

2025 Annual Report

■ Roshni Background

Roshni Sheffield Asian Women’s Resource Centre is a women-only organisation that supports vulnerable South Asian women in Sheffield. Roshni, meaning “*light*” in Urdu and Hindi, offers hope to women whose lives have been devastated by abuse, violence, and oppressive practices. Our services not only enable women to live safer, more meaningful lives, but also create positive outcomes for their children, many of whom are growing up with mothers who are survivors of trauma.

■ 2024/25 Service Highlights

The centre delivered services to **1437 women** in the city and **61 children** received support through the following services and activities:

- **One to one Advocacy support** was provided to **406 women** over the year of which **156** were new clients. A ‘before and after’ review was undertaken with 53 of these clients who had received advocacy and coaching to reach their development goals and targets.

- 1,222 cooked meals provided through Roshni Kitchen to **118 women and children** in food poverty. **15 clients** who accessed hardship meals went on to join the Roshni Kitchen volunteering programme; taking steps toward rebuilding confidence, skills, and independence.

- 30 marginalised women new to the world of work and volunteering **were trained and supported to volunteer** in Roshni Kitchen.

- One to one **Bilingual Cultural Counselling sessions** were completed by **54 women**, in addition to 4 Wellbeing courses delivered to **38 women**. This included the delivery of the Power to Change Course which was run in partnership with IDAS - a wellbeing course aimed at women who had experienced domestic abuse.

- **Employment skills:** 38 women completed our Employment Preparation course, and were given further support around looking for work. As a result, **16 women secured paid work** and 17 women took up further volunteering opportunities.

- We set up a new project specific to 12 South Asian women suffering from type 2 Diabetes **and delivered cookery workshops at Roshni kitchen to raise awareness** of appropriate diet and lifestyle.

- **38 new Domestic Abuse** cases were supported over the year in which **43 children** were involved. Of these women **23** of them had no recourse to public funds and 30 of them needed language support as they had little or no English language skills.

- **12 women** took part in in-person **wellbeing sessions for mothers** and a further 32 had regular parenting tips over WhatsApp, women fed back that they used the tips with their children to improve behaviour. One of the mums went on to become a volunteer and helped to run the sessions.

- **13 training courses** were delivered on Employment preparation, Self-advocacy, Digital skills, Driving theory and Life in the UK courses - each of the courses were between 6 to 10 weeks, and the **total number of learners was 86**. We reduced the number of courses to accommodate the need for greater casework due to the large number of clients. We combined advocacy

courses with Digital Skills and had larger class sizes for Employment preparation courses.

- Leaflets and resources were developed to raise awareness of long covid and the information was disseminated to **399 women**.

- **South Asian Elders Cafe** group sessions and activities were accessed by **49 clients** to alleviate loneliness and isolation, of whom **23 were elders from the Bangladeshi community** in Sheffield.

- We **engaged and supported 36 women** through our **People Keeping Well service** to provide wellbeing support and advocacy to women struggling with their mental wellbeing.

- **41 women** participated in the ‘**More Life**’ weight management programme to help combat obesity by raising awareness of poor lifestyle choices.

- **Holiday Activities & Food Programme (HAF)** 1160 spaces filled in the school holidays by **61 children** in receipt of free school meals. Most of these children are from single parent households and most have experienced some form of **Domestic Abuse**.

- **18 girls and young women under 25 were referred to our counselling service this year**. In the past 6 months we have provided one to one counselling to **7 young women** and 3 young women are currently in counselling and 3 more (aged 16-18) are receiving one to one counselling at a local sixth form.

- **Walks for Wellbeing** were delivered in partnership with SEM (Sheffield Environment Movement) and Heeley Development Trust were accessed by **86 women** across the city.

- Day trips, events and a conference for girls was organised and delivered throughout the year. **Day trips were taken up by 233 Asian women and children**.

■ Roshni Kitchen – Social Enterprise

Roshni Kitchen is our newly opened shop front, offering fresh, traditional South Asian food prepared by local women. Many dishes are based on Ayurvedic principles, designed to nourish, heal, and support recovery from illness.

Alongside its public café, Roshni Kitchen has a community arm tackling food poverty and unemployment. The Roshni Kitchen Volunteering Programme provides marginalised women with training and safe work experience, particularly those who have experienced domestic abuse, limited education, and social isolation. Here, women build confidence, improve their English, and showcase their cooking skills in a supportive environment.

Demand for Hardship Meals has grown significantly. This service supports women and children in crisis, often survivors of domestic abuse placed in temporary accommodation without cooking facilities. For many, the absence of home-cooked meals deepens trauma. One mother reported living on bread and jam for ten days; another described being unable to afford £30 a day for hotel breakfasts for herself and her children.

Client A, in her late 20s, experienced severe anxiety and depression after leaving an abusive marriage and losing her brother. Isolated and financially struggling, she was supported with meals, counselling, and classes to rebuild her confidence. She described

South Asian women thriving

सूची नारी خوشحال خواتین खुश हाल खातीन

Roshni meals as bringing her comfort and reminding her of home. Today, she has completed two training courses and volunteers in Roshni Kitchen.

■ Empowerment Circle Project

This year we have come to the end of our 3 year **Empowerment Circle project** focusing on improving lives for marginalised South Asian women. Our **initial target had been to support 300 women over the three year period but in fact we supported a total of 665 women**. The demand for our services had far exceeded what we had initially planned and resourced for.

This project was a pilot with the ambitious goal of getting immigrant women with very low skills to move forward in their lives in meaningful and lasting ways. The multiple barriers women faced included immigration, poor English, mental health, abusive backgrounds, and cultural issues of stigma and shame.

This project was designed to create a shift in our service, with more focus on enabling the vulnerable women we support. We aimed to reduce our advocacy work and hands on support, putting more resources into one-to-one coaching sessions and group work. It proved to be challenging both for the project staff and for our service users.

This year we provided advocacy support to 406 marginalised Asian women in the city of which 126 were new clients to the service. Our workers dealt with **2208 issues** over the last year regarding bills, benefits, hardship fund applications, referrals to food banks and other support services, support related to housing, immigration, social care etc. We have continued to support several women in the family courts with issues of child custody/ child arrangements, which is prioritised as it is important work. We spent 90 hours of support for one such vulnerable client in court proceedings over the course of the last year. This client has secured access to her child who was forcibly removed from her care by her ex-husband. We feel that she could not have had justice without the level of support we provided.

The majority of the women had very limited English and many of the children went to take up our holiday playscheme for children.

■ South Asian Elders Project

The South Asian Elders project is now part of a citywide Connecting Communities Programme, a new approach to community development and social eating. The project now focuses on building friendships and connections, using food from Roshni Kitchen in a non-stigmatizing approach to create health and community.

This year, we ran employability training with the Bangladeshi women living in the Darnall area of the city. These sessions prove to be very popular, providing an opportunity to **gain information as well as providing a means of reducing isolation and loneliness amongst elders** in the city. We have also been undertaking weekly chair aerobics over zoom in response to women’s health concerns and feelings of isolation/depression.

Many of the women we work with want to become more active citizens and have gone on to join our Walks for Wellbeing with SEM and other Health based initiatives which we are delivering in Darnall. Many others are going on to take up volunteering opportunities with us with a view to contributing to both the Roshni Kitchen and the Roshni Garden.

■ Counselling & Mental Wellbeing

A particular success over the past year has been our bi-lingual culture specific counselling service which has grown from strength to strength in providing one to one counselling and in delivering four wellbeing courses. This year **54 women have received counselling** from us; 47 women have completed their counselling whilst another 7 are still in counselling and a further 30 women are on our waiting list.

- 47 Women using the counselling service report that their anxiety levels have decreased, or they have learnt better coping skills.

- 7 women at the start of counselling scored between 11-15 which is presenting with moderately severe anxiety levels.

- 40 women at the start of counselling were scoring 15-21 which is presenting with severe anxiety levels.

- After an average of 10 sessions of Counselling the women reported a decrease in their anxiety levels.

- 14 women at the end of counselling reported a significant reduction in their anxiety levels scoring between 0-5 which presenting with mild anxiety.

- 31 women at the end of counselling reported a reduction in their anxiety levels scoring between 6-10 which is presenting with moderate anxiety.

- 2 women reported no reduction in their anxiety levels scoring 15-21 which is presenting with severe anxiety. But reported that they understood how to manage their anxiety better and recognised their need to explore medication options.

- All 47 women rated their counsellor’s professionalism very highly.

- 36 women reported that counselling ‘helped a great deal’.

- 11 women reported that counselling ‘it was helpful’. All 47 women reported that they ‘felt better than before’ and that they ‘would use the service if need arose again’.

Roshni delivered **4 wellbeing courses** this year and one was delivered in partnership with IDAS and was specific to Domestic Abuse survivors. **The purpose of the Roshni wellbeing course** was to provide an opportunity to talk in a safe environment. It was also to equip women to have a better understanding of wellbeing and to learn skills to build their resilience and promote good mental and physical health. We also helped to identify where additional support was needed and signposted them to further volunteering/training or work opportunities and support.

Feedback from service users: “Counselling helped me to build my confidence and make positive decisions about my life. It has helped me to improve my self care. My counsellor helped me to recognise my strengths and focus on my life.”

“I have really enjoyed speaking to my therapist about things I have never spoken about in my life with anyone. This has helped a great deal, and I feel I took away what I was expecting from the service. I always left the session feeling motivated about life and wanted to get up and do things.”

Empowering South Asian women, transforming lives.

Our Counselling service for young South Asian women targets those whose mental health is affected by anxiety, stress and/or they have been through trauma. From our experience, the main presenting mental health challenges of the young women include Issues around identity and belonging, navigating the cultural traditions of the family of young women and their own values, feeling stuck between two cultures, body image issues, eating disorders, self-harm, shame, honour, relationship issues, anxiety, depression, low self-esteem, feelings of worthlessness, gender-based violence, abuse, bullying, social media issues, identity crisis, low aspirations and academic achievements. Through our culturally appropriate counselling service we have also seen young women reach out to us for counselling help where the pressures they face within their faith and culture can be understood and supported.

■ Health & Wellbeing Programme

Roshni provides a number of services to vulnerable South Asian women, who are often isolated and are suffering from chronic health conditions or mental health issues. Our service users are generally extremely isolated due to migration, language barriers and, in some cases, the effects of domestic abuse.

This year, we have worked in partnership with Roshni Kitchen, Sheffield Teaching Hospitals NHS Trust and Shipshape to create some visuals of South Asian food plates specifically for people suffering with Diabetes.

We are also helping to deliver the tier 2 More Life weight management programme to women struggling with obesity and have two groups running in the city to help struggling women.

Over the past year we have also worked in partnership with Heeley Development Trust to undertake organized countryside walks. We visited places like Grindleford, Burbage Edge and the Rivelin Valley. We travelled mostly on buses and took the train to Grindleford. This initiative sought to address barriers to accessing outdoor spaces and helped to create a supportive environment for participants to connect with nature and with each other. The project also looked to empower the participants in future independent engagement with outdoor spaces, through these supported sessions. Six walks took place from January 2025 to July 2025, attended by 27 women. We prioritised women who were isolated and in distress due to personal circumstances.

Participant comments: “When I am in the house, I feel panicked and depressed. Yesterday, I felt depressed all day. Today I feel totally different after being on the walk. I have come to a few walks, which have given me confidence to use the bus to get to new places. I have made some friends as well.”

■ Roshni Staff & Trustees

Ghazala Razzaq (Centre Coordinator)
Mona Rehman (Admin Officer)
Humaira Shakir (Administrative/Project Worker)
Fouzia Ali (Empowerment Coordinator)
Shireen Rehman (Senior Empowerment Worker/Counsellor)
Nasim Begum (Empowerment Worker)
Kolsuma Khatun (Empowerment Worker)
Farzana Camran (Empowerment/Senior BME Elders Worker)
Amna Khan (Empowerment/Project Worker)
Nayab Naem (Empowerment Advocacy Worker)
Alison Bird (English Tutor)
Shahena Rahim (BME Support Worker)
Naheed Hanif (Roshni Kitchen Café Staff)

Linda Batten (Finance Officer)
Asima A Khan (Trustee)
Ghazala Munir (Trustee)
Kalpana Desai (Chair)
Nalini Popat (Trustee - Retired this year)
Shahnaz Bano (Secretary)
Yasmeen Shah (Trustee - Retired this year)
Yasmin Farooq (Vice Chair - Resigned)
Zohra Choudhary (Trustee)
Farhana Zaman (Treasurer)
Najma Carles (Trustee)
Fazeela Hussain (Trustee)

■ Roshni Sheffield

Detailed Income and Expenditure Account year ended 31st March 2025		
	2025 £	2024 £
Income		
Grants & contracts	421,333	316,176
Trips	1,647	2,545
Other income	14,015	14,817
Café/kitchen income	36,228	15,868
Investment income	455	208
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Expenditure	473,678	349,614
Staff costs	253,389	213,218
Pension costs	11,941	10,060
Staff training	1,081	626
Direct project costs, events and excursions	58,695	29,249
Events and workshops	8,588	9,574
Travel and subsistence	13,664	15,384
Printing, stationery, postage and office supplies	4,768	4,007
Rent, rates and water	7,397	8,415
Light and heat	1,536	2,445
Building insurance	1,850	1,531
Repairs and renewals	10,882	25,787
Telephone	4,524	4,296
Cleaning and waste disposal	6,791	2,422
Miscellaneous	583	567
Payroll services	1,402	1,472
Independent examiner’s fees	2,586	2,286
Depreciation	8,983	8,530
Volunteer expenses	2,033	1,287
AGM expenses	2,213	675
Professional Fees	69	180
Café/kitchen expenses	69,376	25,350
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472,351	367,361	
Surplus (deficit) for the year	1,327	17,747





**ROSHNI
KITCHEN**

Join us at Roshni Kitchen and experience the taste of South Asia

Popular traditional Indian foods, created by
our South Asian volunteers, made from recipes
handed down through generations.



Scan the QR code to find us on

Uber Eats

Order by phone/text and collect.
See our collection menu by
scanning this QR code.



Healthy, home-cooked food that is
good for your body, mind and soul,
based on ayurvedic principles.

www.roshnikitchen.org.uk