

# Covid-19 Response Grants 2021/22

## Rainbow Muslim Women's Group

### Who are Rainbow Muslim Women's Group?

Rainbow Muslim Women's Group are a group of women from ethnic minority backgrounds who have come together to support and engage with other ethnic minority women experiencing isolation due to language issues, confidence or cultural barriers. They have been supporting community members since 1999, predominantly in the Falkirk area but offer support across Forth Valley.



### How was the grant used?

- During Covid-19 restrictions, women were reporting greater isolation and poor mental health. The grant was used to provide women with a safe indoor space to participate in physical activity to improve social connection and mental health and well being. The grant enabled 10 physical activity and mindfulness sessions for women to be delivered in collaboration with Central Scotland Regional Equality Council (CSREC), where 20 volunteers engaged with over 80 participants.



### What had to change due to Covid-19?

- Covid restrictions meant that the group were not able to meet and support each other as they had done before the pandemic. This led to greater isolation and loneliness and reduced wellbeing, especially for the most vulnerable women, for example those with domestic abuse experience or those who have been shielding.
- The importance of physical activity and wellbeing for vulnerable women was highlighted by the pandemic and the sessions addressed the specific needs of this community by offering activities tailored to the group.
- The guidelines and infection control measures in place allowed the group to come together again in a safe environment and re-build social connections, improving physical health and mental well being.



Instructor demonstrating movement

## What difference has the grant made?

- The physical activity and mindfulness sessions increased opportunities for safe social activities within their community.
- Women on low incomes were able to participate as places were funded by the grant.
- The language barriers to participating in activities were reduced as the sessions were delivered in the community where multi-lingual volunteers could support participants.
- Overall the fitness and wellbeing of participants and volunteers improved.
- Improvements in confidence and ability to cope with stress and anxiety were reported by participants.

“It is very rewarding to see the shining relaxed faces of all participants after the sessions. We can literally see their worries melting away in front of our eyes.”  
**(Session volunteer)**

“I wouldn’t miss it for the world as these classes are the only break that I get in the whole week. I wish we can have these twice a week. Thank you so much for organising these.”  
**(Session participant)**

*‘We come out for these mindfulness classes and we look forward to it every week.’*  
**(Session participant)**

