

Giving a Voice to BAME Women Since 2012

# Hull Sisters

**Impact Report  
2021/22**



## **A year with unique challenges**

It has been a year of uncertainty and unprecedented challenges. We have faced eviction, financial insecurity, relocation to new premises and the cost of living crisis.

Despite this, we have worked tirelessly to provide support and much-needed services to the women and children in our community.

## **A message from Sonia, our founder**

I want to extend my gratitude to our staff, the board members and volunteers. Hull Sisters would not be the success it is without you.

All your hard work and dedication are greatly appreciated; collectively, we continue to provide excellent service and support in a safe women-only space.

Thank you to all the tutors for continuing to provide practical courses to BAME women in our community.

Thank you to all the women and children who attended the centre and participated in the courses and activities – we hope you all enjoyed the experience.



**HULL SISTERS**  
Connecting women from all backgrounds

Connecting Women From All Backgrounds

# Achievements



PART OF **nocn** GROUP

APPROVED CENTRE



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



Official Donation Partner for Hey  
Girls Period Products

We were proud to become a Hey Girls official donation partner in 2022.

Free products not only help end period poverty, but they also promote equality. It is overwhelmingly women and girls who have to bear the cost of a biological process that they cannot control.



Hull Sisters joined the End Violence Against Women (EVAW) coalition, the only women's organisation in the area to receive membership. EVAW is a group of over 120 feminist organisations and experts from across the UK, working to end violence against women and girls in all its forms. EVAW takes an intersectional, anti-racist approach working to transform the political and social systems that enable violence against women.

## Quick Facts

**600+**

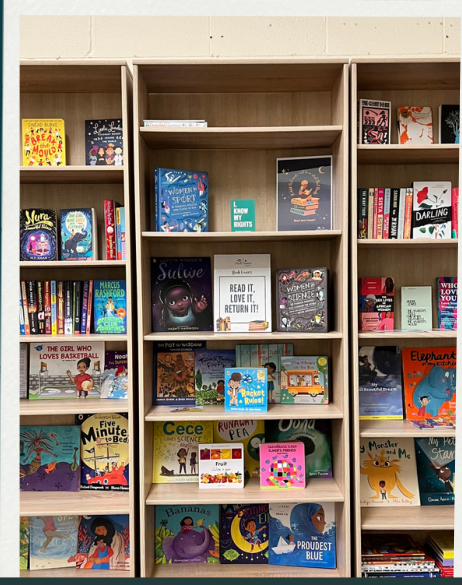
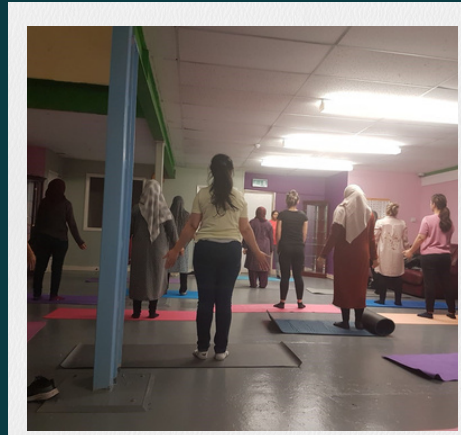
Women and children  
registered and  
supported

**700+**

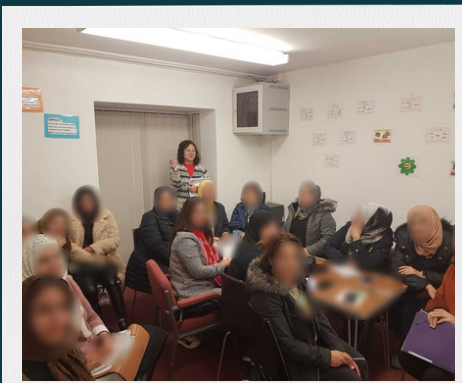
Families supported  
through our foodbank  
services

**1000+**

Women and children  
attended our three  
celebration events



# A year of women supporting women



## Connecting Women From All Backgrounds

# Facts & Stats



61% of our users have described themselves as victims of domestic violence. Most of our service users are from all areas of Hull. However, we also have some who come from the wider East Riding area. We have women from 26 different nationalities who speak 18 different languages.



According to our data, we have seen a rise of 130% in women survivors subjected to female genital mutilation (FGM).



Economic abuse is as high as 60% amongst our users, enabled by benefits in the male partner's name.



Living in poverty reduces our users' mobility, restricting their ability to build a support network and attend appointments. It also means they have limited financial resources to leave their partner. We have observed 80% of our users face poverty and isolation.

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.



Low confidence: our users are generally isolated which makes them reserved and confined to their homes.



Many women do not see themselves with mental health conditions, which is frowned upon in their culture. Many have not been diagnosed or assessed or want to acknowledge that they are experiencing poor mental health. However, many if not all, women express or show psychological distress and low mood due to the challenges they are facing in their lives. For example:

- Isolation due to lack of social network and trust in services due to ill-treatment
- Abuse – domestic, emotional and financial
- Refugees – past trauma, coming from war countries, trafficking, losing family members, poverty challenges.
- Racism and discrimination, antisocial behaviour in different areas of life have been challenging and barrier in their integration.

## Monthly donations make a difference

**£4**

pays the bus fare so a woman can attend the centre

**£15**

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

**£30**

keeps the centre open for a day

Connecting Women From All Backgrounds

# Women Supporting Women



## Lived experience

Women who attended Hull Sisters as service users have become volunteers and employees. They understand the issues that the service users experience at a deeper level have they have been through it themselves. Their experience includes violence and abuse, forced marriage, threats of honour killing, FGM, poor physical, mental and sexual health, poverty, low skills and unemployment.

Volunteers and employees have the opportunity to continually develop, improve, and build on their skills, such as abuse awareness sessions, ESOL with life skills, sewing, safeguarding, health and safety, first aid, food hygiene, working as part of a team, communication and listening skills, IT skills and time management.

Our multilingual staff provide support where there are language barriers to those seeking support from mainstream services.

## Community building

Women (service users) help each other by supporting and talking, creating a sense of community (known as social capital) that they do not experience outside of Hull Sisters due to language barriers and discrimination.

Hull Sisters helps reduce the isolation of women within the local community. Research has illustrated that isolation can lead to high psychological distress.

## Group sessions

Hull Sisters offers group support sessions to women, focusing on their health and well-being. This helps the women to feel supported as they hear from others who have been through a similar experience. It is a safe space for the women to talk as little or as much as they feel comfortable. Most of the women share their stories, it helps them to release anger, distress and tension.

Examples of group support session discussions include rape, domestic violence, racism, discrimination, and societal pressures.

## One-to-one support

Hull Sisters offers one-to-one support sessions to understand what challenges they may be facing, big or small, and how Hull Sisters can help them. This helps the service users to feel supported and not alone.

During these confidential sessions, women share how they are feeling and how the challenges in their lives are affecting their mental and physical health. Issues include health, housing, welfare, abuse, refugee complications, complex cultural issues, maternity issues, and honour-based abuse.

Connecting Women From All Backgrounds

# Support and Classes



## Sewing classes

We offer sewing classes for all levels of competency. These classes offer women the ability to learn or improve their sewing skills, make clothes and household items for their families and homes, and use their creativity.

Sewing for beginners is compulsory for all who want to join other individual courses related to Machine sewing. The beginner's class enables them to learn and practice advanced pattern cutting to achieve their designs.

## Arts and crafts

Our arts and crafts sessions teach different techniques such as crochet. These are popular sessions for our women and also an enjoyable and useful hobby.

## Advocacy and support

We help women overcome challenges such as disability, illness, violence and abuse, anti-social behaviour and social exclusion. We speak for them when they can't and support them to speak for themselves when they can, providing timely support.

Hull Sisters supports women with their issues in confidence which they find hard to share with other services. These include skills and employment, housing, health, benefits, children and family issues, safeguarding, police cases, anti-social behaviour, racism and discrimination.

## ESOL with life skills

Hull Sisters offers English Lessons (ESOL) at five levels, from basic to advanced, taught by Black and minoritised women who learned English as a second language so they understand the challenges faced. This helps the women as it builds on their confidence, communication, integration and social cohesion. Moreover it gives them knowledge about life in the UK.

## Yoga

Women-only yoga classes are provided to improve our women's physical, mental and emotional well-being. Yoga benefits women's health, from fertility to breast cancer to positive body image.

Yoga improves blood and lymph circulation, removes toxic waste, improves the mobility of the joints, focuses the mind, raises energy levels, restores confidence and develops physical and inner strength. Breathing exercises improve respiration, circulation and energy levels; encourage optimal functioning of all the organs and systems of the body; reduce stress and anxiety and to restore emotional balance and peace of mind.

Connecting Women From All Backgrounds

# Support and Classes



## Foodbank

Hull Sisters provides a foodbank service to support those experiencing poverty and low incomes. We receive surplus food from food banks and Fareshare Hull, which we distribute to our disadvantaged community.

We also supply hygiene and sanitary products alongside other household and baby essentials.

## Healthy eating

During the summer months, we organised a series of healthy eating workshops to demonstrate the importance of organic food and how to make nutritious recipes such as salads and juices from ethnic fruit and vegetables.

During the ongoing cost of living crisis, our efforts will be focused on nutritious recipes that don't require a lot of preparation and heating.

## Coffee morning and drop-in

All women can drop by to enjoy coffee and tea in a safe, secure and women-only environment that encourages them to build communities and, if they wish, share their issues with a specialist worker and receive practical support.

## Life skills and employability

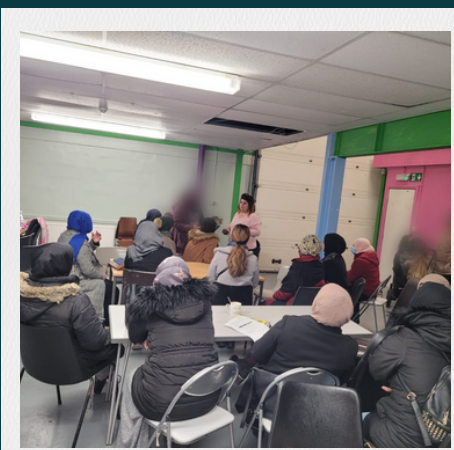
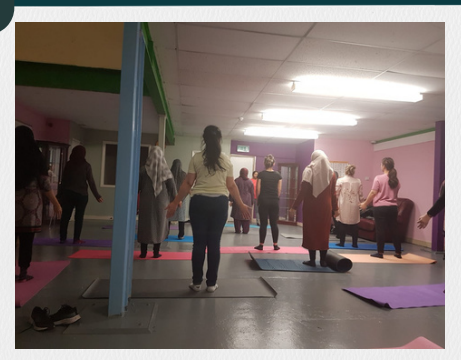
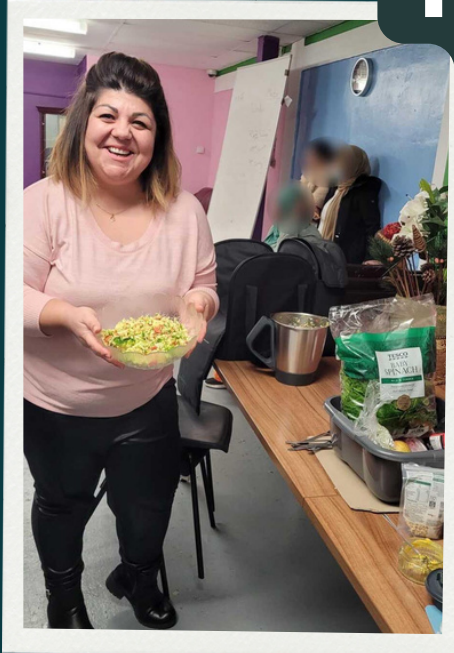
Digital Inclusion - Learning to set up and use smartphones and social media platforms such as Zoom and Facebook. As a result, participants have improved skills and confidence in using digital technology and accessing online support groups.

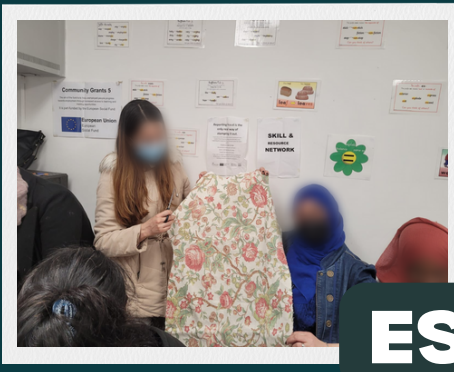
Our skills provision includes support in CV writing, job search training, interview skills, and employability skills.

**A total of 12 women** have secured jobs due to the improved skills and confidence they have gained participating in our skills classes.



# Yoga, Foodbank and Healthy Eating





# ESOL, Sewing and Arts & Crafts



Connecting Women From All Backgrounds

# Support and Classes



## Abuse awareness

The majority of the women and their children we support encounter or have encountered violence, abuse, trafficking, racism, discrimination, bullying and harassment, the threat of honour killing, and honour-based abuse.

Hull Sisters offers abuse awareness sessions to provide them with guidance and educate them on these issues and the services that can support them.

## Legal support

Hull Sisters is working in partnership with Batley Law Solicitors every Thursday. Two qualified and experienced solicitors take immigration cases for free, including asylum seekers, domestic violence and refugees.

This is a very busy and successful surgery and so far **100+ cases** have been referred to the solicitors.

## Digital skills

Staff and volunteers teach women how to use their smartphones, which is a well-attended and beneficial class for service users.

## Mental health

We organise well-attended workshops on mental health awareness delivered by Perinatal and Maternal Mental Health Services, Hull. We also delivered a Mental Health First Aid training course.

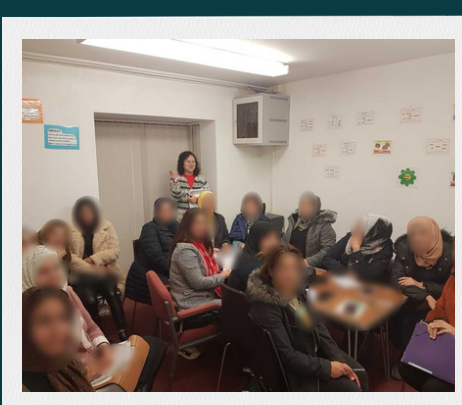
## Safeguarding training course

A Safeguarding training course has been delivered by Sector Connect (CVS and North Bank Forum) in our centre for our staff and volunteers.





# Mental Health, Human Rights & Domestic Abuse Support



Connecting Women From All Backgrounds

# Case Studies and Testimonials



## Yoga

As soon as I joined Hull Sisters, I learned that they have yoga classes, so I registered and have attended them ever since. The yoga instructor has shown me poses that I could also practice at home to relieve my back pain, and we are also working on meditating and breathing methods so I can practice them at home.

"I am so happy I have joined Hull Sisters because I am now more confident, and my mood is up as I get to meet and talk to other women with similar problems. I will definitely recommend the centre to all my friends and other women within my community.

**\*Sara**

## Asylum seeker

Through a small grant from Rosa, Hull Sisters supported Shirin\* with food, sanitary items, curtains, household furniture, and regular visits and check-in calls. In addition, we provided continual support for Shirin throughout her pregnancy, and she gave birth to a healthy baby.

With our support, Shirin came out of her depression. She has been extremely content with the support, and as a result, five more women in nearby flats have also contacted Hull Sisters for help.

## Participation

**160+**

participated in our yoga classes

**70+**

took part in our arts and craft sessions

**219**

attended our ESOL classes

**347**

participated in our Support sessions

**79**

Took part in employability support

**100+**

Received immigration related support

## Connecting Women From All Backgrounds

# Case Studies and Testimonials

All names and places have been changed to protect the identity of service users. Also, all faces have been blurred to protect the identity of our service users.



### Improved confidence

When I first came to the UK, I was alone. My husband worked all day and I had no family, friends or children. I was limited to cooking all day with no outlook on life, it was very isolating and made me feel depressed. I also had several miscarriages during this time, which broke my soul. Then, someone told me about Hull Sisters who have helped me massively. I joined the English and sewing classes, which helped me get out of the house, kept me busy, and made friends. Hull Sisters also provided bus trips to different locations, which I enjoyed. It was so much fun.

Once I made friends, I could share my issues and felt like I could speak to people. I had a sense of community within Hull Sisters. I was then able to lead a class at Hull Sisters. I have reached my goal and become part of Hull Sisters. The staff at Hull Sisters helped me feel empowered in my life and comfortable sharing my story about my miscarriages. It has helped me to feel not alone and I hope to inspire other people to seek help.

**\*Aarnaa**

### Sewing classes

I have been going to the sewing class for two months. This has helped me develop a new skill: making clothes for myself and my children. I am so happy that I am now able to make my own clothes as I no longer have to spend money on clothing. I have also made new friends at the sewing class. I am able to share any worries I have with other women. This makes me feel supported and I no longer feel isolated. I fled from my country due to war so having these new friends makes me feel safe and sewing class takes my mind off these problems.

**\*Jahzara**

### Essential items

Hull Sisters was able to help support Alexandra's essential needs by supplying food and hygiene products.

*Alexandra\* said, "I have to use foodbank services and charity help like Hull Sisters because I have nothing to live on after paying my bills."*

### Poor mental and physical health

Before coming to Hull Sisters, I had so much anxiety, depression and poor physical health. This made me very upset and emotionally I felt like I had died. This meant I was struggling to be there for my children. I did not know where to go or who to turn to for help, I was alone and isolated. At a Hull Sisters annual event, I spoke to staff. I made friends and gained a sense of community where I was able to talk to others about my problems and stresses. This helped me to feel less isolated, depressed and anxious. Hull Sisters helped me feel empowered and I started to work for Hull Sisters where I could earn money and support my family. Working at Hull Sisters helped me take my mind off past trauma and abuse, which helped my well-being. Hull Sisters helped me to feel like emotionally I had not died. I felt alive again.

**\*Farhana**

Connecting Women From All Backgrounds

# Case Studies and Testimonials



## 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 it helps 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.

**\*Darnsa**

## ESOL with life skills

When I first came to the UK, I could not speak English. This caused me many difficulties as I could not talk to services when I needed help, and I couldn't get a job meaning I had no money. I have been attending English classes at Hull Sisters and I have moved up from the lowest ability to the highest English class.

My confidence has greatly improved, and I am now able to have a conversation in English. Sharing the classes with other women has been incredible as we are all so supportive of each other and it makes you want to keep coming.

Thanks to my improved English I have been able to integrate into society. This has involved getting a job at a local restaurant and making friends with my co-workers and the people around me. 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.

**\*Parisa**

## Yoga

Sheilan\* came to know about Hull Sisters from her GP, who referred her to us. Our specialist worker introduced her to women from her language background and encouraged her to engage in different healthy activities such as Yoga, which are known to positively affect mental well-being.

After a few months, she had a session with the therapist and disclosed that she felt much better. Yoga has helped her control her anxiety and improve her perception of life. In particular, the breathing exercises she has learned make a positive difference and provide ongoing daily benefits. She has proactively asked the yoga instructor for more techniques to further assist her in coping with the stress and eliminating it. In addition, her social network of friends in the centre has helped manage her stress as she no longer feels alone and is going out with friends to shop and attend the centre. Now she is a regular service user and won't miss any yoga sessions. She is attending all our courses and is so enthusiastic about learning more.

According to Sheilan, *"It was impossible to forget harsh memories. I was ready to commit suicide but joining the Hull Sisters health and well-being programme has saved my life. My life is changed now. I'm feeling much better now; I am feeling hopeful now. I don't feel disappointed anymore."*

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# Volunteers

**Volunteering is the backbone of our ability to supply the services needed by Black and minority ethnic women in the community.**



We currently have 11 volunteers yet more are still needed to meet the demand on our services.

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

All volunteers that work directly with service users are DBS checked and completed safeguarding training.

Hull Sisters is listed 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).

## Student Volunteer Placements

Hull Sisters works with the University of Hull and the University of Lincoln to provide placements for students in relevant subjects such as Psychology, Social Care, and Health Care. These volunteer placements provide students with firsthand knowledge and experience while helping Hull Sisters to deliver a good level of service and support.



Connecting Women From All Backgrounds

# Campaigns and New Initiatives



## Free Period Products

Hull Sisters is an official donation partner for Hey Girls.

This means that period products will be free for all users, 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

A free drop-in service with qualified, experienced solicitors is available every Thursday between 9 am and 3 pm.

The local community can receive free advice on immigration, asylum and nationality cases.

Interpreters are available in Urdu, Pashtu, Farsi, Dari, Arabic and other languages.

## IC Change

We joined over 80 supporting organisations, calling on 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

Available from September 2022, women attending our centre can read and borrow books for themselves and their children. Our library provides diverse books promoting inclusivity and centring the global majority, their lives, languages and culture. We have received over 150 donated books to date.

Lacking basic reading and writing skills is a tremendous disadvantage, as is a 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 family.

**Make it law without exceptions.**

**Don't abandon migrant women.**

**#AllWomenMeansAllWomen**



Connecting Women From All Backgrounds

# Local Events and Publicity

## International Women's Day March 2022

Our Women's History Month event celebrated women and promoted the need for women's equal rights and safety.

## Christmas Party December 2021

We invited over 150 women and children to join the festivities at our Christmas Party. Food, laughter and dancing was enjoyed by all.

## Summer Event July 2022

Over 600 women and children attended our annual Summer Event along with invited guests, the Lord Mayor of Hull and the Women's Equality Party. Food, laughter and dancing was enjoyed by all.

## BBC Look North 15 October 2021

BBC Look North published our story about our celebration regarding a safe space granted by Hull City Council for all Black and Minoritised women in Hull.

## ITV News Calendar 12 October 2021

ITV amazingly articulated the stance of Hull Sisters, stressing the importance of equal woman's rights and opportunities for all women, especially Black and minoritised women who have always been ignored by the system.



## Viking FM January 2022

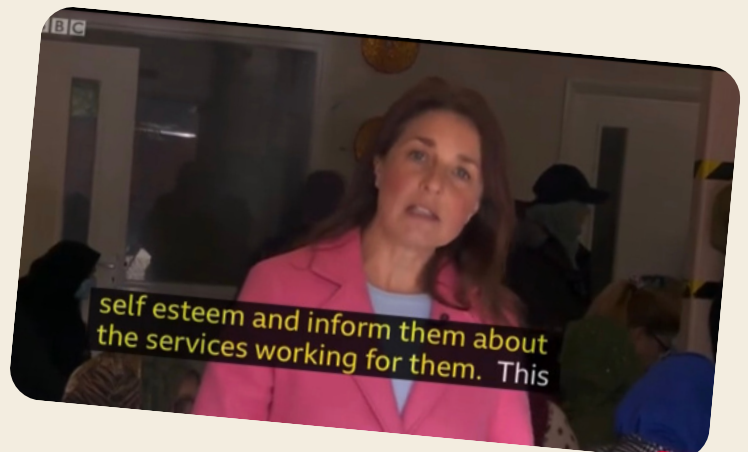
In January, Viking FM visited our centre to interview our founder, Sonia, volunteers and the women that use our services and discuss the challenges they face.

## BBC Radio Humberside 13 December 2021

We joined the Make A Difference segment of Andy Comfort's show to share how listeners can support Hull Sisters.

## Hull Daily Mail September 2021

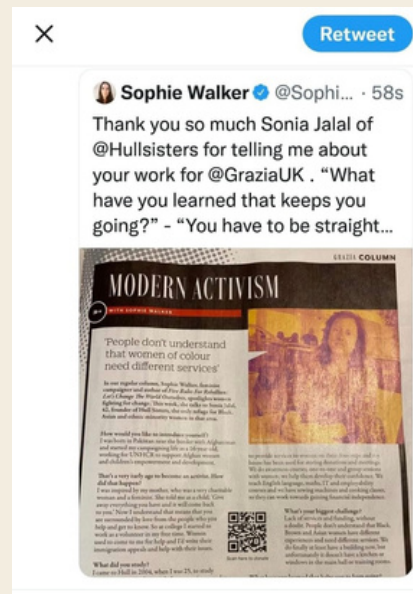
Hull Daily Mail appealed for funds for our new building granted by Hull City Council and described the excitement of the women for the new building.



Connecting Women From All Backgrounds

# National Publicity

Grazia Magazine  
November 2021



Stylist Magazine  
March 2022

Renowned UK-based women's  
organisations (including Hull  
Sisters) discussed Violence  
Against Women and Girls

**Sonia Jalal, founder of Hull Sisters, a charity run by BAME women for BAME women that helps to empower, support and upskill women from all ethnicities so they can take control of their bodies and lives**

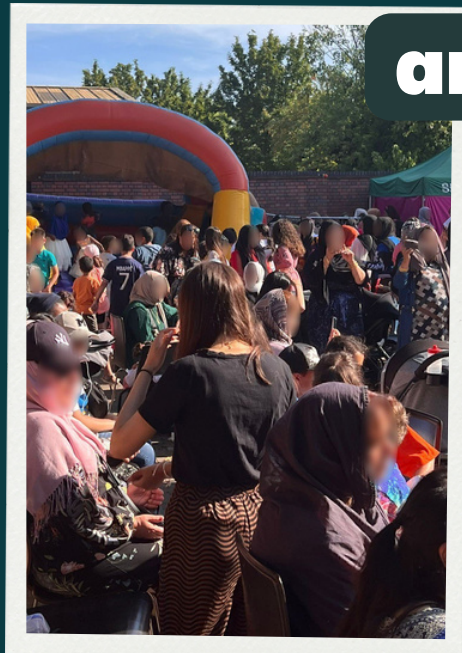
"We have seen that campaigns against VAWG (like one we've been leading) have created more awareness among women and, as a result, there has been an increase in BAME women coming forward to report their experiences. We know that women want to educate themselves about their rights and also want to exercise their rights.

"However, support from services such as the police and social services still needs attention, as in many cases the right support is not available to women of colour and their issues have been ignored or misunderstood by these services.

"Because BAME women's organisations are always underfunded and often work with women with very complex issues on very limited resources, charities like ours often end up relying heavily on volunteers.



**A year of amazing events**



Connecting Women From All Backgrounds

# We welcomed

**The Lord Mayor of Hull,  
Councillor Christine  
Randall and her consort  
Cheryl Payne**



**Jacky Bowes, High Sheriff of  
the East Riding of Yorkshire**

**EVAW Coalition**



**Hosted leadership and advocacy  
workshop for Two Ridings  
Community Foundation**



## Connecting Women From All Backgrounds

# Challenges



### IT Equipment & Services

- Staff have to use their own laptops and devices to provide help for the women and to represent Hull Sisters in local and national activities
- There is WiFi. However, it is very slow and frequently stops working. Staff and volunteers use their own mobile data to research important services to help the women, for example, council and social services contact numbers
- We have been unable to secure low-cost broadband and IT services with local suppliers unwilling to support us, although KCOM promised to give us small amount for our IT project.

### Short-Term Council Lease

- It was a protracted battle to secure a building for Hull Sisters. The premises is on a short-term lease (peppercorn rent).
- Due to the short-term lease, Hull Sisters is ineligible to apply for long-term funding so we can only apply for a limited number of grants reducing our opportunities for successful funding
- Due to the short-term lease, Hull Sisters cannot apply for maintenance grants to improve the building to meet the service needs of its users
- In 2023 Hull Sisters will have to negotiate with the council to secure the continued lease of the current premises

### Regular Donations

- Many women cannot afford to buy food so our food bank is vital
- Due to the cost of living crisis, donations are low meaning women and their families are going hungry
- The impact of this is poorer mental and physical health due to weakened immune systems leaving users and their families vulnerable
- We are also supporting women with babies, as young as one month if not younger with formula, nappies and other essentials
- We are solely reliant on the public for food, essential items and household donations

### Energy Prices & Premises Maintenance

- The building's insulation, lighting, heating and ventilation conditions are poor. Keeping the building open is costing more money in maintenance costs, heating and electricity bills
- The increase in energy costs is directly impacting our service offering, with more money being spent towards bills than helping the women and providing them with resources and services
- There is an ongoing concern about being able to pay the bills given the substantial increase in the cost of monthly gas and electricity bills.
- The existing toilets are not sufficient for the needs of our users and frequently clog up and require costly ongoing maintenance.
- The outside of the premises is overgrown, which has caused a pest problem (rodents) and the overhanging tree branches damaged the outside building lights.

### Lack of Kitchen Facilities

- Despite a grant from the Council Leaders Fund, we are still waiting to have a kitchen installed on the premises a year later
- Once the kitchen is installed, we will still be unable to prepare hot food, as the grant does not include white goods or the level of commercial extraction we need
- We will need to source funding or donations of white goods and pay for the extraction work needed to make the kitchen fully functional
- Many women that come have no room or resources to cook their cultural food or are located in hotels or B&Bs (homeless or victims of violence) where they are not allowed to cook. They resort to cooking their food in parks and other public places. This is unhygienic and leaves the women and their families at risk of illness and also fines or arrest

## Connecting Women From All Backgrounds

# Challenges



### Furniture and Storage

- We did not have furniture when we secured Unit 12, Station Drive premises. We had to deliver lessons with service users sitting on the floor, who were very patient and understanding until we received a generous donation of chairs from local women entrepreneurs and private cafes
- We still have a shortage of tables to hold our classes, and those we have need replacement.
- We desperately need adequate storage, such as racking, to sort and store our donations and use the space more effectively.

### Building Improvements

- The current lighting system is not energy efficient and doesn't provide enough light to conduct our classes
- There is very limited ventilation, so the building is unbearably hot in the summer. An additional ten windows are needed. This will also provide natural light, which will help to reduce energy bills
- The toilets and plumbing need replacing
- The heating system (boiler and radiators) needs updating.
- A suspended ceiling is needed
- Insulation is required throughout the property to improve energy efficiencies

### Kitchen Facilities

- We have not yet been able to secure additional funding to pay for the white goods and additional labour to carry out the required extraction for the kitchen
- With a fully-operational kitchen at Hull Sisters, they would have somewhere to eat through the soup kitchen we will offer and be able to cook for themselves and their families
- For future events, we will also be able to prepare our own food rather than use a catering company

Connecting Women From All Backgrounds

# Fundraising

**Thank you to everyone  
that raised money for  
Hull Sisters.**



## Hymers College

We were delighted to be chosen as one of Hymers College's Charity of the Year (2021/22).

Hymers endeavours to make a tangible difference to local charities or a local branch of a national charity and to support a diversity of services and communities.

We were proud to be invited to the Senior School assembly to be presented with the proceeds from their fundraising efforts this year.

## Richard Saltoun Gallery

All proceeds from the sale of the book "A Woman's Place: 14 Radnor Terrace" are being donated to Hull Sisters.

The book can be purchased here: <https://bit.ly/3PnzeON>



## Wilma Woolf Exhibition

Wilma chose Hull Sisters as the charity recipient for her December exhibition "Domestic" and raised over £1,000.

The exhibit was also presented at a special event in the Houses of Parliament on International Women's Day.

Learn more about the exhibit here: <https://bit.ly/3dpjQEF>



Connecting Women From All Backgrounds

# Donations

**Thank you to everyone  
that has donated so  
generously.**



## Hey Girls

We were proud to become a Hey Girls official donation partner in 2022. With their help, we are providing free menstrual products to all our service users.



Official Donation Partner for Hey  
Girls Period Products

## Essential Items

Supporters are able to donate essential items through our wishlists and registries. These lists are regularly updated so supporters can donate the most needed items.

Amazon Wish List: <https://amzn.to/3g28B5Q>  
For Common Good Registry: <https://bit.ly/3EBTPgG>



## 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.



[Children's Books Wishlist](#)

[Adult Books Wishlist](#)

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

## Partners and Supporters

Ana Sampson / Quercus Books  
Batley Law  
Beauty Banks  
Bentley Legal Advice  
British Red Cross  
CHCP Health Workers  
Child Dynamix  
Children's Centres  
Children's Nurseries across Hull  
Children's Schools across Hull  
CIAQ  
Connect Well  
Councillor Christine Randall, Lord Mayor of Hull  
CVS  
Door Steps  
Early Help 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  
Hull Help for Refugees  
Hull Hospital  
Hull Social Services  
Hull Summit Education Society  
Humber Learning Consortium  
Humberside Fire and Rescue  
Humberside Police  
Hymers College  
Jacky Bowes, High Sheriff of the East Riding of Yorkshire  
KCOM  
Kingston Nursery  
LawWorks  
NHS  
Mental Health Services  
Midwives  
Northbank Forum  
Octagon Family Centre  
Perinatal Mental Health Services  
Preston Road Women's Centre  
Project Tallawah  
Purple House  
Ray Barron Woolford  
Richard Saltoun Gallery  
Rosa for Women  
Sector Connect  
Skills and Resource Network  
Smallwood Trust  
Springbank Community Centre  
T J Training and Consultancy  
University of Hull  
University of Lincoln  
Victim Support  
Wilma Woolf  
Welcome House  
Women's Aid  
Women's Equality Party

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**Our Funders**

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Smallwood Trust  
CCG  
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Hull City Council

**Memberships**



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**Thank you to all our staff, supporters, donors and volunteers!**



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