Dosti

KHUSHI

DOSTI

CHALTE

CHALTE

ADVOCACY

DOSTI'S

MOTHER'S

GROUP

COUNSELLING

WOMEN

SUPPORT SERVICE
What is DOSTI?

Dosti is a safe and confidential support service improving women’s mental health in Leeds.

Offers culturally appropriate activities promoting a programme of mental health recovery.

Staff who speak various Asian languages and have expertise in mental health.

Therapeutic individual/group support which is specific to meet the diverse needs of Asian women.

It means ‘friendship’ in Hindi, Punjabi, Urdu and Gujarati. Asian women can meet and form friendships.

Referral to DOSTI

- Women can self-refer or be referred to the service by completing a referral form which is available on the website or by contacting the office on 0113 203 8893
- An appropriate service is allocated following an assessment of individual need
- Personal support plan and key worker allocation
- Individual and/group support is offered

Choice of Service

- DOSTI runs a drop in at Stocks Hill Day Centre in West Leeds
- Dosti’s Mother’s/ Crèche Group at Castleton Children Centre
- Khushi group at Chapel town Children’s Centre
- Postnatal Depression group at Castleton Children centre
- Chalte Chalte - out and about group City Wide
- Outreach and Advocacy City Wide
Therapeutic Support
- Stress management and coping strategies
- Spirituality and mental health sessions
- Life skills coaching to increase confidence and independence
- 1:1 emotional and practical support
- Arts and Crafts

Education / Training
- Computer courses
- English Language courses (ESOL)
- Healthy Eating and Fitness sessions
- Anger Management, Confidence Building, Self Esteem
- Jobs and Skills Opportunities
- Textiles Sessions

Additional Support
- Welfare benefits advice surgery with Asian multilingual CAB worker, by appointment at DOSTI
- Information/resources on counselling and legal matters
- Guidance/support enabling women to self help and self-care
- Counselling by appointment only.
- Postnatal Depression support

Advocacy
- Providing Assessment, Intervention and Therapy
- Person-centred support provided to promote recovery

Visit to Museum
Art & Craft
DOSTI Drop-In Service
Stocks Hill Day Centre, Chapel Lane
Leeds, LS12 2DJ.
Thursday 10.00 - 1.30pm

DOSTI’S Mother’s Group and Crèche
Castleton Children’s Centre
Holdforth Green, Armley
Leeds LS12 1YB
Thursday 12:30 - 2:25 pm

KHUSHI (Happiness) Health and Well-being
Fredrick Hurdle Day Centre
Reginald Terrace, Leeds LS7 3EZ
Wednesdays 10:00 - 1:00 pm

CHALTE CHALTE – Out and About Group

DOSTI WOMEN SUPPORT SERVICE
based at
Stocks Hill Day Centre
Chapel Lane,
Leeds, LS12 2DJ
Tel: 0113 203 8893
Fax: 0113 2793836
Email: hello@dostileeds.org.uk
Website: www.dostileeds.org.uk

Registered Charity No: 1084885