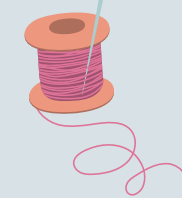


I really wanted to try teaching workshops but didn't know how to start. They gave me the space and helped me do leaflets and advertise, I loved doing it. I've started running more workshops at different venues. I can do this! I'm making my own money for our family now.

I knew I could help other people like me. Alice trusted me to try something new, and helped with money and equipment I needed to get started. Now I have my own CIC, run groups, have funding of my own and support lots of people.



I can get anything from the charity shop now and make it like new, it's saving me cash

I'd never used power tools before, and now I've made a bench, put up shelves and even repaired my daughters kitchen cupboards saving her money

I've learnt how to paint pour, and make things out of resin

I can't stop sewing! I've made things for the kids, for my mum, they're really proud of me

I started my own business!

Being able to run a session at the Women's Day event was perfect, we have started doing more groups together - so many people say they'll help but don't do anything, this is so different. I've been able to set up a whole programme of work that is reaching more people now. I'm getting so much sorted out now, including my own health.



NURTURING IDEAS

LEARNING NEW SKILLS



My house was a mess, I didn't know where to start. Some of the women came and helped me do the kitchen painting, and it kind of got a lot easier. I've had someone come in to build things, I've done the painting, it's so much better, the kids finally have somewhere to bring their friends back to.

I got a job! I never got interviews but they helped me practice and I got my first part time job since moving here, and now I've gone full time.



Since coming to Remade I've had the confidence to try out different groups at different places

CREATING CONFIDENCE

Coming to the group means that I know more about my own boundaries, and have started saying no when I need to. I feel in control now.



Doing the crafts and art means I stay calm, and I don't go and use. I've not been back in hospital in a whole year now.

IMPROVED WELLBEING

ReMade Women

I ran my own craft session, never thought I'd do something like that.

I don't shake anymore when I meet new people, my legs use to shake so bad!

I've been able to advocate for my son at school, and now he's getting the support he needs and feels so much better

REDUCING ISOLATION

People check in on me, women I've met at the workshop send me a text just to say hi. I don't feel like I'm so alone now.



WE WENT ON HOLIDAY!! That's not happened since my husband died

I have friends who are proper friends now, not one's that only want to take my benefits and my stuff

INFORMED & EMPOWERED

SUPPORT

My ex was being horrible about seeing the kids, they hated it, and I didn't know what to do. I ended up talking to a solicitor who was recommended and now he doesn't see them anymore.



Alice told me about a support group for parents like me and now I know it's not just me, and I go to as many as I can, it really helps. I can talk about what he needs like a professional.

We talked about domestic abuse and I realised that I didn't deserve to be treated like I was. Knowing it wasn't ok has meant I've made big changes, and I feel so much better. Like life is worth living again. I hope I can help other people now.



We used Turn2Us and I realised that I could apply for Universal Credit which means I'm not so badly off now, I can afford to live a bit better.



I have people in my contacts of my phone now, loads of names that weren't there a year ago. What a change.

