



SHEWISE

iMatterToo Programme

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SHEWISE

Registered Charity no. 117981



PROJECT SUMMARY

SHEWISE, a UK registered charity, has been awarded funding from Compass Wellbeing to deliver a Youth Mental Wellbeing project called "i matter too!" for secondary school girls in South Asian communities.

The charity was founded in 2015 as a social enterprise to bridge the gap in business services for underrepresented BAME women. In 2018, SHEWISE was constituted as a charity with a mission to provide support to disadvantaged women and girls at the grassroots level, focusing on domestic abuse, emotional and mental wellness, skills development, and financial independence.

The project aims to empower South Asian girls in participating schools and educational institutions by equipping them with essential social and cognitive skills, promoting mental wellness, and fostering a positive school ethos.

The project aims to work with 75 girls aged 12 to 18 from BAME communities and disadvantaged backgrounds in Newham, London, delivered over 12 weeks in 5 schools with a cohort of 15 girls per school, totalling 75 girls trained.

Over a 12-week period, the girls will participate in sessions using various methods such as storytelling, role play, art therapy, one-to-one peer support, group discussions, activities, videos, and worksheets.

The program will focus on developing an understanding of cultural heritage, building confidence and self-esteem, setting healthy boundaries, managing self-care, developing resilience, and making informed decisions.

SHEWISE also act as a bridge between services, helping the girls access mental health and well-being services in their area. Co-production methods, such as videos and art pieces, will give voice to the young girls to share their experiences.

Overall, the project aims to empower young girls in South Asian communities by addressing mental health issues, promoting self-esteem and resilience, and providing them with the necessary skills and support to reach their full potential.



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BACKGROUND

In March 2022, SHEWISE was commissioned by Hounslow Council to conduct research on the concept of mental wellness in South Asian communities.

The findings identified multiple forms of structural inequalities around mental health and well-being impacting South Asian women and girls.

The report highlighted that particularly girls from minority ethnic communities experience multiple challenges of dual identities, uncertainty, and low self-esteem due to cultural and religious stigmas.

They also have the added “burden” of emotional and physical labour at home e.g., caring for younger siblings, and extended family members and the modern-day pressures, often leading to compromise on their career aspirations and dreams.

Following the outcomes of the research project, we have designed a holistic well-being program which consists of elements of:

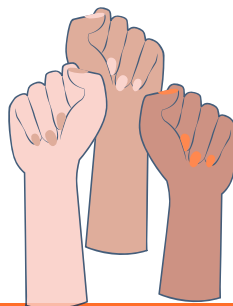
- 1. Education (well-being exploration and reflection)**
- 2. Experiences (engagement)**
- 3. Creative expression (skills development and inspiration).**

This project aims to activate students as the main agent for positive change to their circumstances, vis-a-vis education, belonging, integration, health, etc.

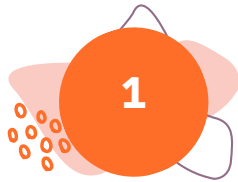
Thus, its title “Sustainable Empowerment” fully encapsulates the overarching outcome.



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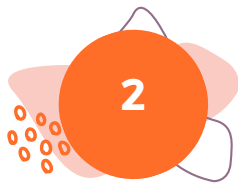
SESSIONS OVERVIEW



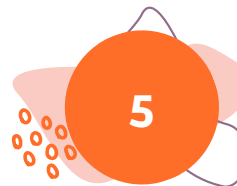
1 Introduction to iMatter



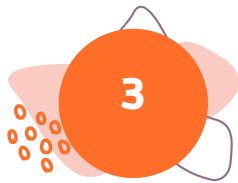
4 Mental Health



2 Multi-generational Trauma



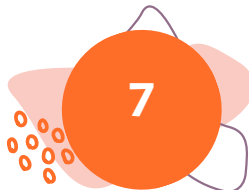
5 Healthy Relationships



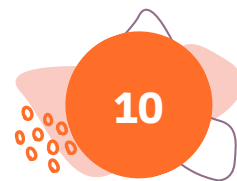
3 Boundaries with Family and Relationships



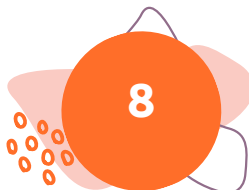
6 Consent and Self-worth



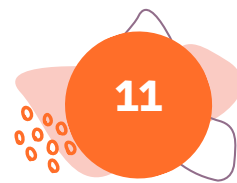
7 Financial Awareness



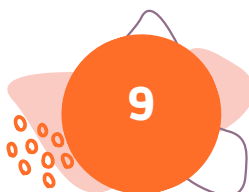
10 Beauty Standards



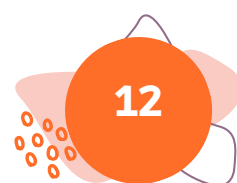
8 What Matters to me?



11 Social Media



9 Girls Matter Too



12 Closure and Endings



PROJECT OBJECTIVES

The core objectives of the project are to unite nine distinct elements, as follows.

1. Explore cultural heritage and values and current values.
2. Develop awareness around generational trauma - family past and parents' trauma.
3. Develop an understanding of taboos surrounding mental health in South Asian communities.
4. Setting healthy boundaries in relationships through effective communication.
5. Identify healthy and unhealthy responses to negative experiences.
6. Develop coping strategies and mechanisms to deal with mental health issues.
7. Implications of unhealthy coping mechanisms (drugs, toxic relationships etc...)
8. Importance of self-care - how we treat ourselves and the way we teach others to treat us.
 9. Building confidence and self-worth
 10. Learning about gender inequalities and their impact.

PROJECT OVERVIEW

The method of storytelling, role play, art therapy, one-to-one peer support, group discussions, activities, videos, and worksheets will be used to guide and stimulate students to explore, understand and develop themselves and their relationships.

By doing so they are enabled to collaboratively tackle selected challenges they face.

This combination of approaches engages and involves workshop delegates on a personal level to uncover needs and wishes, identify priorities and finetune practical solutions in a safe and creative cooperative environment.



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EXPECTED IMPACT

Improved self-confidence and self-esteem

Participants will develop a stronger sense of self-worth and belief in their abilities, enabling them to express themselves and pursue their aspirations with confidence.

Enhanced mental wellness

Participants will gain a better understanding of mental health, develop coping strategies, and learn to manage stress and anxiety effectively.

Increased resilience and problem-solving skills: Participants will build resilience to overcome challenges and develop problem-solving skills to navigate through difficulties.

Strengthened relationships and communication skills

Participants will develop healthier and more effective communication skills, enabling them to set boundaries, build positive relationships, and resolve conflicts constructively.

Heightened awareness of gender inequalities

Participants will learn about gender inequalities and their impact on their lives, fostering empathy, understanding, and a commitment to challenging gender stereotypes.

Positive school culture

The project will contribute to creating a positive and inclusive school ethos where students feel supported, respected, and valued.

Long-term empowerment

The skills and knowledge gained through the workshops will empower participants to make informed decisions, set and achieve goals, and reach their full potential in education, career, and personal life.

By addressing the specific challenges faced by South Asian girls in the participating communities and providing them with the necessary support and skills, the project aims to create a sustainable impact on their well-being, personal development, and future success.



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