Giving a Voice to BAME Women Since 2012

Hull Sisters

Impact Report 2023/24



Transforming Lives: Our Journey of Impact and Hope

Throughout all these trials, our unwavering commitment to supporting the women and children in our community has remained steadfast. As we reflect on our journey, we are grateful for the support we have received thus far.

The dedication and perseverance of our staff, volunteers, and supporters have been integral in navigating these turbulent times.

With hope and determination, we look forward to a brighter future as we persist in advocating for the rights and well-being of the global majority of women.

In the 12 years of our existence, we have faced several challenges in our quest to give a voice to women from the global majority. Nevertheless, the past two years have been particularly daunting.

Our ability to provide a safe space for women was threatened as we were faced with eviction, which necessitated our move to new premises. We have also faced financial difficulties, which have been worsened by the cost of living crisis.

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Connecting women from all backgrounds

Giving a Voice to Women of Colour Since 2012

Giving a Voice to Women of Colour Since 2012

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The Board's message

This year has been incredibly challenging for us at Hull Sisters. Despite our ongoing efforts, we continue to be marginalized, excluded from funding and resources by some traditional funders who view women's organizations like ours as a threat. This has had a damaging impact on our ability to support the thousands of women who rely on us. We've helped over 2,000 women this year in a building that is in constant need of repairs, while demand for our services keeps growing. As a women-of-colour-led organization, our community looks up to us as role models, healers, and problem-solvers. People come to us with high hopes, expecting us to resolve their issues quickly, and we work hard to meet those expectations.

This year, we've had to be resourceful, pulling together support from different partners to keep our activities going. But the pressure is intense. We also face challenges from religious extremism, which has blocked some of our funding and made it even harder to get the resources we need.

The recent riots have only made things worse. They've hit the women we support hard, adding more stress and fear to their lives. On the other hand, they've increased the demand for our services, pushing us to stretch our limited resources even further. Our short-term outreach initiatives have helped meet some of the needs of our vulnerable women, but it's been a real struggle to offer comfort and encouragement to so many at once.

We've also noticed a shift in priorities, with a lot of focus and resources going to religious places. While that's important, it's coming at a cost to the efforts we're making to tackle gender violence. Extremist mindsets in some areas are standing in the way of progress, and it's hurting the development and safety of women.

Hull Sisters will continue to stand strong for women, but we need more support and recognition of the challenges we're facing. Now is the time to come together and refocus on protecting women and promoting equality



Statement on the recent racist violence

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We express our profound concern and distress over the recent Islamophobic and anti-migrant racist violence that have unfolded in our beloved country. It is deeply alarming to witness Britain, a nation celebrated for its social inclusion and diversity, grappling with such a negative image. This has not only affected our community but has also instilled a pervasive sense of fear, distress, and insecurity among us.

The situation has become so dire that we were compelled to cancel a bus trip for several hundred women and children to the seaside, an event that was eagerly anticipated. Families are now left questioning the safety of engaging in everyday activities such as shopping or simply going out. This pervasive fear has taken a significant toll on our community.

For years, our Muslim community has lived under the shadow of fear. Whenever something negative occurs in any part of Britain, Muslims are often unfairly blamed and bear the brunt of the accusations. This atmosphere of fear extends beyond migrant communities, affecting society as a whole, restricting freedoms, and damaging businesses universally.

We are deeply grateful to the members of the white British community who have shown concern for our safety, offering their help and even their homes during these difficult times. Their support has been a beacon of hope amidst the darkness.

The recent surge in Islamophobia, anti-migrant violence, and racism is the result of years of normalized racism and Islamophobia, fuelled by politicians and the British media. Language is wielded to sustain oppressive practices and dilute the severity of racism and discrimination.

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Consequently, resources meant for community cohesion, awareness, and integration have been diverted to normalize and justify underlying prejudices.

As migrants from war-torn countries, we understand the importance of the rule of law, having suffered from its absence. We build our lives and communities piece by piece, only to see them destroyed in moments of violence. This is a painful reality we should not have to endure in a country like Britain.

Local councils, institutions, and politicians have failed to address these issues and provide adequate solutions. Even in their responses to this violence, officials and politicians do not adequately address the plight of Muslims or call out racism for what it truly is. This negligence further deepens our sense of alienation and fear.

We urge our leaders and fellow citizens to recognize the gravity of this situation and to take meaningful action to protect all communities. It is only through collective effort and unwavering commitment to justice and equality that we can hope to restore the sense of security and inclusion that defines Britain.



Giving a Voice to Women of Colour Since 2012

Championing a legacy of strength and support for minority women

who we are



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Giving a Voice to Women of Colour Since 2012

About us



Our mission

To offer a safe, empowering space where vulnerable women and children can build relationships, preserve their dignity and access the support they need.

Our vision

Our vision is to build up a community where women and children of colour are respected, their rights are protected and their health and well-being are catered for. We stand against the silence that perpetuates gender-based violence, trafficking and abuse of all kinds.

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We are Inclusive

We create a Welcoming Environment for Everyone



We Embrace Diversity

We value and celebrate differences in culture, background, and perspective. Embracing diversity helps us create stronger, more innovative communities.

We Listen to All Voices

We give everyone the opportunity to speak and be heard. Listening to all voices shows that we value each individual's contribution.



We Encourage Participation

We encourage all group members to participate in discussions and activities. Active participation helps us fosters a sense of belonging and engagement.

We Celebrate Differences & Stand up for Human Rights

We host events and activity that celebrates cultural and background diversity. Celebrating differences shows that we value the uniqueness of each individual and stand up for individual rights



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Our achievements



A series of presentations delivered in Lincoln and Hymers college we are extremely grateful to Dr Lee Rawlings of Hull University for inviting us to deliver a presentation on women and girls empowerment, leadership and challenges faced by grassroots women organisations like us.

It was a highly interactive session and students have taken great interest in the issue of leadership and empowerment. We will continue delivering sessions in different institutes to raise awareness about gender violence and demand equitable position of women of colour in UK society

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ESB

we are an approved centre of English Speaking Board for ESOL life skils

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locality
the power of community

we are a mmber of Locality and have the honer to attend their annual conferences

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PROJECT RESIST
NO JUSTICE WITHOUT RESISTANCE

Project Resist Network. A member of project Resist network to campaign and raise voice against violence against women ana girls.

UNIVERSITY of HULL

working in partnership with different departments in Hull University to provide placement, volunteering opportunities and support in research and case studies.

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Our achievements



Hull Sisters is a NOCN accredited centre for ESOL and functional skills.

We are proud to announce that Hull Sisters is now the official picking point for sanitary pads from Hey Girls within the city of Hull.

Hey Girls is an National award-winning social enterprise dedicated to ending menstrual period poverty. This initiative ensures that women and girls of all backgrounds can access free products to ease the financial cost of a biological process they have no control over.

We are deeply honoured to be entrusted with this responsibility and remain committed to promoting the well-being of women in our community.

Hull Sisters holds a distinguished membership within the End Violence Against Women (EVAW) coalition, making the organisation the only women's organisation to hold this prestigious membership in their local area.

EVAW is a coalition comprising over 120 feminist organizations and experts from diverse regions across the United Kingdom, all united in their unwavering commitment to eliminating all forms of violence against women and girls.

EVAW's mission revolves around embracing an intersectional feminist and anti-racist approach to ending violence against women and girls because not all women's experiences are the same.

Hull Sisters is currently in the process of becoming an accredited mental health service delivery centre.

2500+
Women and children registered and supported

2500+
Families supported through our foodbank services

2000+
Women and children attended our three celebration events

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A year of wellness, health & empowerment



This year Hull Sisters focused on wellness, health and empowerment, with the goal to support individuals in prioritising their physical and mental well-being. Throughout the year, there were opportunities to engage in a variety of activities that promote holistic health, including rejuvenating massage and reflexology sessions, HIV testing, and specialised clinics focused on women's sexual health.





To keep the body moving and the spirit uplifted, Hull Sisters offered Zumba classes that combine fun and fitness. Together, we aim to foster a supportive community where everyone can thrive, learn, and empower themselves on their wellness journey along with the clinics, Hull sisters has organised awareness sessions on different physical, mental and sexual health in different awareness weeks. for example mental heart awareness, breast cancer education, menopause, blood pressure, diabetes, miscarriages



awareness sessions and clinics

777+

women in attendance

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It's not a charity, it's a sisterhood

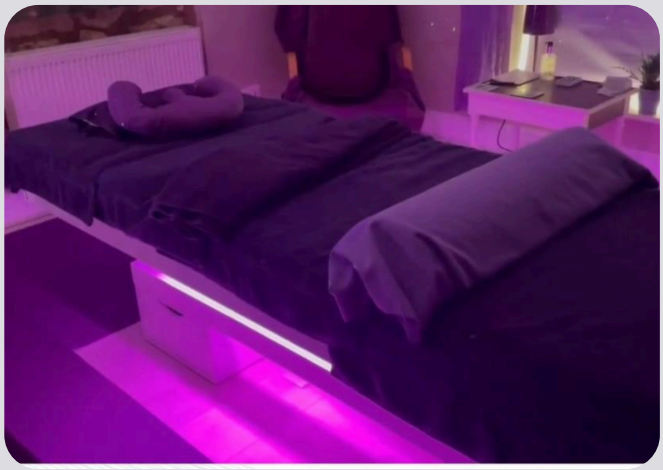
Massage and Reflexology

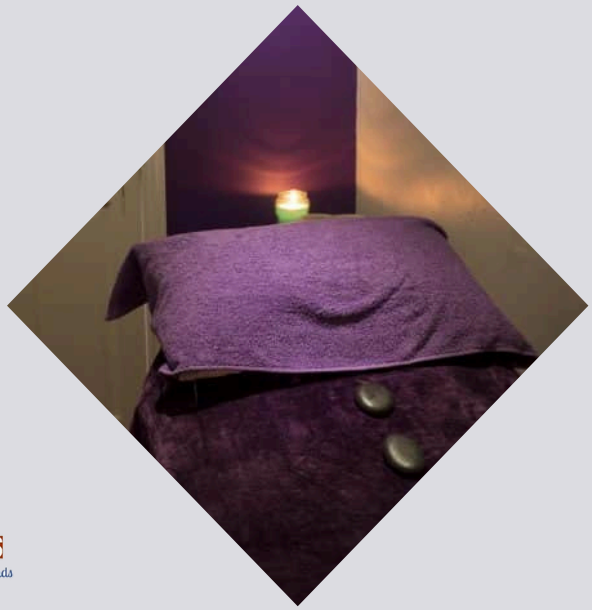
This year, Hull Sisters introduced free massage and reflexology sessions to further support the mental health and well-being of women in our community. Taking place every Thursday, these sessions offer a safe, calming space where women can relax under the care of a professional therapist.



Sandra, a therapist at Hull Sisters, regularly visits to offer support to women who have faced judgment from others. Her unwavering positive regard creates a safe environment, encouraging clients to open up about issues they may have previously repressed. This support is invaluable to the women at Hull Sisters.

Aimed at reducing stress and improving overall wellness, this initiative complements our ongoing efforts to promote mental resilience and enhance the quality of life for the women we support.





257+ women benefitted

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Women's sexual health clinic



In conjunction with Yorkshire MESMAC, we conducted a Women's Sexual Health Clinic, offering chlamydia and gonorrhoea screening, as well as addressing other sexual health-related issues.

The clinic provided free consultations to help women detect and address sexual health concerns early, with the aim of preventing potential problems and improving overall health and well-being.

This initiative reinforced our commitment to supporting women's health through accessible, confidential services that promote early diagnosis and proactive care. This surgery will continue on with Yorkshire Mesmac.





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women's health clinic

Hepatitis and HIV testing



Our centre hosted an ongoing basis Hepatitis and HIV testing for women, conducted by NHS GPs and nurses. This initiative emphasized the importance of early detection in saving lives and provided women with the opportunity to access vital health services in a supportive environment. By offering free testing and a £5 voucher as a token of appreciation, the event helped reduce barriers to healthcare and encouraged women to take proactive steps in managing their health. This effort is part of our continued commitment to improving health awareness and supporting women in our community.



These tests are taking place on quarterly basis in Hull Sisters and the next one will be in December to administer further testing for hepatitis A, B, and C.

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Zumba Classes



We introduced Zumba classes at the Hull Sisters Centre to support the mental health and well-being of women and girls in our community, many of whom experience stress, anxiety, or depression. These classes go beyond physical exercise, offering a space where they can come together, lift their mood, and feel a sense of community.





Dancing as a group boosts energy and self-esteem while fostering connections and support among participants. By doing so, we help improve both mental health and the feeling of belonging within the community.

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Zumba Classes







240+

women & girls

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connecting women from all background

First Aid Training with British Red Cross Society



We are pleased to work with British Red Cross Society Yorkshire to offer a first aid courses for our women and grols. this is an ongoing sessions to well equip women and girls of colour to use basic first aid techniques in case of emergencies.





All women thoroughly enjoyed the sessions and those who have not yet achieved this training looking forward to it. By equipping these women with essential first aid skills, we are helping to build a stronger, more resilient community for everyone

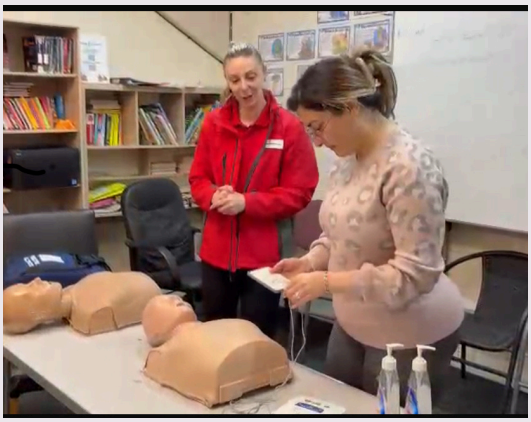
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201+
attended

connecting women from all background

First Aid Training

















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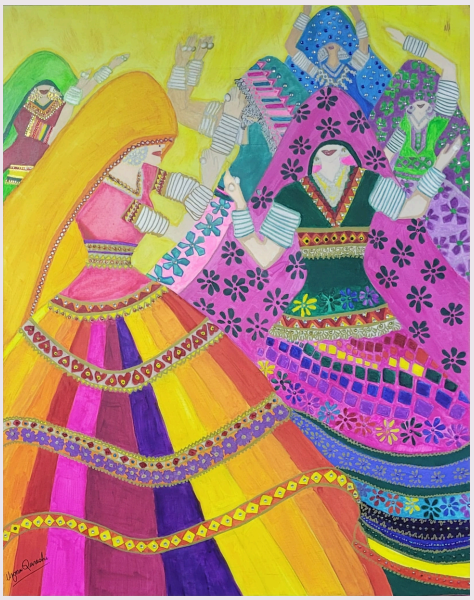
connecting women from all background



Art and Crafts

A recent study by Keyes et al (2024) illustrated that engagement in Creating Arts and Crafting (CAC) is associated with significantly higher life satisfaction, happiness and worthwhile. Hull Sisters has been conducting these session on regularly basis as part of their standard programmes for the last 12 years.







Hull Sisters recognise the therapeutic effect of these activities and therefore, Hull Sisters is able to provide the women with the opportunity to engage in CAC, due to the evidence supporting the positive outcomes.

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Art and Crafts

By facilitating CAC sessions (sewing, Knitting, Crochet, jewellery making and painting) Hull Sisters has created a supportive environment where women are connected with one another, share their experiences, and build lasting friendships.







The therapeutic benefits of crafting and the joy of creating art can serve as powerful tools for healing and empowerment, helping women to develop new skills and rediscover their passions. Additionally, these activities can enhance self-esteem and resilience



201+

women attended

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Coffee Morning







At Hull Sisters, we regularly host coffee mornings from Mon to Thursday to welcome newcomers into a warm, supportive community. These gatherings provide a valuable space for women to connect with our staff and with others from similar backgrounds, fostering strong, supportive relationships. The coffee mornings offer an opportunity to share feelings, discuss challenges, and voice concerns in a safe environment. Following one-on-one support sessions, this informal setting also allows participants to access additional support and information tailored to their needs.



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Happy Girls Project

In the Happy Girls Project, young girls are actively participating in a variety of enriching activities designed to foster personal growth and community involvement.

The core focus of the project is on confidence building, enhancing communication skills, engaging in dance, and volunteering in various programs to address their concerns and reduce loneliness.











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Happy Girls Project

Through these activities, the young girls develop vital life skills and form a supportive network that encourages mutual empowerment. They have a unique opportunity to share their insights and feedback on important community matters. This role allows them to contribute meaningfully to decision-making processes, ensuring their voices are heard and valued.

Overall, the Happy Girls Project empowers young girls to navigate their own futures with confidence and assurance.





87 children under the age of 12 and 63 from 12 till 19 years attended our sessions. Due to no funding for the children and girls we are working voluntarily on overstretched resources to meet the increase demand of our growing community.





150+
attended

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Todlers at Hull Sisters

Hull Sisters proudly offers a dedicated children's room, ensuring that mothers and their children enjoy a safe and engaging environment. This year, we celebrated Children's Day, highlighting our commitment to both mothers and their little ones.



In our children's room, children can play with a variety of interactive toys that promote their learning and development. We focus on nurturing the mental health and wellbeing of both mothers and their children, creating a supportive community where mothers can connect, learn, and grow. Our space fosters meaningful interactions, allowing both mothers and children to thrive together in a positive atmosphere.
We also provide essential items like food, toys, nappies, milk, and more to keep our young ones nourished and happy.



65+

children
used our service
every week



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At Hull Sisters we encourage women to let go of ...



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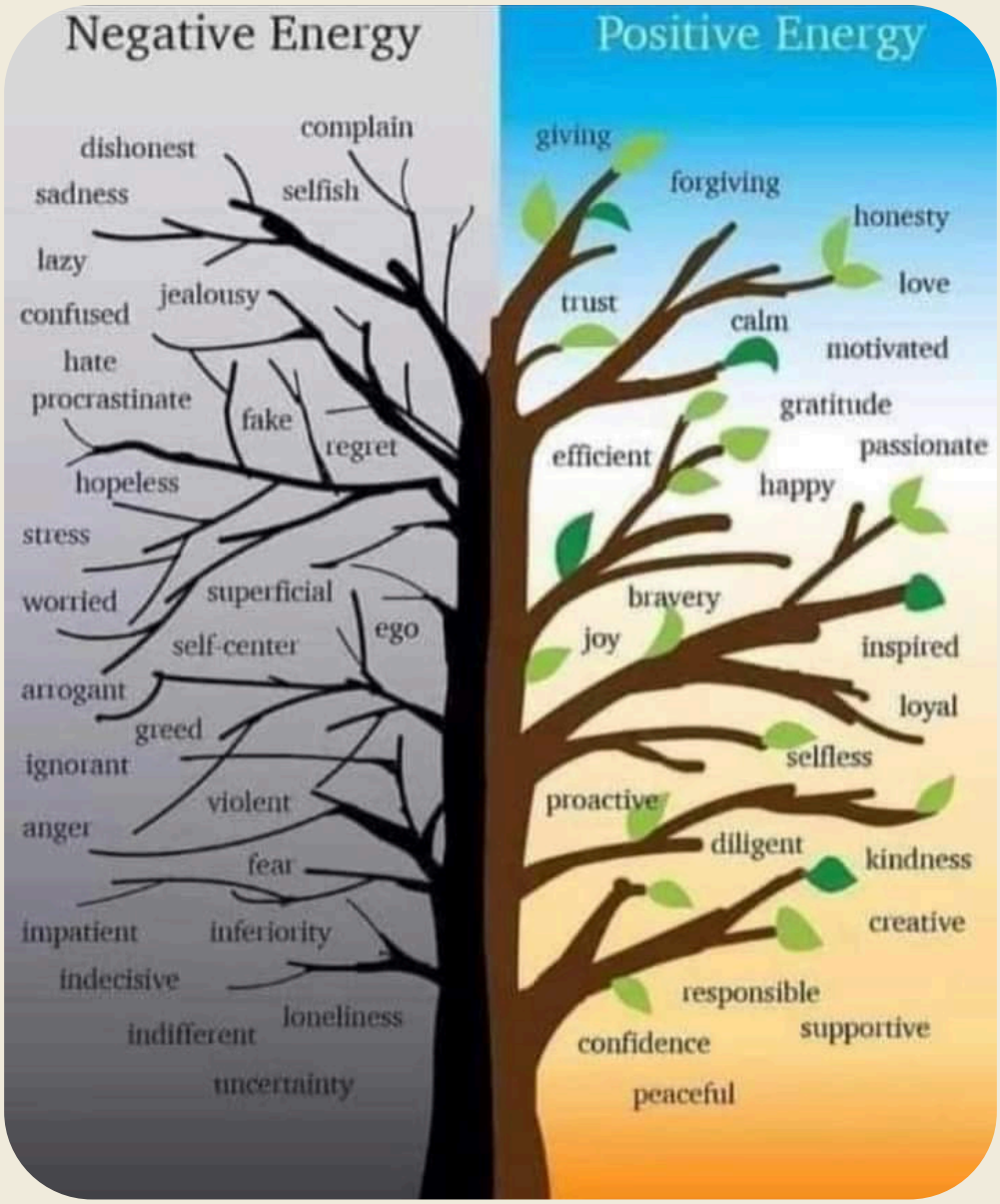
At Hull Sisters we encourage women to let go of ...



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Positive Growth



This image captures the techniques that are used within Hull Sisters. It promotes the positive approaches to life, for example creativity, peacefulness and motivation. At Hull Sisters it empowers women through a supportive community and sisterhood to utilise the positive approaches to life and 'let go' of the negative views. Thus, creating healthy lifestyle changes that will have a positive impact for the women at Hull Sisters.

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Celebrations



The scarlet sirens empowerment event was a wonderful event held in BeverleyBarn. The empowerment event was truly inspirational and astonishing. It was full of different workshops and demonstration to improve confidence. Such events are true voices and inspiration for women and girls.

We are thankful for the opportunity to create awareness about women and girls issues and the positive contribution of Hull Sisters in the community.

Here are highlights from the event





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Connecting Women From All Backgrounds

Celebrations













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Steals and deals Highlights from the bazaar







As part of Hull Sisters' ongoing efforts to foster community participation and support, we successfully organised few mini bazaars this year, which brought together women of colour. The event, which exceeded all expectations, saw active participation from members, volunteers, and the wider Hull community. Women from diverse backgrounds came together to share stories, laughter, and support in a safe space designed to improve mental health and well-being. due to limited funding we couldn't organise the big annual event which are always attended by 1000+ women and children.

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Steals and deals

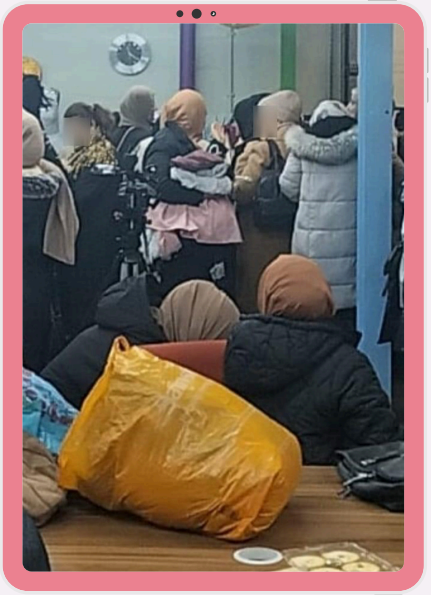
Highlights from the bazaar

The bazaar offered a platform for women to connect, express themselves, and access resources to support their mental well-being.



With a variety of stalls, workshops, and activities, it allowed women to build relationships, care for each other, and address their health needs. This initiative highlighted the strength, resilience, and solidarity of our community.

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Steals and deals

Highlights from the bazaar



In the days leading up to Hull Sister's annual celebration last year, we received a generous donation of large rolls of fabrics and accessories from the London customs department which were used in making different dresses and jewelleries to sale in mini bazaars and generate income.





Our women showcased the skills gained from their sewing and crocheting classes by creating amazing and fashionable garments, with accessories for themselves and for fellow women which they adorned at the colourful annual event. The craftsmanship was impressive and a testimony to the hours spent training the women.

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899+

attended

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Steals and deals

Highlights from the bazaar



The bazaar featured a diverse selection of items, including handcrafted goods, traditional clothing, accessories and other products.



Women from different backgrounds worked together, showcasing their talents and contributing to the success of the event. This strengthened relationships within the community and fostered a sense of empowerment.



The funds raised from the bazaar were donated entirely to Hull Sisters, which will support our ongoing programs and services aimed at empowering women from minority ethnic backgrounds.

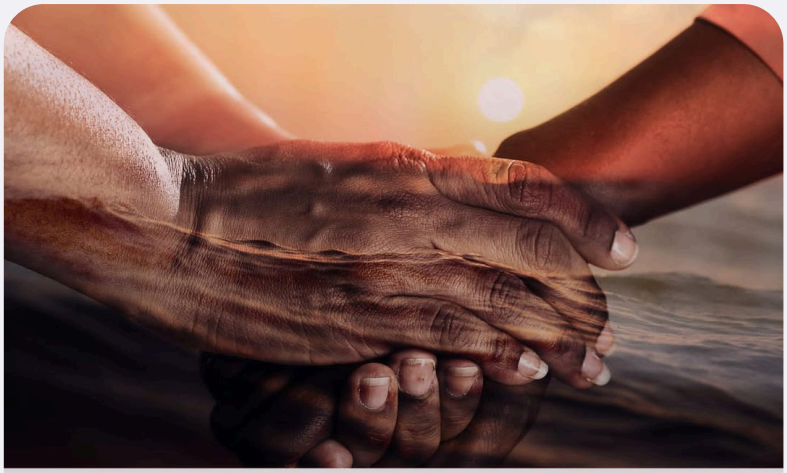
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World Refugee Week

17th - 23rd June 2024





WORLD REFUGEE WEEK

Together, we can create a world where empathy knows no borders and where every person, regardless of where they come from, is welcomed.

Hull Sisters is at the forefront of supporting refugees and asylum seekers in Hull





We are honoured to support hundreds of refugees and asylum seekers, many of whom have fled unimaginable trauma and hardship.

During World Refugee Week Hull Sisters was at the forefront of supporting refugees and asylum seekers in Hull. Our doors have been open to provide a safe haven, a listening ear, and a helping hand. women enjoyed refugee week by sharing food and stories with each other.

Connecting Women From All Backgrounds

Facts and Stats





Get involved: Donate monthly to bring relief and hope

£30
keeps the centre open for a day

£15
provides an hour of advocacy support for a woman experiencing domestic violence

£5.80
Bus Fare

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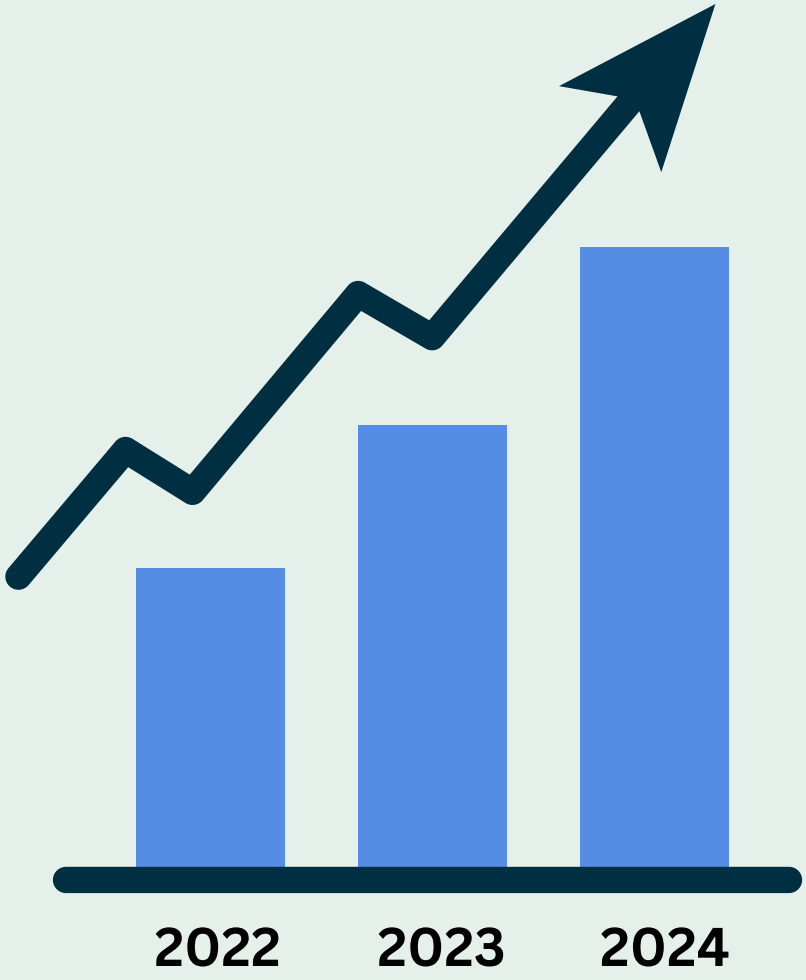
2024 Facts and Statistics



It’s not a charity,
it’s a sisterhood

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Tracking our progress



Over the years, Hull sisters has seen a significant increase in service users that have been supported. Increasing by 25% in 2022, 33% in 2023 and finally 40% in 2024

2500+
Women and children registered and supported

2000+
Families supported through our food bank services

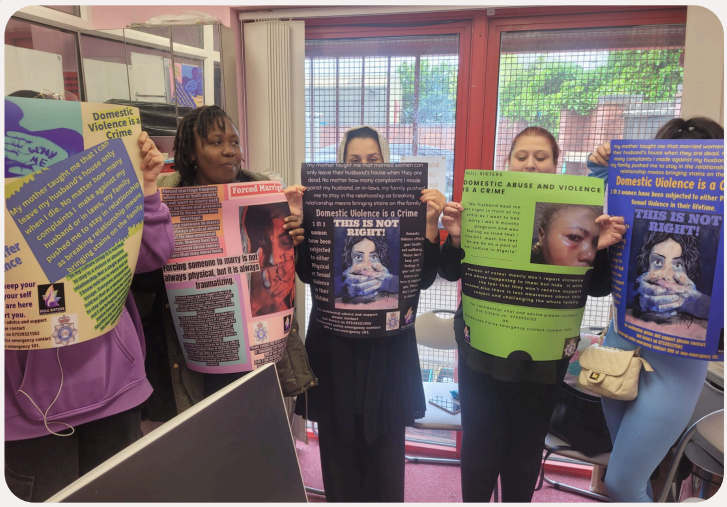
2500+
Women and children attended our events and sessions

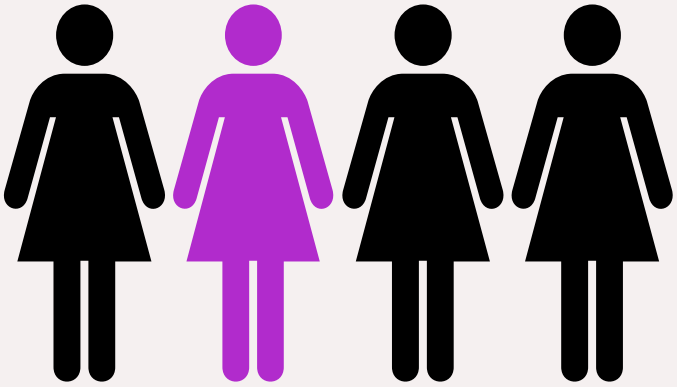
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Gender Violence

Domestic violence stats for Hull







1 in 4 Women have experienced abuse in the general population, this is estimated to be even higher amongst the community at Hull Sister
KINGSTON-UPON-HULL Domestic Abuse Strategy 2021-2024

NHS services in Hull have reported an increase in victims of female genital mutilation (FGM) seeking treatment. This year around 80 patients have been seen for FGM related injuries which is an increase from 70 patients in 2022-23. 50 of these patients were reported to be new patients meaning they had suffered these injuries for the first time illustrating that this is a very prevalent issue and not something of the past.

FGM cases have also increased across the country with England reporting 6,655 individual women and girls reporting FGM which is up 13% from the previous year with 3,875 cases being newly recorded. Services from the North East and Yorkshire reported they had to inform 67% of attendances that FGM was illegal. This shows the gap in education and awareness surrounding this abuse and highlights the need of charities like Hull Sisters to help educate and support women who are suffering from FGM. Hull Sisters has been at the forefront to provide support, sending referrals and create awareness among FGM survivors. women survivors along with staff created and designed posters on FGM and violence and abuse.

Statistics from the Humberside Police 2022/23 report

10,883
incidents

7,508
reported crimes

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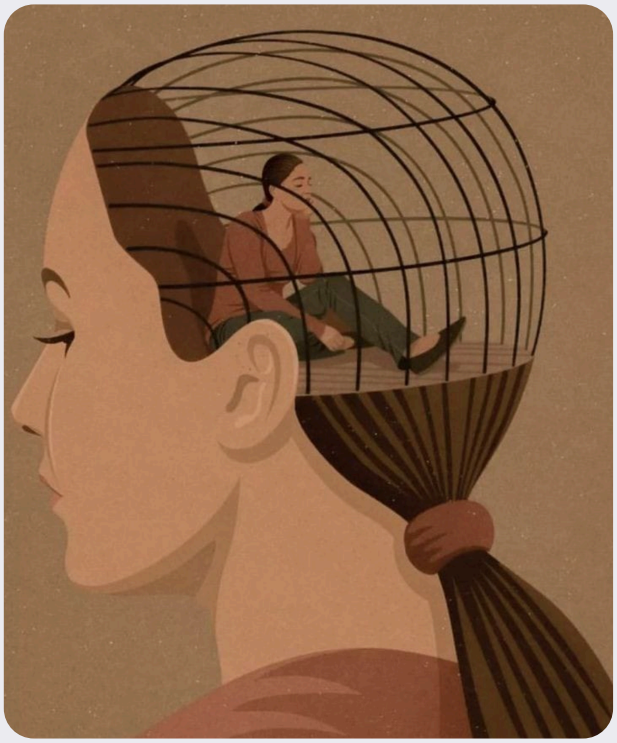
Facts and Stats



Approximately 65% of our service users have shared their experiences as victims of domestic violence of different kinds. While the majority of our user base resides in Hull, our support network also reaches out to women in the wider East Riding area.

At Hull Sisters, we take pride in serving a diverse community of women from 26 different nationalities, collectively speaking 18 unique languages

43% of our service users described themselves as survivors of Female genital mutilation (FGM), which is a contributory factor in triggering their mental health issues.



Economic abuse is another significant issue affecting as many as 60% of our users. This is often facilitated by the allocation of benefits in the male partner's name. The harsh reality of living in poverty severely limits our users' mobility, restricting their ability to build support systems and attend important appointments.

Limited financial resources make it a great challenge for them to break free from their abusive partners. About 83% of these women contend with the challenging combination of poverty and social isolation.

92% of our users are generally isolated suffer anxiety and has low confidence which makes them reserved and confined to their homes.

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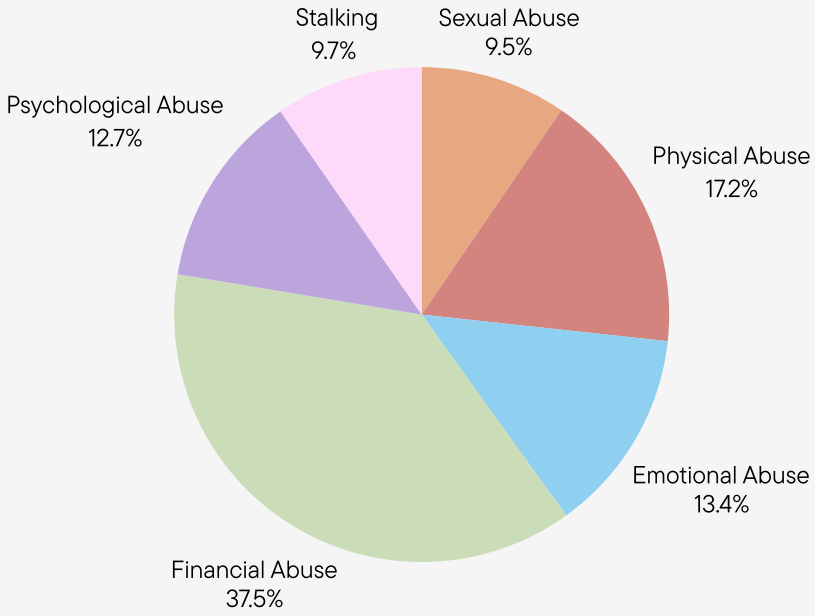
Connecting Women From All Backgrounds

Data & Insights

BREAKING THE SILENCE: ADDRESSING ABUSE AND EMPOWERING WOMEN

The pie chart below illustrates the various forms of abuse experienced by women and girls within our community, with financial abuse emerging as the most prevalent issue. This highlights the significant challenges many women face, including sexual abuse, physical abuse, and pay hold abuse.

At Hull Sisters, we are committed to addressing these concerns by providing support and guidance to help women understand their rights, stand up for themselves, and signpost them to help. Our work focuses on empowering women to break free from cycles of abuse and access the resources they need to rebuild their lives with confidence.



Out of every 10 reported domestic violence cases at Hull Sisters, around 8 involve instances of financial abuse or a combination of multiple types of abuse. This pattern of abuse consistently has a detrimental impact on both children and other members of the affected families. Sexual abuse also include the demand for more children.

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Facts and Stats



Runnymede Trust report 'Falling Faster amidst a Cost-of-Living Crisis: Poverty, Inequality and Ethnicity in the UK' October 2022 shows that Black and minority ethnic people are 2.5 times more likely to be in poverty than white people, with racial inequalities most pronounced in Yorkshire and the Humber.

Many women do not see themselves suffering from mental health conditions, as it is frowned upon and misunderstood in their culture. Many have not been diagnosed or assessed or want to acknowledge that they are experiencing poor mental health. However, about 83% of the women express or show psychological distress and low mood due to the challenges they are facing in their lives.



For example:

Isolation due to a lack of social network and trust in services due to ill-treatment

Abuse – domestic, emotional and financial.

Refugees – past trauma, coming from war-torn countries, trafficking, FGM, losing family members.
poverty challenges.

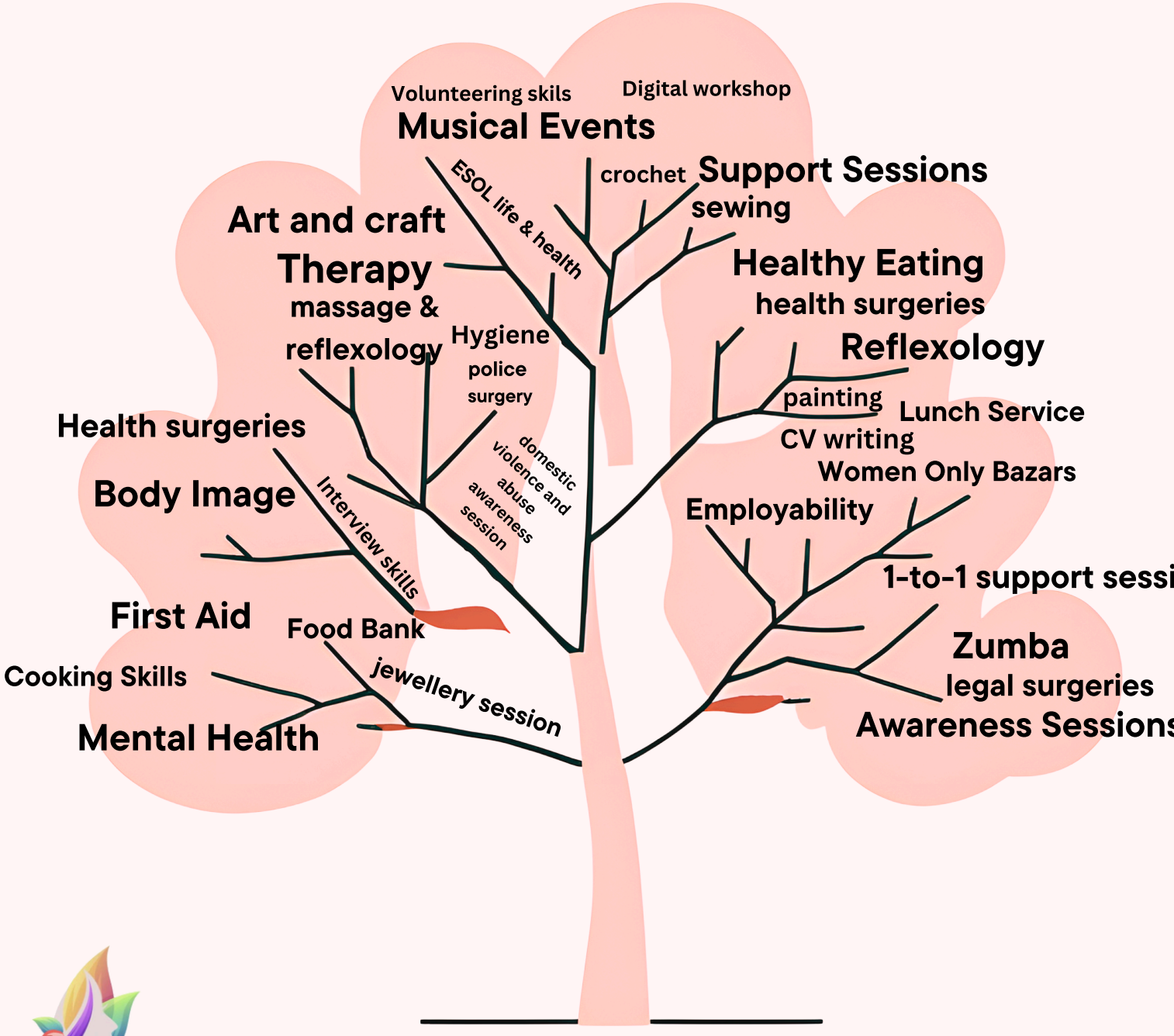
Racism and discrimination, antisocial behaviour in different areas of life have been
challenging and barriers in their integration.

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Connecting women from all backgrounds

Connecting Women From All Backgrounds

Established Facts and Outcomes on Health & Well-being

An assessment and evaluation of our services for users has demonstrated the remarkable positive effects our activities have had on their physical and mental well-being. The chart below highlights key improvements and benefits these women have gained from accessing Hull Sisters' services and taking part in our programs.



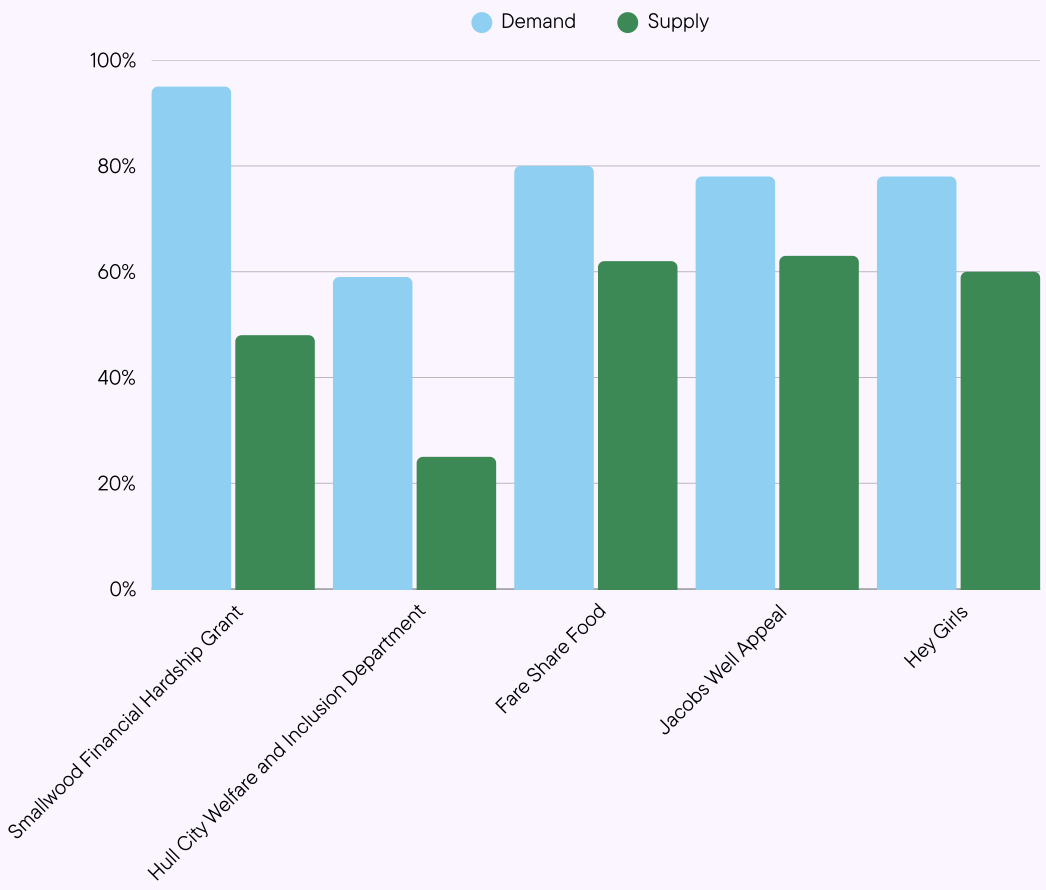
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Statistics on Partnerships for Women and Children's Poverty

We provide invaluable support for women and children of colour, including financial support, fuel vouchers, food, sanitary items, household items, clothes, baby formula, children and baby equipment, and devices for saving energy.
Essential items like food and female hygiene products are important in addressing the immediate needs of our service users. However, despite immense contributions from several organisations, the demand from women in need surpasses available supplies. Hull Sisters remains dedicated to its mission, advocating for additional resources to better serve women relying on its assistance for their well-being and empowerment.

Demand and Supply Prtnership Work with National Funders and Services to Eliminate Women and Children Poverty 2023/2024.



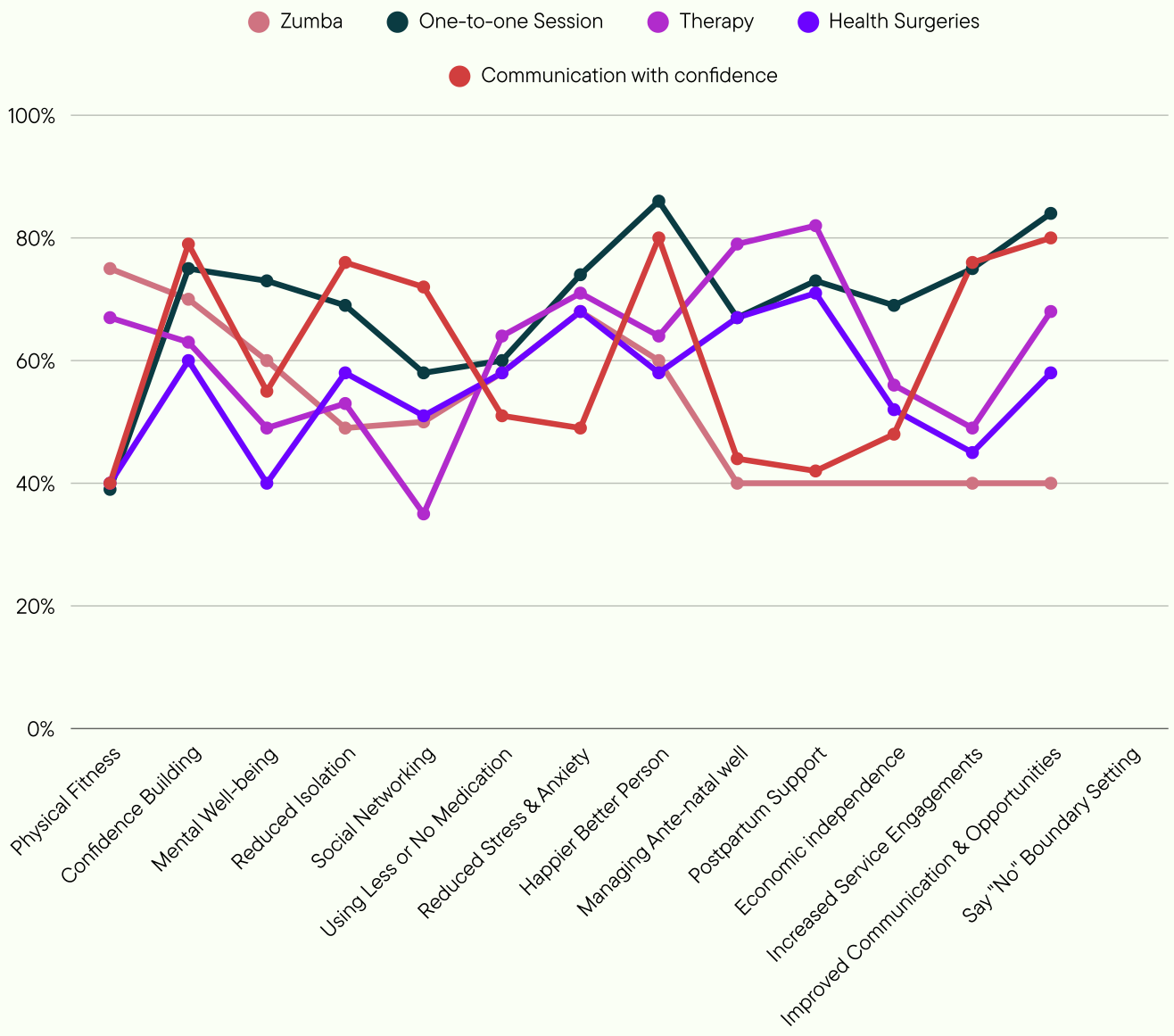
This year there has been a dramatic rise in prices of essential items due to the cost of living crisis. We have seen the inflation in rent, fuel, food and other expenses. The cost of living crisis has intensified financial vulnerability and poverty, widening the inequality gap faced by Black& minoritised women in Hull.

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Proven Insights: Facts and their Outcomes

Evaluation of our courses, activities and their outcomes 2023/2024.



Hull Sisters is committed to tackling the challenges faced by women and girls of colour who struggle with limited opportunities for health and leisure activities. Aware of the health rises linked to this issue, Hull Sisters provides a variety of targeted activities aimed at empowering women and promoting their physical and mental well being. Hull Sisters seek to make a meaningful impact in the lives of women and girls, by providing activities and bridging the gap between women & services, addressing health concerns and improving overall quality of life through holistic approaches.

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Engaging and Empowering Women



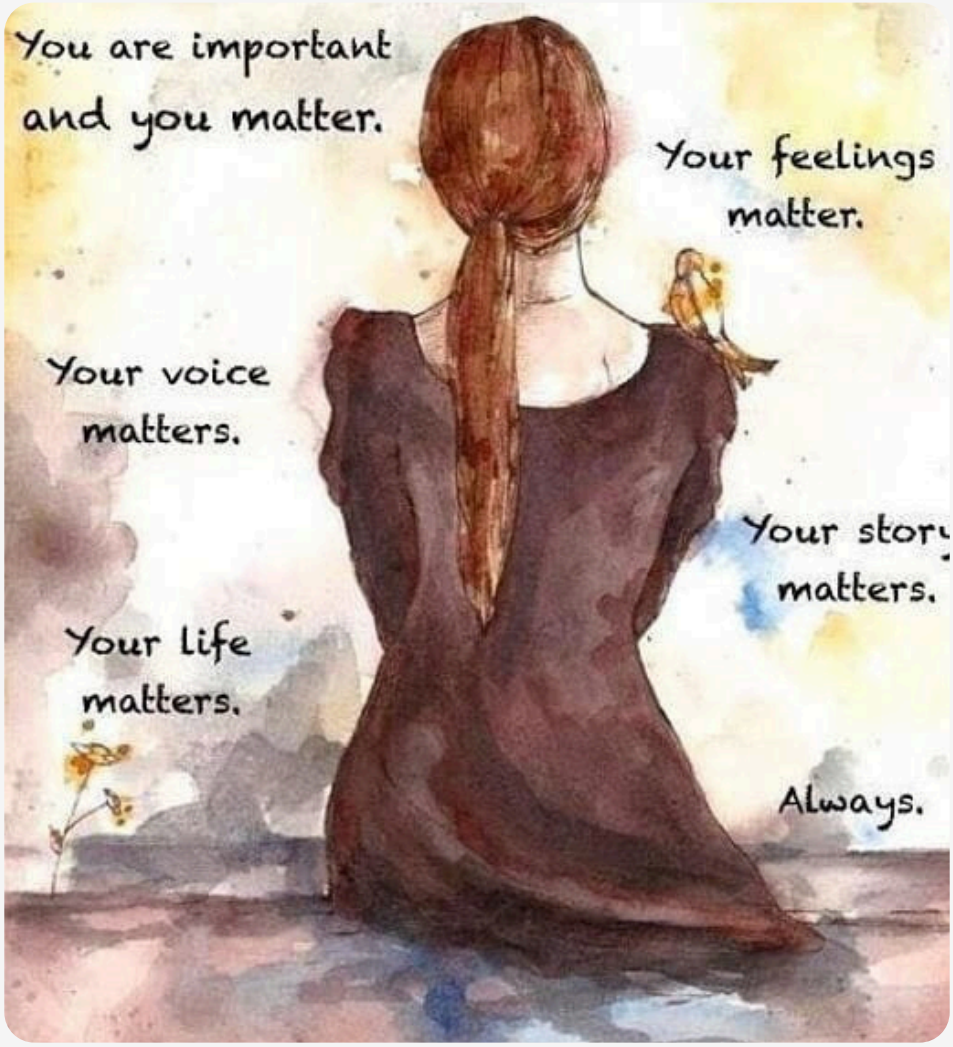




It's not a charity, it's a sisterhood

HULL SISTERS
Connecting women from all backgrounds

The transformative power of Hull Sisters



Many women who come to Hull sisters have suffered abuse, FGM, domestic violence, low self esteem and other mental health problems. Hull Sisters helps women on their healing journey and allows women to realise their value and feel important. Many of our services encourage these feelings such as reflexology, 1-to-1 support sessions, awarness and improving mental health sessions. Hull Sisters is a safe place for women from marginalised backgrounds to feel supportive and safe.

HULL SISTERS
Connecting women from all backgrounds

Engaging and empowering women

Women supporting women



At Hull Sisters, many women survivors of abuse who have found healing through our support go on to become dedicated volunteers and staff members. Having faced similar hardships—such as abuse, forced marriage, honour-based violence, FGM, health struggles, poverty, immigration challenges, and unemployment—they are uniquely positioned to empathise and connect with others in our community.

We empower our volunteers and staff by offering them opportunities to develop through practical training in areas like abuse awareness, ESOL with life skills, sewing, safeguarding, first aid, food hygiene, teamwork, and employability skills. Our multilingual team ensures language is never a barrier to accessing essential support which enables everyone to navigate services with confidence and clarity.







HULL SISTERS
Connecting women from all backgrounds

Engaging and empowering women

Women supporting women

Creating a Supportive Network

Women attended our centre experience social exclusion rooted in their culture and ethnicity. We are changing this narrative by fostering a vibrant community where they find support and empower each other. Through shared experiences, they overcome isolation, build confidence, and break down language and cultural barriers and say goodbye to abuse. Discrimination and exclusion are prevalent in the world today; Hull Sisters serves as a sanctuary where every woman can thrive, feel valued, and truly belong.

Advocacy and Support

Hull Sisters provides essential support to women confronting various challenges, including disability, illness, violence, antisocial behaviour, and social exclusion. We advocate for and empower women to face these challenges independently. Our assistance spans a range of confidential matters, such as domestic abuse and violence, employment, housing, health, benefits, family issues, and challenges like racism and discrimination.





HULL SISTERS
Connecting women from all backgrounds

Engaging and empowering women

Healing via support and therapy

Hull Sisters offers women a supportive space through group & therapy sessions dedicated to enhancing their health and well-being. These sessions encourage women to share their experiences, and foster a sense of connection and understanding. In a safe and welcoming environment, women can express their emotions at their own pace, which helps alleviate feelings of anger, sadness, and stress, thereby aiding their healing process

The discussions cover sensitive issues such as domestic violence, sexual assault, racism, sexism and the societal pressures women often face to endure abuse with silence. By providing a platform to address these challenges, we help women heal, regain strength, and find solidarity in one another.

Coffee Morning and Drop-ins

Every morning, women and children gather at the centre to enjoy tea or coffee, with some sharing breakfast together in a warm, welcoming atmosphere. The space is filled with joy, and it's easy to hear the laughter echoing from the hall.



1500+

women benefitted



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Engaging and empowering women



Individual Support

Hull Sisters provides individual support sessions designed to help women identify the challenges they face, both large and small, and explore how we can assist them. These sessions ensure that women feel heard, supported, and less isolated.

In a confidential setting, women are encouraged to open up about their feelings and the impact life's challenges have on their mental and physical health. These challenges may include issues related to health, housing, welfare, abuse, refugee status, cultural complexities, maternity, poverty, and immigration.





In addition to our direct support, we have adopted a multi-agency approach, which enables us to refer service users to other organisations and resources when needed. By collaborating with partner agencies, we can connect women with specialised services, such as mental health support, legal advice, housing assistance, and financial support.

1100+

benefitted

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Food bank

Hull Sisters provides a food bank service to support individuals experiencing poverty and financial hardship. We collect surplus food from the public, local food banks, and Fareshare Hull, which is then distributed to those in need within the community. We also offer hygiene products, sanitary items, and other essential household and baby supplies.





Healthy Eating

We held several workshops focused on the benefits of eating organic food and creating nutritious meals, including salads and juices made from a variety of ethnic fruits and vegetables. In response to the ongoing cost of living crisis, we are now shifting our focus to simple, energy-efficient, and wholesome recipes.





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Connecting women from all backgrounds

Engaging and Empowering women



Sewing, Knitting & painting Classes

Our sewing classes cater to women of all skill levels, offering a chance to learn or enhance sewing abilities. Some of the women are already proficient and actively help others, fostering a collaborative environment where everyone can grow. These classes enable participants to create clothing and home essentials while expressing their creativity. Service Users start by enrolling on a beginners course and then progress onto more advanced classes . This foundational class provides the essential skills needed for pattern cutting and turning design ideas into reality.







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Engaging and Empowering women

















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Engaging and Empowering women



Crafting and Creativity

Our arts and crafts classes, such as sewing, knitting, and crochet, jewellery session, painting give women the chance to develop new skills while connecting with others. These classes have become a favourite, offering not only creative learning but also a welcoming environment for socialising and building supportive friendships.



ESOL with Life Skills and ESOL Health

Hull Sisters offers English for Speakers of Other Languages (ESOL) lessons at various levels, taught by tutors who understand the challenges of learning English as a second language. These classes help women gain confidence, understanding about health issues and related services, improve their communication skills, integrate into society, and learn more about life in the UK. We hold 6 ESOL classes each day providing many women with access to english education.



378+

ESOL attended

201+

attended Art & craft

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Connecting women from all backgrounds

Engaging and Empowering women



The "Communication with Confidence" classes have been regularly attended and especially the Roma community one is designed to empower this community by enhancing their communication skills and building self-confidence. This inclusive program focuses on practical strategies for effective verbal and non-verbal communication. Participants engage in activities within the classes all aimed at overcoming barriers to communication. By equipping the Roma community with these essential skills, we aim to boost their confidence in various settings—whether in personal interactions, educational environments, or professional opportunities—ultimately helping them to navigate their lives more effectively and assertively





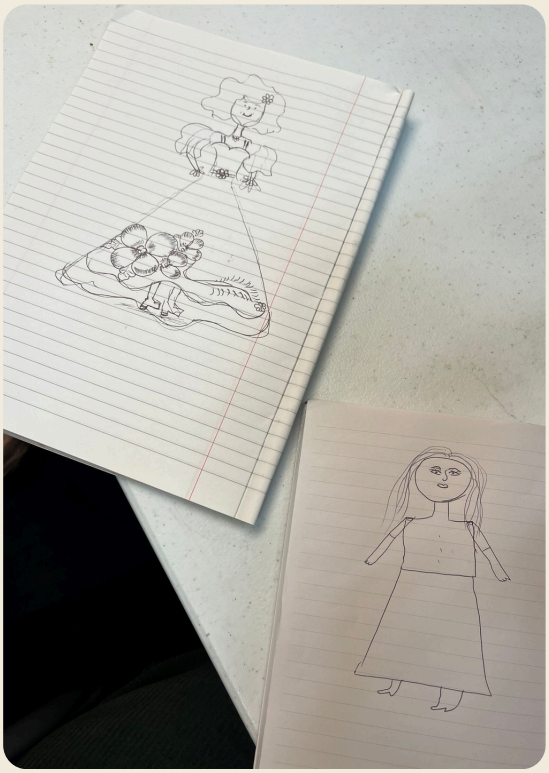
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Body Image sessions

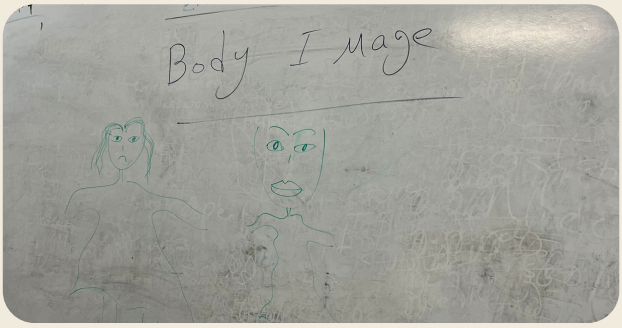


We delivered series of body image sessions focusing on the intense societal pressures around body image faced by women and young girls. This workshop provided a safe space for women to share their personal experiences and reflect on how these pressures have impacted their lives. Participants were encouraged to embrace the beauty and uniqueness of all body types.





By focusing on the diverse interpretations of a "beautiful body" and addressing the impact of stereotypes on confidence, we provided a meaningful platform for women, especially mothers, to reflect on body image. This approach not only promotes self-acceptance but also equips mothers to pass on these valuable lessons to their daughters, fostering healthy body image for the next generation.



129+

women attended

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Connecting women from all backgrounds

Connecting Women From All Backgrounds

Our efforts towards Ending violence against women and girls







As part of our ongoing mission to end violence against women and girls, we have organized a series of awareness workshops focused on gender-based violence. In addition to our regular abuse awareness training sessions, these workshops are designed to educate women about their rights and empower them to raise their voices against violence and abuse. Through these sessions, women have been equipped with valuable knowledge and tools to recognize and address the various forms of violence they may encounter, fostering a greater sense of confidence and self-advocacy.



128+

women attended

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Our Efforts Towards Ending Female and child Poverty



HULL SISTERS
Connecting women from all backgrounds

Our Efforts Towards Ending Female and Child Poverty





Cost of Living Crisis

The Chair of the Women and Equalities, Rt Hon Caroline Nokes MP said:
“The rising cost of living disproportionately affects women, with existing inequalities worsened by the covid-19. Women are more likely to be in low-paid work than men, have fewer savings to fall back on and are more likely to be in debt ... Women often notice variations in prices and the stresses of inflation while managing household budgets. When money is tight, women act as the “shock absorbers” of poverty, going without food, clothes, or heating to protect other family members.

Problems are particularly acute for women from ethnic groups with higher rates of poverty, disabled women, survivors of domestic and financial abuse, and women with no recourse to public funds.”

The cost of living crisis is having a detrimental impact on the women at Hull Sisters, it has exacerbated issues such as economic inequality, child poverty, domestic abuse and health inequality.
A survey has illustrated that 84% of our users face poverty and isolation.

The cost of living crisis is having a detrimental impact on the women at Hull Sisters, it has exacerbated issues such as economic inequality, child poverty, domestic abuse and health inequality.
A survey has illustrated that 84% of our users face poverty and isolation.



HULL SISTERS
Connecting women from all backgrounds

Our Efforts Towards Ending Female and child Poverty in Partnership with Smallwood Trust.

SMALLWOODTRUST

Enabling women to be financially resilient

We extend our sincere gratitude to the Smallwood Trust for their invaluable contribution to eliminating gendered poverty and empowering women in need. In partnership with Hull Sisters, this initiative is the first of its kind in Hull, receiving widespread support and marking a key milestone. Our collaboration with Smallwood Trust began last year, and we look forward to building on our work together in the years ahead. Beneficiaries of this initiative share heartfelt testimonials on its impact, as the fund has not only relieved immediate financial pressures but also empowered women to regain control of their lives.

This essential work underscores the importance of targeted support to uplift and empower vulnerable minority women.

Hull ranks as the fourth most deprived area in England, with women disproportionately impacted by poverty. Single female-led households, young single mothers, pensioners, and women with no recourse to public funds—especially those who have faced abuse or loss of a partner—are particularly at risk

Reports on Hull sisters from the BBC, ITV and Channel 4 highlight Hull Sisters' vital support for asylum seekers and refuges and children in local hotels, who face severe poverty due to limited resources, including a lack of cooking facilities and public funds.

HULL SISTERS

Connecting women from all backgrounds

Our Efforts Towards Ending Female and child Poverty in Partnership with Hey girls and Jacob's well.

Hey Girls provides immense support through the provision of free sanitary products as a part of government initiatives to eliminate periods of poverty.



Jacob's Well Appeal regularly comes to Hull Sisters to deliver household items including furniture, prams, electronics, cutlery etc. of which 400+ women have been benefited. We will continue working with our partners to work towards eliminating female poverty and improve the standard of living of women.





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Connecting women from all backgrounds

Our Efforts Towards Ending Female and Child Poverty in Partnership with FareShare

FareShare
Hull & Humber





UK Fare Share and community food banks which helps supply food to the most disadvantaged in the area. We also attended various seminars, workshops and Q&A sessions to spread the word and encourage people to provide support.

We have a strong partnership with FareShare, through which we provide fresh fruits and vegetables to 150+ women every day. This not only benefits women and children by giving them access to fresh produce but also by offering meals prepared at our center, helping them manage their budgets. Together, we are empowering our community.

HULL SISTERS
Connecting women from all backgrounds

150+

women benefiting daily

Our efforts towards Ending child poverty A Collaborative Initiative with Hull City Council

In collaboration with Hull City Council welfare & inclusion department, we made a ground breaking initiative aimed at supporting women in the community

For the first time in Hull, hundreds of women have been directly provided with vouchers to help cover some of their immediate expenses, offering them financial independence and direct access to support. 93 percent were single mums.

This initiative marks a significant shift in the way assistance is distributed, as it ensures that women benefit directly without the need for mediation through their husbands or partners.

By empowering women to take control of their own financial well-being, we are fostering a more inclusive and equitable community.

This effort is a testament to our commitment to uplifting women, particularly those who often face barriers to accessing support.

We are grateful to Hull City Council's welfare department for their partnership in making this a reality.



Hull City Council

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Our efforts towards ending child poverty



News ▸ Hull & East Yorkshire News ▸ Real Life

One in three Hull children living in poverty

Eight of Hull's 21 council wards had over 1,000 children living in poverty last year

By Annie Gouk & Ivan Morris Rexton Local Democracy Reporter

Child's Poverty is Invisible Poverty

Hull Sisters is dedicated to combating child poverty, which according to Hull Live affects one in three children in Hull. We understand that proper nutrition is vital for a child's development, especially in their early years.
To address this issue, we provide essential resources such as formula milk and baby items, ensuring that young children receive the nourishment they need to thrive. By delivering these critical supplies, we help shield families from the harsh realities of poverty, allowing children to grow in a healthier and more supportive environment.





Additionally Hull Sisters provides items such as prams, baby clothes, children's shampoo, lotion, nappies and toys. Giving these items means we are helping to reduce the effects of poverty for the children in Hull. Our initiative goes beyond just providing products; we aim to create a sustainable support system for families. We offer educational resources for parents on nutrition and child development, empowering them with knowledge and skills to make informed choices. Additionally, we foster community connections, encouraging collaboration and support among families facing similar challenges.

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Yoga, Foodbank and Healthy Eating









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Feeding the community

We provide meals for victims of abuse, pregnant women, and children in asylum or temporary accommodation who lack access to cooking facilities or cannot afford food. Currently, we are working on an electric stove to conduct cooking classes, but we still lacking a fully functional kitchen. In addition to preparing meals, we share recipes and teach essential cooking skills, empowering participants to take charge of their nutrition. Many women facing these challenges find it difficult to cook for themselves, so they come to our center to enjoy nutritious ethnic meals and connect with others. This initiative not only addresses their immediate food needs but also helps them overcome budget challenges, build a supportive social network, and reduce feelings of isolation and anxiety.



Lunch Service and food parcels

Each day women and children have lunch at Hull Sisters. Women are also supported in taking food parcels and toiletries. This service is beneficial in creating a sense of community as well as helping in the battle against poverty challenges women face.

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Connecting women from all backgrounds

99+

women & children feeding per day

10k+

meals provided by the soup kitchen in a year

Our efforts towards ending Gender violence

Hull Sisters is at the forefront of tackling gendered violence and abuse, particularly among women and girls of color. Through our extensive support and training programs, we are committed to empowering the most marginalized victims in our community. Our awareness campaigns are pivotal in raising public consciousness and providing critical support to those affected by violence.

We don't just stop at delivering abuse awareness sessions or offering immediate assistance to victims—our staff undergo specialized training to ensure they are fully equipped to provide rapid, effective, and compassionate support. This ongoing development ensures we can address complex cases with the highest level of care.

In addition, Hull Sisters collaborates with a wide range of regional, local, and national organizations. These partnerships allow us to provide victims with the best resources, including signposting to services, participation in workshops, and involvement in broader campaigns aimed at ending violence. Our multi-faceted approach demonstrates our unwavering commitment to creating a safer and more just society for women and girls of colour.







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Connecting women from all backgrounds

Our efforts towards ending violence against women&girls

Domestic abuse classes and support

Hull Sisters is dedicated to supporting and educating women about domestic abuse. Many of the women who attend Hull Sisters have experienced violence and abuse in their lives. Our mission is to empower these women by helping them understand what domestic abuse is, as well as providing vital support for those currently experiencing it. Through education and community, we aim to foster resilience and promote healing, creating a safe space for women to share their experiences and regain control over their lives.







Domestic Violence Level 1 and Level 2 courses have been expertly delivered by Gemma Jennison from ERVAS. These training sessions provide essential knowledge and tools for understanding the domestic violence. Participants learn about the different forms of abuse, the impact it has on individuals and families, and effective strategies for support and intervention. Gemma's engaging approach fosters a safe learning environment where attendees can ask questions and become empowered to take action against domestic violence. By equipping women with this critical information, we aim to enhance their understanding and strengthen their ability to support themselves and others in need

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Connecting women from all backgrounds

Our efforts towards ending violence against women& girls.
Domestic abuse awareness session and support

Humberside Police delivered a well informative lengthy session on domestic abuse to the women at Hull Sisters. Recognising the diverse backgrounds of our attendees, Ahmed arranged for multiple translators to ensure that the information was accessible in several languages. This thoughtful approach not only made the content comprehensible for all participants but also fostered an inclusive environment allowing everyone to engage and interact. Ahmed's presentation covered critical topics, including recognising the signs of abuse and understanding the different types of abusive language. His dedication to making this vital information available to all women reflects our shared commitment to raising awareness and providing the tools necessary to combat domestic violence within our community.







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Our efforts towards ending violence against women& girls.
Domestic abuse awareness session and support

Campaigns & New Initiatives

Our New Campaigns on gender violence

We also have a campaign on stalking, racism and discrimination, gender equality and women only strategy at the council level which has gained significant attention from the media. We are passionate about raising awareness for these issues within our community and help fight against these injustices.

As a part of national o
organisation such as End violence against women coalition and project resist network we raise our violence against all violence against women and girls

raising our voice on media to address the issues related to gender violence and creat awarness among community.
our recent BBC radio progeram on stalking were Hull sisters and the national charity Suzy Lamplugh Trust

working with Humberside police on their initiative to make women only strategy and to reduce crime by attending and addressing gender violence in Violence against women and girls strategic meeting and the community safety advisory group

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END VIOLENCE AGAINST WOMEN

PROJECT RESIST
NO JUSTICE WITHOUT RESISTANCE

Volunteering at Hull Sisters



At Hull Sisters, our day-to-day activities thrive on the dedication and passion of our volunteers. They are, quite simply, the backbone of our organization, making it possible for us to reach and support women in need across our community. Every two months, we train new volunteers, equipping them with the skills and confidence to contribute meaningfully to our mission.

What makes our volunteer program even more special is that many of these volunteers are former service users, including survivors of abuse, who have found strength and empowerment through the support they received at Hull Sisters. These resilient women, once vulnerable and in need of assistance, now play a vital role in giving back. They lead and participate in a wide range of project activities, from providing peer support and teaching to facilitating art and craft sessions, therapy, cooking, cleaning, managing events, fundraising, social media and conducting outreach.

By becoming volunteers, these women not only contribute to the well-being of others but also reinforce the spirit of community, healing, and empowerment that defines Hull Sisters. Their involvement is a powerful testament to the transformative impact of our work, demonstrating that, with the right support, women can reclaim their lives and become agents of positive change.

As Hull Sisters continues to support a growing number of women and children each day, we welcome volunteers from all walks of life to help us meet the demand. On average, we have around 150 women attending our sessions every day. Through initiatives like placement programs with various institutes, we invest in training our volunteers. Those working with vulnerable women undergo DBS checks and attend safeguarding courses to ensure their readiness and ability to provide safe, reliable support. as a result of our investment on volunteers, majority secure employment in the labour market.

31+

secured employment

59+

volunteers trained

20+

currently under training

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Connecting Women
From All Backgrounds

Employability

Hull Sisters strives to empower women physically, mentally, and financially, recognizing that financial independence is key to living a dignified life. Through our programs, we offer CV writing, interview skills, job search strategies, and digital workshops, along with mock interview practice



Cookery and sewing classes provide entrepreneurial skills, enabling women to start small businesses within their communities. women, specially survivors of abuse have achieved financial independence through our ESOL, volunteering, and digital programs, allowing them to progress to other areas of learning and secure their future.

41+

secure employment

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Connecting Women
From All Backgrounds

Support & Classes

Bystander Training Course

Hull Sisters staff and volunteers attended bystander training course with Humberside Police to deal with victim of abuse effectively. It was a well designed one day training course.

UBELE Initiative

Hull Sisters has been qualified for UBELE Agbero 2100 programme and are involved in different weekly training courses on governance, finance, connectedness , operation and infrastructure, financial confidence etc to enhance capacity in order to deal with CAT effectively.

Family Support

We are working with Pepperells Solicitors to help support family matters such as child custody, separation, and non-molestation orders. Pepperells solicitors provide efficient and accessible legal assistance. They help guide service users through sensitive issues and ensure that the legal rights and well-being of children and the women are priortised.

immigration legal support

We have been working for the past few years with Batley law to provide immigration related support to women from asylum and refugee backgrounds. this support was offered by arranging an immigration surgery in our centre and now through referral basis. hundreds have been benefited so far from this beneficial service.

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Support & Classes

Yoga & Zumba classes

We provide women-only yoga & Zumba classes to promote overall wellness. Yoga supports physical, mental, and emotional health, offering benefits such as improved blood circulation, greater joint mobility, increased energy, and emotional balance. These sessions are tailored to address the specific needs and concerns of women.





Safeguarding training course

Our staff and volunteers have completed professional safeguarding training delivered by ERVAS at our centre, which has reinforced our capacity to offer a safe environment for the community. By prioritizing this training, we show our commitment to the well-being of those we serve, ensuring everyone feels secure and supported.







Financial training course

Hull Sisters staff and volunteers attended a "Money Matters" training session organized by CVS and provided by the Department of Work and Pensions & Hull City Council. This training gave our team essential financial knowledge, strengthening our ability to support the community. With these new skills, our staff and volunteers are better equipped to help community members navigate financial challenges. This training enables our team to offer informed guidance, empowering individuals to manage their finances more effectively and make sound decisions about their economic well-being.

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Support & classes

Legal support

Hull Sisters partnered with Batley Law Solicitors to provide free assistance for individuals facing immigration challenges. The law firm is managing massive increase in cases, of asylum seekers and domestic violence survivors. Although hundreds of cases have been resolved successfully, the legal team is struggling with the high volume of remaining cases.



Mental health

Women from global majority backgrounds often struggle to share their mental health experiences with other services due to a lack of cultural understanding. To support them, we provide tailored support services. Currently, we are working towards formal approval from NOCN to offer mental health qualifications specifically designed for women from the global majority.



Abuse awareness

The majority of the women and children we support have endured numerous challenges, including violence, abuse, trafficking, racism, discrimination, bullying, harassment, the threat of honor-based violence, and honor-based abuse. Hull Sisters offers abuse awareness sessions to enhance understanding of these issues and inform them about other available support services



Employment initiative

As a result of our courses and training volunteers we have so far progressed 33 women into employment.

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Connecting women from all backgrounds

288+
Digital skill & Employability

41+

Digital skill awareness

In recent years there has been an accelerated global reliance on technology resulting from the COVID-19 pandemic. Due to this reliance research has stated that opportunities to use digital technology could support social inclusion of refugee migrant groups (Alam & Imran, 2015).

It is important that the women at Hull Sisters have digital skills as they are needed for:
Housing
Employment
Health
Education
Connecting with family and friends

Technology reunites families, enhances access to information and promotes equality but women of colour are digitally excluded, therefore we offered various digital skill awareness sessions using smart phones. Women were taught how to access to services, maps, navigation, GP practices, booking an appointment online etc. We hope that this is something we will continue to provide in the future if secure funding.







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Outreach Initiative

This year, Hull Sisters was fortunate to hire an outreach officer through the Crime Reduction Fund, a role that has proven invaluable in our mission to support women facing violence, poverty, and various challenges.

Our outreach officer has been crucial in providing assistance to women seeking to escape abusive situations, helping them navigate their complex circumstances and access vital resources for their safety.

In response to recent riots that deeply affected minority women in Hull, we recognised the urgent need to extend the outreach officers role.

By expanding this role, Hull Sisters aims to offer more comprehensive support to those affected by the riots.

We are committed to fostering connections with local services and organisations to ensure that those in need receive holistic support tailored to their unique situations.

Together, we can create a stronger, more resilient community that supports women in Hull.

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999+
were supported

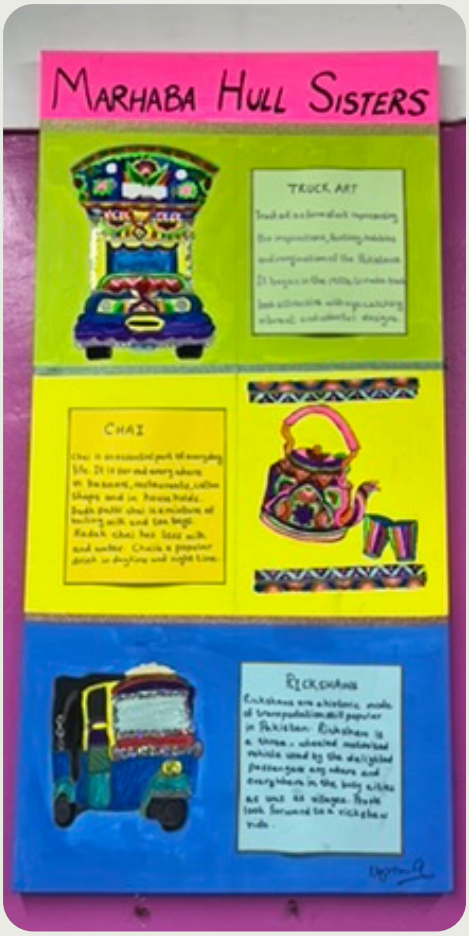
Connecting Women From All Backgrounds

Made By Our Sisters









Hull Sisters gives women a place to showcase their talents. Artistic expression is encouraged and the walls of our building are covered in creative pieces made by our sisters. At Hull Sisters we are proud of what we have created.





HULL SISTERS
Connecting women from all backgrounds

Case studies & Testimonials



Hull Sisters regularly engages in 1-to-1 conversations with the women to hear about their experiences and ensure they are getting the support that they need. This section provides some recent case studies taken from a variety of women who visit our organisation. They highlight the wide array of issues and the many ways in which Hull Sisters has positively impacted their lives.

Yoga

I left my country due to war and being a victim of domestic violence. I felt scared, sad, alone and like life was not worth living. Once I came to Hull Sisters, I made friends, felt supported by staff and learnt about yoga classes. I love the yoga classes as they help me to feel at peace, clear my mind of negative thoughts and be present in the moment. It is something I look forward to each week and the physical activity (yoga) has helped both my physical and mental health. I have made friends at Hull Sisters by speaking to other women in the yoga class who have been through similar experiences. This has helped me to have another outlook on life and be less isolated. I no longer felt scared, sad, or alone and I enjoy life.

***Aishatu**

HULL SISTERS
Connecting women from all backgrounds

Case studies & Testimonials

One-to-one support sessions

Before I knew about Hull Sisters, I felt isolated, deeply unhappy and always distressed, having endured continuous physical, emotional, and financial abuse for many years from my partner who married me at the age of 19. My husband controlled all the finances in our home while my life revolved around catering to my husband and children. I was responsible for managing all household tasks, from cooking to bill payments and mortgage handling, and couldn't even go anywhere without his permission, including seeking help from Hull Sisters. The abuse extended to the point where I always feared going to sleep at night, worrying about potential assaults while asleep. The abusive relationship had a significant impact on our children, leading to their involvement with social services, and my husband's actions attracted police attention. He aimed to take possession of our house and pressured me to sign it over, but I resisted and expressed my willingness to go to court for the house. I learned about Hull Sisters through my familiarity with the area where the organization is located, as I frequently shopped there. Other services, such as the Preston Road Women's Centre, recommended that I seek support from Hull Sisters. Hull Sisters offered me a sense of community and provide me a volunteer opportunity which I found to be a source of solace. The organization provided financial aid and daily essentials to help me get back on my feet. It has given me knowledge about my human rights and supported me in legal issues. Although I haven't fully regained my personality and independence in the short three weeks I joined Hull Sisters, I am optimistic and determined to continue my journey with the organization until I fully recover my confidence.

***Lilian**

ESOL with life skills

When I first came to the UK, I could not speak English at all. This caused me many difficulties as I was not able to talk to the services in my time of need. getting a job was also very difficult and it left me with no money. I have been attending English classes at Hull Sisters and I have moved up from the lowest ability to the highest level. These English classes helped build my confidence over my insecure feelings.

My confidence level is now top notch and I am now able to speak English and communicate efficiently with other English speakers. Sharing the classes with other women has been incredible as we are all so supportive of each other and it made me attend the centre regularly. I have started work at a local restaurant and have made friends there. The English classes provided by Hull Sisters have completely changed my life and I am so much happier now as I feel like I have a purpose in life and a great community around me.

***Mariam**

HULL SISTERS
Connecting women from all backgrounds

Case studies & Testimonials

"At Hull Sisters everything is good. There is no bad here."

When I first came to Hull Sisters, I felt welcomed and supported, and I'm so grateful for the ways it has transformed my life. I moved to the UK from Afghanistan in boat with 80 more families escaped war back home, more than half migrants travelled with me died during our journey. We travelled for months in sea and reached UK. upon arrival we have faced a lot of hate crime here. my confidence was very low, me and my children suffered severe depression. my life was dull, thought I am a living dead just living for my children. I had no language skills, no awareness of the system, faced financial crisis. one day my GP referred me to Hull Sistes and that was the most memorable day of my life. Here, I've found a sense of safety and community, thanks to Hull Sisters.
At Hull Sisters, I discovered a group of people who made me feel like a home. They've helped me in so many ways—from providing food parcels and furniture to helping me access clinics and English classes and financial resources. Language was a real struggle for me initially, but through the classes, I've gained the confidence to talk with friends and interact with shopkeepers. Now, I feel proud of my ability to communicate, and I know Hull Sisters has given me more than practical help; they've given me back my sense of safety and belonging. "I wont be able to repay for what they have given me"



HULL SISTERS
Connecting women from all backgrounds

Case studies & Testimonials

"I was amazed by the fact lots of people come with different issues and sometimes they come and they are crying. but they always leave so happy."
being away from parents and siblings, I used to cry alot in isolation when I joined my step mother in the UK. I was living in isolation, had no where to go to, didn't know who to make friends, my early forced marriage has created a lot of health complications and I was waiting for my surgery in the UK when a hospital worker mentioned about Hull Sisters. When I first joined Hull Sisters, I was so nervous, unsure of what to expect. But now, I feel a deep sense of belonging here, and I'm committed to staying involved. The support I've received has really boosted my confidence, and I love connecting with the other women. I find so much joy in engaging with mother and child group and assisting different classes including digital and abuse awareness—it's become such a rewarding part of my experience.

***Amania**

I moved to the UK 22 years ago from Greece with my husband, hoping to start a new life together. But when he passed away from cancer, everything changed. I felt lost, alone, and isolated. I couldn't speak English well and had trouble managing my finances. My daughter took control of everything, including my money, and I was forced to live with her, even though I didn't want to. She controlled every part of my life, from what I ate to where I could shop. I was completely pushed aside.

This took a huge toll on me. I lost all my confidence, my connections with people, and I became isolated. I developed several health problems, including liver and heart issues, and I suffered from anaemia.

Then, six months ago, I found Hull Sisters. They gave me the support I desperately needed. They provided a translator so I could talk to the council, my GP, the bank, and other services. With their help, I finally gained control of my finances and healthcare. Hull Sisters has become my "second home." It's a place where I feel supported, where I know I can turn for help whenever I need it.

**Irena*

HULL SISTERS
Connecting women from all backgrounds

Media Publicity

Throughout the year many news outlets have interviewed staff from Hull Sisters to provide information and context to their news reports. This section of our report will highlight some of the key stories that Hull Sisters have been involved with.





Winner of BBC 'Make a Difference Award'- September, 2023

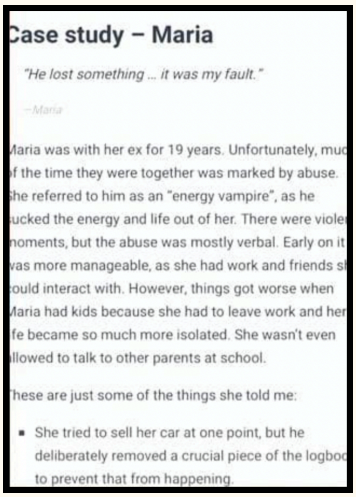
We won the BBC Humberside 'Make a Difference Award in recognition of our commitment towards promoting the rights and welfare of marginalsied women.

HULL SISTERS
Connecting women from all backgrounds

Media Publicity

YORKSHIRE BYLINES
October 2023

Thank you, David Kirlew Morris, for visiting Hull Sisters and becoming the voice of voiceless women. Tackling Gender violence is highly rhetoric but low in practice. Conscious efforts have been made to suppress and silent women issues and women organisations, especially by and for BAME women organisations.
The community needs more journalists like David to come forward and highlight these issues as collective voices can only bring an end to this issue.



Case study – Maria

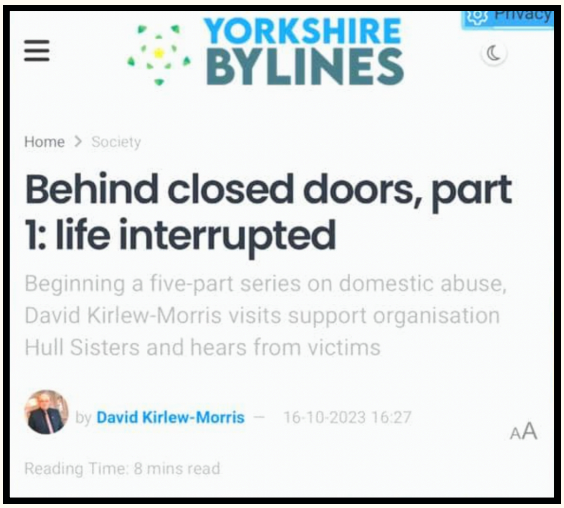
"He lost something ... it was my fault."

–Maria

Maria was with her ex for 19 years. Unfortunately, muc
of the time they were together was marked by abuse.
She referred to him as an "energy vampire", as he
sucked the energy and life out of her. There were viole
moments, but the abuse was mostly verbal. Early on it
was more manageable, as she had work and friends s
could interact with. However, things got worse when
Maria had kids because she had to leave work and her
life became so much more isolated. She wasn't even
allowed to talk to other parents at school.

These are just some of the things she told me:

- She tried to sell her car at one point, but he deliberately removed a crucial piece of the logboo to prevent that from happening.



YORKSHIRE BYLINES

Home > Society

Behind closed doors, part 1: life interrupted

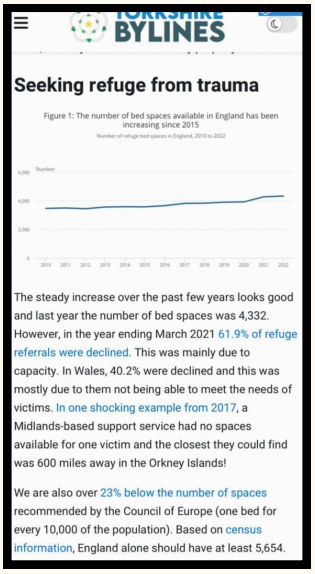
Beginning a five-part series on domestic abuse, David Kirlew-Morris visits support organisation Hull Sisters and hears from victims

by David Kirlew-Morris — 16-10-2023 16:27

Reading Time: 8 mins read

YORKSHIRE BYLINES
Noveember 2023

A well articulated report by David Morrison describing the struggle of women organisations especially women of colour organisations face on the ground. Thank you so much David for your positive approach towards women organisations and highlighting their challenges. The reality is that organisations like us who are doing alot on limited resources have broadly been ignored by many funders and legislators in our area. We need our MPs, councillors, leader of the council and all local funders to allocate funding and resources to specialist women organisations especially BAME women organisations running by BAME women for BAME women. We have been stressing on this issue time and again but unfortunately so far no initiative has been taken to uplift women of colour.



BYLINES

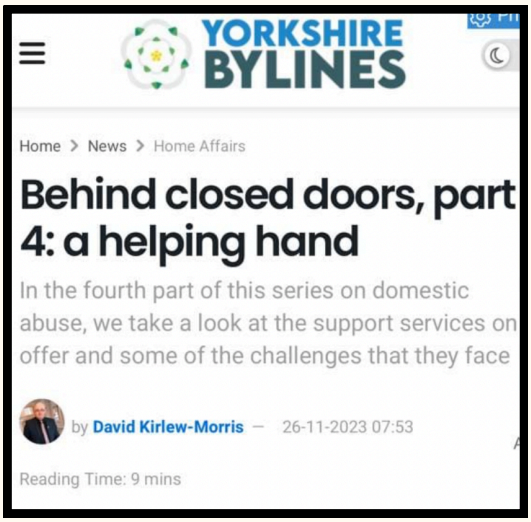
Seeking refuge from trauma

Figure 1: The number of bed spaces available in England has been increasing since 2015

Number of refuge bed spaces in England, 2010 to 2022

The steady increase over the past few years looks good and last year the number of bed spaces was 4,332. However, in the year ending March 2021 61.9% of refuge referrals were declined. This was mainly due to capacity. In Wales, 40.2% were declined and this was mostly due to them not being able to meet the needs of victims. In one shocking example from 2017, a Midlands-based support service had no spaces available for one victim and the closest they could find was 600 miles away in the Orkney Islands!

We are also over 23% below the number of spaces recommended by the Council of Europe (one bed for every 10,000 of the population). Based on census information, England alone should have at least 5,654.



YORKSHIRE BYLINES

Home > News > Home Affairs

Behind closed doors, part 4: a helping hand

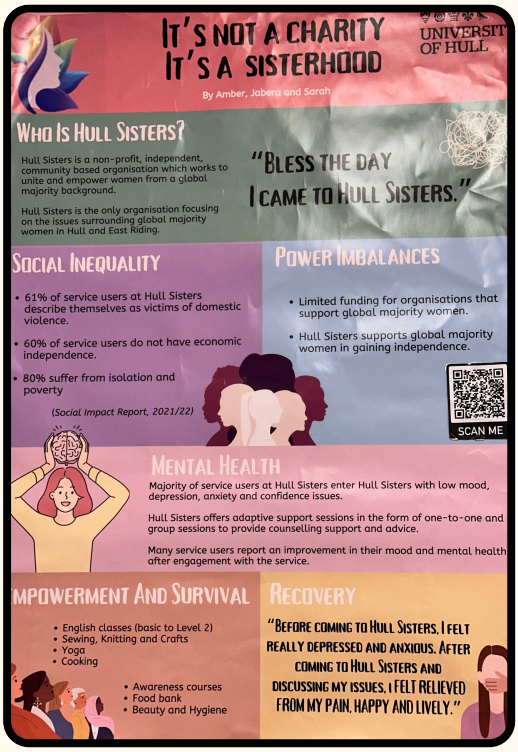
In the fourth part of this series on domestic abuse, we take a look at the support services on offer and some of the challenges that they face

by David Kirlew-Morris — 26-11-2023 07:53

Reading Time: 9 mins

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Media Publicity



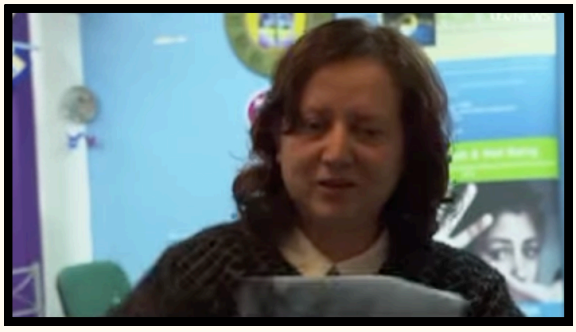
Hull University Workshop - November, 2023

University of Hull students undertaking placement at Hull Sisters presented the vital work being done in the community in the form of a poster as well as a video. We have continued this relationship and have a new set of volunteers with us in 2024 who will be presenting and updated poster and video to the univeristy as part of their placement.

speaking to ITV about racist and Islamophobia
February 2024

we had a good discussion with Matt Price of ITV about racist and Islamophobic comments made by MP Lee Anderson and how it has created discomfort in the minority community.
Racism and Islamophobia is already on the rise and negative comments from MPs and people with responsible position further exacerbate the situation from bad to worse.





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Media Publicity



BBC interview following up on the positive impact of winning the Make a Difference Award last year- March 2024

We received the BBC Humberside Make a Difference Award 2023 in September for the best community group in Humber and Lincolnshire. Several months after this award, the BBC visited our organisation, shedding light on the impactful work and positive changes that have transpired since the award. This coverage rightly highlights our accomplishments while serving the vulnerable in the black and ethnic minority of the Hull and East Riding communities. It also serves to inspire and promote awareness about our meaningful contributions to the community.

Talking to the ITV about the Islamophobia
March 2024

we had MATT Price from ITV joined us to address the pressing issue of Islamophobia. Powerful testimonies from affected women shed light on the profound impact on families and children. It's time to confront hate and spread awareness to safeguard the dignity of our BAME community members.







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BBC discussion about Stalking and its effect on women - April 2024

In a recent discussion on BBC Radio Humberside, Sonia from Hull Sisters and representatives from the Suzi Lamplugh Trust highlighted the urgent issue of stalking and the lack of adequate support for victims. They emphasized that in 2019-2020, an estimated 1.5 million individuals were victims of stalking, yet only 3,500 perpetrators were charged, with just 304 receiving prison sentences. By 2021-2022, stalking cases had increased by 20%





ITV News report discussing the long-lasting effects ofviolence- August 2024

The recent surge in racist and Islamophobic violence has instilled deep fear and distress within our community. This pressing issue was eloquently addressed by renowned journalist Matt Price in his report on ITV, where he discussed the long-lasting effects of such violence with Hull Sisters and explored potential ways to prevent these challenges from reoccurring in the future.

Addressing the issue of racism requires comprehensive and concerted efforts from all sectors of society. It is imperative that we confront these deep-seated issues head-on and work towards creating an inclusive and equitable society for all.

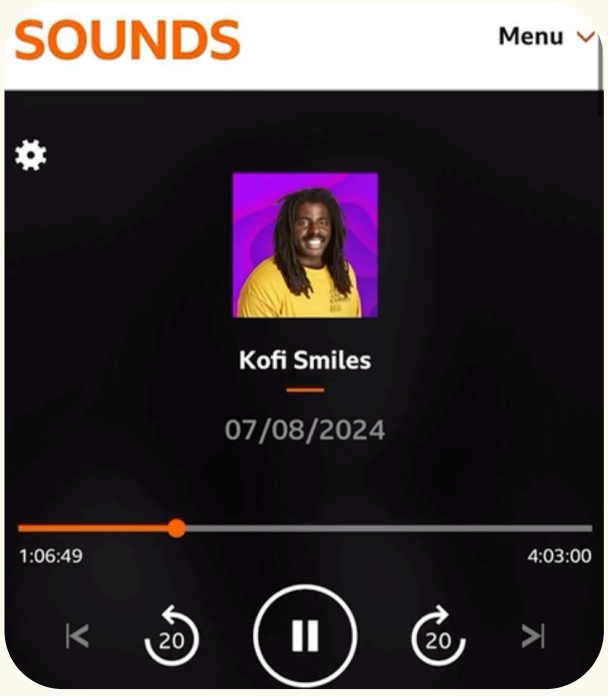
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Talking to the BBC about the 2024 Hull Riots- August 2024

In August 2024, the country as a whole—Hull in particular—experienced anti-immigration protests that descended into mass disorder, rioting, and violent hate crimes. Our founder, Sonia, spoke to the BBC about the impact of these riots on the women at Hull Sisters. For the safety of our members and staff, the charity was forced to close its doors, with many women feeling “too scared to leave home.” Given the current hostility within the local community, Hull Sisters and our sense of solidarity are more important than ever.



BBC interview discussing racisms and Islamophobia- August 2024

In the face of rising tensions and the unsettling surge of racist and islamophobic attacks, it is vital that we amplify the voices of the most affected. Kofee Smile from BBC Humberside, one the most cherished presenters, recently took the stage to engage in a heartfelt dialogue with women in Hull Sisters who have endured these challenges.

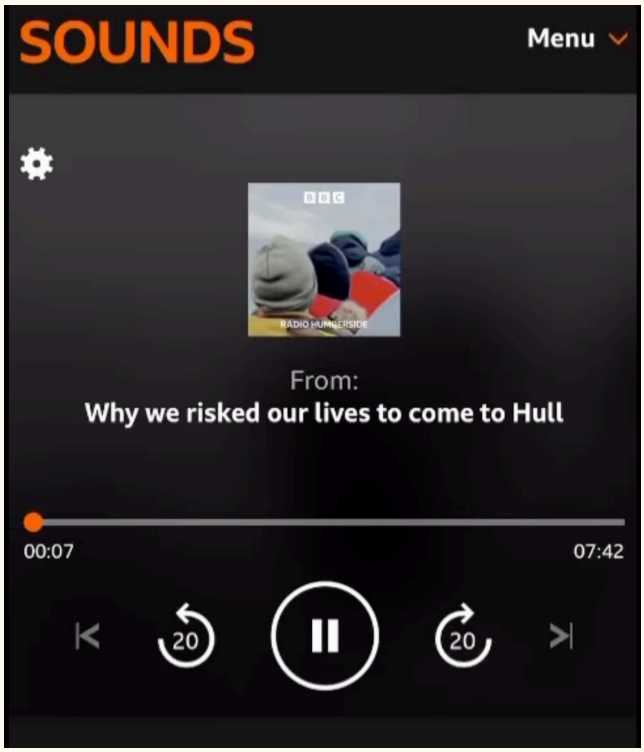
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Media Publicity



BBC interview about a surge in racisms and violent attacks - August 2024

The recent surge in racist violence and attacks has deeply shaken our community, highlighting the persistent issue of racism within our society. Our leader, Sonia Jalal, addressed this critical issue in her recent interview with BBC Humberside Radio, where she eloquently summarised the underlying causes, the profound impact on those affected, and the steps we must take moving forward. Some clips from her interview are in the recording below.



BBC news East Yorkshire about the tough journey of asylum seeker August 2024

In a world where war, persecution, and violence force people to flee their homes, it is deeply concerning to see the growing hostility toward asylum seekers. This animosity often stems from ignorance and a lack of empathy, leading to the demonization of individuals who have already endured unimaginable hardships. Consider the case of a recent client (family) from Hull Sisters, a human rights organization that supports asylum seekers and refugees from around the world. This family's story mirrors countless others in similar. They were forced to leave their war-torn country and embark on a dangerous and exhausting journey in search of safety. Their decision to flee was not made lightly—it was a matter of survival. Faced with the horrors of war and violence, they had no choice but to risk everything to protect their loved ones.

Imagine being in their shoes. Would any family, given the same circumstances, not do everything in their power to ensure the safety of their children and themselves? The real question we should be asking is not why they came, but why they had to leave in the first place. If they had been truly safe in their own country, they would never have endured such hardships.

Rather than fostering hostility, we should approach these individuals with compassion and understanding. Their stories are not about choosing a better life; they are about fighting for the right to live at all.

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Challenges



IT Equipment & Services

We are currently unable to provide staff and volunteers with laptops or other technical devices, meaning they must rely on their personal laptops, which is a significant challenge. While we do have WiFi, it is very slow and frequently disconnects, leading staff and volunteers to use their mobile data for internet access. This creates complications in our work, especially when we need reliable internet to search for council and social services contact information. Additionally, we have struggled to secure low-cost broadband and IT services, as local suppliers have been unwilling to support us. KCOM has promised a small contribution for our IT project.

Short-Term Council Lease

Securing a building for Hull Sisters has been challenging. Currently, we are on a short-term lease with a peppercorn rent. This arrangement makes us ineligible for long-term funding. Long term funding is crucial for making necessary improvements to the building. As a result, we can only apply for a limited number of grants, significantly narrowing our funding opportunities. Additionally, our short-term lease prevents us from applying for maintenance grants needed to enhance the facility and better serve our users.

Energy Prices & Premises Maintenance

The building has poor insulation, lighting, heating, and ventilation, leading to high maintenance and utility costs. These rising expenses are diverting funds away from services that support women. We are increasingly concerned about meeting our financial obligations due to surging gas and electricity bills.
Additionally, the existing toilets frequently clog and do not meet user needs, resulting in costly maintenance. The overgrown exterior has also created a rodent problem, and overhanging branches have damaged the outdoor lighting.

Lack of Kitchen Facilities

We will need to source funding to make the kitchen fully functional. Many women who come to us lack the space or resources to prepare their cultural meals, often staying in hotels or B&Bs where cooking is not permitted due to their circumstances, such as homelessness or fleeing violence. As a result, they resort to cooking in parks and other public areas, which is both unhygienic and unsafe.

Regular Donations

Many of our service users face poverty, making our food bank an essential resource. The ongoing cost of living crisis has led to a significant decrease in donations, leaving women and their families struggling to access enough food. This situation contributes to poor mental and physical health, as weakened immune systems make them more susceptible to illness. Additionally, we support women with babies as young as one month by providing formula, diapers, and other necessities. Our efforts rely entirely on public donations for food, essential items, and household supplies

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Challenges



Furniture and Storage

When we first acquired Unit 12 at Station Drive, we lacked any furniture. As a result, we had to conduct lessons with service users seated on the floor, and they were incredibly patient and understanding during that time. Fortunately, we later received a generous donation of chairs from local entrepreneurs and private cafes. However, we are still facing a shortage of tables for our classes, and the ones we do have are in need of replacement. Additionally, we urgently require proper storage solutions, like racking, to help organise and store our donations and utilise the space more efficiently.

Funding & Hostility

The shorter lease has hindered our ability to apply for long-term funding needed for sustainability, forcing us to rely on small, limited funding sources. Additionally, we encounter hostility from certain services that use their influence to complicate our funding efforts. As a result, we feel that the local council is less receptive to understanding our challenges and providing the necessary support.



Building Improvements

The building has limited ventilation, making it uncomfortably hot during the summer months. Installing ten additional windows would improve airflow and bring in natural light, which could help lower energy bills. The toilets and plumbing require replacement, and the heating system—including the boiler and radiators—needs updating. A suspended ceiling is also necessary. To improve energy efficiency, insulation is needed throughout the property. The reception area is quite narrow and would benefit from an extension. Currently, our storage space is insufficient, and we require a designated area to store food and other donated items. Lastly, the overgrown trees and shrubs need maintenance.



Kitchen extractor and Windows

We are in need of a proper commercial kitchen extractor and ten additional windows for adequate ventilation. With a fully functional kitchen at Hull Sisters, more users would have the opportunity to cook for themselves and their families, and they would also benefit from our soup kitchen, which is currently relying on a camping stove. This setup is costly and has impacted our operating expenses. Having a complete kitchen would allow us to prepare food in-house for future events, reducing our reliance on catering companies.

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Campaigns & New Initiatives



Free Period Products

Hull Sisters is an official donation partner for Hey Girls.
We are also the official picking point for their period products in the entire Hull area.
This means that any female can walk in and request period products for no charge, no questions asked.
No one will be asked for anything in exchange for free products. Period products will be available in unlimited quantities.
Together we can work towards ending period poverty in our community.

Immigration Surgery

The local community can receive free advice on immigration, asylum and nationality cases from our service in partnership with Battley Law Solicitors.
Interpreters are available in Urdu, Pashtu, Farsi, Dari, Arabic, Kurdish and many other languages.

IC Change

We joined over 80 supporting organisations, calling on the Government to ratify the Istanbul Convention without reservations. The letter sent to the Home Secretary resulted in the UK ratifying the Istanbul Convention.
However, the Government announced that they will opt out of articles 44 and 59, which include providing life-saving support for migrant women.
Campaigning continues to ensure that all women are supported.

Hull Sisters Library

Women attending our centre have the opportunity to read and borrow books for themselves and their children.
Our library provides an extensive collection of diverse literature books promoting inclusivity and centring on the global majority, their lives, languages and cultures.
The library has received over 150 books as donations.
Lacking basic reading and writing skills is a tremendous disadvantage, so is lack of access to books. Literacy enriches lives and creates opportunities for women to develop skills that will help them provide for themselves and their families.

GoFundMe campaign

We have a go fund me page that raises money to build a shelter in Hull for women from the global majority.

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Make it law without exceptions.

Don't abandon migrant women.

#AllWomenMeansAllWomen

Connecting Women From All Backgrounds

Campaigns & New Initiatives

Our New Campaigns on gender violence

We also have a campaign on stalking, racism and discrimination, gender equality and women only strategy at the council level which has gained significant attention from the media. We are passionate about raising awareness for these issues within our community and help fight against these injustices.

As a part of national o
organisation such as End violence against women coalition and project resist network we raise our violence against all violence against women and girls

raising our voice on media to address the issues related to gender violence and creat awarness among community.
our recent BBC radio progeram on stalking were Hull sisters and the national charity Suzy Lamplugh Trust

working with Humberside police on their initiative to make women only strategy and to reduce crime by attending and addressing gender violence in Violence against women and girls strategic meeting and the community safety advisory group

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END VIOLENCE AGAINST WOMEN

PROJECT RESIST
NO JUSTICE WITHOUT RESISTANCE

Connecting Women From All Backgrounds

We Welcomed





Engagement with Laura Mince, Community Cohesion Officer – Humberside Police

We were also pleased to host Laura Mince, the Community Cohesion Officer from Humberside Police. Our discussion focused on women's issues within the community, with a particular emphasis on safety, support services, and community engagement.



Visit from the Deputy Lord Mayor

We were honored to welcome the Deputy Lord Mayor to our centre. During the visit, we had the opportunity to showcase the impactful work we're doing in the community. This was followed by a productive follow-up meeting at the Guildhall.



Crime Commissioner Visit from Humberside Police

We were honoured to welcome the Crime Commissioner from Humberside Police to our centre. The visit was an important opportunity to discuss community safety, policing priorities, and the role of local initiatives in supporting resident

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We Welcomed





One of the most famouse presenter of BBC humberside, Kofee Smile visited us and our staff, volunteers, and service users. to feature our accomplishments while serving the most vulnerable women of color in Hull and East Riding after wining the BBC Make a Difference best community Award 2023



Meeting with Sharon Kasim, Labour Party Representative

We welcomed Sharon Kasim from the Labour Party to our centre. During our meeting, we discussed the progress of our current projects, the challenges we've faced, and the barriers hindering further development. Sharon was receptive and offered valuable insights into how we can overcome these obstacles and continue driving positive change within our community. These recent activities reflect our ongoing commitment to raising awareness, driving change, and supporting key community efforts



Director of Hull City Council along with Duncan Shaw, property manager, Sharon Hutchinson have visited and had lunch with us, witnessed the productive work we deliver to our vulnerable community.

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Scarlet sirens Empowerment event at Beverley Barn







A heartfelt thank you to the organisers of the Scarlet Sirens Empowerment event for inviting us to such a remarkable gathering at Beverley Barn. The experience was truly inspirational and awe-inspiring.

The event featured a diverse range of workshops and demonstrations aimed at boosting confidence and empowerment. Gatherings like this serve as powerful platforms for women and girls and can be inspirational to many women. We are grateful to have been a part of such an impactful event.



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Choice Support's Public Engagement Network - PEN

Public Engagement Network

At Hull Sisters we are a proud member of the Public Engagement Network. This is a network that supports people whose voices are not usually heard to engage with the Care Quality Commission England's independent health and adult social care regulator

Our commitment to this network stems from our deep belief in the importance of inclusivity and representation in health and social care dialogues. We recognise that many individuals and communities face barriers to expressing their needs and concerns. By being part of the Public Engagement Network, we strive to ensure that these voices are not only heard but also valued and acted upon.

This is an organisation Hull Sisters is really passionate about, thus we wish to continue to support this network into the following year.

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It’s not a charity, it’s a Sisterhood

Volunteers



Volunteers are the core support system that enables us to assist Black and minority ethnic women in our community.

We deliver safeguarding, food hygiene, fire safety, mental and physical health safety training to all our volunteers.

All volunteers who work directly with vulnerable service users are DBS-checked.

VolunteerIng





HULL SISTERS
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It's not a charity, it's a Sisterhood

we host student placements



Hull Sisters is featured on the Co-operate and Hull Student Union websites to attract volunteers. We also use social media and other partners to recruit volunteers for onsite and remote support (such as bid writing and fundraising).

Hull Sisters collaborates with the following institutions to offer student placements and volunteering roles in fields like gender studies, education, human rights, psychology, social care, health care, film media and research. These volunteer opportunities offer students valuable hands-on experience and knowledge, all while contributing to Hull Sisters' ability to provide high-quality service and support.

Student VolunteerIng & Placements

HYMERS COLLEGE

East Riding College

UNIVERSITY OF LINCOLN ESTATES

ST MARY'S COLLEGE

UNIVERSITY of HULL

HULL COLLEGE

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SPECIAL THANKS TO

Hull Sisters would like to extend their gratitude to our funders for their unwavering support, generous contributions, and for being there for us through every challenge. We look forward to continuing our partnerships with these charities and developing new relationships in the future.

Rosa Funding for Women and Girls

Smallwood Trust

FareShare UK

Jacbo's Well Appeal









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SPECIAL THANKS TO

Hey Girls

We were proud to become a Hey Girls official donation partner in 2022. In 2024 they are still providing Hull Sisters with free menstrual products to all our service users



hey girls...

Essential Items

Supporters can contribute essential items through our updated wish lists and registries. These lists reflect our current needs, making it easy for you to donate the most needed items. Your generosity truly makes a difference!

Amazon Wish List:
https://amzn.to/3g28B5Q

For Common Good Registry:
https://bit.ly/3EBTPgG

common good

amazon

Library Book Donations

We have created two Bookshop.org wishlists to help supporters donate books to our library. Our library's goal is to help improve literacy and provide diverse, inclusive books that enable black and minority ethnic women and children to see themselves represented as the main characters and protagonists.

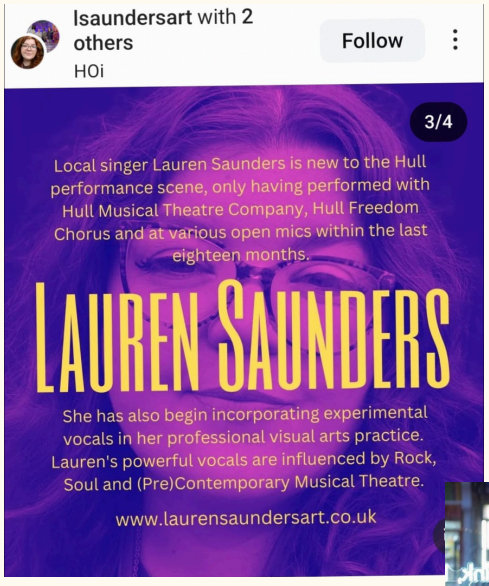
Bookshop.org

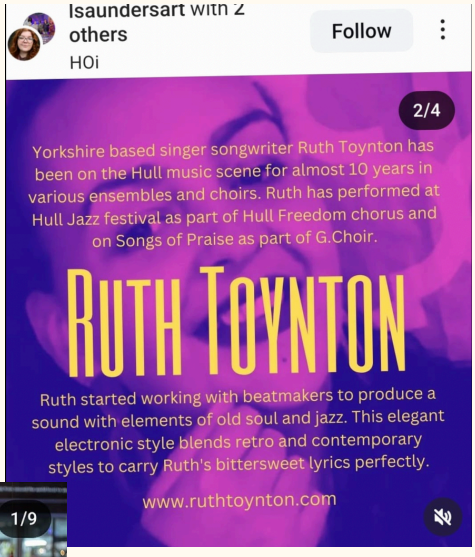
HULL SISTERS
Connecting women from all backgrounds

Connecting Women From All Backgrounds

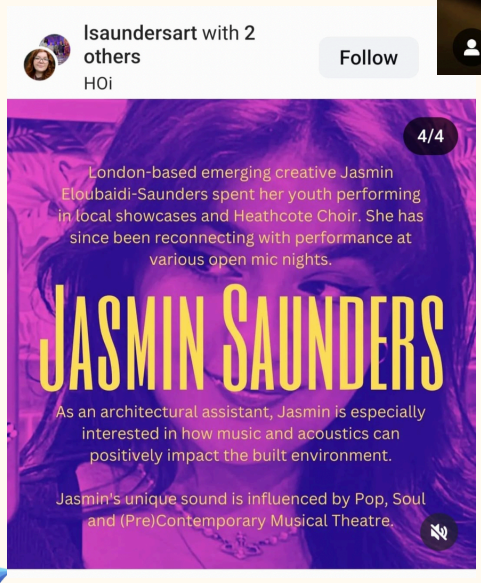
SPECIAL THANKS TO

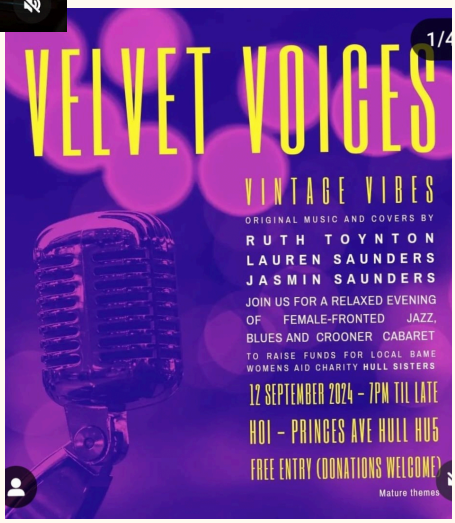
fundraising initiative for Hull sisters by Ruth Toynton, Lauren Saunders in HOI pup











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SPECIAL THANKS TO



Bound by Sisterhood, Driven by Change

By Lucy, Lizzie, and Nicole

Unit 12 Station Drive, Hull, HU5 1AD | 07539 321502 | sisters@hullsisters.org

What do Hull Sisters do?

Hull Sisters is a non-profit, independent, community based organisation. It unites and empowers women from the global majority, supporting over 2500 women.

They provide support to women who face barriers in accessing mainstream services.

Hull sisters supports women from 26 different nationalities and 18 different languages.

Social Inequality

- 83% of women at Hull Sisters contend with the challenging combination of poverty and social isolation (Social Impact Report, 2022/2023).
- Economic abuse is affecting as many as 60% of our users (Social Impact Report, 2022/2023).
- Black and minority ethnic individuals are 2.5 times more likely to be in poverty than white people, with racial inequalities most pronounced in Yorkshire and Humber (Runnymede, 2022).
- Hull sisters supplies free sanitary products in order to tackle period poverty.

Mental Health

83% of women at Hull Sisters reported psychological distress however there was a lack of education surrounding these difficulties due to cultural differences.

The majority of service users join the charity with low mood and self esteem, Hull Sisters combats this by providing healing services such as reflexology and support sessions.

"I was amazed by the fact lots of people come with different issues and sometimes they come and they are crying, but they always leave so happy."

Gender Based Violence

- 65% of the women at Hull Sisters have suffered from domestic abuse.
- NHS services in Hull have reported an increase of victims of female genital mutilation (FGM), seeing 80 patients this year compared to 70 in 2022-23.
- FGM cases in the UK as a whole have also increase with 6,655 women and girls reporting FGM which is a 13% increase from the previous year.
- North East and Yorkshire services had to inform 67% of these patients that FGM was illegal highlighting a gap in education around abuse.

(Social Impact Report, 2023/2024)

Barriers

- Lack of trust for services
- Limited funding
- Eviction challenges - Hull Sisters have previously been evicted and continue to face the threat of eviction in their current unit.
- Hull Riots - fear, lack of trust, staff leaving following riots
- Religion - the women can experience conflicting emotions around their religion and finding support.

What we will take away with us ...

We have developed a deeper understanding of our privilege and the impact this has on interactions with service users. We have learnt of many challenges facing women from the global majority when accessing support, particularly when English is not their first language.

Finally, we have gained valuable insight into the charity sector, this challenged our assumptions surrounding funding and we were very impressed by their determination to make change despite their limited resources.

University of Hull Community Psychology Presentation
November 2024

In 2024, a new group of University of Hull students, currently undertaking placements at Hull Sisters, for the Clinical Psychology Doctorate, presented a poster to their fellow peers and other charities within Hull. This was an opportunity to promote Hull Sisters and the raise awareness of barriers for that women from the global majority face.



University of Hull Doctorate level clinical psychologist students after completion of their placement delivered a presentation to university and community organisation on the extraordinary service for vulnerable women in the area

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SPECIAL THANKS TO

University of Hull

Hull Sisters Gratitude for the University of Hull's Support!

Hull Sisters would like to express our heartfelt gratitude to the University of Hull for their support in providing us with the opportunity to host community psychology placements for the Clinical Psychology Doctorate and education studies and concelling. This partnership has been instrumental in furthering our mission and enhancing the services we offer.

We would also like to extend our sincere thanks to all the departments at the University for their continued support in referring volunteers to us.



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Invitation to BBC Award Ceremony
We are thrilled to announce that we were invited by the BBC to attend their award ceremony! This invitation is a wonderful recognition of the work we've been doing within the community. Last year we won the make a difference award and attending this year's ceremony as guests was a poignant reminder of the power of community spirit and the incredible work being done across our region. We were inspired by the stories of this year's winners, who are driving positive change and making a lasting impact.





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Our funders

Hull Sisters would also like to thank our funders for their support over the past years.

Hey girls

ROSA

SMALL WOOD TRUST

THE UK FUND FOR WOMEN AND GIRLS

hullcvs
community and voluntary services

SPORT ENGLAND

The Sir James RECKITT Charity

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the Tudor trust

Partners and Supporters

Hull Sisters would like to thank all the agencies and organisations that have worked with us over the past years.

Ana Sampson / Quercus Books
Batley Law
Beauty Banks
Bentley Legal Advice
British Red Cross
Blue door
CHCP Health Workers
Child Dynamix
Children's Centres
Children's Nurseries across Hull
Children's Schools across Hull
CIAQ
Connect Well
Councillor Cheryl Pyne from Liberal Democratic Party.
Hull CVS
Door Steps
Early Help Hull
Early Help East Riding
DAP Hull
DAP East Riding
Good win Hull
East Riding College
End Violence Against Women Coalition
ERVAS
FareShare Hull
Fenchurch Street Centre
Foodbanks
For Common Good
Goodwin Children's Centre
Goodwin Doula Project
GrowBaby
Hey Girls
Hey Smile Foundation, Hull
House of Light
Hull City Council
Hull College
Hymers College
Hull Hospital
Hull Social Services

Humber Learning Consortium
Humberside Fire and Rescue
Humberside Police
Hymers College
KCOM
Kingston Nursery
Law Works
London custom Department
NHS
Mental Health Services
Midwives
Health visitors
Northbank Forum
Octagon Family Centre
Perinatal Mental Health Services
Women's Aid
Project Tallawah
Angelou Centre
Ray Barron Woolford
Richard Saltoun Gallery
Rosa for Women
Sector Connect
Skills and Resource Network
Smallwood Trust
Springbank Community Centre
Evolve
University of Hull
University of Lincoln
East Riding College
Lincoln University
Violence against women and girls Research Network
Victim Support
Wilma Woolf
Welcome House
Women's Aid
Women's Equality Party

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Memberships

END VIOLENCE AGAINST WOMEN

COMMUNITY WEALTH FUND
ALLIANCE MEMBER

ERVAS

2021
NCVO MEMBER

locality
the power of community

nocn GROUP

Hull CVS
'community and voluntary services'

English Speaking Board (International) Ltd.
ESB
ESOL International

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We couldn't have done it without your generous support

Special thanks to all our staff, supporters, donors and volunteers !!!



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