What’s on
We run regular drop-in sessions at Alana House at 2 Southern Court, South Street, Reading, from 12.30pm - 2.30pm every Monday, Wednesday and Thursday.

We work with our partners to provide a varied programme of activities. These include sessions on IT, literacy and numeracy skills, health and wellbeing, childcare and parenting, arts and crafts, budgeting, housing advice and confidence building techniques.

We run a very successful jobs skills course offering advice on employment, volunteering and training. Practitioners from partner agencies also regularly attend drop-in sessions or are available for appointments to offer advice to women on issues including housing, sexual health, debt and benefits.

A crèche service is available at Alana House in Reading for children aged five and under.

Activity programmes, giving full details of what’s on, can be found on our website www.alanahouse.org

You can also get the latest information about what’s on from our Facebook or Twitter account. Both are at @AlanaHousePACT

Referrals
Alana House welcomes all women who feel they need help and support.

If you would like to make a referral please contact the team on 0118 9217640 or email alana.house@pactcharity.org

Alternatively women can self-refer at drop-in sessions, or you can find a referral form on our website www.alanahouse.org

For more information please get in touch with us on:
Tel: 0118 9217640
alana.house@pactcharity.org
www.alanahouse.org

Find out about our news and events at www.facebook.com/AlanaHousePACT

To find out about our other community project Bounce Back 4 Kids please see www.bounceback4kids.org
What is Alana House?

Alana House is an award-winning innovative women’s community service run by Parents And Children Together (PACT) that uses a holistic approach to support and empower women who find themselves at a disadvantage.

The project provides information, support and advice to help women with a wide variety of needs including domestic abuse, poverty, mental health issues, substance misuse, housing, education, unemployment, debt and parenting.

Its aims are to:

• Improve the economic and social welfare of disadvantaged women and their families.
• Divert women from custody and reduce the impact that crime has on vulnerable women and their local community.
• Empower women to make plans and achieve their goals to become independent women making a valuable contribution to society.

Alana House has a centre in Reading which opened in 2010, initially to support female offenders. As a response to changes with funding and a growing need within the local community, the project has since developed to provide early intervention support work to any vulnerable and distressed women.

In 2017 it was able to extend its work further to also include women in West Berkshire, Wokingham, Bracknell and the Royal Borough of Windsor and Maidenhead thanks to a three-year funding programme which forms part of the Building Family Bridges project and runs until the end of 2019.

How does Alana House work?

Alana House welcomes all women who feel they need help and support. It offers a confidential, women-only, non-judgemental space.

When a woman is referred to the service she is given an initial assessment and based on her needs, she will be allocated a trained support worker. The support worker will help her to produce a personal development plan and work with her to help achieve her goals.

Each woman is offered regular one-to-one sessions with her support worker and also encouraged to use the range of services offered by Alana House. The service also works closely with a range of partner agencies to ensure women have easy access to other specialist help and support they may need.

The help on offer at Alana House includes regular informal drop-in sessions where women can come and meet other women, talk things through, have a cuppa and support each other. The service, working with its partner agencies, also organises varied programmes of groups and classes.

Through this holistic support, women are encouraged to develop new skills and create opportunities to help them take back control of their lives and make informed decisions to improve the outcomes for themselves and their families.

Alana House has twice won The Howard League for Penal Reform Award in the Community Programme for Women category, acknowledging the positive impact it has on the women it supports and the wider community.