

# New Beginnings Women's Group

## What was the issue?

In March 2023 it was identified that there was a gap in provision for a women's group in Walkden and Little Hulton. Although there are many community groups and activities within the neighbourhood there was nothing that was just for women. Our Community Connector for these neighbourhoods discussed this need with the Salford CVS Wellbeing Matters Development Worker and it was decided to ask a few services and community groups to attend a meeting to discuss.

The Development worker chaired the meeting which involved representatives from Adult Social Care, Health Improvement, community representatives and the Wellbeing Matters Community Connectors. At this meeting the need for this type of group was agreed and one of the community representatives offered to take the idea of forming a Women's group forward.

## What happened?

New Beginnings, a community group that has experience of running coffee mornings and responding to the community's needs such as through providing food provision in the pandemic, set up the a new group in May 2023 at Walkden Gateway.

“It makes me feel good when I go and I enjoy the crafts, doing things like sewing the teddy bears.”

Frances - group member

It now runs twice a month on the second and fourth Monday from 10-11.30am. It offers a safe space for women to come to chat with other women, providing social interaction, support and get involved in some fun activities. These activities change on a weekly basis and are based on improving wellbeing such as arts and crafts, mindfulness activities, a fun quiz, singing songs and generally having fun, laughing and opening up discussions about topics that they may want to talk about for example their health or tips on saving money etc. The group welcomes between six to eight women per session and they hope that this will increase over the coming months.

#### **Our Community Connector gave this feedback:**

*“Frances is a lovely lady who wanted to make new friends and socialise. She was open to trying new activities. We initially went along to a local walking group together, however Frances decided this was not for her. I then referred Frances to Sale Sharks activity sessions in Walkden and the Women’s group at Walkden Gateway. Frances now loves attending both of these sessions. It is lovely to hear that she has now settled into these sessions and is getting out and about more.”*

## What’s next?

The group members have been working with the Development Worker to promote the group using social media and their connections within the wider community. They have also been working on applying for funding. They are now waiting on the outcome of two bids to pay for refreshments, room hire, volunteer expenses and an artist to provide three art sessions in the next year which will allow the women to learn new skills and work with different materials and try different techniques. They are also developing opportunities for women to volunteer at the group. These will include setting up the room, making refreshments for new members and welcoming new members. These are simple roles but will have a big impact on the women by gently introducing them to volunteering in a supportive environment where the expectations are manageable and there is no pressure.

In turn they will be able to see clearly the difference they are making to the group and its members which will help them build confidence and improve their overall wellbeing.

“It has been a pleasure to support New Beginnings to start this group. There is a relaxed and welcoming atmosphere, where the women can take things at their own pace. There are activities for them to do if they want or they can just relax and chat. When I have attended I have enjoyed the session and I am looking forward to seeing how this group progresses over time.”

Jane Wellbeing  
Matters Development  
Worker

**New Beginnings  
Coffee Project**



*Feel good with  
coffee and friends*