



WE:ARE
RISE.RECLAIM.RECOVER

Empowered
Women
Empower
Women



Annual Report

Dec 2024 - Dec 2025

Jacky Mulveen
Project Manager



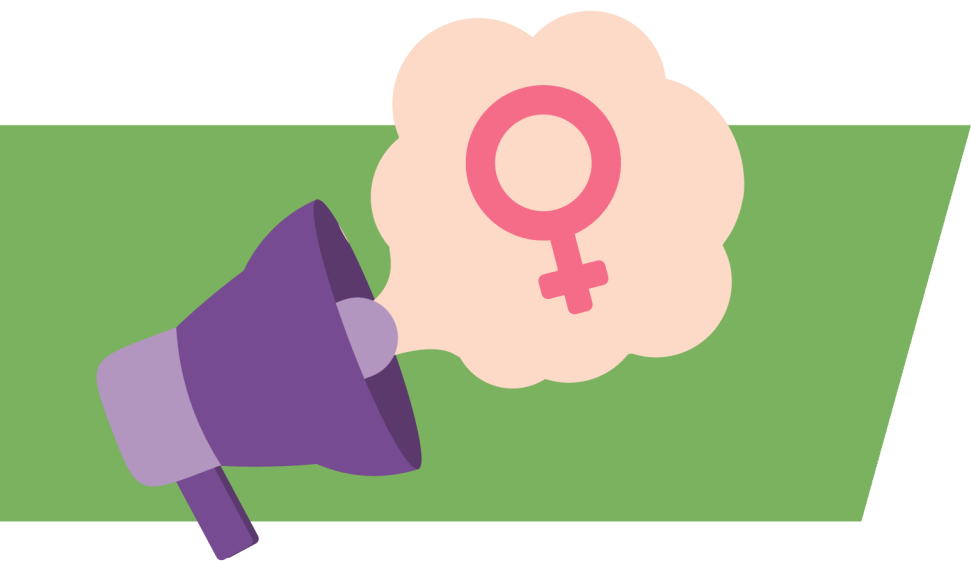


“Before you can have a healthy community you need healthy children, and before you have healthy children you need healthy parents. Birmingham Freedom Project creates opportunities for vulnerable mothers to heal and develop relational skills that serve them and their families well beyond the length of the program. Healthy relationships and connectivity are some of the most powerful buffers against the consequences of violence and traumatic events. Programs like Freedom Project that focus on relationships are invaluable to helping these families not only heal, but thrive.”

- Katharine Perry -
- Infant-Parent Mental Health Post-Graduate Fellow -
- Child Development Consultant -

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OUR YEAR AT A GLANCE

RISE.RECLAIM.RECOVER

368

women accessed our services throughout the year, either for information, support or to enroll in our programmes

209

women accessed the freedom programme

90%

our programmes have up to a 90% completion rate

£3k

We have given out over £3000 of free days out for the women who access our groups and their families

£24k

We have provided over £24,000 in free travel for women to access support

£100k

We have secured over £100,000 in personal grants for the women who access our groups



Space For Action

Space for Action: In order to leave an abuser and move forward with their lives women need space for action, where the abuser's tactics become less effective and they have a supportive space to take positive action for their lives.

- Kelly, 2003 -

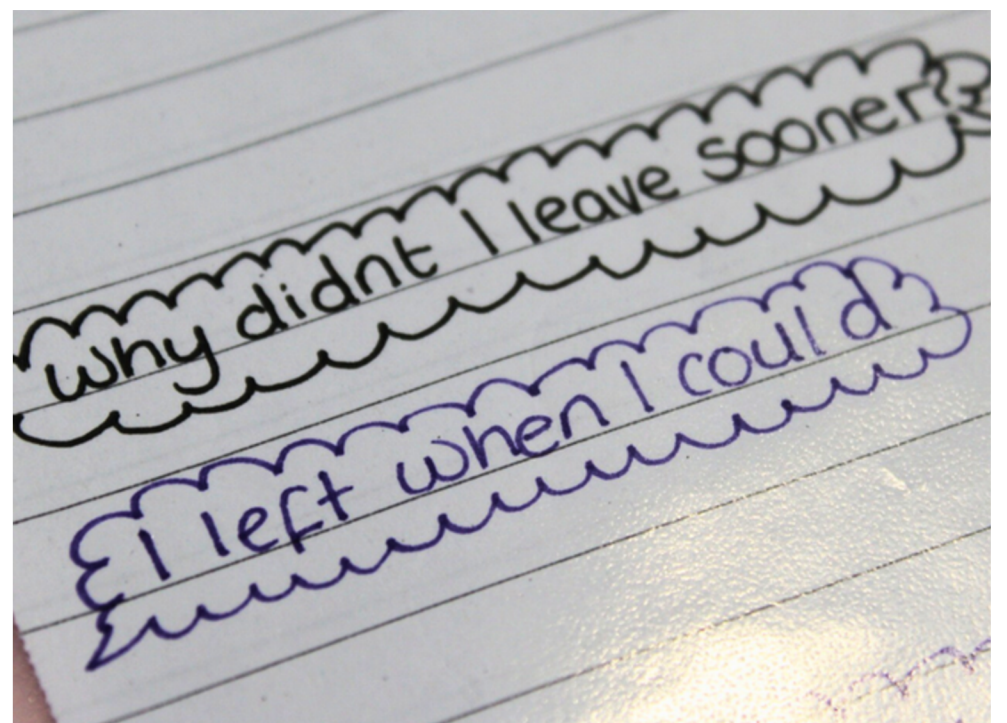
So often women are expected to leave and move on with their lives, but without 'Space for Action' - room for expressing and processing and going through the healing process, this is very difficult. The programmes and activities we deliver support that journey to enable women to move forward and regain ownership of their lives once again.

One of the biggest impacts of domestic abuse is isolation and after breaking free it can be hard to reconnect and rebuild relationships with family, friends, the community and supportive organisations. The coming together of women with a common purpose can prevent further isolation in the longer term.

The aftereffects of living with Domestic Abuse leaves many who contact us suffering from physical illnesses and emotional distress.

Loneliness and isolation have been a major part of their life. Being part of a group setting, even online, brings new connections, a sense of belonging and a feeling of 'I'm not alone anymore' which mitigates the isolating tactics of the abuser and enables people to heal. WE:ARE all about longer term support through trauma-responsive psycho-educational programmes and connecting with others.

Even after completing programmes women are still able to still connect through accessing our creative activities and workshops and are always welcome to drop-in to any Freedom Programme sessions when needed or in need of a refresher as healing isn't linear - there is no time limit.







'From Leaving To Healing' Programme Pathway The Freedom Programme

Our 11 week Freedom Programme has two groups running every week: a morning group face to face and an evening group on Zoom.

The Freedom Programme explores the abusive tactics, controlling behaviours and belief systems of the personas of the Dominator and the effects on women and children's health and well-being. The end of each session studies the non-abusive counterpart looking at what a relationship built on equality and respect looks and feels like. Everyone receives either a copy of the book 'Living With The Dominator' and the accompanying workbook or a pre-paid code to access them online.



368

women accessed our services throughout the year, either for information, support or to enroll in our programmes.

44

women are currently on the Freedom Programme.

51%

completed the full 11 weeks; 20 attended 6 or more sessions and 87 attended between 1-5 sessions.



"Knowledge is power and the freedom programme gives us women back our power after having it stripped by the abuser. It gives us a second chance in life, knowing what to look out for and knowing what we know now, how to avoid falling back into the same traps. It's given me a sense of community, not as helpless victims, but as warrior women."

- Freedom Programme Graduate -

"I recently completed the Freedom Programme, and it has been an eye-opening and powerful experience. The course provided in-depth knowledge about the different forms of domestic abuse, their impact on women. This course was a meaningful and empowering experience. I highly recommend it to anyone who wants to understand domestic abuse on a deeper level. The knowledge and compassion I gained will stay with me for a long time."

- Freedom Programme Graduate -





Own My Life

Our 12 week Own My Life is an innovative, creative, and educational course. It supports women in regaining ownership of their lives when they have been subjected to domestic abuse. This is done through short videos, structured discussions, group and individual activities, and a comprehensive learning journal. The Own My Story Journal provides women with space for reflective practice and includes all the information provided throughout the course. This becomes an ongoing resource for women after the course has finished.

3

In-person programmes were delivered throughout the year.

42

women attended throughout the year.

81%

completed the full 12 weeks.

"This is an amazing course and is truly helpful and has helped me to understand and come to terms with my feelings and emotions. Women like myself who have experienced abuse and trauma from relationships need this group, it is a support network and is truly helpful for our healing. It is a course which will change the lives of many through each attendee who gains an abundance of knowledge to share.

Thank you for making a difference to the suffering of women of domestic abuse. My brain was like scrambled eggs until I came to these courses. The power I feel now is amazing because I'm educated.

It is so desperately needed to help improve the lives of DV survivors and our children. Through courses like this, we can recover and feel ownership of our lives again. The understanding. The self-belief and how it helps us to know our own mind's strengths, even mistakes.

Being in a group with warrior women, supporting each other, creating friendships and being able to take back ownership of my story was amazing.

Just a huge thank you for helping me own my life which I can also use to help my children too."

- Own My Life Graduate -





Own My Life - Employability

This pilot programme helps identify personal barriers to work & what is needed to overcome them. This is done through a range of videos, quizzes, scenarios discussions and personal reflection. It looks at healthy workplaces & how to deal with workplace issues, gain resources for navigating the challenges women face in the workplace, discover things about the brain which helps in life and getting a job, reflect on relationships and how they can help or hinder work opportunities and consider new mental health insights, enabling women to make better sense of their lives.



2

in-person programmes were delivered throughout the year.

20

women took part.

90%

women completed the full 6 weeks.



"It is a progressive decision to make and one that reaps rewards by supporting women to be the best versions of themselves as possible. I thoroughly enjoyed it. It was an action-packed and memorable six weeks that I would recommend to others."

- Own My Life Employability Graduate -

"It's a great course if you're looking to get into employment or develop your confidence to advocate for yourself in the workplace. I did the course face to face. The facilitators are fantastic, and it was good to be in a group of women who were on the same journey as me. I found it powerful to learn about the physiological effects of abuse and understanding the long-term impacts on everyday life."

- Own My Life Employability Graduate -





Our Healing Home

This WE:ARE written programme supports mothers to safely explore the impact domestic abuse has had on themselves and their children and to gain new strategies for healing and repairing the relationship which has been undermined and sabotaged by the perpetrator. Weekly sessions consist of a range of group discussions, exercises and videos and further activities to do at home with their children.

3

programmes were delivered
face to face.

30

women took part.

87%

completed the
full 11 weeks.

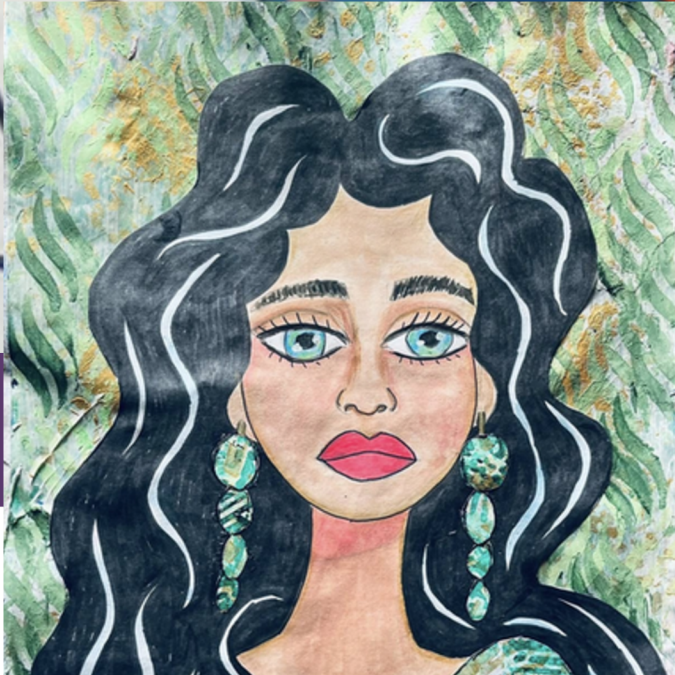
“Our Healing Home, where do I start? Every course with WE ARE has been very supportive, and shown me understanding of many different things. However, our healing home has not only helped me learn and grow into a greater person but a better mother who is more available and able to understand my children as well as myself more. This programme has not only benefited me but my children too. The impact it has had on me it's amazing and I will always be grateful for all the work gone into this by the fantastic WE ARE team. From a Proud wonderful warrior woman, raising two wonderful warrior daughters.”

- Our Healing Home Graduate -

“Our Healing Home has truly helped our home heal from the impact of domestic abuse, this is due to me now understanding my children's coping strategies, that their behaviours were forms of communication, that they needed to be able to express and process what they are feeling and why. I loved the stress model and understanding about the body and brain. I now respond instead of react and embrace their strategies for managing this far.”

- Our Healing Home Graduate -





Art Therapy

Our Art Group run by Hollyz Artz meets weekly on zoom and also monthly face to face sessions in a local café for their ‘Sip & Doodle’ sessions and added sessions for special events such as Easter, Mother’s Day, Galentines Day, International Women’s Day etc.



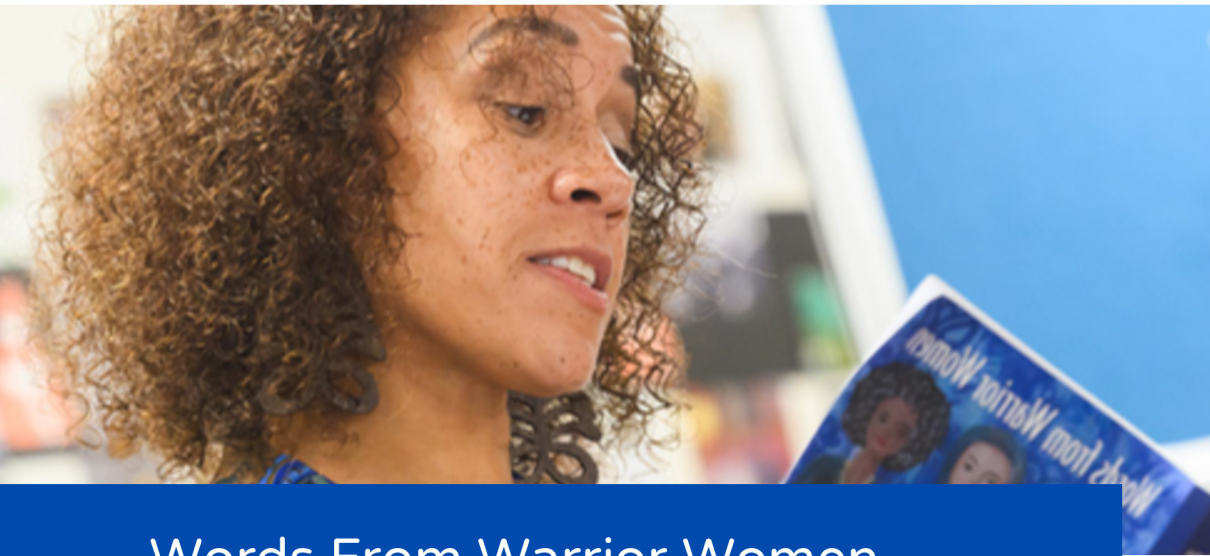
‘The art group lifts my mood a lot. It's something to wake up to on a Friday where we do fantastic art and have a good old chat which usually ends up in lots of laughter! Holly is such a fantastic teacher too I would never have been able to paint if I didn't attend the classes. I have never painted before as I didn't know how but now I do thanks to Holly!’

- Art Group Attendee -

“I very much value and appreciate being in the art group. I initially joined to help with my mental health after being in two long term physically and mentally abusive relationships. I found an oasis of support and help. The process of making art with our wonderful tutor has been a life lifting experience. It's helped me with confidence and clarity. It's a calming and uplifting experience. This group and our tutor have helped me far more than the counselling I received from the NHS.”

- Art Group Attendee -





Words From Warrior Women

Throughout the year we have promoted our book through talks including:

In January we delivered a talk at The Heath Bookshop Kings Heath, a lovely small independent book shop. It was the evening of a storm yet many of the poets in the book turned up to read out their poems, everyone was so proud of themselves, and all spoke about how great it felt being a published poet but also now a performance poet, another step in the healing process.

In February the Domestic Abuse Commissioner for England and Wales Nicole Jacobs launched a policy report: Shifting the scales: Transforming the criminal justice response to domestic abuse. The report sets out the Commissioner's vision for system-wide change in the criminal justice response to domestic abuse in order to ensure that victims and survivors are supported to safety, and perpetrators are held to account. As part of the event, we were invited to read out poems from our book that reflect on the criminal justice system.

In March We were invited to deliver our poetry in London at the DA Commissioners Office Survivors Summit in Westminster. It was attended by Government Ministers, Civil Servants, and survivor groups from around the country.

We were then honoured to be invited to the launch of 'Built from Broken' a poetry book written by Lisa Connolly who previously attended our programmes, took part in our poetry sessions and has now published her own book. It was a highlight of the year speaking at Lisa's book launch and we are so proud of all her achievements. Three poems in the book are dedicated to WE:ARE; WE:ARE Warrior Women; The Freedom Programme; and Thank You For Saving Me.

Thank You For Saving Me

I knew deep down
what I lived through was wrong.
I couldn't see it fully;
I couldn't stay strong.
Trapped in the cycle,
thinking it was just me;
Trusting my mind,
it made it hard to see.

Lovely ladies at the freedom
programme saw me walk in,
A shadow of myself the first time I
came; With wisdom and grace,
helping me to reclaim.
Through every session,
each word that you spoke,
the chains of my past fell away like
dust and the grip finally broke.

You opened my eyes gave me back my
voice; Taught me that owning my life
was not just a choice, but a right.
A power, a lifeline to hold,
Your guidance and warmth when the
world felt so cold.

You saved my life without a shadow of
a doubt,
With those quiet truths,
showing me the way out,
For that I'm forever grateful
and I'm forever free;

Thank you for never stopping believing
in me. In your empowering strength, I
found my own;
In your light, I've truly grown.
So here's to the freedom programme
for the freedom you helped me reclaim;
Thank you for saving me,
I will never be the same.



Celebration & Pamper Days

We love to celebrate the achievements of our graduates and do it in style at our celebration days.

In the last week of December 2024 we held our annual Christmas graduation & pamper party, as well as a mini Christmas party the next day.

To celebrate International Women's Day we held a joint party for with The Brandwood centre.

In July 11 we held our Summer Pamper Day, as usual a wonderful day to celebrate graduates from our programmes and generally have a wonderful day of pampering before the children break up from school and moms have no chance of any pampering for 6 weeks!

It is always a joyous occasion to see so many women celebrating freedom and having fun whilst being treated to a range of beauty treatments, music, food, arts and crafts, a photobooth, dancing, singing and everyone having a magical time.





Partnerships

By working in partnership with other agencies we can offer so much more to the families we support. We are so grateful to our networks in Birmingham all with the same mission of ensuring families are able to access help and support when they need it.

Volunteer Programme

Throughout the year we have worked in collaboration with the Brandwood Centre to deliver our volunteer project which is designed to empower women by providing volunteering opportunities, skills development, and training. Through structured recruitment, induction, and ongoing support, volunteers have gained valuable experience and contribute meaningfully to both organisations. There is an array of opportunities available including course mentor, administration, meet and greet, general assistant, office assistant and other opportunities as they arise. The centre provides a bespoke programme specifically designed for women, aimed at equipping participants with essential knowledge and practical skills to support others within their communities. The programme empowers women to explore meaningful, rewarding roles where they can make a tangible difference in the lives of others, while also fostering personal growth and community resilience. This year 20 women have taken up opportunities in a range of roles leading to an increase in confidence, self-belief, and community engagement.

Volunteer 1 -Amina joined our programmes following a period of over a year out of employment due to personal circumstances. With a desire to rebuild her confidence and develop new skills, she began volunteering at the centre. Her commitment to self-improvement was evident from the outset, and she quickly became an active and valued member of the Centre's volunteer team. Since starting volunteering Amina has taken part in Basic First Aid training and received one-to-one support in updating her CV. She has steadily grown in confidence, taking on responsibilities such as answering telephone enquiries, making outbound calls, and handling data input tasks. In addition, Amina has shown strength and interest in employability support, contributing as an Employability Mentor alongside her administrative duties. Amina's development over a short period has been remarkable. Her increasing confidence and skill set reflect her dedication and positive attitude. She continues to play an active role at the Centre and is a great example of how community-based volunteering and tailored support can empower individuals to rebuild their lives and move closer to employment.

Volunteer 2 - Paula joined the centre to explore volunteering opportunities to develop new skills, regain confidence, and engage with a supportive community. She began volunteering in an administrative role, where she gained valuable hands-on experience in office tasks. This role allowed her to develop essential workplace skills while also improving her communication and confidence. To support her growth, Paula actively participated in our Valuing Volunteers Programme, which covered key areas such as:

- The Role of a Volunteer
- Equality, Diversity, and Inclusion
- Safeguarding
- Basic Life Support

These training sessions equipped Paula with the necessary knowledge and skills to contribute effectively to her volunteer role, helping her feel more empowered in her responsibilities. Since starting her volunteer journey, Paula has fully embraced the opportunities available to her. Engaging with staff and fellow volunteers, she has steadily built confidence, developed new skills, and formed meaningful connections within the centre. Her involvement has also helped reduce feelings of isolation, fostering a greater sense of belonging. Paula's journey is a testament to the power of volunteering in fostering personal and professional development. As she continues to engage with the Centre, she is growing in confidence and independence. With ongoing support, we are confident that Paula will continue to flourish, both within her volunteer role and in any future opportunities she pursues. Her dedication and resilience serve as an inspiration to others looking to rebuild their confidence and engage with their community.

Volunteer 3 - Samira completed all of our programmes throughout the last year and a half. Living in a HMO for asylum seekers she was very isolated and didn't come out of her room very much. She first came to our zoom sessions for 3 months but as her confidence increased she started attending our face to face sessions, our celebrations events and we watched her rise reclaim and start to recover. After completing our programmes we linked her with the Brandwood centre and she started volunteering in the office inputting information, filing, photocopying and greeting people into the centre. Samira completed the Valuing Volunteers course at the centre which further boosted her knowledge, her self-esteem and her links with the wider community. Watching women flourish through our programmes and then further development through volunteering is what our mission is all about - Empowerment, Education, Support, Long-term recovery, and Prevention all which enable women to Rise Reclaim and Recover.

Kings Heath BID - International Women's Day

On International Women's DAY we attended Kings Heath IWD event open to the public at Queensbridge School. Jess Phillips opened the event with a speech relaying how much more needed to be done to ensure the safety of women and girls especially now that abuse is starting at a much younger age. The day was full of speakers and workshops, and we delivered two workshops focusing on the Freedom Programme. Both sessions were attended by a range of people including teachers, police officers and students.



University of Birmingham RAV TEAM

(Risk, Abuse and Violence Research Programme)

We continue our partnership as co-investigators with the University of Birmingham RAV Team led by Caroline Bradbury-Jones, Professor of Gender Based Violence and Health and Professor Joht Chandon. Our role as co-investigators on the research project How effective is the WEPROTECT intervention at reducing revictimization of Domestic Abuse (DA) and improving mental wellbeing outcomes following experiences of DA, has just finished and the final outcome video has been published with two women from our groups narrating words of survivors on the video. Our team and our new survivor panel of 7 women are due to start our next collaboration on a 3 year research programme NIHR Global Health Research Group on Violence Against Women and Violence Against Children: University of Birmingham/University of Cape Town in partnership with the Lancet Commission

Due to the success of our collaboration with the RAV team our survivor panel are also working alongside us as we collaborate with Swansea University on another research project. They are now the 'Research advocacy Group' Domestic Abuse Survivors' perceptions of public good and harm in the use of administrative datasets for Public Health Research (DASH). They will:

- Advise the project team on priorities, language, and sensitivity.
- Co-design qualitative workshops with survivors.
- Validate findings and co-develop practical guidance for researchers and policymakers.
- Scrutinise project plans, outputs, and dissemination to ensure survivor voices are central.
- DA Survivors' perceptions of public good and Harm in the use of administrative datasets for Public Health Research

We are also inviting applications to join the Research Advocates Group (RAG) for DASH.

DASH explores how research using administrative data (such as health or police data) can do public good — and what might cause harm — from the perspective of people with lived experience of domestic violence and abuse (DVA). By centering survivors' voices, we aim to make data-led research more ethical, transparent, and inclusive.

We're recruiting individuals with lived experience of DVA to join our Research Advocates Group. The group will play a vital role in shaping the project and ensuring that survivors' perspectives guide every stage of the research.

[The SEED Model paper we were involved in in 2021 has now been published, you can access it here.](#)

"We are proud to partner with WE:ARE on a variety of national and international research initiatives. Under the leadership of Jacky Mulveen, the team has provided unique and critical input that has shaped multi-million-pound research projects, ensuring the voices of women affected by violence are at the heart of every decision and outcome. In particular, the team at WE:ARE has empowered survivors across the West Midlands and beyond to share their stories, amplify their voices, and meaningfully contribute to research that will shape service delivery on a national scale. This collaboration has been invaluable in ensuring our work remains survivor-centred and trauma-informed. Women from WE:ARE's programmes have played a pivotal role in shaping our research, from co-designing interview guides to offering vital insights that enhance sensitivity and relevance. For instance, the team at WE:ARE was instrumental in ensuring our findings on optimising remote support for survivors across the UK were translated into practical formats, including a mobile app directly accessible to the community. Working with WE:ARE has simply been both inspiring and impactful."

- Professor Joht Chandon -

Birmingham City Council/Women's Aid Household Support Funds

Thanks to Birmingham City Council and Women's Aid we have been able to offer personal grants to the women who do our programmes. Since December last year we have given out payments of over £100,000. This has consisted of the council Household Support Fund as well as Women's Aid's specialist Domestic Abuse Household Support Fund which is only available to survivors of DA.

It has been such a joy to pay the grants out and the comments that came back warm your heart and break your heart at the same time at the need. Financial abuse has a massive impact on moving forward and having some extra to pay towards bills, food and school uniforms has been so helpful.

"Helped me a lot to do something nice with my kids as my ex took all my money and I was used to having nothing. It was nice to actually have people who care and who ask for nothing in return. I am so lucky to be part of your group. You are helping me make friends and I am learning to trust people and I don't feel so alone so thank you."

"The £300 grant has made a difference to my children's lives. The money was used wisely to pay for my two children's out of school clubs that they attend. My son goes to Scouts and my daughter attends Brownies. The money has been used to pay for pre-loved uniforms, their monthly subs and camping trips for my son. These clubs give my children a safe place to grow, learn and have fun with other children outside of school and some respite for me 'mummy' for an hour."

"I purchased a bed for my son, some clothes for my daughter and food shopping for the house."

"This is amazing for the people who need it. I was able to pay it all towards arrears to rent caused by my abuser, without this help I think me and my toddler could have ended up homeless this Christmas."

Travel West Midlands



We have linked with West Midlands Travel to offer three-month bus passes covering the whole of the West Midlands and in the financial year we have given out passes totalling £24,150. Women experiencing domestic abuse are more than three times as likely to move into financial hardship than women who are not experiencing domestic abuse. Often, perpetrators weaponise financial processes after separation to retain control over their ex-partner, mix that with the cost-of-living crisis and paying £5.20 a day for a bus ticket can make it difficult to attend programmes. It has been a lifeline for those who travel to us from all over Birmingham.

"It helped me come out of the dark bubble that I was stuck in for months. The bus pass helped me to feel hopeful again and optimistic about life. Because I was struggling financially and emotionally, I thought I would never be able to see outside or heal from my trauma and anxiety or be able to attend any appointment or attend the freedom program, as I didn't have a bus pass. I thought I was done for, but now that I have help with the bus pass, I feel I am the richest person."

"It's made it easier for me to get to my programmes and appointments. Also, stress free as before I would worry about how I could afford to travel to my programmes every week and appointments."

TAWS (The Active Wellbeing Society) Break the Chain – One Billion Rising

What a great Galantines Day we had performing 'Break the Chain' in solidarity with women around the world. 1 in 3 women across the world will be abused during her lifetime. That's ONE BILLION WOMEN AND GIRLS. Every February we rise in solidarity with other women across the world, we rise to end violence against women and girls, we dance for freedom and to raise awareness. Our groups made posters and banners which we brought with us on the day. Jess Phillips opened the event and then we performed 'Break the Chain' three times. A range of agencies joined us including the Brandwood Centre team, Tina Costello and her team from Heart of England Community Foundation, Kings Heath Scene CIC, Women's Aid, Councillor Lisa Trickett, Kings Heath BID and of course women from WE:ARE and members of the general public.



Beacon Family Services

We linked with Beacon Family Services to offer their Luminus™ Subscription Boxes to families. Each month, for six months, families who enrolled in the program received a carefully curated box of resources designed to provide parents of children aged 2 to 10 years with a unique blend of expert advice and play therapy activities, fostering emotional wellbeing. They are especially for children displaying signs of anxiety and trauma and parents who may be struggling to make sense of their child's behaviour or experiencing stress and anxiety themselves. The feedback has been excellent.

This led to the opportunity of having a Therplay course for 8 families. An introduction event was held to inform parents of the programme and a course was arranged for after school sessions where mums and children attended together over 8 weeks. It was a great success and another 8 weeks programme is planned for next year.

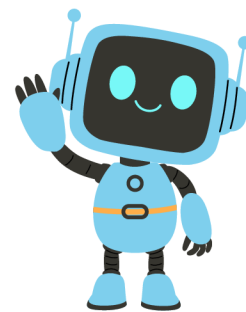
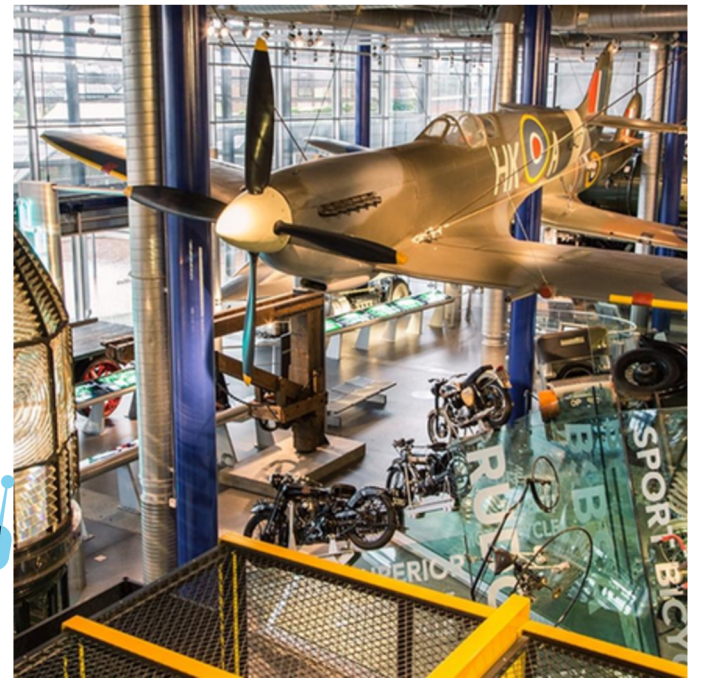
BREW HAHA!

For the second year running we celebrated International Women's Day alongside BREW HAHA with a sell-out audience at Attico Brew in Stinchley. The event was a fundraiser for our project raising over £1000. We were entertained by a fabulous all-female line up giving their time to support other women. With an array of wonderful raffle prizes, non-stop laughter and being amongst so many wonderful people it was a fantastic evening. Several women from our groups came along and enjoyed a rare night out.



British Museums

British Museums We have re-enrolled in the British Museums Community Welcome Pass scheme which enables groups to explore the city's museums for free. In the Spring and summer holidays we took groups of women and children to Think Tank museum. Our community passes meant it was a free day instead of having to pay £19.50 for adults and £13.50 for children. Those prices are unaffordable for many families so we have been thankful to be able to offer this trip twice this year.



Children's HQ

Children's HQ Provided us with two opportunities to take families to AIR NATION for free. At £16.99 per hour per child it is another unaffordable trip made accessible to us. 52 mothers and children enjoyed a fun day together.

The Most Wuthering Heights Day Ever!

We absolutely loved every second of being asked to be involved in The Heath Bookshops 'Most Wuthering Heights Day Ever' - which it turned out is a thing and is an international day where people come together to dress up and perform the dance to Kate Bush's Wuthering Heights.

Our group of volunteers on the day made up of women who do our programmes, did an amazing job of womaning our stall and were keen to get involved, learn the dance and perform it alongside Jess Phillips MP who spoke at the event. We definitely stood out as a cloud of pink and green in a sea of red.

We danced, sang, laughed, were interviewed on the radio and were able to raise awareness of the organisation and vital funds.



Bryan Post

Jacky and Donna spent the day in London at the 'From Fear to Love' training day with trauma expert Bryan Post. It was too good an opportunity to miss as the last time he was in the UK delivering training was in 2015.

As you can see they had a great day and brought back lots of new input for Our Healing Home. As a bonus they managed to get the training for free.



Shebeasts CIC

When Shebeasts, a female-led organisation who focus on empowering women through fitness, contacted us offering a six week exercise programme, we jumped at the chance to give the women who use our programmes a great opportunity to work with certified body builder and personal trainer, Sadie Jones and the team.

Over the 6 weeks, we talked nutrition and mindset, confidence building and resilience while pushing our bodies trying new fitness activities like Boxercise and rebounding.

We loved having an opportunity to work on our fitness and our minds and despite Nesha pushing us hard every week, we had a great laugh too.





Some final words from the women who access our services

“WE:ARE and the WE:ARE network continue to be a source of strength and unity for me. The things I have participated in this year have given me more courage, and the will to think of myself as deserving, and to plan for a future of abundance. I remain eternally grateful.”

- Freedom Graduate -



“Society improves with simple acts of kindness and goodwill of community, but charities who aid this need to be funded adequately and be appreciated for the everlasting change they give to women. I have been through one of the worst events in my life, I didn't think I'd see light at the end of the tunnel but WE:ARE changed all that! What they say, they deliver and more!!! I rose above the darkness, I reclaimed my power and I recovered to become a better version of me. I have found my voice again. I have now finally returned to work to care for the people of Birmingham again in my own way.”

- Freedom Graduate -



“A purpose in my life, is to provide one good seed to another, this will then blossom into flowers which further spreads good seeds amongst people. WE:ARE were my good seed, which flowered in me and I will be eternally grateful. The learning and teachings I have received is also something I will bring into my medical practice to improve the approach to patients who have been subjected to abuse and also referring patients to WE:ARE to engage in these community programmes to aid holistic recovery.”

- Freedom Graduate -



“The team at WE:ARE are brilliant; Jacky, Donna, Kirsty & Fee. They are an amazing group of women, supporting and empowering others who have been affected by domestic abuse across the community of Birmingham, to become better women, mothers, sisters, daughters and friends. There are not enough words to describe what they do. You have to see, feel and hear for yourselves too. It touches at a deeper spiritual level. Nobody ever thinks it will ever happen to them but if it does, WE:ARE is who you need by your side!”

- Freedom Graduate -





Poems from Words from Warrior Women

Dear Wise Warrior Woman,
You entered the room, scared, tired, and emotional,
But you knew this was the beginning of your
journey towards freedom.
The tears came, And still do;
But you are no longer ashamed,
For this is your healing
And your journey towards Freedom.
There is hope,
There is kindness,
There is support,
And you are part of a sisterhood.
This is your journey towards freedom.
You are everything. We are everything



Freedom is..... by Jolly Jamie

Like walking outside, able to breathe the crisp fresh air,
all without feeling in the depth of despair.
Like happiness exploding across your body,
allowing you to see, to feel, to be calm and be present.
Like tasting the most amazing dish on the planet.
Like crystal clear air with a fresh smell,
like a bouquet of flowers, so far from hell.
Colourful and bright, filled with delight.
The feeling of freedom is simple for me,
It's to wake up in the morning and just feel free.



**We look forward to what the next year brings as we continue to support women to
Rise, Reclaim and Recover**