Spring 2025 Newsletter













Here's what we've been up to this spring:

- → Ramadan Celebrations A month full of reflection, connection, and community joy.
- 🥮 Henna Day & Arts & Crafts Creative fun for the ladies and families during Ramadan.
- Free Trees Giveaway Promoting climate education and sustainability for our women.
 Tree Planting at Jasmine Road Community Garden Supporting a beautiful haven in the
 heart of Dudley.
- ≒ Fire Services Community Awareness Day Exciting demos, community bonding, and inspiring the ladies!
- English & Maths Study Group Kickoff Supporting lifelong learning and confidence building for our women.
- Competition Winners! We bagged a prize (yay us!) and we're using it to fuel our Period Poverty Campaign:
 - > Free sanitary products for those who need them—dignity, always.
 - And this is just the beginning of Spring...















Ramadan Crafts and Mehndi Day A Celebration of Faith, Art, and Sisterhood

As the blessed month of Ramadan unfolded, so did the warmth and togetherness within our community. We turned reflection into action, and fasting into a festival of connection.

Our Mehndi & Craft Day brought women and children together to celebrate creativity, culture, and care. Henna designs flowed as freely as the laughter in the room, with beautiful patterns drawn, shared, and admired. Our volunteers created a space filled with love, color, and unity.



Pone attendee said: "This is the first time I've felt so included during Ramadan. My kids had fun, and I made new friends—thank you!"

making.

spirit of Eid.





This event reminded us that while Ramadan is a time of reflection, it's also about uplifting one another. We're proud to have created a space that celebrated faith, fun, and female empowerment—all wrapped in the

Arts and crafts tables were

event—it was a memory in the

Ramadan-themed creations to Eid decorations that lit up little faces

with excitement. It was more than an

buzzing with energy-from

And as Eid approaches, we carry forward the joy, the bonds, and of course, the sparkle of our mehndistained hands.



Community Awareness Day





Empowering Women, Educating Families, and Celebrating Leaders
Our Community Awareness Day was a massive hit—and not just because the fire engine showed up
(though, let's be honest, that did help!).

We partnered with the local Fire & Rescue Service to bring an exciting, educational day to life for women and families. From trying on real firefighting gear to seeing the powerful water jets in action, the day was full of wow moments for both the kids and the grown-ups!

But it wasn't just about flashing lights and sirens—it was about celebrating women in leadership roles and showing our ladies that strength, service, and courage come in all forms (and yes, they look fantastic in helmets too!).

- We saw how women are breaking barriers in traditionally male-dominated fields—and inspiring the next generation to dream big and bold.
- P One young girl whispered, "I didn't know girls could be firefighters too!" Now she does—and so does her whole community.

This day was all about visibility, learning, and bringing communities closer. Because when women see what's possible, they believe in the impossible—and that's when real change happens.















Planting Roots for the Future Why Tree Planting Matters in Our Communities

Tree planting isn't just about digging a hole and popping in a sapling—it's about planting hope, education, and responsibility for the next generation.

In many Asian cultures, nature holds deep spiritual and traditional value, but with busy modern lives, especially in urban areas, we sometimes lose that connection. That's why it's so important to reignite that bond—not just for ourselves, but for our children.

When our children plant a tree, they learn more than gardening—they learn patience, care, responsibility, and the power of giving back to the Earth. They begin to understand that sustainability starts with them.

We had an amazing time at Forest School, surrounded by fresh air, laughter, and muddy boots! The kids (and adults!) got hands-on experience planting trees, and we even made popcorn over the campfire—because learning should always come with snacks, right?



This experience allowed families to connect with nature, with each other, and with the message that protecting the planet is a shared value—no matter your background. Let's raise children who not only know how to plant a tree—but understand why it matters.

Together, we're growing more than just greenery—we're growing awareness, connection, and community.





Ending Period Poverty – One Step Closer Because dignity shouldn't come with a price tag.

We're proud to share that we recently won a competition (yes, go us! 🎉) from In Kind Direct, and we're putting every penny of the prize to good use—towards our Period Poverty Campaign.

Why? Because no one should have to choose between a meal and a pack of pads.

Because managing your period with dignity is a basic right, not a luxury.

We know that in many communities, especially among women from Asian and ethnic minority backgrounds, talking about periods can still be taboo—but that's exactly why we're talking about it. Loudly.

This campaign means we'll be providing free sanitary products to our service users—no shame, no judgement, just support. Whether it's a mum in need, a teen who's embarrassed to ask, or someone in crisis, we're here.

This is just the beginning. We're tackling the stigma, one conversation and one care pack at a time. Because a stronger, healthier community starts with supporting our women fully—body, mind, and soul.

