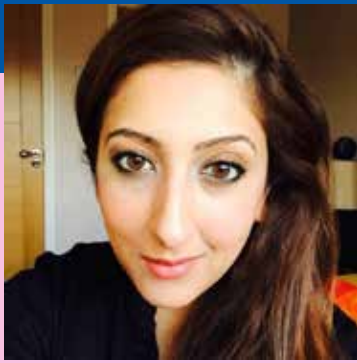




APNA GHAR ANNUAL REPORT

2023-2024



Saira Malik

CHAIR

As the Chair of Apna Ghar, I am pleased to present our annual report, reflecting on our achievements, challenges, and future goals. 2024 has been another pivotal year for our organization, and I am proud of what we have accomplished together.

Reflecting on the past year's achievements, we have been successful in our fundraising target by obtaining ongoing National Lottery support, building upon ongoing funding support from Ballinger Trust, Northumbria Police, Garfield Weston, South Tyneside Council, Community Foundation and our joint Food Fair project with WHIST. We are very grateful to each of our donors and supporters, without whom we would not be supporting and transforming the lives of girls and women daily. It is with sincere thanks to the dedication of our team and generous contributions from our donors that we are excelling in our aim to provide a multi-generational support service offer to our local community. Enabling, empowering and supporting all girls and women in our community.

2024 saw us launch our Youth Group initiative which has been immensely popular and has impacted positively on our younger service users. We have increased our community involvement through participating in local and regional events and workshops and aim to further fostering stronger community relationships and awareness of our mission. We continue to stride forward in establishing new partnerships with peer organisations and enhance our capacity to serve and reach more beneficiaries.

Despite our successes, we have faced challenges including funding fluctuations and retaining of staff. We are actively addressing these issues by recruiting a Centre Coordinator as well as continuing to develop initiatives for further funding to help and support our community users in all areas of health and social care.

Moving forward, we aim to expand our outreach programs to serve all active and potential service users in South Tyneside, increase our digital presence to attract all age supporters and operationalise a new older persons support program to further enhance our capacity to support service users of all ages. We aim to build upon developing plans to provide an all-age service offer to really support our service users holistically. Recently, we witnessed and/or experienced racist and Islamophobic behaviour throughout England. This was a difficult time for many of us and laid bare the importance of community and cultural integration as well as the need to come together and support one another. We must protect and provide a safe space for everyone, especially those who are most vulnerable as well as educate those who are unaware, to develop cultural competency and community cohesion. With our community events continuing and the Town coming together peacefully, it feels that locally we have been successful in community cohesion. But we must continue to retain, strengthen and build upon community links further consolidating our communities mutual respect and support.

I would like to extend my heartfelt thanks to our dedicated staff, volunteers, and Trustees for their unwavering commitment. Your hard work is the backbone of our charity.

Together, we have made significant strides, but there is much more to be done. Let us continue to work collaboratively to achieve our mission and continue making a difference in our community.

In the words of Margaret Maed "never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

Thank you for your support



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Resmina Reed
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Nasrin Begum
Finance and Family Support

Shelina Begum
Carers Project Lead

Farida Ansari
**Community
support/domestic abuse**

Drupy Senanayake
Volunteer Lead

Yasmin Hasan
Youth group Lead

Saima Chowdary
Youth group lead

Leslie Waldron
Domestic abuse Lead

Aysha Daya
Food Fair Lead

2023-2024 has been another challenging yet successful year. We have continued to deliver our classes and courses, as the demand increases for these services. This has been possible due to the continued support of our funders and the grants received from them.

Our Information Advice and Guidance sessions are accessed on a daily basis by our service users. Much of the support accessed is for Universal Credit, health related benefits, Housing, Employment and Training advice.

Our Domestic Abuse project support workers provide a listening ear to the DA women and provide the right level of help and support where needed.

Our popular classes have been our IT classes and Basic Literacy class. Women were keen to improve their IT skills as well as their spoken English. This enabled them to learn how to navigate the internet and to create and access Universal Credit accounts, NHS app etc. As digital technology plays a major part of society now, moving forward this new skill would help them improve both their own and families lives.

Health and general wellbeing are important to us, and we are focused on educating the women to live healthier lifestyles. The women have shown interest in our Fitness classes and we are happy to see that there are women from different age groups and fitness levels that have participated .

Our Food Fair Project educates the women to understand how to cook healthier meals, focuses on food sustainability and reducing food wastage. These were delivered at the centre as well as in external venues. The women have thoroughly enjoyed attending sessions where they have had the opportunity to participate in cooking demos, as well as receiving goodies, such as slow cookers to experiment cooking easy and healthy dishes. Alongside the Food Fair sessions the women have had opportunity to attend our Welcoming Space/Luncheon Club for food and also to meet other women in a safe space.

Another popular class is our Sewing class. As we were able to secure funding from The National Lottery, the sessions have continued again this year. We have helped the women bring out their creative side and many have been able to produce some outstanding pieces of work.

Our Volunteer project and Carers Project have continued to do well. Many women secured placements in Apna Ghar, schools, playgroups and Care homes as Volunteers, after completing their Volunteer passports. They have also managed to gain qualifications in Food Safety, Customer Service and Safeguarding training. These were delivered by Lokman Training and Training in Care.

Training in Care, as part of our Carers Project continued to deliver Level 1 and 2 in Diploma in Care at Apna Ghar with many of the women securing employment and voluntary placements after completion of the courses.

A Carers support Group at Apna Ghar has also been successful in providing the BME carers to attend and engage with other Carers for information, to enjoy a cup of tea and activities together.

We participated in a few Mini Health Checks provided by First Contact Clinical over the year. This was very popular and we were happy to see that many women took up this opportunity to attend. These important health checks were able to pick up health issues of the women for further checks and referrals to their GPS.

We are happy to report that once again we were able to support the Local Authority to distribute Household Support vouchers to 100 eligible families from the BAME communities affected by the cost-of-Living crisis.

Apna Ghar participated in the Ocean Road Mela for the second year running. It was a very successful event with a good opportunity for the local community to engage in many fun activities we had and to find out more about the services we have to offer.

Funding for staffing costs continues to be a challenge due to many short- term funded projects coming to an end. We remain hopeful that we will continue to secure more funding to continue our invaluable services. We have had a few challenges with roof leaks and other building maintenance issues but managed to cover the costs from some of our running costs. We did manage to secure some funding from STC CAF grant which helped us purchase new carpets for the upper floors staircase.

In addition, with the demand of our services we will continue to apply for further funding from Trusts and Charities to help continue our important work.

Big thanks to staff, volunteer, and management board members for their continued hard work and support.



Nasrin Begum



Apna Ghar is a charity run by and for Minority Ethnic Women living in South Tyneside.

We provide a wide range of opportunities that aims to develop confidence and empower women to recognise their full potential whilst allowing them to maintain their cultural identity.

Our main goals are:

- Enhancing awareness of the range of opportunities and services provided by Apna Ghar
- Increasing the number of users who use the Services
- Creating and building good connections with different organisations, groups, and people in the community.
- Providing different types of skill-based and non-skill-based training options.
- Valuing and appreciating the different cultures.

Our objectives are:

- To provide outreach and link workers support to the community
- To actively promote the services of Apna Ghar to the community of South Tyneside
- To provide a culturally supportive and safe meeting place
- To make the services more accessible to the senior citizen members of the community.



Sharing our VISION

Apna Ghar was established more than 35 years ago with a vision as strong today as it was all those years ago. As the only Minority Ethnic Women's Centre in South Tyneside ...

Apna Ghar's vision is to remain a leading supplier of services for **Minority Ethnic Women**. It has the aim to enhance the services provided by continually reviewing and understanding the needs of its members.

Apna Ghar has a commitment to **funders, clients, members and the community** in which it serves. In the following pages, we look at some of the ways Apna Ghar has been transforming words into actions over the past year.

Apna Ghar wants you to know how they work and what a difference it makes to the women of the community in which it serves.

Resmina Reed

Funding and Personnel Manager



In my capacity as the Funding and Personnel Manager, it gives me great pleasure to see that we are daily, delivering work which has continued to meet the aims and objectives of Apna Ghar since its inception.

Anyone working in the charity world will know that job security, long term strategic planning and implementing processes, procedures and policies which can make real long-lasting progress and create a better society is not simple. Although sustainability can at times be precarious, Apna Ghar has managed this challenge and has continued to operate for over 35 years with the support of many long-term funders who see the value of our vital work and for this we are extremely grateful.

Empowerment of the most vulnerable minority ethnic women is at the heart of everything we do, Apna Ghar is the bridge that enables each woman's unmet needs to be understood and made possible, when she realizes and acknowledges that she has rights, a voice and choices and that she and her family will be given support to actualize them as well as heal from intergenerational trauma that is evident in most minority ethnic groups, until she can feel able to manage her and her family's lives and cope with the challenges of normal life and truly integrate them into the wider community, this is what the Centre continually strives to do.

Apna Ghar (which means "Our Home") therefore continues its intention to make every woman who enters its door to feel at home and to create a sistership with all women and our partner organizations as

we work together and create changes that have real and long-term impact. We have representatives from various religious and cultural backgrounds, and we are proud that this home allows everyone into it without any prejudice.

Through education and building self-esteem and confidence, everyone can play their part in becoming good citizens and raise their children with values that are universal.

What has also become very apparent to me in this role is how the global challenges continue to impact and reverberate locally for example the status and safety of women, gaps between the rich and poor, education and learning, peace and conflict, values and ethics and many more.

So, moving forwards, Apna Ghar is looking to bring the voices of the minority ethnic women with the support of our local partners into the bigger conversations where the changes that need to happen, are not only the changes that are for our local and national communities but with an eye always on what that might look like on a Global platform and how together we could create a better and harmonious world!



Shellina Begum

Carers project Lead

Apna Ghar developed the Vimla Carers Project which aims to overcome some of the barriers faced by and to better meet the needs of Black and minoritised women in South Tyneside, including those providing care, needing care for themselves or wanting to develop their skills to obtain paid employment as a career. The project aimed:

- To develop one-to-one support and wrap around care to ensure carers and their families are accessing all available entitlements including state benefits, listening services and other advice and advocacy support.
- To ensure carers are looking after their own health and wellbeing needs so they can care well.
- To create links and connections between carers and those cared for.
- To create a peer-support group for carers with others who understand their lives.
- To build confidence and skills-recognition sessions for women, alongside English for Speakers of Other Languages, to ensure carers can look at career development.
- To support women interested in developing a career in care with skills, knowledge, and training to enable them to provide culturally sensitive and appropriate care for others in their communities through paid work.

When designing this project, a support worker commented:

"Many women are caring for children or adults with disabilities or special needs within their home and are unaware of support which might be available for them."

Alongside the development of the project, carers and those cared for within Black and minoritised communities were able to be involved in the strategic development of a Carers Strategy, led by South Tyneside council.

"Support from Apna Ghar to participate in this strategy has been invaluable; it is recognised in the strategy that

'relatively low numbers of carers from culturally diverse communities identify as carers or access support services' and without the engagement of Apna Ghar to facilitate the connectivity between the local authority and women caring in the community, this document may not have recognised the specific needs faced by Black and minoritised communities in South Tyneside. It is great credit to Apna Ghar and the women using their services, that they were able to influence the production of such a significant piece of work which has been built with the needs of carers at its centre.

Year 1 2021/2

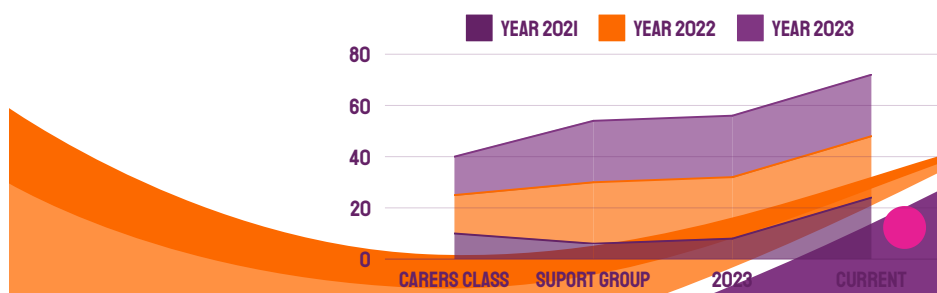
- Ten women registered for Level 1 Adult and Child Care, Dementia and Mental Health courses. 100% of the attendees completed these courses.
- Care for Carers events were attended by six women and fourteen women attended the Listening Ear sessions. Thirteen women registered for Level 2 Adult Care Diploma – this includes all the women who completed Level 1 and a further three women.
- Two of the thirteen women achieved employment with a local care provider.
- Fifteen women undertook an English conversation class to build their confidence with spoken English which supported them to progress onto the Level 1 or Level 2 courses.

Year 2 2022/23

- Eight of the women who completed Level 2 Adult Care Diploma are now employed as paid carers with a local care provider.
- Fifteen women were on the waiting list to start the Level 1 Adult and Child Care, Dementia and Mental Health courses.
- Twenty-four women attended the Carers Group or Listening Ear sessions, which have moved to a monthly group based on feedback provided by attendees.

Year 3 2023/2024

- Fifteen women have started the Level 1 Adult and Child Care, Dementia and Mental Health courses; this is 100% of the women who were on the waiting list in year 2.
- Twelve women regularly attend the Listening Ear sessions, and eight women regularly attend the Carers Group sessions which take place monthly based on participant feedback.
- Two further women have achieved employment with a local care provider with another one-woman pending confirmation of employment



Volunteer Project

Drupy Senanayake - Volunteer Coordinator



Another Great Year

As a coordinator, I am continually impressed by how our volunteers have worked together as a cohesive team, demonstrating remarkable collaboration and dedication to support our local community. Through their efforts, they have not only developed new skills but have also grown both personally and professionally. Their commitment to learning and self-improvement through training has significantly enhanced their contributions to the local community, driving positive change and making a meaningful impact. Their teamwork and development are a testament to their passion and the collective strength of our organisation.

Our Impact in the Community

Our volunteers collaborate with a diverse range of organizations, including The Salvation Army, Age Concern, Crest, and Cafe Westoe. They also support at St Jude's Church Toddler Group, Bright Futures, Whist, Hindu Narisang, Emmaus, and Your Voice Counts. This extensive network of partnerships enhances our ability to serve various communities and address a broad spectrum of needs, showcasing the dedication and versatility of our volunteers in fostering positive change across different sectors.

The APNAGAR Luncheon Club is solely run by our volunteers and the Youth Group has one of our volunteers helping out.

Impact On Volunteers

Our annual report highlights the great impact our organisation has had on our dedicated volunteers. Engaging with our courses has hopefully not only enriched their lives but also fostered a deep sense of community and purpose. Volunteers have reported increased skills in leadership, teamwork, and cultural competency, while also benefiting from the personal fulfilment, that comes from making a tangible difference in the lives of others. Their commitment has been instrumental in advancing our mission, and the growth they experience reflects the strength and vitality of our collective efforts.

24 total Volunteers over the last year

12 in volunteering positions

4 Volunteers in Employment

Courses and Training Attended by Our Volunteers

- Adult Social Care Services
- Food Hygiene, Health and Safety
- ESOL - South Tyneside College / WHIST
- English Language
- Back to Employment support with CV's/ interviews /confidence building (3 volunteers)
- Basic ICT
- Food allergy and Intolerance
- Child care safety
- Safeguarding and Prevention
- Children and Young Force
- Dementia
- Maths
- Mental Health and Wellbeing
- Early years Setting
- Volunteering course
- Customer care

The Volunteer Project was nominated for the King's Award 2024

Plan for the Future

1. Complete volunteer passports.
2. Emphasis on English and Maths training and courses to support our volunteers with applying for jobs and gaining employment.
3. Encourage group activities such as introducing a 'buddy' system to help with sharing, learning skills and to support one another to build our volunteers confidence .
4. Continue in-house training with IT and administration skills.
5. One-to-one support with CV writing and interview skills

APNA SAHARA PROJECT DOMESTIC ABUSE SERVICE



Lesley Waldron Farida Ansari

Apna Ghar – Apna Sahara Project provides an 'all round' family support service to assist with Domestic Abuse (DA) offering advice & guidance ensuring clients receive the very best 'all round' support.

In 2024 Apna Ghar DA team introduced a weekly 'drop in' service (Healthy Relationships & Wellbeing) This has been a great success assisting service users to understand that we all have a voice as well as encouraging independence, avoiding isolation & building trusting relationships.

We have received 26 new referrals & continued to support 58 survivors throughout 2023/2024. We closed a few cases due to survivors moving out to different cities or disengagement.

We have supported survivors with housing applications, managing finances, volunteering, universal credit, solicitor appointments, immigration issues, listening ears, health & wellbeing, welfare support, job opportunities, 1-2-1 sessions.

We encourage our ladies to 'speak up' & reach out so they know they are not alone throughout their journey.

We also provide safety planning & a safe space to talk.

We work closely with other services in our community, signposting ladies to GP's, counselling sessions, social services, police as well as Crest, Whist, Angelou Centre, solicitors.

Classes and Courses:

At Apna Ghar – Apna Sahara DA service we encourage service users to enrol on suitable courses.

The service users attended Adult Care Level 1 & 2 along with other short courses, Basic literacy, English Conversation, Fitness, IT, Sewing, Customer Service Level 2, Food and Hygiene etc. The ladies also attended Luncheon Club and Welcoming spaces.

Quotes...

I live with my husband & children in a property owned by my husband, he is abusive & intimidating & rarely even speaking to me now. I was advised by a friend to visit Apna Ghar & they immediately supported me emotionally, assisted with completion of housing application & worked with me to secure my own home away from the abuse for which I am incredibly grateful.

I received all the help and support I needed at Apna Ghar. I moved to Northeast from London and visited Apna Ghar and South Tyneside Council. Both Apna Ghar and Council helped me a lot. I am grateful for receiving all the help and emotional support at Apna Ghar. Once I told Apna Ghar DA team about a hate crime that I faced in my temporary house. She arranged a meeting with a community police who deals with hate crime to help me. I am feeling confident now"

"I feel comfortable when I come to the centre. I have learnt so much by coming here. If I knew places like Apna Ghar existed previously, I would have been more confident and supported earlier on."

"It has been good - I was a victim of financial abuse via my husband and Apna Ghar helped me with my debt and seek professional help."

Case Study:

A lady fled DA from a different part of the country & arrived at Apna Ghar end of November 2023. The lady had worked briefly with another local service. At Apna Ghar we continued to support this lady with housing, hate crime along with emotional support & providing an interpreter.

The lady was terrified, felt lost & alone.

She has now moved from temporary accommodation into her own home, she has enrolled in our Basic Literacy and IT classes & she is doing amazing. The transformation from the lady arriving at Apna Ghar, the confidence she has gained.... She is now safe to live her life without abuse. This is what the job is about & it makes us very proud to see how amazing this lady is doing today.



Aysha Daya is the lead on the Food Fair project at Apna Ghar

The Food Fair project is funded by UKSPF. The project is a partnership with Whist and Hospitality and Hope, to engage and work with the local community to support community integration.

The project involves working with the community, including young people, families and schools, to develop the skills and motivation to think and act in regard to better quality food at lower cost.

Several cooking on a budget session have been held in various venues in South Shields which were delivered by Apna Ghar.

Being an ethnic minority center, we are also able to share our knowledge of the medicinal benefits of the spices used in our cooking which are very easily available these days as well as the many different cooking styles of various cultures represented at the Centre.

At the end of each cooking course, slow cookers, electric grills and food vouchers were handed out to those who attended the course.

We also take into account the wellbeing side and invite different organizations monthly usually to raise awareness. These usually are part of our luncheon club, which is held once a week. We have held sessions to raise awareness about Breast Cancer, Lung cancer, Cervical Cancer, DWP, and Health watch to name a few.

Statistics from July 2023-31 March 2024

- **10** events have been held in various locations in the community including schools, mosque and at Apna Ghar.
- **92** households have taken part in food related events
- **44** people are given energy efficiency information at FFP events.



Please contact Aysha or the team at Apna Ghar to get involved and learn about future projects taking place.

Youth Club

This project has been a great success with 40 girls registering at the start of the Youth Club last year.

Our aim has been to

- *Provide a safe space and a fun environment where young girls aged 11-18 are welcome. They have an opportunity to be with other girls and time to be themselves and make friends.*
- *Encourage girls to take part in physical activity and develop healthy habits and lifestyles.*
- *Provide a fun focus day for mothers and daughters to play together and forge relationships with other local families.*
- *Provide support for families whose children struggle with school, or have difficulty making friends, by linking children up with individual one-to-one volunteers who support them to access the sessions and build friendships with other children.*

Throughout the year, we have had weekly groups, and attendance has been roughly 8-18 girls at any one time. The sessions have included baking, flower arranging, candle making, mug painting, coffee and colouring as well as massage and well-being evenings.

During the year, two trips were planned with the group: A pantomime at the Customs House and the Escape room. Feedback has been very positive, and the Escape room trip was a major success with the girls and most of them enjoyed the challenge and showed great enthusiasm.

Support from our volunteers also made this project run smoothly and they in turn were also getting the opportunity to learn from the sessions as well as enjoy them.



Sewing at Apna Ghar



THE SEWING SKILLS COURSE is delivered on a weekly basis and is very popular with the women at the Centre.

The aim for the course is to provide students with essential sewing skills to build their confidence in using a sewing machine, enabling them to use the learned skills to save money on garment making and repairs as well as enabling them to use the skills to offer garment making and repair services.

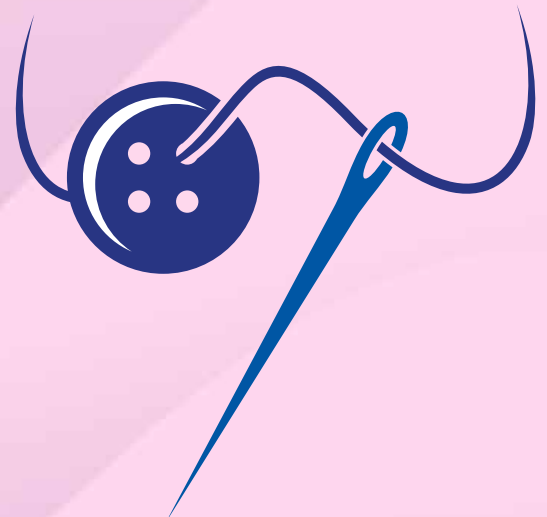
Alongside the sewing skills, the aim is also to improve students' confidence when it comes to socializing, improve language skills, basic math and English and becoming familiar with the cultural side of life in the UK, especially for those students who are new to the country and English is their second language. Our aim is to help build their confidence in communication and support them to carry out their day-to-day activities independently.

Most of the students who started the class this term were novices and very keen to learn sewing skills and learn how to use a sewing machine. Main reasons to join the sewing class

- ***to be able to make their own clothes/garments.***
- ***to be able to do basic mending and understand different types of fabrics.***
- ***Build their confidence in speaking and socializing.***
- ***Explore different cultures through fabrics and garments.***

All the students started the course with learning to use the sewing machines and discussed which one to buy for their personal use according to their skill level.

Students also learned how to create a sewing pattern using an old garment. By creating their own sewing pattern helps to enhance students' math and English skills (reading and writing). Essential skills, to allow students to save money by not buying pre-printed patterns which can be costly and will support their creative thinking as they will be able to make changes into patterns according to their needs.



English Conversation Class

The English conversation classes have been running since Sept 2021 alongside the Adult Care courses. Ladies who were interested in studying on the Level 1 and 2 Adult Care courses, but who needed a little bit more help with their English skills, were eligible to join the classes. It is a rolling programme, so students stay until they feel confident enough to move onto the Adult Care courses.



Teaching these classes is very enjoyable as there are no exams, the ladies feel less under pressure. They liked practising their English in a safe, relaxed and non-threatening environment. Many of them were beginners or felt that their speaking skills were rusty and welcomed the chance to practise the language again. I have known some of the ladies for quite a long time and there has always been a mutual respect and a keen desire to become involved.

Many different themes and issues were explored and discussed over the three years. We looked at a lot of vocabulary to do with health & wellbeing and talked about the care systems in the UK and the students' own countries. We also discussed topical news stories, and issues relevant to the ladies' own lives, such as their children's education and how to find a job in the local area. The ladies were encouraged to share opinions and make suggestions whenever possible and were given the appropriate words and phrases to do so. They also refreshed their knowledge of basic grammar – present and past tenses, question formation, comparatives & superlatives, etc.

Quite a few of the learners went on to study Adult Care at Levels 1 & 2, and/or joined other courses offered at Apna Ghar, such as Customer Care, I.T. and Food Hygiene (all taught in English). This was a great result, and it was lovely to see the ladies' confidence and skills increase. In my and the learners' opinion, there is a definite need for these kinds of classes to continue in the future.

Some quotes from the students:

"It was nice to speak English" – Monoara

"Everybody has the chance to speak" – Shirina

"My English has improved...day by day we learn more" – Nargis

"I am happy that the teacher is interested in our culture" – Shirina

The treasurers report



This year has been challenging, difficult, stressful but also rewarding.

The final year for the National Lottery Community Fund grant and we were faced with a lot of uncertainty about the future funding. The National Lottery Community Fund award has certainly kept us very busy and supported our Carers project which is commendable. Resmina, our Funding Manager worked very hard and successfully secured award for a further two years continuation 2024-26 which resolved the situation.

Grants continued to be received from funders:

Ballinger Trust has been generous and supportive over the years. It is always good when funders have faith in our work. **£10,000**

Once again continued support of **£5000** from South Tyneside Council

£15200 from the Northumbria Police Crime Commissioner for our DA Project which is a valuable part of our services.

Happy to report a grant of **£10000** for our volunteer project from Garfield Weston where many volunteers obtained training and gained employment.

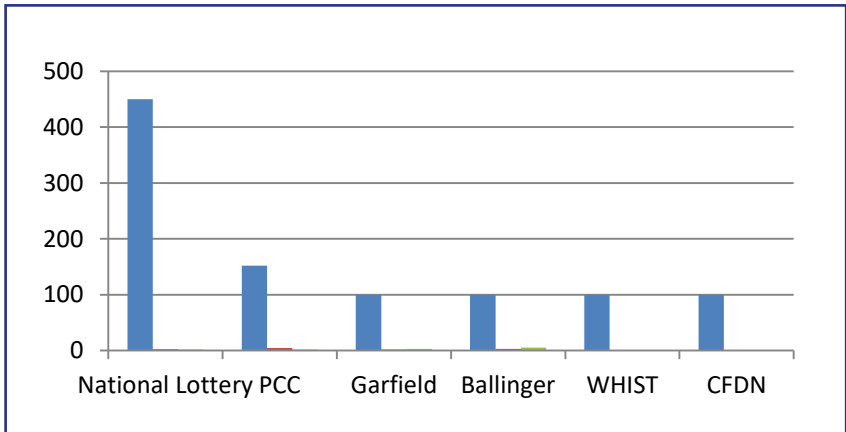
£10789 from WHIST for (UKSPF) Food Fair project

We are thankful to Community Foundation for their continued support. We received few grants for our IT class **£4800**, Literacy class **£3803** and **£2500** for running costs.

Two grants from National Lottery Community Fund **£9475** Youth Group and **£8939** Sewing Project.

£1000 from the Community Area Forum Grant (CAF) for stairs carpets, **£624** for Fitness class & **£470** for Welcoming Space from STC.

Finally, I thank our funders, Joanna for attending the Wednesday meetings, Trustees, staff and volunteers for their support to sustain our valuable work.









Garfield Weston
FOUNDATION

THE

Barbour
FOUNDATION



South Tyneside Council

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