



Newsletter

UPCOMING IN SEPTEMBER

Pre-entry and
Entry Level 1
English classes

Computer sessions

DOSTI Group

Yoga

Walking group

Bumps and
Bundles

Parent & Toddler

Wellbeing
Sessions

Warm Spaces

Support &
Guidance

WELCOME TO THE FIRST EDITION OF THE GO-WOMAN! ALLIANCE CIC NEWSLETTER.

This space has been created to reflect the experiences, contributions and progress of the women we work alongside.

Through accessible spaces, collaborative programmes and ongoing engagement, we continue to support confidence, wellbeing and opportunity in ways that are shaped by the needs of our community.

In this edition, we're sharing what we've been working on, the impact we're seeing and a look at what's developing next.

We also want to recognise the continued support of our team, partners and participants who make this work possible.



We're pleased to share a snapshot of our journey so far this year, celebrating highlights from our projects, partnerships and community activities, while looking ahead to what's still to come.



Community Enterprise Hub

Our Enterprise programme came to an end in March. It supported individuals and organisations to develop and strengthen their enterprise models, with tailored guidance in business development, marketing and finance. Participants also benefited from 1:1 support and intentional group networking sessions.

The group achieved tremendous milestones, building confidence, developing ideas and laying strong foundations for their businesses.

Project funded by UKSPF, UK Gov, West Midlands Combined Authority Birmingham City Council

In Case You Missed It



Community Active Listening Movement (CALM)

GOAL staff, volunteers and community champions recently took part in Community Active Listening Movement (C.A.L.M.) training delivered by Shaan from CBUK.

Throughout the day, participants developed their understanding of grief, learned how to have compassionate conversations around death and dying, explored practical ways to support individuals and families and reflected on the importance of self-care.

Funded by POHWER-NNS Hodge Hill.

The training has strengthened our team's confidence and skills, helping us continue to build a more compassionate, resilient and supportive community.



This training programme has been incredibly beneficial in my role. It helped me understand the importance of looking after myself, as well as how I interact with and support others who are experiencing bereavement. It gave me valuable insight into the compassionate approach we should take when supporting others, while also recognising the importance of caring for ourselves.

Ravinder- GOAL Team Member

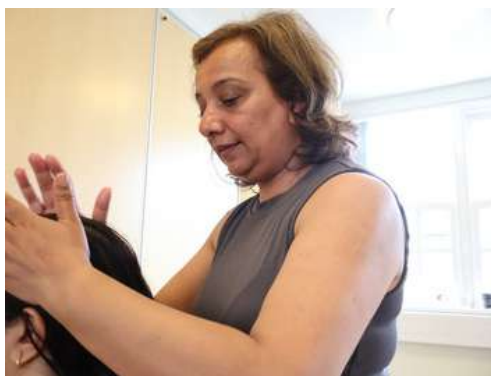
In Case You Missed It

H.E.A.L Project

The HEAL Project has supported women through a journey of personal growth, professional development and enterprise, helping them build confidence, gain new skills and take positive steps towards self-employment as qualified massage therapists.

Phase 1, delivered in partnership with Hope Inspired CIC, focused on wellbeing, confidence and preparing participants for future opportunities.

Throughout this stage, the women explored their personal journeys, strengthened their resilience and created a collaborative story, 'Aarzoo' that captured their shared experiences, hopes and aspirations.



Building on the strong foundation of Phase 1, Phase 2, delivered in partnership with NuMe Wellbeing CIC, gave participants the opportunity to develop practical skills in holistic therapies through accredited training in head, shoulder and hand massage. Throughout the course, they worked through a series of learning modules covering both theory and practical techniques, steadily building their knowledge and confidence.

Participants practised their new skills with one another before progressing to working with volunteer models, allowing them to gain valuable hands-on experience in a supportive learning environment. By the end of the course, each participant had gained an accredited qualification, equipping them with the skills and confidence to begin their journey into the wellbeing industry.

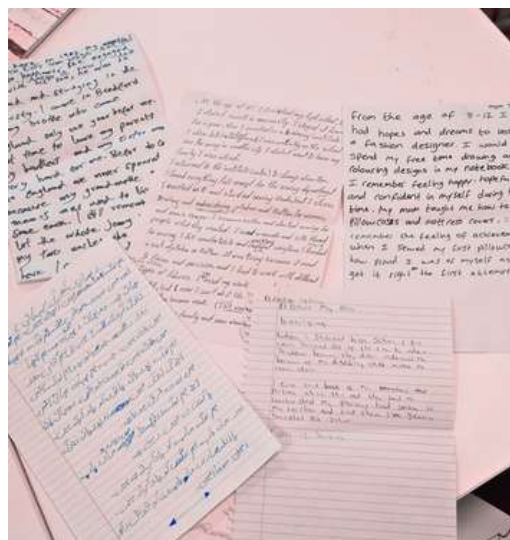
The programme has now entered **Phase 3**, where participants are receiving **business and marketing** delivered by **Crafted Affinity Marketing** support to help turn their new qualifications into **sustainable businesses**.

Through workshops covering **branding, marketing, business planning** and **client engagement**, they are developing the **knowledge** and **confidence** needed to begin their **entrepreneurial journey**.



We are incredibly **proud** of everything these women have **achieved** so far. Their **commitment, resilience** and **determination** have been **inspiring** and we look forward to **celebrating** their continued **progress** as they complete the **programme** and take their **next steps** into **business**.

Funded by **POHWER-NNS Hodge Hill**.



In Case You Missed It

Share My Language

Between January and July, our participants took part in the **Share My Language** programme delivered by **GOAL in collaboration with Integrated Hope**. The course is designed to build **confidence** in **conversational English** while creating opportunities for people to **connect, share cultures** and develop everyday **communication** skills in a welcoming and **supportive environment**.

The programme will **continue** to run until **December 2026**, providing even more opportunities for **participants to strengthen** their **language skills**, grow in **confidence** and continue building **meaningful connections** within the community.



Throughout the programme, participants enjoyed a variety of **interactive activities** that made learning both **practical and fun**. From following recipes to create refreshing mocktails to taking part in crafts, games and group discussions, each session **encouraged participants** to practise their English, work together and build **lasting friendships**.

Funded by Birmingham City Council

Warm Welcome Spaces

GOAL has proudly hosted another year's Warm Welcome Space, providing a safe and welcoming place where local residents could enjoy hot food, connect with others and take part in wellbeing activities.

We are incredibly proud to have been part of the Warm Welcome UK network, working alongside many inspiring organisations to create inclusive spaces where everyone feels welcome.



In recognition of the impact of our work, GOAL was honoured to be named a Warm Welcome Champion Space.

We were also delighted to see our colleague, Ravinder, recognised as an Unsung Hero for her outstanding dedication to supporting our community.

In Case You Missed It

Sow & Grow with Thrive

This year, we were delighted to partner with Thrive through their Gardening for Positive Change programme, helping us transform our outdoor space into a greener, healthier and more welcoming environment for everyone to enjoy.

Led by the wonderful Sharon, the sessions encouraged participants to connect with nature, learn new gardening skills and spend quality time together.

From planting and caring for the garden to sharing conversations and laughter, the activities helped build confidence, strengthen friendships and create a real sense of community.

We are incredibly grateful to Sharon for creating such a warm, encouraging and inclusive environment where everyone felt valued and inspired to get involved. The relationships formed throughout the programme have been truly special and the positive impact on both our outdoor space and our participants has been remarkable.

A huge thank you to Sharon and Thrive for their continued support. We look forward to working together again and continuing to grow both our garden and our community.



Core Services

Early Years

Our Early Years groups, continue to provide early play opportunities for children and families. The sessions will continue to provide fun play opportunities for children while giving parents and carers a welcoming space to connect, build friendships and support their children's learning and development.

Parent & Toddler Weds: 9.30–11.30am

Thurs 9.30–11.30am & 12.30–2.30pm

Bumps & Bundles Weds: 1.00–2.00pm



Wellbeing Sessions

Our Dosti Group runs every Tuesday from 9.30am–3.00pm, offering a welcoming space for connection and support. Sessions include yoga, arts and crafts, physical activity and a welcoming warm space, bringing people together.



Adult Education

This year we had over 30 women enrolled across our Adult Education provision, including Entry 1 and Entry 2 English courses, English My Way, and IT skills programmes delivered through our IT Café sessions.

These classes will continue to support learners in building confidence, improving language skills, and developing essential digital skills for everyday life and future opportunities.

Support & Guidance

Support sessions with Ravinder continues, Thursday, 9.30am–3.00pm. These sessions offer help with form filling, a listening ear and signposting to services for further support.

Appointments are available, please book in advance.



Inside GOAL

Growing Together

Since moving into our new home at Adderley Nursery, we have been incredibly fortunate to inherit something truly special, a beautiful outdoor space that has become an extension of everything GOAL stands for.

Shared with the nursery, this unique forest garden is home to a variety of habitats, mature and rare trees in natural spaces that encourage exploration, learning and wellbeing. In an area like Alum Rock, where access to quality green spaces is limited, we recognise just how valuable this environment is for our community.

Our outdoor space offers intergenerational learning opportunities, bringing together people of all ages to connect with nature and one another. Our older participants enjoy wellbeing walks, gardening and planting, while our younger children help care for the space, learning about responsibility, respect for nature and the world around them from an early age.

The garden is already giving back to our community. Fresh herbs and vegetables grown on site are used during parent and toddler sessions, adult activities and our Warm Welcome meals, showing how one shared space can support learning, wellbeing and healthy eating.



Our Nature Walk Trail



Intergenerational Outdoor Learning



Beautiful Trees & Natural Habitats

Inside GOAL

Growing Together



Our Herb Garden



Planted with Thrive



Upcycling Projects

Looking ahead, we are excited to continue developing the area with sustainable and environmentally friendly projects. We have already made a great start by transforming recycled tyres into colourful seating and repurposing plastic bottles as planters, giving everyday materials a new lease of life. As we continue to expand the space, we hope to create a peaceful reflection garden and introduce even more creative, eco-friendly features that inspire our community to care for the environment while making the most of the natural world around us.

Our outdoor space is more than just a garden, it is a place to learn, grow, connect and thrive. We look forward to seeing it flourish alongside the community for many years to come.

A special thank you to Thrive, whose Gardening for Positive Change programme has played an important role in helping us reimagine and develop our outdoor space. By sharing their knowledge, expertise and passion for gardening, they have empowered our participants to learn new skills, care for the environment and create a space that can be enjoyed by the whole community. We look forward to continuing this journey together and watching our garden flourish.

Inside GOAL

Tanzila's Story

When Tanzila arrived in the UK from Pakistan, everything felt unfamiliar. Having spent her first few months at home, she found it difficult to build confidence, meet new people and know where to begin. Like many people settling into a new country, she faced language barriers, uncertainty and isolation.

Everything changed when she discovered Go-Woman! Alliance CIC.

Initially attending sessions to observe and improve her English, Tanzila quickly became inspired by the welcoming atmosphere and the range of opportunities available. Before long, she began volunteering, supporting English classes and helping other women who, like her, were new to the UK and learning to communicate with confidence.

Volunteering became a turning point in Tanzila's life. She explains that when she first arrived, she lacked confidence and found it difficult to trust others or make friends. Through volunteering, she gained confidence, developed new friendships and learned valuable workplace skills that helped her feel part of the community. Looking back, she says she is now "more confident than before" and better equipped to manage new situations.

Alongside volunteering, Tanzila embraced every opportunity to learn. She completed safeguarding and first aid training, took part in the HEAL massage programme, explored enterprise workshops covering marketing, finance and social media, and recently achieved her Walk Leader training. These experiences have helped her build practical skills while opening doors to new opportunities.

Her dedication has since been recognised through paid work with GOAL, where she now supports administration, staff and community activities. Reflecting on this milestone, Tanzila describes paid work as "a reward for my hard work", explaining that it has given her even greater confidence and motivation to keep learning and progressing.

Looking ahead, Tanzila hopes to study Health and Social Care, continue to university and build a career helping others. Whatever the future holds, she hopes to remain connected to GOAL, continuing to volunteer and give back to the community that helped her find her confidence.

Tanzila's story is a powerful reminder that, with the right support and opportunities, volunteering can be the first step towards confidence, employment and a brighter future.

Awards & Recognition

This year has been one of celebration and recognition for GOAL, reflecting the dedication of our staff, volunteers and community.

Warm Welcome Champion Space – Recognised by Warm Welcome UK for our commitment to creating a safe, welcoming and inclusive community space.

Unsung Hero Award – Our colleague Ravinder was honoured through the Warm Welcome Awards for her outstanding dedication and tireless support of our community.

Community Inspiration Awards – GOAL was delighted to receive the Education Services Award, recognising our commitment to empowering individuals through learning and community education.



STAR Award – Count Me In, our women's community forum received a STAR Award in recognition of its Street Watch initiative and ongoing partnership work with West Midlands Police to help create safer and stronger communities.



MAC Arts Centre Exhibition – We were proud to have our community's creative work exhibited at the MAC Arts Centre in collaboration with Craftspace, celebrating creativity, wellbeing and lived experiences.



National Recognition – We were also proud to be named Runner-Up in the Special Recognition category at the National Centre for Violence Against Women & Girls and Public Protection Awards.

Count Me In Women's Forum

Facilitated by **Go-Woman Alliance CIC**, the Count Me In Women's Forum brings together residents, community organisations and local partners to create safer, stronger and more connected neighbourhoods.

Throughout the year, the forum has hosted Community Connect Meetings, bringing together Neighbourhood Police, local partners and residents to discuss local issues, share updates and work collaboratively to find practical solutions.

A key focus has been the development of our Street Champion initiative. Our Street Champions work closely with residents, encouraging them to take pride in their streets, identify issues affecting their neighbourhoods and become part of the solution. Whether reporting environmental concerns, supporting community clean-ups or helping neighbours access the right support, they are making a real difference at a grassroots level.

Alongside this, our Street Watch volunteers have continued to work in partnership with West Midlands Police, helping to improve community safety, build trust and strengthen relationships between local services and residents.



We are incredibly proud that this work has been recognised through the STAR Award, with West Midlands Police, celebrating the positive impact of our Community Forum, Street Watch volunteers and Community Champions. Together, they are helping to create a cleaner, safer and more connected Alum Rock.





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