

Giving a Voice to Women of Colour Since 2012

Hull Sisters

**Impact Report
2022/23**



Weathering the storm: A tale of our resilience

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.

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.

Giving a Voice to Women of Colour Since 2012



A note from Sonia, our founder

I want to express my sincere thanks to the board members, staff, and volunteers of Hull Sisters for their invaluable contributions. Your dedication towards this organisation has been key to our success.

Big thanks to our female leaders who never waver in standing up for the rights of women in our community. I am also extremely grateful to Charlotte and Rebecca in particular, who have been on the frontline of supporting our campaign for women's rights. All your hard work and dedication are greatly appreciated.

Voicing out against abuse, discrimination and hostility has never been easy. As women of colour, we face these challenges and it has become the air we breathe daily. Speaking out against these issues requires courage.

Running an organisation for women of colour, by women of colour means we have to struggle thrice as much as our white counterparts, to get access to resources.

However, we continue to strive in the quest to ensure that women of colour are treated beyond mere statistics and figures and get access to their basic human rights. The challenges we face are uncountable but we are united and determined to keep progressing.

Special thanks also go to our donors and funders who trust us and provide continuous support to the women in our community.

Thank you to all the women and children who attended the centre and have participated in our courses and activities. We hope you all enjoyed the activities in the centre.

We remain dedicated to providing excellent services and support in a safe place women-only space.

Connecting Women From All Backgrounds

Who we are



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.

Connecting Women From All Backgrounds

Celebrating Excellence

Hull sisters honoured with Best Community Group BBC 'Make a Difference' Award in all over Humber and Lincolnshire



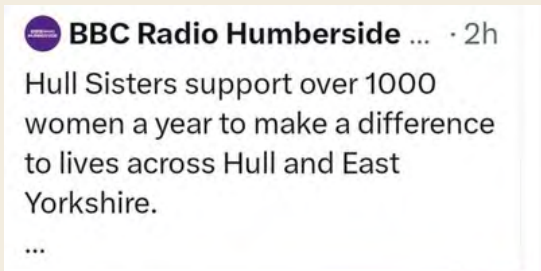
We are thrilled to share the incredible journey of being nominated for the prestigious BBC Radio Humberside 'Make a Difference Award' to becoming a finalist and ultimately emerging as the winner in the entire Humber and Lincolnshire.

The selection process for this award was rigorous, and the nomination itself is an achievement worth celebrating. It is a true testament to the unwavering dedication of our team and the incredible strides we have made in improving the lives of black and ethnic minority women.

However, the most significant triumph unfolded when we were announced as the 'Make a Difference Award winner.' This accolade symbolises the profound transformation we have brought to thousands of women's lives and reaffirms our mission's significance.

Our impact on women's lives has been profound. We have touched countless individuals and families through our programs and initiatives. We have empowered women to overcome challenges, provided them with opportunities, and supported their dreams. This award is not just an honour, it is our collective efforts and a recognition of resilience.

This achievement would not have been possible without the unwavering support of our donors, who believed in our cause, trusted us, and contributed significantly. We wholeheartedly invite you to join us in our ongoing journey to make a difference in the lives of women and children. Together, we can create a brighter future for them.



Connecting Women From All Backgrounds

Achievements



PART OF **nocn** GROUP

APPROVED CENTRE



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 a 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.

Quick Facts

1000+

Women and children registered and supported

1500+

Families supported through our foodbank services

1000+

Women and children attended our three celebration events

Connecting Women From All Backgrounds

From scrap to style

Shining a light on craftsmanship and creativity

In the days leading up to Hull Sister's annual celebration, we received a generous donation of large rolls of fabrics and accessories from the London customs department as well as a large amount of scraps received from the scrap store. Our women showcased the skills gained from their sewing and crocheting classes by creating amazing and fashionable garments, with accessories for themselves and the performers which they adorned at the colourful annual event. The craftsmanship was impressive and a testimony to the hours spent training the women.



Annual Event 2023



Annual Event 2023



Annual Event 2023



Achievements

Making a difference beyond borders



Hull sisters successfully sent a large container of new and used items donated by the public across the UK to women and children in Afghanistan, after the humanitarian crisis started.

These are people who have had the misfortune of losing not only their families but also their homes and sources of livelihood, leaving them in dire need of help. The donation would have been impossible without the invaluable contribution of the public and the unwavering support of our volunteers.



Connecting Women From All Backgrounds

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 hailing 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.

Moreover, 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.

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.

Get involved: Donate monthly to bring relief and hope

£4.50

Bus Fare

£15

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

£30

keeps the centre open
for a day

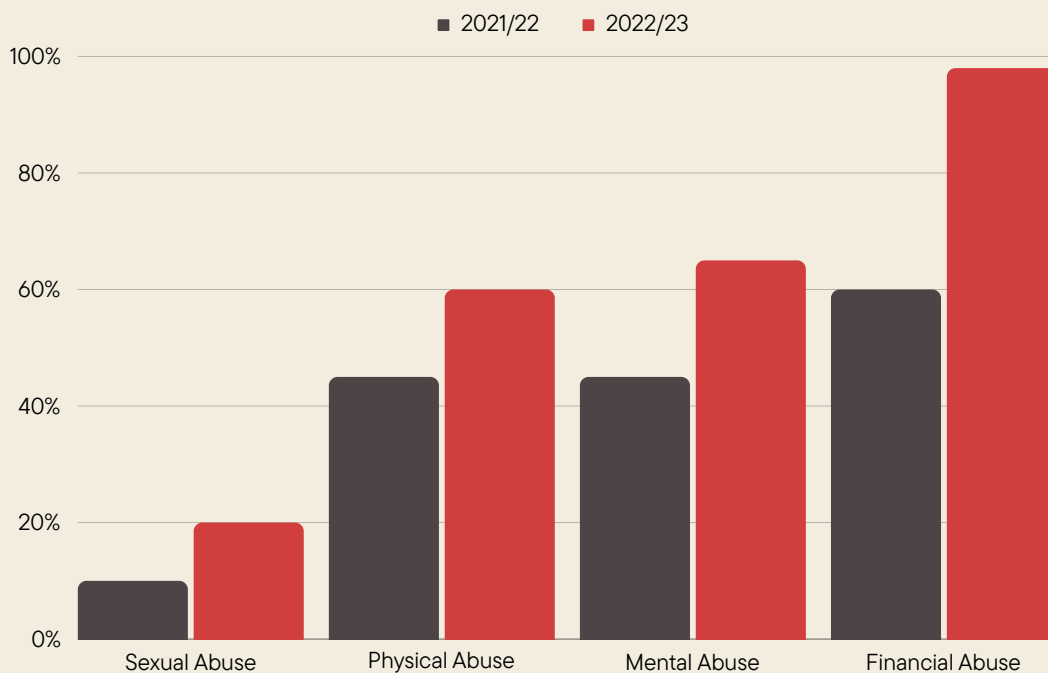
Connecting Women From All Backgrounds

Facts and Stats

Domestic Violence Report

Assessment of reports conducted at Hull Sisters has indicated a noticeable surge in cases of domestic violence from 61% to 65% between 2022/23 among which sexual, physical, mental and financial abuse are represented below, these various abuses are predominantly attributed to the escalating cost of living crises. Within the 2022/23 period, the most prevalent forms of abuse reported were financial abuse.

Domestic Violence graph showing the difference between the year 2021/2022 - 2022/2023.



Out of every 10 reported domestic violence cases at Hull Sisters, typically 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**

Connecting Women From All Backgrounds

A Women Community like no Other



Women lighting each other's candles

Many women who found healing through Hull Sisters go on to become volunteers and employees. They share a connection with other service users as they have been through the same experiences. Such experiences include violence and abuse, forced marriage, threats of honour killing, FGM, poor physical, mental and sexual health, poverty, immigration, low skills and unemployment.

We provide volunteers and employees the opportunity to grow, improve, and flourish through sessions, such as abuse awareness sessions, ESOL with life skills, sewing, safeguarding, health and safety, first aid, food hygiene, teamwork, communication with confidence, digital and time management and employability skills.

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

Community building

The majority of women who come to Hull Sisters suffer from social exclusion due to their culture and ethnicity. We help to reduce the isolation of women and provide an opportunity for women to support each other thereby, fostering a sense of community and inclusion not experienced outside of Hull Sisters due to low confidence, language barriers, less acceptance and discrimination.

Within our diverse community, women not only find those with common ethnic backgrounds but also get to interact with women from other ethnic backgrounds. This helps to build a sense of unity.

Group sessions

Hull Sisters provides group support sessions for women focusing on their health and well-being. These sessions create a supportive environment where women can connect with others who have faced similar challenges. It is a safe and non-judgmental space where women can share their thoughts and feelings at their own pace. Many participants find solace in sharing their personal experiences, which aids in releasing pent-up emotions like anger, distress, and tension.

Topics covered in these group support sessions encompass discussions about sensitive issues such as rape, domestic violence, racism, discrimination, and the patriarchal (societal) pressures that women often encounter.

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, poverty and immigration.

Connecting Women From All Backgrounds

Support & classes



Arts and crafts

We offer arts and crafts classes such as sewing, knitting and crochet. These classes are incredibly popular with women and provide an opportunity to learn new skills and socialise in a supportive environment.



ESOL with life skills

Hull Sisters offers ESOL lessons at various levels, taught by tutors who understand the challenges of learning English as a second language. This helps women gain confidence, improve communication skills, integrate into society and learn about life in the UK.



Advocacy and support

Hull Sisters offers support to women facing challenges like disability, illness, violence, antisocial behaviour, and social exclusion. We act as advocates when needed and empower women to support themselves. The support covers various confidential issues, including Domestic abuse, employment, housing, health, benefits, family matters, and concerns like racism and discrimination.

ESOL
239

Art & Craft
165

Advocacy & Support
999

Connecting Women From All Backgrounds

Support & Classes



Body image

Women and girls with poor body image often feel that their body is prone to negative judgement from others. Hull Sisters helps women and girls boost up their self-esteem and body image through various activities like henna painting, yoga and group education. By participating in these activities, women gain more confidence and learn to appreciate their unique beauty. Our goal is to help them feel special and beautiful.

GP Surgery

Hull Sisters offers a GP service every Monday for female patients and their families who are registered with CHCP surgeries such as the Queys, Kingston Medical Centre, Riverside, Octagon, and East Park.

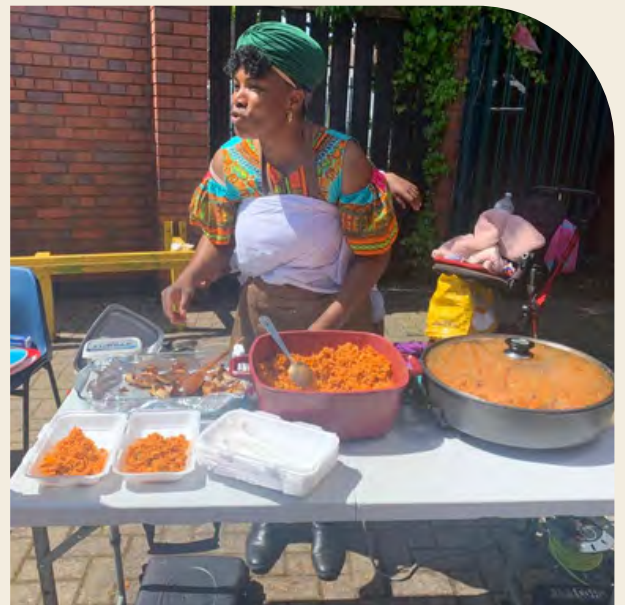


Midwife service

Hull sisters empower vulnerable pregnant women through midwife surgery. This service provides essential healthcare, education, and resources for women. Our goal is to ensure that every woman, regardless of her circumstances, has access to quality care and a healthier future.

Cooking classes

Our cooking classes are not only to share recipes but they are to feed victim of abuse, pregnant women and children in asylum, and temporary accommodation who do not have access to cooking facilities or cant afford to buy food. Currently, we are using a camping stove to continue our cooking classes due to no functional facility for cooking in our building.



Yoga
171

Soup kitchen
1500

Health
Surgeries
1000+

Connecting Women From All Backgrounds

Support & classes



Coffee morning and drop-in

Women and children visit the centre every morning to have tea or coffee and some have breakfast together whilst enjoying themselves in a cosy environment which always brings smiles to their faces. One can easily hear the laughter coming from the Hall.



Healthy eating

Throughout the summer, we hosted a series of workshops emphasising the importance of eating organic food and how to make nutritious recipes, including salads and juices made from various ethnic fruits and vegetables.

In response to the ongoing cost of living crisis, we are now concentrating on simple, heat-efficient and nutritious recipes.

Foodbank

Hull Sisters offers a food bank service to assist individuals facing poverty and low income. We receive surplus food from the public, food banks and Fareshare Hull, which are distributed to the disadvantaged in the community. Additionally, we provide hygienic products, sanitary items, as well as other household and baby essentials.

Digital skills and employability

We provide digital inclusion by teaching women how to use smartphones and social media. This enhances their confidence. Additionally, we offer support with CV writing, job searches, interviews, and employability skills.

Remarkably, 31 women have secured employment through our classes, showing the tangible impact of these skills and confidence-building classes.

Sewing & Knitting Classes

Our sewing classes cater to women of all levels of competency, offering them a pathway to acquire or enhance their sewing skills, enabling them to make clothes and home essentials while expressing their creative talents.

Enrolling in the beginner's sewing class is mandatory for those who want to join other individual classes related to machine sewing. This foundational program equips them with the expertise needed to excel in advanced pattern cutting and turn their design concepts into reality.



**Yoga, Foodbank
and Healthy
Eating**





ESOL, Sewing & Arts & Crafts



Connecting Women From All Backgrounds

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



Cooking and Feeding the Community (Soup Kitchen)

Hull Sisters provides soup kitchen service to feed women and children who are otherwise unable to cook for themselves in temporary accommodation or finding it hard to afford cooking. As winter arrives, the demand for hot meals increases. Sadly, our kitchen has not got an extractor, cooker and gas connection making it hard to meet the growing demand.

Also, paying utility has been a big struggle, which makes it difficult to keep the centre for longer hours throughout the week and provide food and warmth for the women and girls. However, we are keeping the centre open for longer hours using limited resources for now.

With a better kitchen and financial help, we can keep making a big difference in the lives of BAME women.



80+
women &
children
feeding per
day

10k+
meals provided
by the soup
kitchen per year

Connecting Women From All Backgrounds

Support & classes



Legal support

Hull Sisters and Batley Law Solicitors collaborated to help people with immigration issues without any charges. The law firm has over 8000 cases, including those of asylum seekers and victims of domestic violence. While hundreds of cases have been successfully solved, the legal team is overwhelmed by the number of pending cases.



Mental health

Women from a global majority find it hard to discuss their mental health experiences with other services due to the lack of cultural awareness. We use support services to help our service users. We are in the process of getting formal approval from NOCN to deliver mental health qualifications with a focus on the global majority of women.



Abuse awareness

Most of the women and children we assist have faced various challenges such as violence, abuse, trafficking, racism, discrimination, bullying, harassment, the risk of honour killing, and honour-based abuse. Hull Sisters provides abuse awareness sessions to increase guidance and knowledge about these issues, as well as the other available support services they can access.

**Digital skill &
Employability**

139

**Into
Employment**

31

Connecting Women From All Backgrounds

Support & Classes



Yoga classes

We offer women exclusive Yoga classes to enhance the overall wellness of our women. Yoga improves physical, mental, and emotional well-being. The health benefits include enhanced blood circulation, joint mobility, increased energy, and emotional balance. These classes cater to women's specific needs and concerns.



Safeguarding training course

Our staff and volunteers have received professional Safeguarding training conducted by CVS at our centre. This strengthened our ability to provide a secure environment for our community.



Financial training course

The staff and volunteers at Hull Sisters participated in a 'Money Matters' training session organised by CVS and offered by the Department of Work and Pensions & Hull City Council. This training equipped our team with valuable financial knowledge, enhancing our efforts to support the community.



Sewing & Knitting classes



Connecting Women From All Backgrounds

Case studies & Testimonials



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**

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**

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**

Connecting Women From All Backgrounds

Volunteers

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



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



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



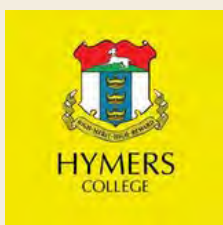
All volunteers who work directly with vulnerable service users are DBS-checked.



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).

Student Volunteering & Placements

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.



Connecting Women From All Backgrounds

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.

Make it law without exceptions.

Don't abandon migrant women.

#AllWomenMeansAllWomen



Connecting Women From All Backgrounds

Media Publicity

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 BAME women.

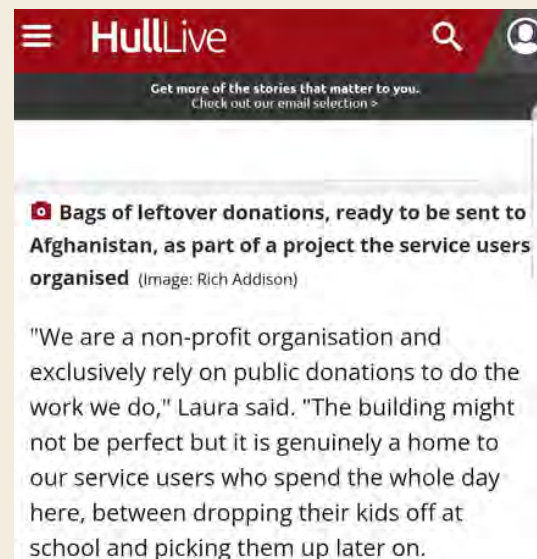


Hull Daily Mail Report on Afghanistan Donation - February, 2023

The sentence has a minor issue with the placement of "Hull sister's donation." To make it clearer, you can revise it as follows:

"The Hull Daily Mail featured coverage about the donation by Hull sisters to Afghanistan while reporting on our housing challenge."

This revision clarifies that the donation by the Hull sisters is the subject of the coverage.



FareShare acknowledgement of our efforts in addressing food poverty - March, 2023

We have been invited two times by UK FareShare to deliver a presentation and also attend a Q&A session.

Connecting Women From All Backgrounds

Media Publicity

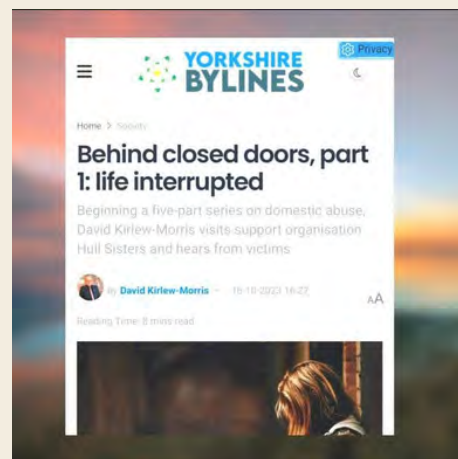
ITV report on cost of living crisis - December 2022

ITV provided us a platform for our appeal for aid to help families feed themselves and their children who were affected by the cost of living crisis.



Yorkshire Bylines- October, 2023

David Kirlaw-Morris reported case studies of abuse victims who are getting help through Hull Sisters. The report showed the gravity of cases being handled by our organisation regularly.



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.



Connecting Women From All Backgrounds

National Media Coverage

Channel 4 News report on cost of living crisis - May 2023

We are proud that Channel 4 News visited us and spent the whole day with us, interviewed women and covered the effects of the cost of living crisis on women of colour, including single mums and mums with no recourse to public funds.



Connecting Women From All Backgrounds

Challenges



IT Equipment & Services

- We cannot provide staff and volunteers with laptops and other technical devices. Staff have to use their laptops and devices which is a current struggle.
- There is WiFi. However, it is very slow and frequently stops working. Staff and volunteers use their mobile data to use the internet. For example, we need good WiFi to search for council and social services contact numbers.
- We have been unable to secure low-cost broadband and IT services because local suppliers are unwilling to support us, although KCOM promised to give us a small amount for our IT project.

Short-Term Council Lease

It was an intense battle to secure a building for Hull Sisters. The premises are on a short-term lease (peppercorn rent). Due to the short-term lease, Hull Sisters is ineligible to apply for long-term funding especially to bring improvement in the building 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. At the end of 2023, Hull Sisters will have to negotiate with the council to secure the continued lease of the current premises.

Regular Donations

Many service users struggle with poverty so our food bank is a vital service. Due to the cost of living crisis, donations are low, meaning women and their families are going hungry. The impact of this is poor mental and physical health due to weakened immune systems leaving users and their families vulnerable to disease. 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 have damaged the building lights outside.

Lack of Kitchen Facilities

, 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 who 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 legal issues.

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 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

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 ratings.

The reception is very narrow and needs an extension.

The storage facility is inadequate and we need a proper storage place to store our food and other donated items.

Trees and shrubs are also overgrown and need maintenance.

Kitchen extractor and Windows

A proper commercial kitchen extractor is needed for our kitchen, while 10x windows are also needed for proper ventilation.

With a fully operational kitchen at Hull Sisters, more service users would be able to cook for themselves and their families and benefit from our soup kitchen which is currently operating on a campaign stove. This is very costly and has affected our running costs. For future events, we will also be able to prepare our food rather than use a catering company.

Funding & Hostility

Shorter lease has deprived us from applying for long term funding to make us sustainable and therefore relying us on small and limited funding.

we face hostility from some services who are using their influence to create problems in funding.

We feel less acceptability at the local council level to understand our issues and provide relevant support.



Connecting Women From All Backgrounds

We welcomed



Councillor Cheryl Payne and Sharon Hutchinson visited us and listened to our concerns



Claire from BBC Humberside Radio interviewed women about what the Hull Sisters mean to them.



Staff from Evolve to introduce their services and educate our women on eating disorder



Coleen and Claire from CHCP to provide GP service for women in our centre



Dr. Vicky and Vinnie did free testing for hepatitis C and HIV

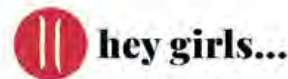
Donations

Special thanks go to everyone who 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 can donate essential items through our wishlists and registries. These lists are regularly updated so supporters can donate the most needed items.

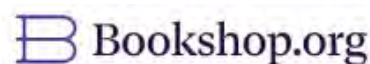
Amazon Wish List: <https://amzn.to/3g28B5Q>

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

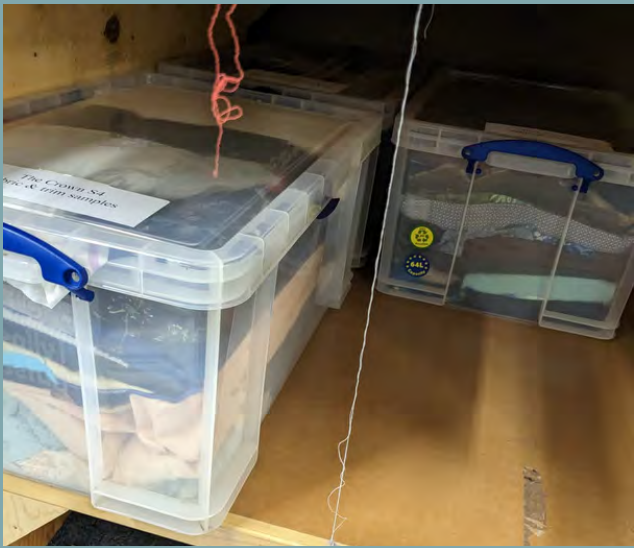


Library Book Donations

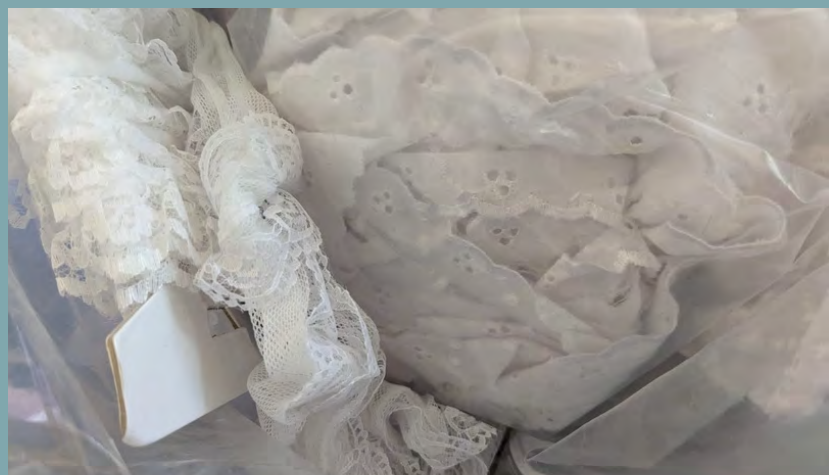
We have created two Bookshop.org wishlists to help supporters donate books to our library. Our library's goal is to help improve literacy and provide diverse, inclusive books that enable black and minority ethnic women and children to see themselves represented as the main characters and protagonists.



[Children's Books Wishlist](#) [Adult Books Wishlist](#)



Thanks to London Custom Department for their generous donation of sewing materials, fabric rolls and sewing accessories to support women in practising new skills and designing their dresses for our annual event.



Special thanks to

Rosa Funding for Women and Girls



Smallwood Trust



FareShare UK



London Custom Department



**for the trust, generous donations,
and for always supporting us
through thick and thin.**

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

Rosa UK women and girls

Small Wood Trust

Julian Trust

Screw fix

Crime Reduction Fund

James and Ricket

Project Thallwa

Hull City Council for granting us building

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

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 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
Hull Hospital
Hull Social Services

Humber Learning Consortium
Humberside Fire and Rescue
Humberside Police
Hymers College

KCOM
Kingston Nursery
LawWorks
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
Victim Support
Wilma Woolf
Welcome House
Women's Aid
Women's Equality Party

Connecting Women From All Backgrounds

Memberships



Connecting Women From All Backgrounds

We couldn't have done it without your generous support

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



@Hull sisters



@hullsisters7692



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www.hullsisters.org

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