

West Bowling Community Advice & Training Centre: CD Case Study: Local Women's Group

The group came about when six local women wanted to meet regularly they wanted to go to a place that could accommodate them and their cultural requirements in a safe, stigma free environment and gain some guidance to what they could do to engage with other women who could benefit also. As the Community Development Worker they approached me to help them with bringing this together.

I worked with the group to establish clearly what they wanted to achieve and what work needed to be done to see their aspiration come to light. The women were very clear about what they wanted but not confident about their skills



or knowledge to go about getting things started. I helped them to formulate this into a plan of action and we began to implement it.

Before working on the action plan the group felt they needed to let potential new members understand what they were about, I suggested that they have a mission statement.

Mission Statement: - A local women led group working at grassroots level, based in the heart of the community, with an aim of organizing and delivering activities to help reduce isolation for BME women. Coming together to provide information that will increase knowledge and confidence of

women to take control of their lives.

It was agreed that they wanted to create a platform for women with similar issues and create a reflective service of their needs. Working to support women to break down barriers that stop them from engaging or accessing mainstream services due to cultural restrictions.

This has been a long journey, but with hard work and regular support and guidance I have managed to get this group to manage and maintain itself and now they are able to deliver activities to peer's in the community to improve their health and wellbeing.



Some of the achievements along the journey have been:

- ✓ Set up a Committee and a sub-committees, I delivered training on Roles and Responsibilities, worked with the group on how to Plan and develop action plans.
- ✓ Trained and supported the group to deliver, monitor and evaluate the action plan. To prepare and write



reports. Set up activities and sessions, how to set

- up and keep registers.
- Agree and put into place a charging system for refreshments and activities.
- ✓ We organized some events and did some fundraising. Applied for funding from Community Chest, City Challenge, Small Grants Bradford Trident.
- ✓ Organised keep fit classes and Esol classes, arranged for NHS specialist to deliver some health sessions, such as cook and eat, healthy weight classes, sessions on dementia etc.
- ✓ Maintaining support and guidance from me which successfully has raised the profile of the group as well as their confidence.

The group is working to develop the following:

- Health improvement activities, Healthy eating and exercise
 - Promoting groups to funders for continued ongoing funding.
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- Working in partnership with other local providers to co-ordinate more services to the group
 - Regular program of activities, events and workshops
 - Therapeutic activities and speakers, Social prescribing activities
 - Dementia workshop