

# 2024 Annual Report

## Roshni Background

Roshni Sheffield Asian Women's Resource Centre is an incorporated registered charity which supports vulnerable South Asian women in the city of Sheffield. Roshni, which means "light" in Urdu and Hindi, provides hope in the city for those women whose lives have been shattered by oppressive practices, abuse and violence. The centre aims to empower women from disadvantaged backgrounds and to enable them to improve their wellbeing and achieve economic stability. We would like to point out that the women we support are often cut off from external support due to their culture and language barriers. Our service and activities provide a lifeline to the women, who would otherwise suffer in silence and stay unsupported. Our carefully planned services not only help the women live better and more meaningful lives, but also bring positive outcomes for their children as many of the women are mothers.

## Service Highlights

The center delivered services to **878 women** in the city and **100 children received support** through the following services and activities:

- **One to one Advocacy** support was provided to **441** marginalised Asian women in the city, through our Empowerment service of which **205** were new clients to the service. Demand for Advocacy support has continued to grow and has been made worse by the rising cost of living crisis and our clients high needs for advocacy due to language barriers and minimal levels of education.
- **One to one Bilingual Cultural Counselling** sessions were completed by **46 women**, in addition **30 women** are currently on our waiting list. The majority of these women have experienced either domestic abuse, multiple traumas and/or some form of crisis in their lives. In addition, **49 women** also attended a total of 9 Art therapy and Movement therapy courses in partnership with MIND.
- We set up a new helpline service specific for young South Asian women and girls aged 13-25 who were at risk of suicide and **delivered workshops in schools to raise awareness** of the provision of mental wellbeing support/counselling to girls in the city at risk of suicide.
- **43 New Domestic Abuse** cases were supported over the year in which **59 children** were involved. Of these women **23** of them had no recourse to public funds and **41** of them needed language support as they had little or no English language skills.
- **18 training courses** were delivered on Employment Preparation, Self-Advocacy, Digital Skills, Driving Theory and Life in the UK - each of the courses were between 6 to 10 weeks, and the total number of learners was 155. All the women have indicated that their knowledge in these areas has increased. Self-Advocacy: women have started to make phone calls for themselves, learnt to use Google translate and Google maps, online banking, using Zoom for meetings and training, and a lot more.
- Leaflets and resources were developed to raise awareness of **long covid** and the information was disseminated to **375 women** of which **74** accessed training workshops on Long covid.
- **South Asian Elder Café** group sessions and activities were accessed by **80 clients** to alleviate loneliness and/or

isolation, of whom **43 were elders from the Bangladeshi community** in Sheffield.

- We engaged and supported **33 women** through our **Circle of Life project** delivered to women in partnership with Ignite Imaginations. The art pieces were then displayed as part of a city-wide exhibition at the Moor Market.
- **Holiday Activities & Food Programme (HAF)** sessions delivered to **57 children** in receipt of free school meals in the school holidays. Most of these children are from single parent households and most have experienced some form of **Domestic Abuse**.
- **Walks for Wellbeing** were delivered in partnership with SEM (Sheffield Environment Movement) and were accessed by **44 women** across the city.
- Our social enterprise, **Roshni Kitchen Cafe**, was launched in April 2024, to provide training and work experience opportunities to marginalised women. We currently have a cohort of 12 volunteers completing a Hospitality course in partnership with Free2learn and UMIX. We have also been providing 30 cooked meals every week to our clients who are struggling with the cost of living crisis.
- Weekly Exercise classes were delivered to **37 women to improve physical and/or mental health** and **33 women** accessed Health workshops from the Darnall area of the city.
- Day trips, events and a conference for girls were organised and delivered throughout the year. **Day trips were taken up by 190 Asian women and children.**
- Our **Diya Young Women's project** delivered group activities to **43 girls in 2 secondary schools** in Sheffield providing them with opportunities to develop their confidence and self-esteem.

## Empowerment Project

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 441, women, around a range of issues including benefits, housing, legal, immigration and utilities. We also made 179 referrals to other services around the city. Our advocacy service is heavily used by clients to apply for benefits, housing-related queries and to reach other services. The cost-of-living crisis continues to impact our service users. We are regularly referring women to food banks, applying for hardship fund grants from the local council and helping women to deal with unpaid and over-due bills. We are inundated with clients requiring this support. We dealt with 2251 issues in this period. A number of women are supported to deal with child custody cases with husbands, or social care involvement - this work is making a huge impact in helping women to have a voice within the legal justice system. We plan to raise the plight of women with language and culture difference who are suffering injustices when advocacy is not available by raising awareness of their needs for additional support.

We also supported 45 new clients with help around domestic abuse. The majority had very limited English and

## South Asian women thriving

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nearly half had either an insecure immigration status or were an asylum seeker. This meant that women generally needed a high level of support.

We are also working hard to increase the English communication skills of our clients, approximately a third of whom have never had any schooling: 33 women are currently attending our drama-based English conversation classes, 16 women have completed literacy classes since September 2023. In July 2023 we completed Year 1 English courses. A total of 64 women benefitted from year 1 classes. 10 women from the Creative English classes progressed to join Functional Skills class at pre-entry level in the summer with Roshni partner Free2Learn. The women attended a 10-week course, with classes 3 days a week, all passed to entry level functional skills. We are proud of their brilliant achievements. 4 of these women have now passed Entry level 2 assessments and will continue their studies further.

**Case Study: Client A was enslaved with a life limited to housework, and presented to police as a domestic abuse perpetrator, thrown out of the house without her baby. We supported her to report facts to the police, gain legal representation and advocacy through her court case. Her child custody case is ongoing, and she is able to stand up for her rights.**



15 service users secured paid employment



70 women received one to one coaching



46 women took up employment skills



17 women secured volunteering posts

**Clients Comments: "I started doing my own self advocacy, I started looking for different courses I can do online or close to home as my daughter is not in fulltime school yet. I enquired about courses at the Sheffield college. I have started attending health and social care course now and hope to do more courses from September when my daughter is in fulltime school. I can now do everything myself independently."**

## Roshni's 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, effects of domestic abuse. Over the past year we have worked in partnership with 'Ignite Imaginations' on a number of initiatives. Assisting women to access mainstream opportunities to engage in creative and therapeutic activities and showcase their work with other groups from around the city. One of them was 'The festival of mind'. Nineteen women attended to explore memories, feelings and words associated with food. The activities were thoroughly enjoyed by all, using craft materials as a medium of expression to improve health and wellbeing.

An information and cooking based project for type 2 Diabetes sufferers was also delivered this year. This

practical kitchen-based initiative targeted women who were longstanding type 2 diabetics and who had recognised inequalities that are preventing their access to health-based programmes. The Roshni project run from the Roshni Kitchen Café proved to be very popular and successful. As part of the sessions, women were introduced to healthy meals in the cafe and the recipes were shared with them. The most dramatic improvement was experienced by an attendee, who was struggling with uncontrolled blood sugar levels of 20mmol/L and above for the past 8 years. After implementing the dietary advice for 12 weeks, her blood sugar levels came down to 8mmol/L, which has been a real achievement for her.

## Counselling & Mental Wellbeing

This year **46 women** completed their **Bi-lingual and Cultural specific Counselling** with us. Results collated from our end of counselling evaluation showed that:

- 90% of the women responded that counselling had helped a great deal with their worries.
- 90% of the women rated their mental wellbeing after counselling as better than before.
- 91% of the women said that they found counselling to be very helpful.

Through a partnership with MIND we delivered 9 wellbeing courses attended by 49 women. Women were read out a set of 4 statements at the end of each course. The statements were:

- I feel my wellbeing has improved (wellbeing question) - 85% of the women either agreed or strongly agreed.
- I feel my mood has improved (wellbeing question) - 82% of the women either agreed or strongly agreed.
- I feel more connected to others (social connection question) - 85% of the women either agreed or strongly agreed.
- I feel my self-esteem has increased (self-esteem) - 75% of the women either agreed or strongly agreed.

We record and measure the impact of our **Empowerment Circle Service** on the mental wellbeing of our clients by using the **Lubben Social Network questionnaire**. This is a brief instrument designed to measure social isolation in older adults by measuring perceived social support received by them. Data was completed and compared with 112 clients at the beginning and end of our service.

## Findings:

- 49 women out of 112 had improved scores after receiving our service.
- 12 women out of 112 had lower scores after receiving our service.
- 52 women out of 112 had the same scores before and after receiving our service.

## BME Elders

The **South Asian Elders project** aims to support older people by improving their wellbeing, reducing social isolation and loneliness, aiming to reduce inequalities in their access to services. This year, we again undertook Digital Skills training with the Bangladeshi women living in the Darnall area of the city. These sessions prove to be

## Empowering South Asian women, transforming lives.

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. Anecdotally many women talked about how the project has helped them feel less isolated and that they enjoyed the health benefits of exercise. Most recognised the benefits of being more active, especially as many said that they didn't feel confident coming out alone to exercise (issues with transport, language, where to go). All the women had benefitted from coming together as a group. They often enjoy some lunch together and engage in an informative information based session building their confidence and awareness together. 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.

**Case study: Client A was enslaved with a life limited to housework, and presented to police as a domestic abuse perpetrator, thrown out of the house without her one-year-old baby. The family's plan was to get her deported to Pakistan without her child. We supported her to be informed of her rights, with lots of support around finding her way round Sheffield, using emails, learning to live in the UK, finding English classes, parenting classes, reporting facts to the police, regularizing her immigration status through an immigration solicitor, and gaining legal representation to file a court case for child contact and custody. Her child custody case is complex and ongoing. However, she has now been empowered and is full of hope that she will have her rights with regards to her life and her child.**

## Roshni Kitchen

We continue to make progress this year in the development of our new **Social Enterprise** arm, called '**Roshni Kitchen**'. Roshni aims for women to become active citizens, able to contribute to and engage with all that the city has to offer. This is another exciting opportunity that will motivate and support our service users to become more active citizens.

Our aim will be to provide delicious food that does not compromise your health, and that in fact embeds Ayurvedic food combinations that help to heal your body. It also creates a new vibrant, profitable and engaging arm to the organization in which volunteering will be central. Volunteers are critical to the staff recruitment for the Roshni Kitchen, we have therefore been considering the different motivations for volunteering, so that we are able to promote the need for volunteers with different types of potential applicants.

## Roshni Staff 2023

- Ghazala Razzaq** (Centre Coordinator)
- Mona Rehman** (Admin Officer)
- Humaira Shakir** (Administrative/Project Worker)
- Fouzia Ali** (Empowerment Coordinator)
- Shireen Rehman** (Counselling Coordinator)
- Nasim Begum** (Empowerment Worker)
- Kolsuma Khatun** (Bengali Empowerment Worker)
- Farzana Camran** (Empowerment/Senior BME Elders Worker)
- Anna Khan** (Empowerment/Project Worker)
- Nayab Naem** (Empowerment Advocacy Worker)
- Alison Bird** (English Tutor)
- Shahena Rahim** (BME Support Worker)
- Naheed Hanif** (Roshni Kitchen Café Chef)
- Linda Batten** (Finance Officer)

## Roshni Trustees

- Asima A Khan** (Trustee)
- Ghazala Munir** (Trustee)
- Kalpna Desai** (Chair)
- Nalini Popat** (Trustee)
- Shahnaz Bano** (Secretary)
- Yasmeen Shah** (Trustee)
- Yasmin Farooq** (Trustee)
- Zohra Choudhary** (Vice Chair)
- Farhana Zaman** (Treasurer)
- Najma Carles** (Trustee)
- Fazeela Hussain** (Trustee)

## Roshni Sheffield

### Detailed Income and Expenditure Account year ended 31st March 2024

	2024 £	2023 £
<b>Income</b>		
Grants & contracts	316,176	354,555
Trips	2,545	1,493
Other income	14,817	13,273
Café/kitchen income	15,868	-
Investment income	208	-
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	349,614	369,321
<b>Expenditure</b>		
Staff costs	213,218	194,056
Pension costs	10,060	9,135
Staff training	626	1,985
Direct project costs, events and excursions	29,249	46,189
Events and workshops	9,574	11,634
Travel and subsistence	15,384	8,275
Printing, stationery, postage and office supplies	4,007	4,194
Rent, rates and water	8,415	9,612
Light and heat	2,445	2,243
Building insurance	1,531	1,744
Repairs and renewals	25,787	16,418
Telephone	4,296	4,125
Cleaning and waste disposal	2,422	2,629
Miscellaneous	567	639
Payroll services	1,472	1,339
Independent examiner's fees	2,286	2,200
Depreciation	8,530	6,302
Volunteer expenses	1,287	1,984
AGM expenses	675	1,082
Professional Fees	180	1,787
Café/kitchen expenses	25,350	10,467
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	367,361	338,039
Surplus (deficit) for the year	17,747	31,282







# 2025 Calendar

## January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

## March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## June

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

South Asian women thriving सूथी नारी خوشحال خواتین खुश हाल ख्वातीन Empowering South Asian women, transforming lives.

# Roshni Sheffield Asian Women's Resource Centre

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