

# Finding friendship and belonging in a new country

*“I love this centre because I made new friends same age. I have been here 2 years. I learn English here. I built my confidence. I have met different people. I have improved my English writing, reading and speaking.” - Ayesha*

## Background

Three young women, aged between 20 and 25, arrived in the UK after marrying UK-born spouses. As recent arrivals unfamiliar with the culture, language and lifestyle, they faced the challenge of building new lives in an unfamiliar environment.

## Support and involvement

They began their journey by enrolling in Entry Level 1 language classes and actively participating in various activities offered through the Warm Spaces initiative, including yoga, wellbeing sessions, archery and self-defence. Through these shared experiences, they developed a close friendship and a growing sense of community.

## Impact

The Warm Spaces scheme became more than just a venue; it became their safe space. It provided a warm, welcoming environment where they could connect, learn and grow. The program offered more than hot drinks and snacks; it gave them a reason to step out, a sense of purpose, and opportunities to better themselves.

Although they don't meet outside the centre, Warm Space remains a vital link that keeps them connected. It has played a key role in helping them adjust to life in the UK, understand their new surroundings and feel a sense of inclusion and belonging.

## Community Reflection

For these three young women, Warm Spaces has been instrumental in easing their transition into a new culture. It reflects how a supportive, inclusive environment can create lasting social bonds and empower individuals during life-changing moments. Warm Spaces continues to be a cornerstone in helping newcomers feel seen, safe and supported.

Project in collaboration with:



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