

BANBURY MOSQUE



Banbury Mosque received £12,030 to support culturally sensitive swimming sessions for women and children.



The funding has allowed the Banbury Mosque community to continue and expand a previously offered programme of swimming sessions. Short-term funding for this in-demand activity has been a recurring problem for many years, making it difficult to ensure long-term success and growth.

The sessions have been incredibly popular seeing 55-60 people coming together for the swimming. With ongoing challenges revolving around financial constraints, and social isolation this community-driven solution has ensured meaningful support and inclusivity - which goes beyond the time in the pool.

“The barriers once imposed by cultural norms have been successfully lifted, enabling more individuals to embrace this vital life skill.”



THOUGHTFUL DESIGN

The swimming sessions have been thoughtfully designed to accommodate and respect religious and cultural considerations, ensuring that everyone feels comfortable and included while enjoying the benefits of swimming.

The swimming programme is a good example of how small adjustments can make a big difference in fostering inclusivity when promoting community wellbeing.

PHYSICAL, MENTAL AND SOCIAL BENEFITS

Feedback forms, issued by Yasmin Kaduji the Project Lead, have captured a range of health benefits experienced by participants, including physical health improvements such as reduced pain in legs, better sleep, and better general fitness levels. Others have reported improved mood, feelings of happiness, and ‘taking stress away’. The social benefits are also significant with mothers reporting it as their favourite time in the week to spend with their children - important “bonding time”.



A LIFE-SAVING SKILL

Early swimming lessons can significantly reduce the risk of accidental drowning. By teaching children (and their families) water safety techniques and instilling confidence in their swimming abilities from a young age, they are better equipped to navigate water environments safely, including those in and close to their own neighbourhoods such as rivers and canals.

“Women swimming from BAME communities have achieved great success, breaking barriers and inspiring young people from all backgrounds that they can succeed in swimming making swimming more inclusive and open for future generations.”

