



Social Wellness Awareness Project Report

June 2020 – JUNE 2021

ACHIEVEMENT

Background

United Women Affiliation (UWA) is a charity organisation registered in England and Wales number 1192288. UWA supports women from minority communities to understand and manage social well-being issues around them. UWA trustee members are professionals who work in different disciplines in England. African and Asian women well represent the charity. Its focus is to support single women, single mothers and single fathers who are destitute, deprived, and underprivileged aims to reduce the emotional health that would impact the children and limit the capacity to flourish in their lives.

UWA advocates and addresses social isolation, social well-being, social hardship. Provides targeted information and awareness, education, and looking for entrepreneurs' opportunities for women to build their financial capacity, better their lives, and meet their dream. The outcome of our vision is to see LOVE flourishing within single-handed families and bring positive social images to the children.

The social wellness awareness project was funded by South Yorkshire Community Foundation for one year. With this grant, UWA reached out to numbers of single mothers, women, and single fathers in need and deprived. Indeed, the requirements are outstanding because many women still lack essential social awareness and education to overcome social wellness issues. Given the challenges of Covid-19, most of underprivileged families experienced several social barriers, especially in meeting their basic needs.

Because most essential information and some services were provided online, disadvantaged families could not access these services due to a lack of digital technology savvy. Further, some underprivileged families had no resources such as computers, digital tablets even mobile phones to cater for the children, yet children were required to use digital technology and the internet to accomplish their school assignments and studies. It was emotionally painful and a course of mental unwellness to some of the families. Indeed, the after covid-19 impact is due to be discovered.

In the area that UWA provided its charitable services, the native languages that mainly were spoken by the families were not on the list of the local council website. Families were asking if you don't understand the fact, how would you follow what is said to practice? This signifies the inequality in meeting the information needs to some of ethnicity groups within the local communities. UWA was able to voice out the gaps and provided support to the seldom heard families and communities.

UWA is one of the charity that contributed tremendously by providing supportive educational services and translating the Public Health England information into local native languages (Swahili, Lingala, Congolese and Rwandese) to support communities speaking these languages understand better and follow the government rules and restrictions plan.



What We Did

We provided awareness sessions, educative meetings indoor and outdoor, reached out to women with native cultural translated information, referred/signpost women for a digital device for their children. The educative meetings and information awareness meetings were well attended by the women. Also, UWA invited other consultants to provide expertise sessions to our volunteers. The volunteers used the information to reach out to the community that we serve. With the diffusion of innovation strategies, many people who English is not their first language benefited. As the result, UWA managed to increase community trust, and build confidence to the families and community.

Here are the examples of the sessions we provided.

No	Session	Participants	Total Participants
X4	Self-awareness	10x4=40	40
X2	Anxiety	10x2=20	20
X2	Depression	8x2=16	16
X2	Loneliness	11	11
X2	Isolation	11	11
X2	Covid – 19 facts-volunteers	6	6
X1	Being Healthy	8	8
X6	Wellbeing meetings	8x6=48	48
X2	Covid-19 awareness	6x2=12	12
X4	Covid 19 prevention	6x4=32	32
X2	Covid 19 Vaccination	6x2=12	12
X1	Covid 19- For BAME	6	6
X1	Environment	6	6
X1	Diet and me	4	4
X4	Emotional awareness	8x4=32	32
X2	Basics info on Relationship	4x2=8	8
X1	Basic-Reproductive Health	6	6
X4	Covid-19 testing	6x4=24	24
X1	Weight thing	4	4
X1	Keep safe	4	4
X1	Building Confidence	6	6
X1	Being Resilient	6	6
X4	Breathing exercise	6x4=24	24

This is what they said

The session was very informative
...you know I didn't think of
meeting people with similar
experience as I had... I feel so
relieved

(RP)

You know what...I was going
through a lot of emotional
distress...you know...I was
always angry...it since I
started coming to UWA
session I feel so confidence

(HN)

I was so nervous ...I didn't know
how I would meet up with other
people ...my confidence was so
small But now I feel alive
again...thank you so much (AR)

I don't know good English ...but
you have explained to me in my
language and I understand so
clear now...you know ...with
this digital thing me I cant I
better come and hear from the
group I cant read to myself.
Things are changing everyday
mmm...Thank you I wont miss a
session (AM)

Since I started coming to the
session I have improved my
emotional conditions I tell you
sister...I was so down I didn't
even like myself. This was even
affecting my child. I would like
to be a volunteer now to help
others. (AA)