

ANNUAL REPORT 2024-2025



It is Our mission

Apna Ghar is a charity run by and for Minority Ethnic Women living in South Tyneside
We offer a wide range of opportunities designed to build confidence and empower women to recognise and reach their full potential, all while respecting and embracing their cultural identity.

Our main Goals Are :

Enhancing awareness of the range of Opportunities and services provided by Apna Ghar.
Increasing the number of service users who use the Services
Creating and building good connections with different organisations, groups and people in the community.
providing different types of skill-based and non skill-based training options.
valuing and appreciating the different cultures.

Our Objectives are:

To provide outreach and link workers support to community
To actively promote the services of Apna Ghar to the community of South Tyneside.
To provide a culturally supportive and safe meeting place
To make the services more accessible to the senior citizen members of the community.

Meet our BOARD MEMBERS **and staff members**

CHAIR : SAIRA MALIK

DEPUTY CHAIR : ASIA UDDIN

TREASURER : AMINA HYDER

SECRETARY : ELAINE CROMPTON

MEMBER : JOANNA LAJMI

MEMBER : LAILA ABDULLAH

STAFF

NASRIN BEGUM - CENTRE CO-ORDINATOR

SHELLINA BEGUM - PROJECT LEAD

LESLEY WALDRON - DOMESTIC ABUSE LEAD

FARIDA ANSARI - DA PROJECT WORKER

AYSHA DAYA PROJECT WORKER

ALEYA BEGUM PROJECT WORKER



Sharing our vision

Established over 38 years ago, Apna Ghar continues to uphold the founding vision that remains as strong and relevant today as it was at its inception. As the only Minority Ethnic Women's Centre in South Tyneside, Apna Ghar is committed to remaining a leading provider of dedicated services for Minority Ethnic women.

Our vision is underpinned by a commitment to continually enhance the support we offer, through regular review and a deep understanding of the evolving needs of our members. Apna Ghar is dedicated to delivering high-quality, culturally sensitive services, while maintaining strong relationships with funders, clients, members, and the wider community.

In the following pages, we highlight the ways in which Apna Ghar has translated its mission into meaningful action over the past year. We want you to understand how we work—and, more importantly, the real and lasting difference our work makes to the lives of the women we support in our community.

Chairs Report, Saira Malik



Esteemed Members, Partners, and Friends,

On behalf of Apna Ghar, I am honored to present our 2025 AGM annual report. This year has been another period of resilience, growth, and collective achievement for our ethnic minority women's community. Together, we have expanded our in-reach, delivered culturally affirming services, and strengthened pathways to education, employment, as well as well-being and holistic support. Our volunteers, staff, and Trustees have worked hard daily and shown extraordinary dedication, adaptability, and compassion, ensuring that every person we serve feels seen, heard, and valued.

I would like to extend heartfelt thanks to all funders and supporters who have stood with us through another year of challenges and opportunities. Your sustained generosity—whether through grants, in-kind contributions, or strategic partnerships—has been the backbone of our impact. You have enabled us to innovate, sustain essential programs, and reach those most in need within our communities. You have all supported our organisation to be there for our service users.

We have had yet another successful year engaging with service users as well as our community peers and anchor organisations of local authority and police commissioner team to continue to address the issues that affect our communities and have focused on safety and support throughout the year, attending community engagement events and participating in local community events particularly where race related issues have been discussed. We remain committed to improving education and support to our wider community to enable and empower a more equitable and equal presence in our South Tyneside community, which culminated this year in Apna Ghar being a key participant with peer organisations Sangini and WHIST to form the United Women's Partnership, which will work together with local authority and police commissioners team to prevent violence and hate against women and girls in South Tyneside.

We have listened to our service users and continued to provide core services with funders support, which include classes; Sewing, English language support, Youth group activities, IT training and Domestic abuse support alongside providing generic support and help on a daily basis to enable service users to access translation support and wider local services they require help with

On a final note, Apna Ghar was independently nominated in the love South Tyneside awards and Amina Hyder, our beloved Treasurer, was also shortlisted for an award which were all proud moments for our team. The Apna Ghar team and I extend sincere thanks to our funders:

Community Foundation, The National Lottery Community Fund, Sir James Knott Trust, Garfield Weston, South Tyneside Council, UKSPF Fund, Northumbria PCC, Ballinger Trust and RISE North East.

You have collectively contributed and enabled us to transform lives and give a voice to women and girls, often felt unheard.

Apna Ghar's team remains committed to addressing the health and social wellbeing of girls and women, recognizing that empowering them strengthens families and communities as a whole. Moving forward, we will continue to expand access to holistic services and supportive spaces, ensuring our service users guide our charity objectives and aims.

“Empowered women empower communities.”

I look forward to the coming year and the continued successful working of our Apna Ghar team: with, for and championing our community. Our team is fully committed to continue building on its strong foundations to invest further, faster in women's support and leadership and build a brighter, more equitable future for all.

Dr Saira Malik

Centre Co-Ordinator Report 24-25

Nasrin Begum



We are pleased to highlight another year of progress for the minority ethnic women of South Tyneside, who have gained substantial support from the services offered by Apna Ghar. This achievement reflects our ongoing commitment to addressing their needs and empowering the community further.

Our new Elderly Project funded by Community Foundation supported women over 50 yrs of age and gave them an opportunity to take part in activities to improve their physical health and mental wellbeing. The ladies access fitness classes to help improve mobility and confidence. From the sessions and activities, we have seen a growth in confidence within the ladies, and it has also helped reduced social isolation.

We have successfully secured funding for another 2 years for our Carers project after our 3-year funding came to an end. The project continues to enable many of the ladies to gain qualifications and find employment in the care sector.

We also run a support group for many of our service users who are unpaid carers.

Our new funding for the Volunteer Project has helped us to continue to support our current volunteers and recruit new ones. The volunteers undertake training courses to develop new skills and improve on existing ones. Many are completing their placement hours for Adult social care and also Childcare leading onto completing their qualification and actively seeking employment.

Our Youth Group funding came to an end last September, an extremely successful initiative with around 40 girls participating in both indoor and outdoor activities. The programme promotes healthy lifestyles and positive development. We are happy to report that we have now been able to secure funding for another year to start this up again, to be able to provide activities and sessions for girls between the age of 11-18 in a safe space environment.

Our popular Sewing Project also continue after the funding came to an end in Sept'24. The new funding will support running the sessions. The women have created some fantastic pieces and improved their craft skills as well as getting an opportunity to meet people and make new friends.

We continue our regular classes such as basic literacy, basic IT, fitness, and healthy eating in our Luncheon Club.

We continue our partnership work with WHIST and Hope and Hospitality on the UKSPF Food Fair Project for the 2nd year.

Support Services

Information, Advice and Guidance

We offer daily drop-in sessions for service users seeking general advice and support. These sessions cover a wide range of issues, including housing, Universal Credit, welfare benefits, and health-related appointments. In addition, we provide interpreting, translation, and signposting services to help individuals access appropriate external support.

Domestic Abuse Support Sessions

Survivors of domestic abuse are supported through both one-to-one and group sessions, delivered by multilingual staff trained to address cultural and linguistic needs. Our holistic approach ensures that women receive tailored support in a safe and understanding environment.

Household Support Fund Vouchers

As part of our response to the cost-of-living crisis, nearly 200 families received vital support with food and energy costs through the Household Support Fund. This initiative has provided critical relief to some of the most vulnerable members of our community.

Partnership and Collaborative Working

Over the past year, we have strengthened our partnerships and witnessed the positive outcomes of reconnecting with organisations that share our values. These collaborations have enhanced the reach and effectiveness of Apna Ghar's services. We remain committed to working alongside partners, agencies, and funders to create meaningful, long-lasting change.

Sustainability and Funding

Securing sustainable funding continues to be a key challenge, particularly in maintaining staffing levels and delivering core services. However, we remain optimistic and proactive in exploring new funding opportunities. We extend our sincere thanks to our funders, management team, staff, and dedicated volunteers for their unwavering commitment and support to Apna Ghar.

Basic Literacy

Aysha Daya



Since the basic literacy classes have started around 50 ladies have joined.

Women who attend are from different backgrounds and different walks of life.

Women are of Indian, Pakistani, Afghani, Bangladeshi, Iraqi, Yemeni, Chinese and African nationals.

Some of these ladies are new to the country and want to learn the new language to understand the local customs and traditions. Ladies would like to learn and improve their language skills to be able to help their children with homework.

Being an ethnic minority Centre, the ladies feel comfortable coming into the centre as opposed to colleges as this can be daunting for some especially being in a new country. Below are 2 case studies on 2 of the students.

Case study 1

64 year old BV who is from India travels by metro from Hebburn to South Shields every week to attend the classes. She is the eldest member in her class but doesn't let her age put her off from learning. BV is always excelling in her work and often does additional work at home so I can check it for her. Though BV had learnt basic English in India, she lacked out in her speaking skills.

BV says "initially I was very nervous as I didn't really speak English but able to go to other places to volunteer and study. I am very happy learning English at Apna Ghar and hope to continue to do so in the future"

Case study 2

DA is a young mother of 2 who has moved to England from Iraq in mid 2024. Due to the war in Iraq she was not able to continue her studies further, hence she never got the opportunity to study English. Something she had dreamt of.

She attends regularly on a weekly basis since joining in September. DA knew very limited English when she first joined but she continues pushing herself to do her best each week.

DA says "I attend the class so I can help my children with homework, speak with their teachers and I am able to fill out forms. I want to be able to learn English so that I can speak and mix with other people and in the future when my baby is older it can help me with employment. I really love coming to Apna Ghar where I feel happy and safe".



FOODFAIR PROJECT



AYSHA DAYA



Quotes by those participants who took part in the workshops:

BV : I Love Aysha's sessions .She makes it all seem so easy and it actually does not take long.

FARIA: I have never really cooked from scratch and use to rely on ready meals and takeouts when my husband is away on work. I struggled a lot after moving to England in regards to food. These classes have been great and I have learnt a lot. I hope they continue in the future.

EH: These cooking classes have been so valuable to me .I have learnt so much esp about family meals and lately in the Pre Ramadan workshops. They are so quick and easy and low in budget .I have truly appreciated all the classes.

B: Love learning the Indian dishes and so does my family. The lessons are great.

Yasmin: I was scared and never knew how to use a pressure cooker. Aysha demonstrated it perfectly. Will be buying one soon.



FOOD FAIR PROJECT AT APNA GHAR

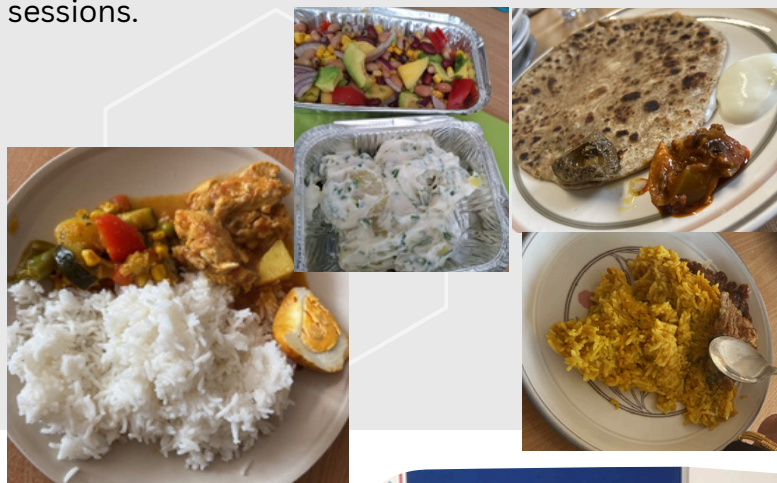
The Food Fair project is funded by **UKSPF**. The project is a partnership with Whist and Hospitality and Hope, to engage and work with the local community to support community integration. The project includes working with schools, adults and families within the community to give them the skills and motivation to think and act in regard to better quality food at a lower cost.

Workshops are held both at Apna Ghar and in the community. Some sessions are a demo and some are a hands on session where participants join in the cooking

As we are a ethnic minority centre ,we use our knowledge of herbs and spices to share with others in both cooking and for medicinal purposes.

Goody bags containing key ingredients are typically distributed after each cooking demonstration, allowing participants to recreate the dishes at home.

At the end of the multi-week course, we also provide practical kitchen items such as recipe books, blenders, slow cookers, and electric grills to support continued healthy cooking and learning beyond the sessions.



Project Statistics

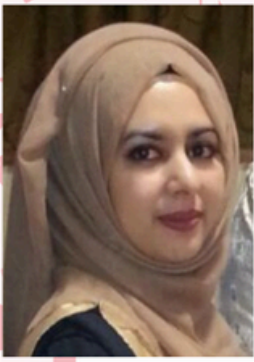
- **17 outreach engagements were made with local organizations to generate interest in the project.**
- **23 events have been successfully delivered.**
- **155 households have participated in these events.**
- **90 individuals received information on energy efficiency.**
- **140 people have gained skills and motivation to access better quality food at a lower cost.**
- **140 individuals have increased awareness of resources available to support healthy eating.**
- **55 participants are expected to adopt energy-efficient measures.**

Wellbeing Activities

As part of our focus on wellbeing, we invite a different organization each month to speak to the women on a variety of important topics. These sessions are sometimes held during our weekly luncheon club.

Get Involved : If you're interested in joining our food workshops or would like more information, please contact Aysha.





Elderly Project



Aleya Begum

As a community support worker for the elderly (over 50 years) my aim was to support 35–40 ladies (or more), by engaging and enriching their lives through a diverse range of engaging activities such as invigorating walking, baking, site seeing, trips, fitness sessions, mental health talks, festive celebrations, relaxations through massage sessions, dancing, painting, creative arts and crafts, stimulating games, delightful picnics and valuable social connections.

Objectives:

- Evaluate and monitor participants physical mobility and mental wellness to ensure comprehensive support
- Cultivate and enhance a strong sense of strong assurance and confidence among all participants
- Create a vibrant and supportive community atmosphere, fostering increased activity levels, happiness, and meaningful friendships while **alleviating feelings of loneliness**
- Drive tangible improvements in both physical mobility and mental wellbeing through consistent and active participation

Benefits:

- The ladies have gained more confidence with time
- They have felt happier and more fit and enjoyed the company of others
- Fitness class was a huge hit! Their overall physical health had improved massively
- The activities reduced their stress levels, they felt happier and uplifted at the end of each sessions

Notable Accomplishments:

- Successfully welcomed over 35 enthusiastic women by April.
- Organised regular weekly walks, encouraging participants to achieve impressive step counts ranging from 6,000–10,000 steps.
- Coordinated several enriching excursions and trips to broaden horizons and create lasting memories.
- Introduced memory and sensory-based games designed to sharpen concentration, develop cognitive abilities, enhance visual perception, and strengthen social skills — all while nurturing a sense of self-confidence.
- Offered regular tea and snacks at sessions, complemented by informative talks on health and overall wellbeing.
- Delivered weekly fitness classes tailored to the needs and abilities of the participants.
- Hosted joyful, festive celebrations filled with thoughtful gifts and delicious food, creating a sense of community.



QUOTES FROM THE WOMEN:

- "I DON'T NEED TO GO TO THE PHYSIOTHERAPIST NO MORE, BECAUSE MY LEG INJURY HAS IMPROVED SINCE ATTENDING THE WALKING AND FITNESS SESSIONS"
- "I HAVE LOST A BIT OF WEIGHT AFTER ATTENDING THE FITNESS SESSIONS"
- "THE WAY YOU DELIVER FITNESS SESSIONS IS JUST PERFECT FOR OUR LEVEL OF CAPABILITY"
- "OUR PROJECT LEAD IS VERY FRIENDLY AND EASY TO TALK TO"
- "I FORGET MY LIFE STRESS WHEN I ATTEND YOUR SESSIONS"
- "YOU ARE ALWAYS IN OUR PRAYERS"

My thoughts:

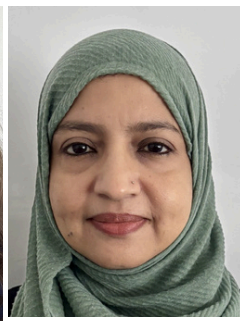
Participants have demonstrated a remarkable increase in self-confidence and overall well-being as they continue to engage with the program. I have seen the level of happiness increase since they first started the sessions. I feel a sense of satisfaction when the women leave my session with plenty of appreciation and gratitude.

APNA SAHARA PROJECT

Lesley Waldron & Farida Ansari



SUSAN DUGWORTH
NORTHUMBRIA
POLICE & CRIME
COMMISSIONER



The Apna Ghar – Domestic Abuse Service by Apna Sahara supports women and their children who have experienced or are currently experiencing domestic abuse.

We empower victims by helping them understand the nature of domestic abuse and the significant impact it can have on themselves and their children. Our service provides support with day-to-day challenges including budgeting, housing applications, welfare benefits, wellbeing, and mental health – to name a few.

Domestic abuse can leave victims feeling fearful, confused, isolated, and emotionally and financially vulnerable. It often results in a lack of confidence, trust issues, and poor mental health, especially when support from family and friends is absent.

This is where the Apna Ghar – Apna Sahara Project steps in. We offer compassionate advice, practical support, and a safe space for victims to rebuild their lives. Our goal is to help them move forward with confidence, gain independence, and live a life free from abuse.

At Apna Sahara, we are committed to making a positive difference in the lives of those affected by domestic abuse – walking with them on their journey toward safety, healing, and empowerment.



Group Sessions:

We have held multiple group sessions with the women throughout the year and invited professional to discuss other issues such as housing team, NHS, Age Concern, Hate Crime drop-in session, Counselling, Carbon monoxide, Menopause and Diabetic talk, Northern Rights and more.

We introduced the children/Mum's craft sessions In July 2024 at the beginning of the school holidays to support those suffering with DA in the home & to avoid isolation due to lack of childcare.

We have been fortunate to have dedicated volunteers to support this so we could operate with only one DA staff member to make the other DA staff member available to support Mums knowing their children are in safe hands.

This project has been a huge success. Our first session was held on 30th July 2024. We had 7 children join us; the project has gone from strength to strength. We now have over **40** children who join us regularly for our group sessions which are held every week during the school holidays. We intend to continue these sessions providing we have funding.

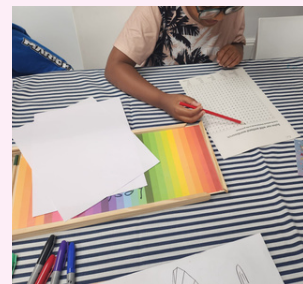
Feedback

"I had an appointment, and it was a good appointment and I felt it was progressing towards the right direction. I'm happy with the service that I'm getting at Apna Ghar".

"I am feeling very happy and safe in Apna Ghar. They are all very helpful and I feel like home here. I have always been helped by the staff here. They are really very nice and welcoming"

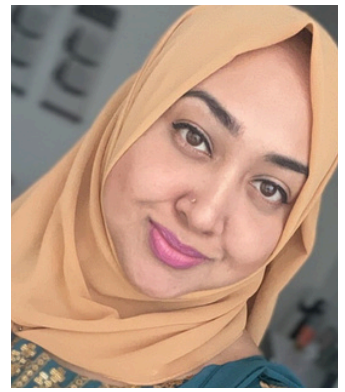
"I now have a new safe home & I am currently completing Basic literacy course at Apna Ghar – everything is good thanks to Apna Ghar DA team for their continued support – they have turned my life around"

"My children love the craft sessions, they always ask when the next one will take place. It makes me happy that I can visit the centre with my children"



Carers Project

Shellina Begum



VISION

Our vision is to empower women to recognise their full potential while embracing and maintaining their cultural identity. We aim to build confidence, boost self-esteem, and reduce feelings of isolation and loneliness. Through meaningful connections, skill-building, and personal development, women can grow in confidence and feel inspired by the positive changes in their lives. By meeting like-minded individuals, they are supported and empowered to move forward with purpose and strength.

OBJECTIVES

Our mission is to have a total of 250 women and girls to access activities, contributing to increased sense of community and self esteem and decreased social isolation. We seek to increase the impact currently made through their learning in their carers project and helps progress more women into paid employment as relatively low numbers of carers from culturally diverse communities identify as carers

IMPACT



All the BME Women get benefits from training Opportunities, enhanced organisational skills and increased capacity to make a more meaningful impact to achieve their personal goals. The wider community will benefit from understanding the culture and can get support from the organisation helping to bridge cultural gaps and promote diversity awareness.

OUTCOMES

18 started Carers Training

5 Went into Employment

23 women attended the listening ear services

100% of the ladies waiting on the list started adults class L1

Approx 60% had improved mental health

3 Ladies found Jobs in care homes

17 women attend conversation class

Most women said they had increased confidence

20 started level1&2 Training



Women have increased skills in leadership, teamwork and increased personal fulfillment

Service user said 'I hardly get any chance for myself, coming to apna ghar has helped my confidence and now i try to visit every week as i enjoy it'



QUOTES

Another woman who attends the conversation class said 'I really want to get into employment but my English speaking was not good, by attending the classes I have improved alot and believe I can achieve my goals now'

FJ who attends the course said 'I have found work in a care home all thanks to Apna Ghar, they gave me the support i needed'

SB said 'i love coming out the house after looking after my mother in law all day. i get tired and Apna Ghar has given me chance to make friends'



Carers project Conversation Class

Tutor Mary Thompson



These classes once again ran for the whole of the academic year and were generally very well-attended. The classes provide extra English language help for members interested in working as carers, and are run alongside the Level 1 & 2 Adult Care courses offered at Apna Ghar.

The ladies taking part in the conversation classes have various levels of English, roughly similar to ESOL levels Entry 1 to Entry 3. There are no exams – instead, progress is shown by how well the learners can participate in discussions, ask and answer questions on a range of issues, use topical vocabulary, and of course join and successfully complete Adult Care and other related courses. I saw definite improvements in everyone's English this year, as well as increased levels of confidence and motivation.

The Conversation classes will continue in September 2025 and many of the ladies have expressed interest in returning, and also joining Adult Care courses. Most of them said that they need and would like more than one English class a week. We are hoping to welcome more learners who are eligible, and it would be great to see the ladies using their improving English skills out in the community as much as possible.

The learning environment has been fun and light-hearted. The ladies have been encouraged to talk about issues which are important to them, in what they hopefully regard as a safe space. Topics discussed and studied over the past year include nutrition & healthy eating, maintaining mental & physical health, healthcare in the UK and their own countries, and the world of work. The learners also refreshed their knowledge of basic grammar and learned new points like phrasal verbs and small talk expressions. A healthcare context was given wherever possible. We also had a visit to the Word Library, where the ladies applied for library cards and were given the opportunity to ask questions and talk about their interests.

Some quotes from the learners about the classes:-

“My English is improving day by day” – NA

“There is a relaxed atmosphere” – BS



“The teacher and all the students are friendly” – SC

“The classes are absolutely fine” - NS



Caring for carers support group

Shellina Begum



As part of our ongoing commitment to supporting unpaid carers in the community, we facilitated the Caring for Carers Support Group, providing a safe, welcoming space for individuals who care for family members, friends, or loved ones.

The group met regularly to offer emotional support, share experiences, and reduce feelings of isolation often experienced by carers (family or friends). Sessions included a mix of informal peer support, structured discussions, and occasional guest speakers from local health and wellbeing services and trips to local areas.

Key activities included:

- Providing a space to talk openly and confidentially about the challenges of caring roles.
- Signposting carers to relevant services, such as respite care, mental health support, and financial advice.
- Organising wellbeing activities such as mindfulness sessions, creative arts, and relaxation techniques.
- Sharing coping strategies and self-care tips to help manage stress and burnout.

Outcomes:

- Many carers reported feeling less isolated and more emotionally supported.
- Attendees developed a stronger sense of community and connection.
- Several participants accessed external services they were previously unaware of, thanks to group signposting.
- Feedback indicated that regular sessions gave carers “something to look forward to” and a break from their demanding routines.

Challenges:

Some carers faced barriers in attending due to time constraints or lack of respite. We responded by offering flexible meeting times and exploring future options for virtual participation.

Conclusion:

The Caring for Carers Support Group has proven to be a vital service, promoting the wellbeing of those in unpaid caring roles. Continued support and investment in these sessions is essential to ensure carers receive the recognition, help, and community connection they need.



Homework club for Carers students

Apna Ghar responded to the carers students requiring time and space to complete their homework by setting up a ‘Homework Club’. Students who were studying for their Level 1 and Level 2 Course said that having the time at home to complete their homework at home was looking like a challenge. Apna Ghar then formed a Homework Club for the students to do their work.

One student said ‘when i go home i get distracted with children as i have 4 kids at home, Being allowed to work at Apna Ghar lets me focus and finish my work each week.’

Another said ‘doing my work with others motivates me to finish my work which would have taken me twice the time at home so this is a great idea.’



One carer said ‘ I enjoy coming to Apna Ghar, they have helped me over the last year. They helped me rediscover myself.’

Volunteer Project

We would like to take the time to thank Garfield Weston Foundation and Sir James Knott for giving our Volunteers the opportunity to make a difference in the community. The purpose of the grant is to recruit, train and support our much-needed volunteers. Currently we have 15 volunteers recruited. Some of them engage in reception duties, kitchen, over 50's project, food fair project, Luncheon Club, helping in the classes etc.

Over the past six months they have undergone training courses such as Health and Safety level 1&2, Living on Budget including numeracy skills, First Aid trainings as well as courses like Esol and English conversation class to build up their English Language Skills. We hold regular Luncheon club for the elderly and the volunteers help us run this. Two of the volunteers have applied for employment and have been successful. One of them has secured a role at a school as a reading support worker. The other volunteer has now secured a job as a care worker after undertaking a course in adult Social Care Level 2.

Our Future Plan

- 1. The volunteers will attend suitable training to seek and gain employment
- 2. English is not our volunteers first language and often they find it hard to communicate in English so we encourage them to speak in English
- 3. Help them with their CV writing and interview skills
- 4. Overall confidence building
- 5. Encourage them to work more independently

Impact of Our Volunteer Project on the Community

Our volunteer project continues to make a meaningful difference in the lives of local residents. By providing time, skills, and compassionate support, volunteers help to reduce isolation, improve access to vital services, and strengthen community resilience. Their contributions not only enhance the wellbeing of individuals and families, but also foster a stronger, more connected community where people feel empowered and supported.



Our Volunteer project has helped so many women in South Tyneside and we are happy to be part of it.

Feedback

The following is the feedback we received from our volunteer:

'I am very happy for the opportunity to volunteer at Apna Ghar' SH

'I never thought about volunteering, but I am happy Apna Ghar helped me to get training and now I am doing volunteering here.' RB

'I have completed my volunteer passport and now I will look for a job' SB



SEWING

Tutor: Anila Maqbool



Sewing at Apna Ghar Duration: January- July 2025

Skill level: Beginner Curriculum: - Covered foundational techniques of threading machines, seams, hemming alongside creative projects as well as student's personal projects. - Balanced theory (fabric selection, pattern reading) with hands-on practice. Students progress: Most learners mastered core skills in setting up a sewing machine, straight stitching, seam finishing.

Assessment methods: verbal tutor feedback, peer feedback, Q&A.

The following tutor feedback is for the sewing and dressmaking course delivered at Apna Ghar from January to July 2025 on weekly basis consisting one session a week. The aim for the course was to provide students with essential sewing and dressmaking skills to uplift their confidence in using a sewing machine, enabling them to use the learned skills to save money on garment making and repairs as well as enabling them to use the skill to offer garment making and repair services. Alongside the sewing skills, the aim was also to improve students' confidence when it comes to socialising, improved language skills, basic maths and English skills and becoming familiar with the cultural side of life in the UK, especially for those students who are new to the country and have English as second language. Are in need of help to build their confidence in communication and do their day to day activities independently. Students started the course at beginner level and were very keen to learn the sewing skills and how to use a sewing machine. Main reasons for them to enrol on the course were

able to make own clothes

able to make basic mending and adjustments

able to make understand different types of fabrics

build confidence in speaking and socialising

explore culture through fabrics and garments

create own sewing patterns for future

Students also learned how to create a sewing pattern using an old garment. Creating their own sewing pattern was preferred to enhance students' Maths and English skills(reading and writing). Essential skills, to allow students to save money by not buying pre-printed patterns which can be costly. It will also support their creative thinking as they will be able to make changes into patterns according to their needs. Majority of the students have English as their secondary language, they were encouraged to use the opportunity to brush up their language/ speaking skills and learn one new word each week to expand their vocabulary. Students were also encouraged to take part in Q&A during the session to evaluate their own work and of their peers to develop their knowledge, social skills and language skills.



They were set pre planned tasks to complete as well as work on their personal projects. As previously practiced, students used upcycled materials for their work During the sessions, students practised taking measurements, cutting according to measurements, using essential garment making tools and equipment, how to hold scissors and cut in a straight line, getting sewing machines ready to sew, finishing off garments and garment alterations. Following is some photographic evidence of students' work. A top made using lace fabric. The student who completed this project has use an old tenant to take measurements and cut fabric accordingly



Information advice and guidance



The primary objective was to empower individuals by providing accurate and relevant information, offering guidance on available options and

supporting them in taking steps toward positive, lasting life changes. Apna Ghar serves as an inclusive, culturally sensitive space where BAME women can access trusted information and personalised support in a safe and welcoming environment. They have access to Culturally Sensitive Support

Many BAME women may face language barriers, lack of trust in institutions, or cultural stigma. IAG delivered in a culturally sensitive and multilingual environment helps overcome these challenges, ensuring they feel heard, understood, and respected. This included help with job searching, housing support, and one-to-one tailored guidance to enable informed decision-making in areas such as education, employment, benefits, health, and overall wellbeing. We also supported service users in accessing local services and understanding their rights and entitlements, ensuring they feel confident and equipped to advocate for themselves and their families.

Our multilingual team is here to listen without judgment, offering practical and emotional support to help women navigate their journeys with dignity and respect. At Apna Ghar, every voice matters — and we are committed to walking alongside each woman, providing the tools and encouragement she needs to build a brighter future.

Service user says 'UC ask me to check my journal every week, at the age of 60 i cant get the grasp of doing this on a phone, Apna Ghar help me update my Journal every week. without this help i would feel lost'



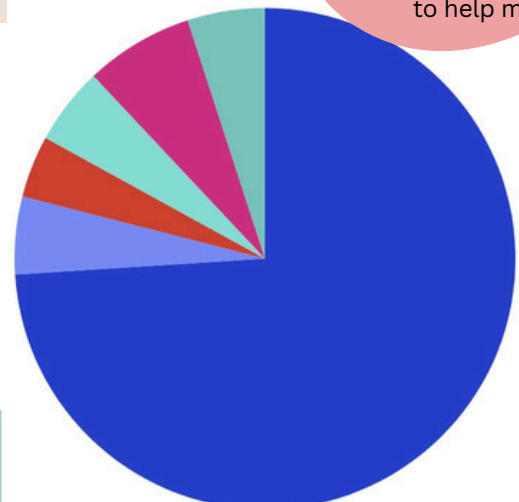
another says 'i struggle to make Drs appointments and understanding my letters, i come to AG to have my letters translated, the staff are always happy to help me'

IAG acts as first point of contact to acts as culturally sensitive support

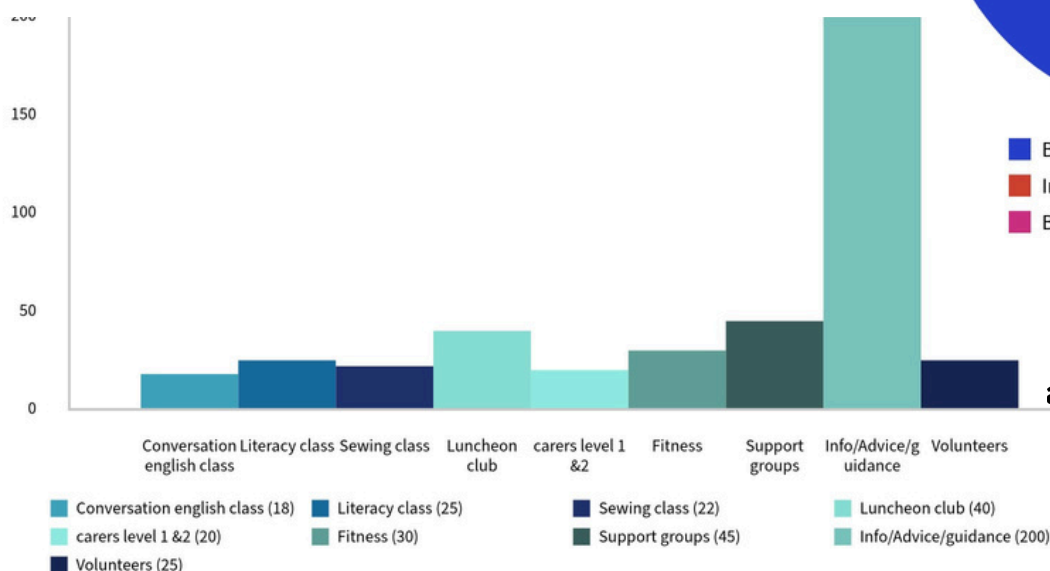
approx 20 women come through the door each week who need IAG

90 % said they can now navigate these systems with confidence and clarity, reducing stress and confusion.

Ethnicity of our members- 24-25 Summary of Apna Ghars service users ethnicity...



Summary of service user's attendance at our classes and activities for the year...



South Shields Summer Mela

For the last 3 Years The community come together and have a street party which we know as 'Ocean Road Mela' Apna Ghar has been involved once again this year reaching out to the communities about our services and making it a fun day with Henna Art and face painting. We also did guess the spice and the service users really enjoyed this.



Training



Every year we make sure the volunteers and staff get relevant training done

These include

- Safe Guarding adults and children
- Fire safety
- Food hygiene
- First Aid at work
- Customer service at work
- Domestic abuse awareness
- Mental health awareness
- Basic IT
- Child exploitation



International Womens Day Celebration event

"As a Women's Centre, we proudly celebrate International Women's Day each year to honour womanhood and sisterhood. This year was no exception—we marked the occasion with music, dance, singing, poetry recitals, raffle prizes, and delicious food."

Free Mini Health Checks for BAME Women By NHS South Tyneside health collaboration

We offered free, confidential mini health checks right here at Apna Ghar Women's Centre — no appointments, no long waits. In house Interpreters available. These quick check-ups are designed with the ladies in mind, delivered in a supportive, culturally sensitive environment where your privacy and comfort come first. Checks included, blood sugar levels, Blood pressure, weight checks, BMI, heart rate and lots more. It's a convenient way to take care of your health in a space that understands and respects your background, culture, values, and needs.

We have also had various health talks over the past year, these include diabetes talk, menopause awareness and mental health



The Treasurer Report

Amina Hyder



This year has been an exceedingly difficult year for me due to my personal health challenges, but I am happy to report that Apna Ghar has gone from strength to strength.

We are able to celebrate its success in providing services to the Community through the continued support of our funders and an **8%** increase in our grant funding.

The National Lottery Community Fund grant of **£31,236** towards our Carer's Project gave us an extension based on our ability to deliver the outcomes.

Additional funding from **Kellett Fund through Community Foundation** of **£15,000** towards improving health for women over 50 years.

Grants from various Funders are listed below –

£10,000 from **Ballinger Trust** has been generous and supportive and we are very grateful to them for their faith in our work.

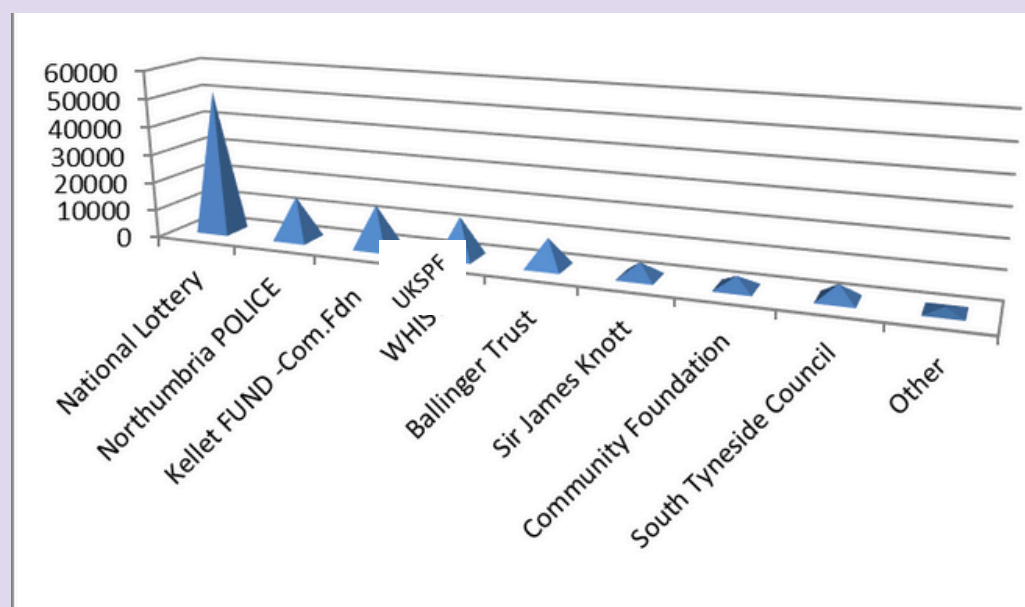
£5,500 from **South Tyneside Council** for their continued support of our services.

£15,200 from **Northumbria Police and Crime Commissioner** for our Domestic Abuse project.

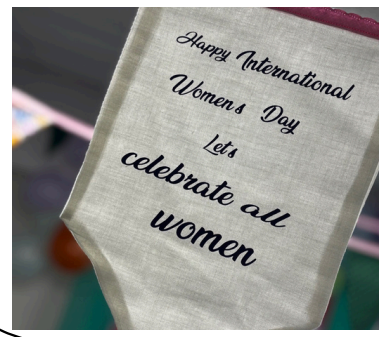
£14,119 from **WHIST** for the Food Fair project funded by **UK Shared Prosperity Fund**.

We are very grateful to **Sir James Knott Trust** for a grant of **£5000** for 3 years towards our Volunteer Project to support volunteers access training and employment.

As always very thankful to the **Community Foundation** for their continued support over the years towards our IT classes and Literacy classes.



Finally, I have to Thank our funders, Joanna Lajmi for her support, trustees and especially our staff and volunteers for their support to continue our valuable work.









Contact Us



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Thank you to all our funders



SIR JAMES KNOTT TRUST



SUSAN DUNGWORTH
NORTHUMBRIA
**POLICE & CRIME
COMMISSIONER**



South Tyneside Council



Funded by
UK Government



South Tyneside Council



WHIST
WOMEN'S HEALTH IN SOUTH TYNESIDE



Garfield Weston
FOUNDATION

