

WIT NEWSLETTER

NOVEMBER 2025

Welcome back to the Women's Inclusive Team newsletter! We've had a busy and inspiring few months filled with events that have made a truly uplifting and meaningful impact across our community. Our projects have been in full swing, showcasing their best and creating opportunities for participants to grow, connect, and thrive. From empowering workshops to joyful community gatherings, each initiative has reminded us of the strength and beauty that come from working together. When a community comes together with shared purpose and heart, something truly special happens — and we're so proud to be part of that journey with you.

SOMALI MENTAL HEALTH EVENT 2025

We recently hosted an inspiring Mental Health Meeting that brought together professionals, community members, and advocates dedicated to improving mental wellbeing across our area. The session featured insightful talks from a GP practitioner and Maangaar HOPE team, who shared their expertise on the importance of early intervention and prevention in mental health care, highlighting how timely support can make a life-changing difference.

Representatives from the GP Care Group also led a thought-provoking discussion on the stigma surrounding mental health, exploring how these stigmas often prevent people from seeking help and emphasising the power of open communication in changing perceptions. Our clients also opened up and engaged in honest discussions about their own experiences with mental health, sharing how they often felt unsupported by

professionals as parents of adult children struggling with mental health challenges. Through collaboration, open dialogue, and community education, we can create a culture where mental health is treated with the same importance as physical health and ensure that support is accessible to everyone when it's needed most.





HIDDO GIRLS YOUTH CLUB

The Hiddo Girls Youth Club is back in full swing! They kicked off the season with a fun launch party featuring bubble tea, a photo booth, henna, and a special session with the Somali Buranbur group Canab Cuud, who taught the girls traditional Buraanbur dancing. Since then, the girls have been enjoying a variety of activities every Friday, making the club a lively and engaging space for friendship, creativity, and fun.

HAAWA PROJECT

The Haawa Project has been doing incredible work supporting women and helping them find their voice. We're especially excited about their upcoming 16 Days of Activism, starting on 16th November. This annual campaign raises awareness about gender-based violence and celebrates the strength and resilience of women in our community. Stay tuned for updates and ways to get involved as we join Haawa Project in amplifying these important voices and messages.

BARNSELEY STREET PROJECT

Our Barnsley Street Project team has been working tirelessly to support the local community in meaningful ways. One of their standout initiatives has been running the Cooking Club, where community members come together to learn new recipes, share meals, and build connections. The team not only helps with cooking skills but also fosters a welcoming space where everyone feels included and supported. If you need any support, please feel free to contact them.



MORPETH

We have our two school parent liaison officers, Ms Amal and Ms Ilham, working with Morpeth School and parents, supporting the Somali community. They are helping to strengthen connections between families and the school, ensuring parents feel heard, informed, and empowered to support their children's education.

ETHNIC MINORITY NETWORK

To celebrate Black History Month 2025, our Ethnic Minority Network lead Hoden Mohamoud hosted a vibrant "Resilience in Motion – Henna and Buranbur Workshop." Reflecting the theme "Standing Firm in Power and Pride," the event celebrated resilience, culture, and community through the Somali Buranbur dance and the history of henna. With 18 attendees, it was a joyful afternoon of learning, creativity, and pride in heritage.





Women's
Inclusive
Team

Morpeth School
Somali Parent Liaison Officers



Ms. A. Adam
Mondays 9:30-14:30
Room: N108
aadam@morpeth.towerhamlets.sch.uk



Ms. I. Yusuf
Thursdays 9:30-14:30
Room: N108
iyusuf@morpeth.towerhamlets.sch.uk

We're here to support the Somali community at Morpeth School with any enquiries regarding your child's learning and wellbeing. Drop into our open session or secure an appointment with the parent liaison team.

VOLUNTEERS

This month, we were delighted to welcome two volunteer groups who generously gave their time to help organise our space. Intact insurance firm and Minecast. Their hard work and enthusiasm made a huge difference, creating a more welcoming and efficient environment for everyone who uses our services. As a charity, we truly value and appreciate this kind of support—it reminds us of the power of community and how much can be achieved when people come together to help others.



CHICKSAND NURSERY

Chicksand Nursery provides a warm, nurturing environment where young children can learn, play, and grow with confidence. The nursery focuses on early childhood development through fun, creative, and educational activities that support each child's emotional, social, and cognitive growth. With caring staff and a strong partnership with parents, Chicksand Nursery helps children build important skills, develop independence, and gain a love for learning that prepares them for their next steps in education. We currently have spaces available in our nursery and 11 children enrolled. If you're looking for a place for your child, please contact us at 07305 081250.

MAANGAAR HOPE

The Maangaar Project has been actively supporting families within our local schools, creating opportunities for connection, learning, and wellbeing. As part of this work, they are running Mindfulness Coffee Mornings every Monday at Mayfield House, offering parents a relaxing and supportive space to unwind, share experiences, and learn simple mindfulness techniques. Engaging with parents in this way not only strengthens relationships between families and schools but also promotes a positive, connected community where everyone feels supported.

MAANGAAR HOPE



'Maangaar' *Unique-Child* in Somali, is WIT's flagship SEND programme, designed to support Somali families with children with special educational needs and disabilities in Tower Hamlets.

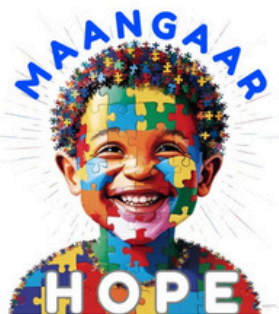
Our programme includes:

- ✓ Parent Workshops & Training
- ✓ Educational Campaign
- ✓ SEND Stay & Play Sessions
- ✓ Weekly Advice and Guidance Led by a Somali Solicitor
- ✓ Holiday Activities & Food
- ✓ Maangaar Parent Champions
- ✓ SEND Therapy and more!

☎ 020 7790 2650

✉ Sahram@wit.org.uk
Amala@wit.org.uk

📍 Mayfield Wellbeing Hub
202A Mayfield House,
Cambridge Heath Rd,
London E2 9LJ




MAANGAAR
MINDFULNESS

Join our warm and welcoming support group for SEND mums!
A safe space to share, connect and reflect with a qualified counsellor.

Monday 3.11.2025
Every Monday for 4 Weeks
Time - 12:00 to 14:00

Mayfield Wellbeing Hub
202A Cambridge Heath
RD E2 9LJ

Contact Maangaar team 07983167558 / 07508906082

Positive Mind