

Sisterhood of women C10

Charity number 1190071

**Sisterhood of Women C10 Charity**

**Report of the trustees for the year ending 31<sup>st</sup> March 2022**

**Ref: AR22-C10-REM-10b**

The trustees of Sisterhood of women Charity present their annual report and audited accounts for the year ended 31<sup>st</sup> March 2022 and confirm they comply with the requirements of the Charities Act 2011,

**OUR AIMS**

We aim to support women and girls to reach their full potential in life. By improving their health and social wellbeing, creating life changing opportunities and increasing economic and career prospects. Improve mental health, inclusion and help with aloneness

**OUR OBJECTIVES**

Our objectives are as follows:

- Openness
- Accountability
- Valuing and respecting cultural diversity
  - Equal opportunities and social inclusion
  - To engage and support women from diverse communities
  - Holistic services in a safe and supportive environment
  - Women have the confidence, skills and support to follow their aspirations
  - to play our part in the life of our local community through our community access and service programmes
  - Improve social and well-being
  - Improve mental health
  - Improve aloneness/isolation/inclusion BAME

Sisterhood of women C10 we work with women on 1-2-1 basis as well as groupwork and group settings to offer practical tips, information and advice on taking care of mental, emotional and physical health. We celebrate cultural events hire a hall, pay for a DJ and order the food.

Our venue has been Old School community centre but then the roof needed repairing so we are now at Bob Jones Healthy Living Centre, Bromely Street Blakenhall, Wolverhampton. At present we are in negotiation to get an office base at Bob Jones Healthy Living Centre Blakenhall Wolverhampton from Wolverhampton council. We deliver our events and celebrate Diwali, Vaisakhi, Christmas, Community togetherness. The ladies pay £5 each out of the takings we pay for the hire of venue, DJ, and food.

We have also done outings for women and children to the beach. We have inspirational speakers come in and NHS staff to talk about health.

We offer physical activities walks in the park and organise day trips. Celebrated in the Phoenix Park Blakenhall, women dancing, wearing cultural clothes played music improving social wellbeing and mental health, inclusion and aloneness amongst Sikh, Muslim, hindu women. A place to get together to learn share and laugh. Women who attend our events tell us "they feel their mental health and motional wellbeing has improved through our events programmes.

Feeling lonely or isolated or just want a friendly person to chat to our service is available for women of any age who have issues that are keeping them lonely and isolated. We offer face to face or home visits or meeting at a convenient place. Telephone offers a

opportunity to talk to someone on a regular basis. A 30-minute chat can help you to share any issue on your mind by just listening and supporting.

We recognise that poor mental health is increasing, and many people feel uncomfortable talking about how they are feeling because they fear being stigmatised. We deliver group workshops to raise awareness of mental health and to understand and recognise the causes, symptoms and support options. Sessions are done in Punjabi, and English sessions aim to build your resilience so that you can better cope with situations, build your confidence and have healthier relationships.

We hold women-girls-children family and sometimes public events to connect with our communities, inform and educate them, offer advice on issues and support. Community cohesion, community togetherness.

I hope this is ok this is the first time I am doing a report for charity commission I don't know if it's right or wrong.

Kind regards

Chairperson Jasbinder Dehar  
Treasurer Shahnaz Akhtar

Dated 20/1/23