselling
- Exercise & Healthy Eating
- Conferences & Workshops  
- High blood pressure, high cholesterol,  
bowel & breast cancer, dementia etc.

## CRIME

- Hate crime
- Police statements

## SCHOOLS

- Admissions
- School appeals
- Transport for children  
with special needs
- Benefits for children  
with special needs

## JOB CLUB Tuesdays & Fridays 10:00am - 12:00pm

- Job search
- Online application forms
- Writing CVs
- Interview techniques
- Mock interviews
- Volunteering placements e.g.  
charities, hospitals, schools, nurseries
- Confidence building course

*If you just want to come for a chat and a cup of tea, meet new people, and take the steps to look for a job - drop in.*

## COFFEE AFTERNOON GROUP

Over 50s group for women who suffer from isolation and depression. Activities include:

- Arts & crafts, flower arranging
- Chair-based exercises
- Outdoor trips
- Watching films

## CHILD SUPPORT

- Child protection or  
child in need plans
- Positive parenting classes

## COURSES

- ESOL (Pre-entry, E1,2/3)
- English, Maths & IT Functional Skills
- Talk English
- Computer classes
- Preparation for Life in the UK
- Cleaning course - British Cleaning Certificate
- **New: Hair & Beauty**

We offer **bilingual support** for speakers of other languages in Urdu, Hindi, Gujarati, Punjabi and more.

**We provide a crèche service for women with young children during class sessions.**

SAHARA HAS COMPLIED WITH THE GOVERNMENT'S GUIDANCE ON MANAGING THE RISK OF COVID-19

To book your place or for more information please contact:

📍 **Sahara in Preston**

48 Fishwick Parade

Preston

PR1 4XQ

☎ 01772 702090

✉ [sahara.inpreston@btinternet.com](mailto:sahara.inpreston@btinternet.com)



@saharainpreston