



The Mahila Mandel  
Women's Group came forward  
with an Improvement for  
Newcastle

# Hello and Welcome

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# The Mahila Mandel Group

- The women meet once a week, their ages range from 60 to over 80
- They meet to socialise and to be involved in activities together (when funds permit)
- They bring their own food and share it with each other
- They form friendships
- The women travel from across the city to meet together

# Our Improvement

Develop more culturally  
appropriate activities for  
older women

# What is Our Solution?

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- Provide more funding for locally based activities or fund one large city-wide project and provide transport
- Make sure that activities are held in venues that are accessible and where older women will feel comfortable
- Make sure all activities are culturally appropriate – talk to people about what they want!
- Provide women only activities
- Secure long-term, sustainable funding for activities
- Run regular, weekly sessions
- Offer support to help people fill in forms, understand letters and bills and make appointments



# The Benefits of Our Improvement...

- Although many of us live in extended families we still need the opportunity to socialise with women of our own age
- It would motivate us to come out of the house more often
- It would be good for our health and wellbeing
- We could share ideas and understand other cultures
- We could learn about and eat healthy food
- We could support each other and listen to each others problems and troubles
- We could share our sorrows and joys
- We could counsel each other
- We could form friendships and build city-wide support networks
- We could have the opportunity to do different activities
- We could have fun



We would like to thank  
Fazeelat Iqbal who works at  
the Roshnie Centre  
and Raisham Kaur who  
volunteers at the Centre