

Ethnic Minority Voices in Tenant Engagement Case Study





Case Study



Healthy Her
Muslim Ladies Group

**Healthy Her Muslim Ladies Group,
Sandalwood Close Communal
Hall, St Leger Homes, Doncaster.**

Overview

Healthy Her Muslim Ladies Group led by Akeela Mohammed (Director of Healthy Her Muslim Ladies Group & Deputy Lieutenant of South Yorkshire) is a group that allows Muslim women in Doncaster to experience and promote health and wellbeing activities and reducing social isolation, as it gives these women an opportunity to socialise together and make friends. They have a weekly session at the Sandalwood Communal Hall (communal hall owned by St Leger Homes) every Wednesday. 20 – 25 local Muslim women (ages 20's to 70's) from across Doncaster attend these weekly sessions which also includes St Leger tenants. The above activities have further increased and empowered these ladies with further confidence and life skills. The group have also used the hall to celebrate their cultural activities such as Eid and other services have been invited to these events too.

Background and Context

The purpose of the Healthy Her sessions is to empower the Muslim ladies to access services such as the Police, RDASH, Right Up Your Street, Doncaster Culture & Leisure Trust, Doncaster Council and St Leger Homes services. The group has been supported by a St Leger Homes Customer Involvement Officer (Alison Alcock). For example, the St Leger Homes tenants in this group have accessed the SLHD Tenancy Support Services to maximise the financial support available to them and managing their tenancies.



Objectives

Healthy Her is a group that allows Muslim women in Doncaster to experience and promote health and wellbeing activities and reducing social isolation, as it gives these women a chance to socialise together and make friends.

Approach and Activities

Guest speakers from diverse organisations and services are invited to the Healthy Her weekly sessions to promote their services and break down barriers and have a better understanding of the Muslim ladies needs e.g. cultural, religious and language etc to enable the local Muslim women to access further services and improve their quality of life and integrate into the wider Doncaster community. The Muslim ladies have also taken part in sporting activities such as self-defence classes, fencing, cycling and archery which has further improved their physical and mental health and wellbeing.



Outcomes and Impact

The group was featured in the St Leger Homes Tenant Celebration Video in 2024 which was showcased at the Tenant Celebration Event in 2024, some of the ladies in the video spoke about how the group has benefited them in terms of their health and wellbeing. The Sandalwood communal hall has provided a safe space for these ladies to meet, support them to do their activities and enhance and improve their physical, emotional and health/wellbeing further. Please see link below to the video:

www.youtube.com/watch?v=NzsjiG8fK84

The Healthy Her Muslim Ladies Group won the Community Well Being Category Award at our recent Tenant Celebration Event in 2025. Please see link below for more details:

www.stlegerhomes.co.uk/my-home/my-tenancy/get-involved/tenant-celebration-awards-2025/





Lessons Learned

Please see link to video below which shows Akeela Mohammed (Director, Healthy Her Muslim Ladies Group) talk about how they have overcome the barriers to gain success.

www.facebook.com/watch/?v=1062808838461519

Next Steps / Sustainability

The Healthy Her Muslim Ladies continue to go from strength to strength empowering further ladies to get involved, improve their confidence, reduce social isolation, access further services and promote community cohesion.

Evidence and Data

20-25 local Muslim women (ages 20's to 70's) from across Doncaster attend these weekly sessions which also includes St Leger tenants.



Healthy Her
Muslim Ladies Group

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Chris Margrave (Chief Executive, St Leger Homes) and Alison Alcock (Customer Involvement Officer) with Akeela Mohammed and her Healthy Her Muslim Ladies Group at their Eid Event at Sandalwood Close Communal Hall held in 2025.



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TENANT ENGAGEMENT EXPERTS
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