

2024



Women's Programme Report

Empowering Women,
Strengthening Communities.



At The Peel Project, our mission is to create a vibrant, inclusive, and supportive environment where every individual feels valued and empowered.

Executive Summary



In 2024, The Peel Project's Women's Programme truly came into its own.

Originally launched in 2021 to address the acute social, cultural, and health inequalities faced by women from Hull's Black, Asian, and Minority Ethnic (BAME) communities, this year marked a turning point. With a clear strategy, growing momentum, and community-driven leadership, our four flagship initiatives have taken root, gained identity, and demonstrated powerful impact:

- **Weekly Ladies Befriending Sessions**
- **Weekly Fitness Sessions**
- **Trips and Excursions**
- **Community Events**

Over the course of the year, more than 500 women, representing over 20 languages and cultures, participated in our programmes. These activities have created safe, inclusive, and empowering spaces where underserved women — particularly Muslim women and young mothers — can connect, engage in learning, improve their health, and build lasting relationships.

Our work has been made possible thanks to the dedication of 16 female volunteers and 3 teenage volunteers, who together contributed over 1,600 hours of service in 2024, shaping and delivering our programmes with passion and purpose.

The Peel Project's Women's Programme is not just a collection of services — it is a community-driven movement that is transforming lives, reducing isolation, and building bridges where none existed before. Through partnership, trust, and culturally informed delivery, we are empowering women to access services, improve their health, and lead change in their communities.

We are proud of the strides made in 2024 and are committed to deepening our impact in 2025 and beyond.

Sarah Muflahi and Nadia Ali

Women's Programme Lead Coordinators

The Peel Project

In numbers



500+

women engaged



261

toddlers attended
child-friendly
sessions



90

women accessed our
fitness and gym offer



62

first-time gym users



20+

languages and
cultures represented



167

women accessed
services via
professional
workshops



1250+

healthy meals
cooked and
shared



1600+

volunteer hours
from 19 women
and young
people



100

women received
free swimming
taster cards



Our projects



Weekly Befriending Sessions

Our weekly befriending sessions have become a trusted hub for women in Hull, reducing isolation and connecting them with public services they may struggle to access.

In 2024, we welcomed 15 professional organisations—from Yorkshire Ambulance to the Cancer Alliance—who delivered culturally sensitive workshops on vital topics like First Aid, mental health, and cancer awareness.

167 women engaged directly with services, while professionals gained valuable insight into the experiences of BAME women. Sessions were free for partners, child-friendly, and supported by volunteers who served over 1,250 healthy meals and received food hygiene training.

We also registered with the Food Standards Agency this year. Another proud milestone for The Peel Project.



Women's Fitness Sessions

Recognising the cultural and structural barriers many women face when accessing fitness services, our twice-weekly gym and boxing sessions have been a lifeline for 90 women, 62 of whom had never been to a gym before.

With a free crèche, professional support, and appropriate cultural support, women were able to build confidence and prioritise their health in a safe environment.

With support from Sport England, we also provided 100 swimming taster cards in partnership with HCAL Leisure Centres, working closely to ensure facilities met cultural and religious needs. These efforts have opened doors to physical activity for many who previously felt excluded.

Trips and Excursions

To broaden experiences and support mental wellbeing, our women's programme organised unique and enriching outings – including horse riding, archery, and a local farm visit for over 60 women and children.

These trips, often first-time experiences for participants, sparked joy, built confidence, and created lasting memories.

Community Events

In 2024, we delivered a rich and impactful programme of community events, designed to empower women, build confidence, and promote safety, health, and inclusion.

Session type	No of sessions	Total attendees
Womens Befriending	24	312
Hot Topic Sessions	9	135
Special Sessions	10	176

We tackled key topics including:

- **Mental Health & Wellbeing** – Breaking stigma, boosting confidence, and increasing awareness of support services.
- **Health Education** – Covering oral health, ovarian cancer, vaccines, prostate/testicular cancer, and NHS research.
- **Safety & First Aid** – Certified training in first aid, fire safety sessions, and home safety awareness.
- **Digital Skills & Civic Engagement** – Helping women get online, register to vote, and access essential services.
- **Careers & Opportunities** – Inspiring sessions with female police officers, fire service professionals, and fostering advisors.
- **Practical Support** – Energy-saving advice, housing guidance, and navigating local services. **Family Fun & Confidence-Building** – Horse riding, archery, and farm trips provided first-time experiences that boosted morale and community bonding.

Our projects



Community Events

The following table provides a detailed breakdown of the various sessions held throughout the year as part of the Women's Befriending Program and associated community engagement activities.

Session type	No of sessions	Total attendees
Mental health workshops	3	49
Cancer awareness	2	25
Womens Health	1	10
Vaccine Awareness	1	18
First Aid Training	3	29
Fire Safety	1	14
Fostering Session	1	18
Police Career Session	1	23
Help to Vote Session	1	12
Household Support Fund	1	13
Eid Parties	Multiple	80
Ramadan Awareness	1	17

Quotes and testimonials



"I found the session on mental health very beneficial.. It's a relief to know that there is help available if needed and there is no stigma attached to it."

"It's important as parents we are educated on vaccines as this enables us to make better informed decisions around our children's health"

"It was reassuring to hear that I'm not alone in my struggles, and knowing where to get help has made me feel more confident in reaching out."

"I now know how to handle my landlord and where to turn if I need legal help for housing problems."

"It was inspiring to hear how we can contribute to important research that benefits not only our community but others as well."

"I was shocked at how much sugar everyday food products I buy contain. The session was very informative"

"I've met so many wonderful women who understand my experiences, gained friends and knowledge."

"I didn't know where to get help before, but now I feel more confident about reaching out when I need support."

"I never thought I could do CPR, but now I feel better prepared to help in an emergency."



Case Study: Rashida



This case study highlights the positive impact of Peel Project's women-only gym sessions, which offer free childcare and promote the health and wellbeing of Muslim and BAME women. It showcases the experience of Rashida, a 29-year-old Muslim mother, who faced challenges accessing fitness facilities that respected her cultural needs and accommodated her childcare responsibilities.

The Peel Project provides a safe, women-only gym environment with group workout classes, boxing sessions, and state-of-the-art equipment. The facility also offers free childcare, addressing key barriers like cultural sensitivity and childcare concerns that often prevent women from exercising.

Rashida struggled to find a gym that respected her need for privacy and offered reliable childcare. After joining Peel Project, she experienced improved physical health, mental well-being, and a sense of community. The free childcare allowed her to exercise regularly, while boxing became a therapeutic outlet for stress. Rashida found a new passion for fitness, saying, "When I'm in the ring, I release all my stress. It's just me and boxing."

This case illustrates how culturally sensitive fitness facilities like Peel Project enable women to overcome barriers and lead healthier, more balanced lives. Rashida's experience highlights the importance of accessible and supportive spaces for Muslim and BAME women.

"Joining Peel Project gym sessions has been a life-changing experience for me. I finally have a place where I can focus on my health without compromising my cultural values or worrying about my children. The sense of community and support I've found here is invaluable."



Acknowledgments



A massive and heartfelt thank you to our incredible team of volunteers, our dedicated Women's Programme Coordinators, and the funders who have made this year's journey possible: City Health Care Partnership, Two Ridings Community Foundation, Sport England, and Sir James Reckitt Charity. Your support has empowered us to grow our vision and deliver lasting, meaningful impact to the women of Hull's BAME communities.

We would also like to express our deepest gratitude to our delivery partners, who have been instrumental in helping us reach and engage women who had never previously accessed community services. By showing up with open hearts, listening with empathy, and delivering with cultural sensitivity, they have broken down barriers and built genuine trust.

A special thank you to our long-serving and valued partners:

- Yorkshire Ambulance Service
- Humber and North Yorkshire Cancer Alliance
- Humberside Fire & Rescue Service

and thanks to Springbank Community Centre Association for allowing us to host our weekly sessions at their centre.





THANKS TO OUR 2024 WOMEN'S PROJECT SPONSORS



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