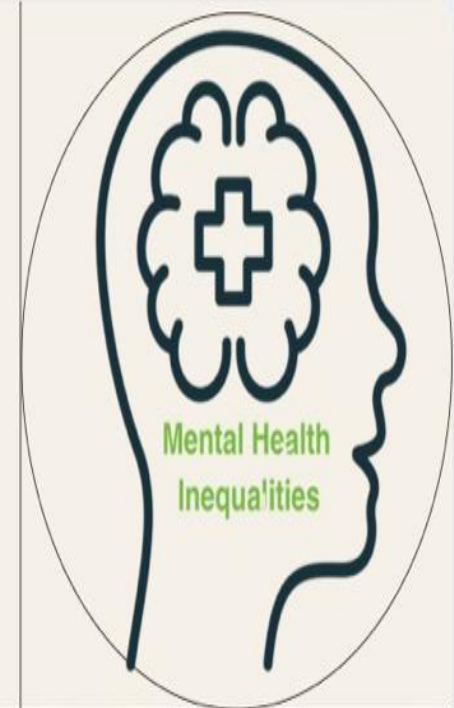


CPAR 3 Research Project

Report



**Group 4: Utulivu “Mental Health and Health
Inequalities: Understanding the Impact of Domestic
Violence and Hormonal Issues”**

Project Managers

Jacqueline Mukono – jacqueline@utulivu.co.uk



Peris Njeri – peris@utulivu.co.uk

Joan St Clair – joan@utulivu.co.uk

Project Dates:

Start Date: October 2024

End Date: October 2025



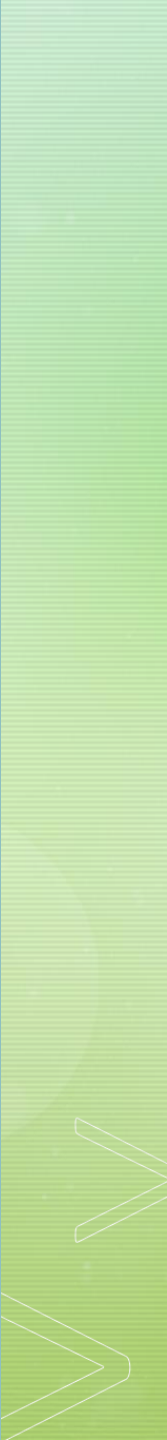
Background

This research project emerged in response to growing concerns within our community about the unspoken and often overlooked link between hormonal health issues—including Perimenopause, Menopause, and conditions like Polycystic Ovary Syndrome (PCOS)—and the mental health struggles faced by women, especially those who have experienced domestic violence.

Many women suffer in silence, navigating multiple health challenges without adequate understanding or support. This silence often deepens feelings of isolation, leading to long-term emotional distress and health inequalities.

Our group recognised the urgent need to gather real-life evidence, uplift community voices, and influence how services are designed and delivered.

Through focus groups, interviews, and surveys, we aimed to amplify unheard voices, particularly from marginalised and underrepresented women, and to advocate for inclusive, culturally sensitive, and gender-specific mental and hormonal health support systems.





Objectives



- Identify how hormonal changes and imbalances affect women's mental wellbeing.



- Explore the compounded effects of domestic violence on hormonal and mental health.



- Assess awareness, accessibility, and quality of current support services.



- Produce recommendations for improving culturally appropriate services.

Target Audience

Women aged 18 and above, especially:

- Navigating hormonal changes
- Survivors of domestic violence
- From Black, Asian & Minority Ethnic backgrounds
- Refugees, asylum seekers, or low-income backgrounds
- Facing stigma/barriers to support

Project Scope

■ This research involved 14 weeks of community engagement using surveys, focus groups, and interviews to collect qualitative and quantitative data from women affected by hormonal issues and domestic health challenges. Supported by CPAR3 mentors and grassroots volunteers, it involved digital tools and safe community venues.



Alone we can do so little; together we can do so much.

► Outcomes

Community report with findings

Infographics/visual data summaries

Recommendations to reduce inequalities

Community workshops to share results

Project Constraints

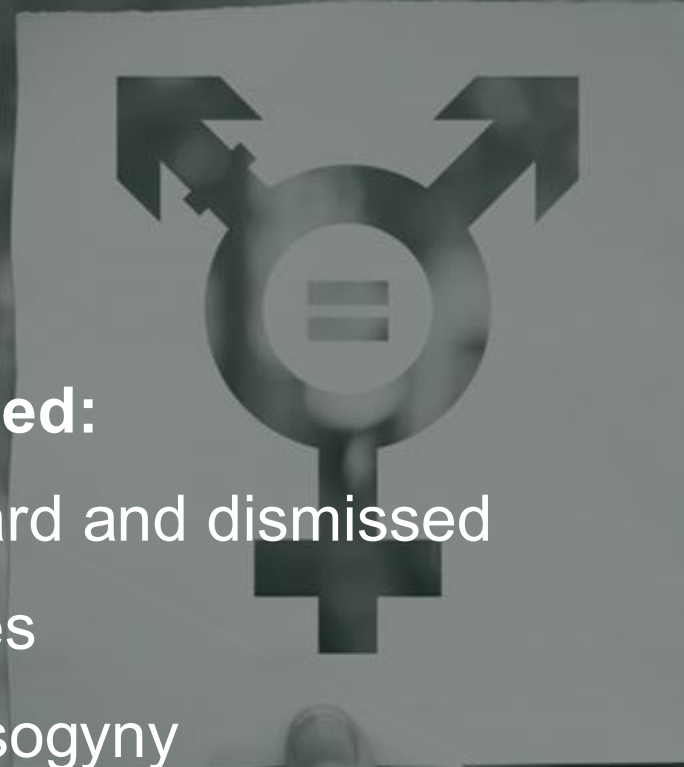
- TIME
CONSTRAINTS

- LARGE VOLUME
OF DATA TO
ANALYSE

Deliverables

Key Themes Identified:

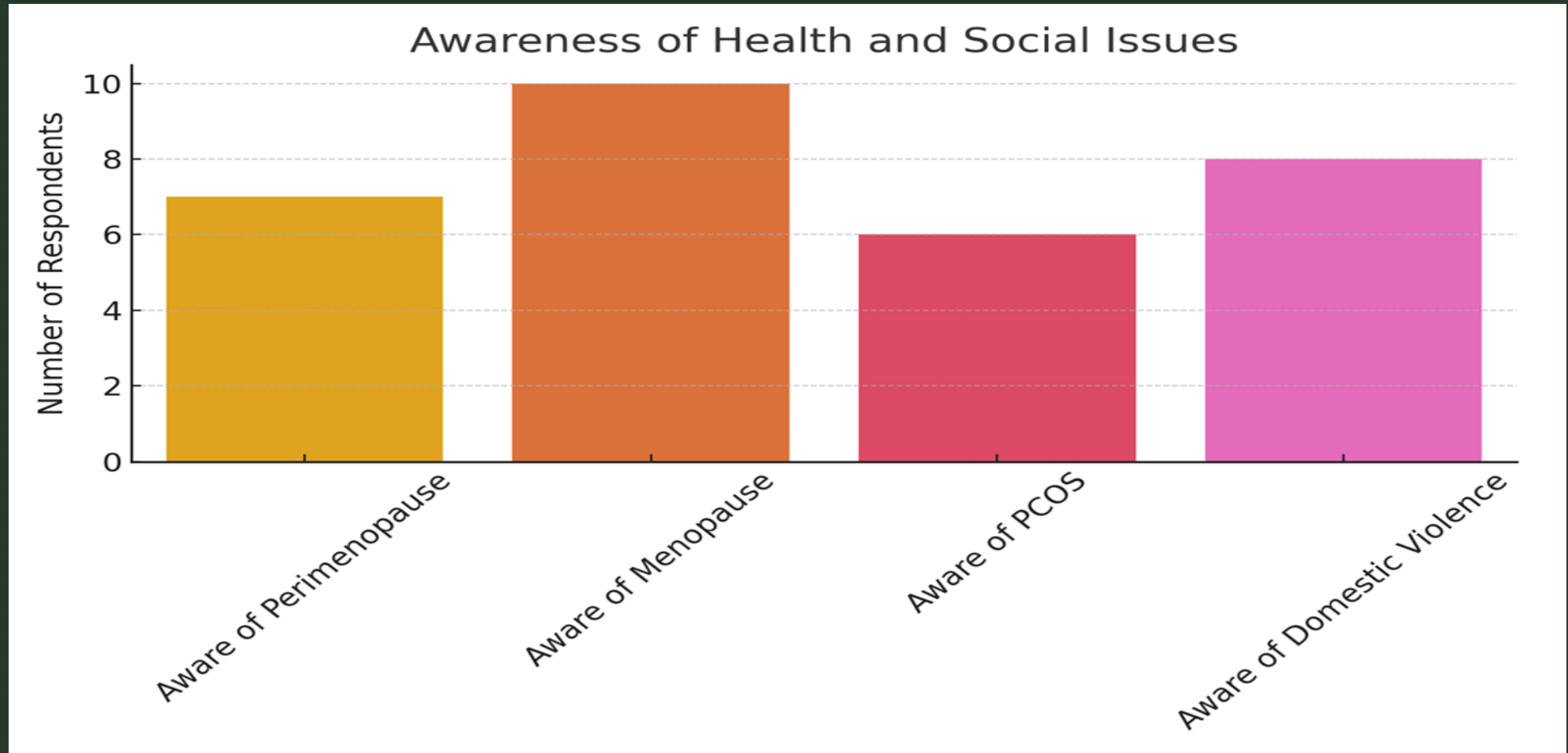
- Women feel unheard and dismissed
- Lack of safe spaces
- Deep systemic misogyny
- Overlooked mental health needs
- Misdiagnosed hormonal issues



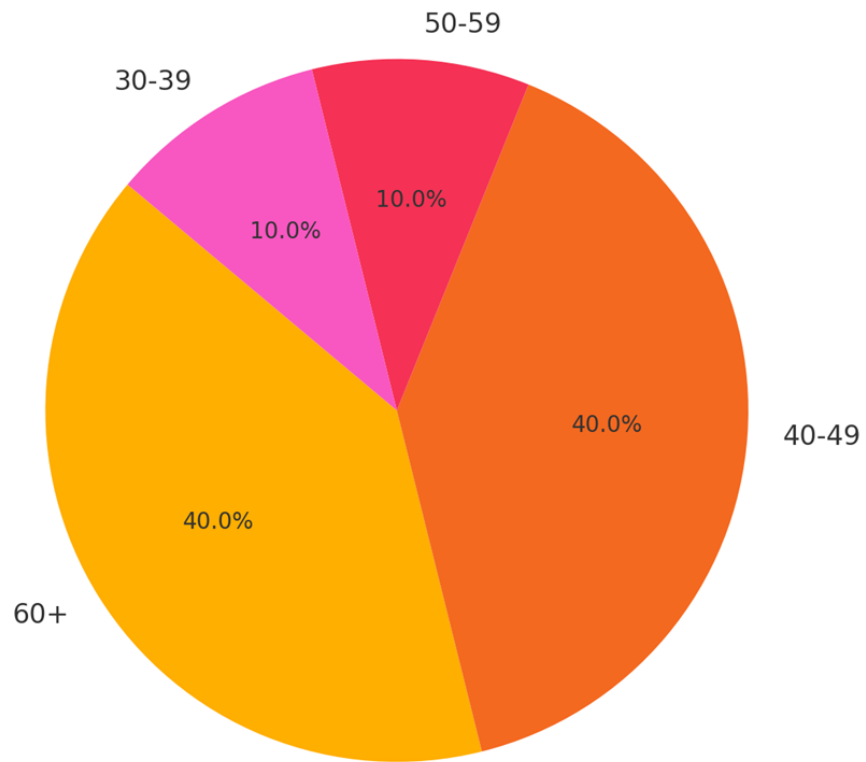
- • 80% face language and cultural barriers in accessing health and social care.
- • 72% need urgent mental and emotional support.
- • 65% do not know where to go for domestic abuse recovery services.
- • Many feel isolated, mistrustful, and unsupported.

Key Findings from Community Research

Awareness of Health and Social Issues

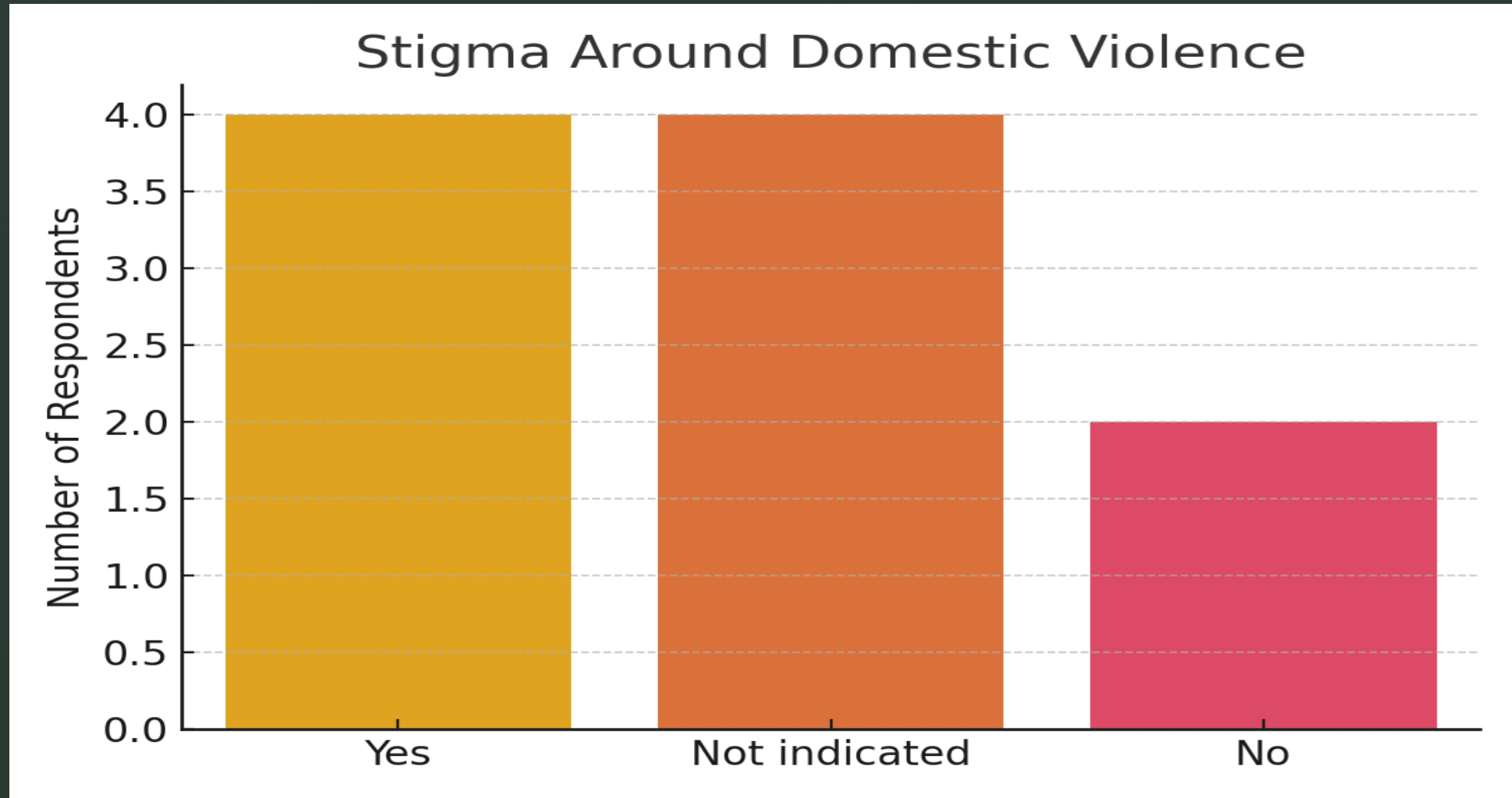


Age Distribution of Respondents



Age Distribution of Respondents

Stigma Around Domestic Violence



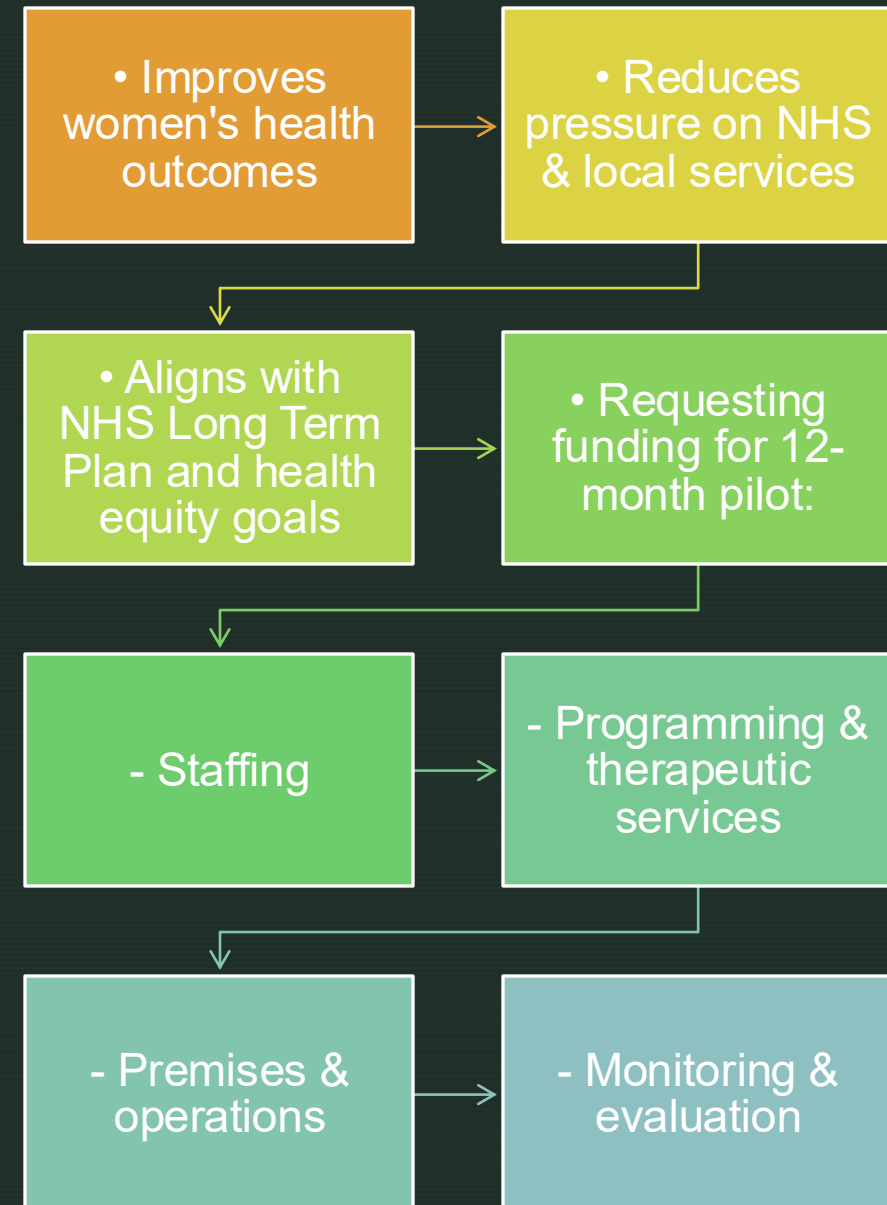
Recommendations

- Establish women-led support hubs
- Address language & cultural barriers
- Provide holistic, wraparound support including:
 - • Mental & emotional care
 - • Hormonal and physical wellbeing
 - • Domestic abuse recovery
 - • Safe community connection

- • Trauma-informed, women-led support hub
- • Mental & emotional health care
- • Hormonal and physical wellbeing support
- • Domestic abuse recovery
- • Peer support and community connection
- • Multilingual and culturally sensitive staff

Our Solution: Women's Wellbeing Support Hub

Benefits and Funding Request



Our Commitment

- We are ready to deliver a high-impact, community-rooted pilot in partnership with:
 - NHS Teams
 - GPs and local councils
 - VAWG and social care services
- Every woman deserves a safe place to heal, connect, and thrive.
- Let's make that a reality—together.



Acknowledgement and thanks

With heartfelt appreciation to our community respondents and partners for their unwavering support and guidance throughout this CPAR3 journey.

Your collaboration has been instrumental in helping us achieve a successful outcome with our research project.



Group 4 – Utulivu | Community Researchers:
Jacqui Mukono, Peris Njeri, Joan St Clair