



**Leftley Sports Club**  
*A Community, Health & Wellbeing Group*

## Women's Coffee Morning 2024-25

### Impact Report



# Introduction

During 2024-25, the Leftley Sports Club successfully delivered a series of impactful, culturally tailored activities for women within the Barking and Dagenham community. These activities enabled women to connect, learn, and thrive. This report highlights four key initiatives organised through the Women's Coffee Morning programme.

Over 90 women participated in sessions aimed at addressing critical community needs, including mental health awareness, social isolation, and cultural empowerment. The outcomes illustrate not only an increased sense of wellbeing and community cohesion but also heightened awareness and confidence among participants.



Through these activities, we observed measurable improvements in knowledge sharing, peer engagement, and access to vital services. These efforts underscore our commitment to supporting the health, empowerment, and cultural identity of women in our borough.

Our programme supported over 90 women through social outings, educational workshops, and community-led events. Each session was designed to address key issues facing women in our community — from mental health and health literacy to social isolation and confidence building.

Through these activities, we observed measurable improvements in community engagement, confidence, peer support, and awareness of vital health resources.



# Acknowledgements

We would like to extend our heartfelt gratitude to everyone who contributed to the success of the Women's Coffee Morning Programme 2024-25.

In particular, we thank:

- **Ansarun Ahmed** – Trustee & Women's Programme Lead, Leftley Sports Club
- **Zoinul Abdin** – Head of Universal Services, London Borough of Barking & Dagenham
- **Rahela Begum** – Engagement and Community Communications Lead (Barking and Dagenham), NHS North East London – Integrated Care Board
- **Dr Kanika Rai** – Partner, The White House Surgery, Barking

Special thanks also go to our dedicated volunteers, whose energy and commitment made each Women's Coffee Morning possible:

- Mahbuba J Chowdury
- Rashida Khanom
- Shahanara Begum
- Shahanaz Rahman
- Shahara Gani

We are grateful to all our partners, facilitators, and supporters for their expertise and encouragement. Finally, we acknowledge the continued support of the **London Borough of Barking & Dagenham**, **NHS North East London – Integrated Care Board**, and the many participants and speakers who brought life, learning, and inspiration to the programme.



**North East London**  
**Integrated Care Board**



Online Version of  
this Report

# Bhortha Party – A Taste of Togetherness

**Date: 12 June 2025**

**Participants: 40+**

The LSC Women's Coffee Morning hosted the "Bhortha Party", a vibrant cultural and fundraising event celebrating Bangladeshi cuisine and community spirit. The event aimed to empower women through leadership roles while raising funds for charitable causes.



Participants contributed homemade Bhorthas (traditional Bangladeshi mashed dishes) alongside a variety of regional delicacies including pilau, fish curries, pakoras, pani puris, and desserts. The event fostered cultural pride and community engagement, with attendees enjoying the food in a warm and welcoming atmosphere.

In addition to the culinary offerings, the event featured a mini marketplace where women sold pre-loved items, clothing, and henna art. These activities not only raised funds but also provided participants with opportunities to develop entrepreneurial and organisational skills.

The Bhortha Party served as a platform for women to step into leadership roles, build confidence, and strengthen community bonds. It highlighted the power of collective action and cultural celebration in driving social impact. The success of the event has inspired plans for future gatherings that continue to empower women and support those in need.

## Highlights

- Homemade Bhortha dishes and Bangladeshi street food
- Desserts table with nostalgic treats
- Henna stall and vinted sales
- Strong turnout and fundraising success

## Outcomes

- Community pride and celebration of culture
- Skill development and confidence building
- Funds raised to support those in need
- Strengthened peer networks

# Southend Beach – A Summer’s Day Out

**Date: 26 June 2025**

**Participants: 30**

The women of the Leftley Sports Club Coffee Morning embarked on a community-building excursion to Southend-on-Sea. This initiative was designed to promote social inclusion, mental wellbeing, and cultural enrichment through a shared outdoor experience.



A total of 30 women participated in the trip, which began with a coach journey from the community centre. The atmosphere was vibrant, filled with conversation, traditional Bengali songs, and shared snacks, setting a joyful tone for the day. Upon arrival, the group settled at the beachfront for a picnic, enjoying homemade tea, traditional snacks, and the scenic coastal environment.

Participants engaged in a variety of activities including swimming, walking along the promenade, storytelling, and singing. The communal lunch featured both packed meals and local fish and chips, enhancing the cultural immersion. Afternoon activities included photography, games, and social interaction, culminating in a shared snack before the return journey.

The trip provided a rare opportunity for these women to relax, connect, and access community resources. One participant likened the experience to a spiritual journey, underscoring the emotional and cultural significance of the event. This activity exemplified the club’s mission to foster wellbeing and community cohesion through inclusive and meaningful experiences.

## Highlights

- Coach journey filled with songs, snacks, and laughter
- Picnic on the beach with tea, biscuits, and homemade food
- Swimming, walking the seafront, and games
- Shared stories and cultural moments

## Outcomes

- Wellbeing boost through rest and connection
- Strengthened community bonds
- Access to wider community spaces in a safe environment
- Empowered women to prioritise themselves

# Ghusl Workshop – A Spiritual and Practical Guide

**Date: 3 July 2025**

**Participants: 50+**

The Leftley Sports Club hosted a profoundly impactful and spiritually enriching **Ghusl Workshop**, attended by over 50 women. The session was led by the experienced **Ghusl Workshop Team**, offering a comprehensive, step-by-step demonstration on the Islamic rites of preparing the deceased for burial. The workshop covered key aspects: **ghusl** (ritual washing), **kafan** (shrouding), and **Salatul Janazah** (funeral prayer).



This session was not only educational but also deeply reflective, reminding participants of the temporary nature of life and the certainty of death. The facilitators demonstrated how to handle the deceased with care, dignity, and gentleness – explaining each stage of the washing process, privacy preservation, and the respectful use of materials. The practical guidance was accessible and empowering, especially for those unfamiliar with these vital rites.

Participants were also guided through the process of shrouding the deceased in the **white kafan cloth**, a humbling reminder that regardless of worldly status, every soul returns to its Creator in simplicity and humility. The workshop concluded with a detailed walk-through of **Salatul Janazah**, the prayer prior to the burial, clarifying its meaning and its status as a collective obligation upon the Muslim community.

Throughout the session, the atmosphere was one of quiet strength, spiritual reflection, and communal support. Many attendees shared how eye-opening the experience was – not just in learning these religious responsibilities, but also in prompting them to reflect on their own lives, priorities, and connection to faith.

This workshop served as both a vital educational opportunity and a deeply spiritual encounter, equipping women with essential religious knowledge while fostering a sense of unity, purpose, and readiness for life's ultimate journey.

## Highlights

- Practical demonstrations of how to perform the rites of burial
- How to perform the prayer after preparing the deceased

## Outcomes

- Increased religious literacy and confidence in performing funeral rites
- Strengthened spiritual awareness and community solidarity
- Empowered women to support their families and communities during bereavement
- Fostered intergenerational knowledge sharing and cultural continuity



# Mental Health & Breast Cancer Awareness

**Date: 10 July 2025**

**Participants: 30+**

The Leftley Sports Club Women's Coffee Morning hosted two critical health education workshops focused on Mental Health and Breast Cancer Awareness. These sessions addressed culturally sensitive topics that are often considered taboo within the community, providing a safe and supportive environment for open dialogue.



The Mental Health workshop was led by a qualified expert from the NHS who engaged participants in a discussion about the meaning and importance of mental wellbeing. The session encouraged women to share their perspectives, identify stressors such as family responsibilities and social stigma, and explore culturally relevant coping strategies. The facilitator emphasised the importance of seeking professional help and introduced practical techniques, including breathing exercises, to support mental health.

The Breast Cancer Awareness session was delivered by a specialist nurse who provided essential information on early detection, self-examination techniques, and available medical support. Participants actively engaged in the demonstration and Q&A session, gaining valuable knowledge and confidence in managing their health.

These workshops empowered women with the tools and knowledge to take proactive steps in their health journeys. By addressing barriers such as language, stigma, and lack of awareness, the sessions contributed to improved health literacy and community resilience. The initiative also informed local service providers about the specific needs of ethnic minority women, fostering more inclusive healthcare outreach.

## Highlights

- Open conversation about mental health, stigma, and barriers
- Breathing techniques and faith-based strategies for mental wellbeing
- Breast self-check demonstration and Q&A with a specialist nurse
- Resources provided for further support

## Outcomes

- Increased awareness of mental and physical health
- Open dialogue on taboo subjects
- Lifelong self-care practices introduced
- Access to trusted professionals and support services