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Warrior Women

- Would you like to feel safer in your home and on the street?
- Would you like to feel more confident in day-to-day life?
- Would you like to learn how to better protect yourself?
- Would you like to know more about local services and how they can help?

If so, this is the course for you!

Warrior Women is a 6 week training programme that aims to explore how we can be safer in our own lives, homes and communities. It is about sharing experiences and strategies for safety and support.

The workshops will explore ways to manage our personal safety, develop confidence and practical self-defence skills, and discuss ways we can support friends and neighbours who may be victims of crime or abuse.

Each session will last for 2 1/2 hours, firstly a discussion-based workshop exploring issues around crime and personal safety followed by a practical self-defence class.

Warrior Women is free for women (over 18) living in Tower Hamlets. Childcare can be provided. Please indicate how many children you will need creche spaces for on the booking form overleaf.

Warrior Women is organised by Tower Hamlets Domestic Violence Forum working in partnership with local organisations. The facilitators are Maryam Rouf from the Council’s Domestic Violence Team and a fully qualified female self-defence instructor.

Frequently Asked Questions

Do I need to be fit to take part in the course?
No. Women of all fitness levels can take part. However, if you have access requirements, please contact us so we can cater for your needs.

Do I need to wear sports clothes for the course?
No, however comfortable shoes are recommended.

I don’t speak English, will there be language support?
Some courses will be carried out in specific community languages. Please indicate your language requirements overleaf and you will be allocated to appropriate courses.

Do I have to pay?
No. Warrior Women is free for women living in Tower Hamlets.

Do I have to go to every session?
Yes. Women are expected to attend all sessions as the course builds week-on-week. Full attendance will result in women receiving a certificate of attendance.

Does Warrior Women teach women to be violent?
No. It teaches women ways of protecting themselves through verbal and non-verbal techniques. It is not a martial arts class.

Courses will be running at various locations across the Borough. Some courses will be held in the daytime and some in the evenings. If you are interested and would like further information please contact Maryam Rouf on 0800 279 5434 or by email to: domesticviolence@towerhamlets.gov.uk

Or alternatively, fill in the form and we will contact you to let you know when the next taster session will be. Please return the booking form to:

Maryam Rouf
Tower Hamlets Domestic Violence Team
Community Safety Service
Policy & Victims Unit
Anchorage House, 6th Floor
2 Clove Crescent, LONDON E14 2BE

Warrior Women
Personal Safety Training for Women

Your details:

Name:

Address:

Phone:

Email:

Do you require creche facilities?

- [ ] Yes
- [ ] No

If yes, please specify number and age of children:

Do you require language support (including BSL)?

- [ ] Yes
- [ ] No

If yes, please specify language

Do you prefer a:

- [ ] day time
- [ ] or evening course?