Merton Giving Women's Health Grantee Summary



Summary

We had 15 applications, and made ten grants of £2k for information sessions which were attended by about 350 women, targeting under-served and global majority communities. These informal and supportive community sessions helped women feel safe and comfortable to discuss topics that some find sensitive or embarrassing.

Feedback demonstrated high levels of engagement, with lively discussions, questions, and women committing to take action, including make appointments and having checks. Participants represented a wide range of Black, Asian, and Eastern European communities.

Useful feedback for the NHS included a need for information in specific languages, and how important it was to establish a sense of safety and trust for women, and particularly girls, to be able to discuss issues.

"I was surprised that, at my age, breast screening was still recommended, and I arranged one."

Participant from The Ethnic Minority Centre sessions

"You created a safe space to talk about something I have never talked about in public".

Participant from Avanti Mental Wellbeing session

PROGRAMME FOCUS

- menstrual health
- menopause
- reproductive and womb health
- pelvic floor health
- cervical screening
- fertility
- mental wellbeing
- nutrition
- movement
- access to local health services



Source: Grantees Summary, Sheet3.

Grantee profiles 1–2

Accoutre Centre for Learning

"Accoutre Centre for Learning" delivered tailored two-week programmes for girls aged 11-16 and women aged 17+, covering puberty, menstrual and reproductive health, menopause, body confidence and navigating local health services.

Co-designed workshops led by health professionals and peer mentors created culturally sensitive spaces where participants and caregivers built knowledge and confidence.

Avanti Mental Well–Being CIC

"Avanti Mental Well-Being CIC" delivered four women's health sessions at Vestry Hall, reaching 46 women with information on menopause, breast screening, mental wellbeing, stress, nutrition and movement.
The supportive sessions helped participants discuss health concerns openly, address misconceptions and feel more confident about booking health checks.

Reported reach
46 women



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Grantee profiles 3–4



Birthing in Colour

"Birthing in Colour" delivered a menopause community event and a womb-health workshop at Mitcham Vestry Hall, engaging 22 Black and South Asian women.

Films, facilitated conversation and an interactive herbal tea activity created culturally relevant spaces for women to share experiences, ask questions and continue self-care at home.

22
women

Ethnic Minority Centre Ltd (EMC)

Ethnic Minority Centre Ltd (EMC) delivered four menstrual and menopause health workshops at Vestry Hall, attended by 173 women and girls from across Merton and neighbouring areas.

Expert guidance, multilingual support and open discussion helped break taboos, reduce isolation and improve participants' confidence and understanding of symptoms, physical activity and long-term health.

173
women and girls

Grantee profiles 5-6



Family Foundations

Family Foundations delivered three weekly menstrual-health workshops at Rollards Hill Youth Centre, with an average of 14-16 girls aged 12-16 attending each session alongside female youth workers.

The interactive sessions explored the menstrual cycle, signs that may require medical advice and how to discuss concerns and access appropriate healthcare support.

14-16
girls per session

Life Ahead CIC

Life Ahead CIC delivered nine online and in-person sessions on menstrual health, perimenopause, menopause and pelvic-floor health, with 49 women registering and 7-12 attending each session.

Volunteer women champions combined lived experience, NHS-based information and practical exercises, creating relatable support while highlighting demand for clearer care pathways and translated resources.

9
sessions

49
women registered

7-12
attendees per session

Grantee profiles 7–8

Merton Vision

"Merton Vision" delivered three accessible women's health and wellbeing sessions for women with sight loss, hearing loss or both.
Each three-hour session combined trusted discussion and eye-health information with a pamper, exercise or yoga activity, helping participants learn about menopause, menstrual and urogynaecological health in a safe peer setting.

3 sessions
3 hours per session

The Harlequins Foundation

The Harlequins Foundation delivered an interactive menstruation workshop at The Twickenham Stoop for 50 students aged 12–15 from Merton schools.
Students reported improved understanding of menstruation and its impact on sport and wellbeing, while the safe discussion space helped normalise the topic and reduce stigma.

50 students
aged 12–15



Grantee profiles 9–10

9 The Little A.R.K. CIC

6 sessions over 10 months

The Little A.R.K. CIC delivered six women's health sessions over 10 months for women and girls aged 12-65 from migrant and ethnic minority communities.
Through its trusted sewing-club network, community champions shared culturally accessible information on menstrual health, menopause, cervical screening and vaccination, helping overcome language and trust barriers to care.

10 The Nerve of My Multiple Sclerosis CIC

3 masterclasses

The Nerve of My Multiple Sclerosis CIC delivered three in-person East Merton masterclasses for women and girls, particularly those living with MS or other chronic conditions.

Sessions on stem cell transplant and menopause, hormone health, fertility, menstrual health and pelvic wellbeing combined accessible resources,
lived-experience champions and clinician input.



What the summaries show

programmes reached women, girls and students across different settings

delivery included workshops, sessions, masterclasses and online support

many programmes used trusted, culturally responsive, multilingual or accessible approaches