

How do I access this service?

Access to this service is by written referral only. This can be through:

- Your GP
- Mental Health Centre
- Hospital
- Health Visitor
- Women's Centre etc.



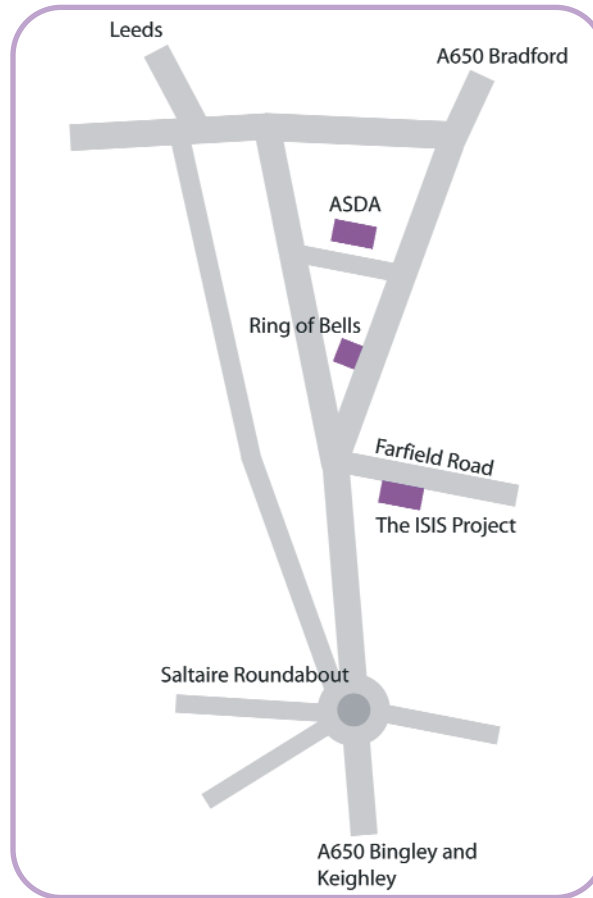
Opening Hours

Monday-Friday 9am 'til 4.30pm

Disabled access

Registered Charity No. 1058837

How to find us



ISIS Project
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ISIS
project

*Free your
inner Goddess!*



Supporting women experiencing mental distress by providing time and space for them and their children within a safe and nurturing environment for healing and recovery to take place.

Tranquil
Caring
Relaxing
Safe
Comfortable
Friendly
Supportive
Nurturing
Positive
Welcoming

What is the ISIS Project?

The ISIS Project is a women only service, based in Shipley, offering support for women recovering from mental distress.

The project was established in 1993 to provide easier access to relevant services for women experiencing mental distress, and in particular to establish support for women who also have additional parental responsibility. Free childcare for pre-school age children (birth upwards) is therefore linked to all our services.

We are a small local charity which has helped many women and their children survive a difficult period in their lives, regain confidence and move on. We have established an excellent reputation for both the care we provide and outcomes achieved.

The support is available for women in recovery from mental distress, who reside within the Bradford district.

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What do we provide?

The ISIS Project provides a culturally sensitive service aimed at helping women develop coping strategies and gain confidence and self-esteem.

Groups include:

- Relaxation and stress management
- Confidence building
- Stress management
- Keep fit/Healthwise
- Massage and aromatherapy
- Eat Well, Be Well
- Stress Busters
- Women's Support Group

Crèche facility

Free childcare for preschool age children is provided within our friendly well-equipped crèche, which is run by qualified Early Years Practitioners.

Quotes from women

Since about 18 (I am now 33) I have suffered from depression and anxiety. In the short time I have been attending the ISIS centre it has made me feel better than I have done in years of taking various medication and attending counselling.

Mental illness is a frightening and lonely experience. Having attending the ISIS centre for 8 weeks I realise I am not alone. The staff are very supportive and understanding and already my family have noticed an improvement in my well-being.

The courses are run in a very relaxed and friendly atmosphere, by staff who really understand the vulnerability of the women attending the project. I am now attending college part time thanks to them restoring my confidence and self-esteem.

Quotes about the crèche

The crèche at ISIS is a wonderful place. The staff are brilliant with the children and very devoted to their job, my son loves coming and without the crèche I do not know how I would survive.

Following the birth of my baby I developed post-natal depression. My health visitor suggested I come, it is the best thing I have ever done, they are so gentle and supportive to both my son and I.