

ZA COMMUNITY OFFICIALS LTD



AWARDED: £1,990



ZA Community received **£1,990** to engage and promote wellbeing for women from marginalised communities.



Based in one of Bradford's most deprived areas, ZA Community Officials Ltd is a women-led organisation rooted in BAME and underrepresented communities, many of whom have experienced domestic abuse, racial trauma or social exclusion. Through their delivery, the organisation offers a direct response for women in need, committing themselves to improving health inequality, high rates of unemployment and underrepresentation in leadership and decision making.

The 'Walking Art for Wellbeing' project addressed mental health, encouraged participation in physical activity and fostered community connection through creative and nature-based activities. 64 women participated in art sessions and walking groups, where they explored local parks and used free park gym equipment as a safe, accessible and low cost option to maintain physical health. Those who participated in art sessions found it healing to have a safe space to express emotion and in which to be heard.

Amber Hussain, Director of ZA Community said: "By combining walking, art, and community-building, we have created a holistic, culturally sensitive programme that empowers women to take control of their health and wellbeing in a supportive environment. Thanks to this funding, we empowered women from underrepresented communities to improve their mental health, build confidence, and connect through nature, creativity, and community – and creating lasting change that continues beyond the project."



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