

Rebuilding with support: Shehla's story of resilience and connection

"I was joined this centre in May 2025. Within 3 months I felt, they all staff have such a very good and kind heart. I feel very happy to join this centre. They are all very caring and helpful. They look after my little one in my absence. They served me fresh and healthy food. I really appreciate all the staff. I was very alone in this area and felt very isolated. After coming here I have made a family connection. Thank you GOAL!"

Background

Shehla is a mother of two who is rebuilding her life after experiencing domestic violence. Despite living outside the area, she travels to Alum Rock daily to support her son's education and access vital services. Through regular participation in our family sessions and support programmes, Shehla is finding stability, connection and a renewed sense of routine during a challenging time.

Support and involvement

While her son is at school, Shehla accesses GOAL support services, including hot meals, mobile data, translation support and help contacting her support worker. She also attends our weekly Bumps and Babies and Parents and Toddlers sessions, which offer her a safe, welcoming space to connect with others and rebuild routine and stability.

Impact

The support Shehla has received has made a significant impact on her well-being and sense of stability. Regular access to essential services and safe, supportive spaces has helped her build routine, reduce isolation and regain confidence. The Bump & Bundle and Parent & Toddler sessions have provided much-needed emotional support and connection, empowering Shehla to take positive steps forward during a challenging time.

Community Reflection

Shehla's journey highlights the vital role of community-based support in helping families navigate crisis and rebuild their lives. Her presence at our sessions has not only benefited her but also strengthened the sense of solidarity among other mothers facing similar challenges. By sharing experiences and forming connections, Shehla contributes to a compassionate, inclusive environment where trust and healing can grow demonstrating the power of community in fostering resilience and hope.

Project in collaboration with:



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