



WELCOME TO OUR

Spring Newsletter

◆ INWD Update March 2025



A massive thank you to everyone who attended the event!

Safe In Salford team members had a blast enjoying the company and celebration of all women that attended.

We enjoyed a light lunch buffet with a opportunity to visit stalls with themes around healthily expressing the emotions we can feel after unpleasant experiences.

We laughed, we growled and we cried some... before getting to experience making our own bath salts and bath teas. Thank you to all those that supported!

You can find more about these products via the link below.

<https://thealchemistssatchel.co.uk/>





Our new drop in “My Story”

WE WOULD LIKE TO CAPTURE
THE VOICES OF THOSE THAT
USE OUR SERVICE:

We collected so much positive feedback from International Women’s Day 2025 we never got the opportunity to hear some of the not so great bits or the constructive criticism, we like to receive in order to develop our service where we can for those of you who use it! One of our core values at Safe In Salford is to work collaboratively to find solutions together where possible.

We would like to invite those that wish to share their views in a safe space to our first Drop in on May 12th 12.30pm-2pm @ Jill Rogerson Centre.

Lets work together to support developing positive solutions moving forward!

INDIGO PROGRAMME

The next intake for the group is June 2025. Get in your referrals by speaking to a caseworker or self-referring via the Safe In Salford website.

Here’s what has been said about it after individuals attended,
“I feel validated”

“I thought the relationship was just toxic but Indigo has helped me to realise that it was abuse”.

For further info visit the link below:
<https://www.safeinsalford.org.uk/get-help-now/moving-on-from-an-abusive-relationship/>



JOURNALING & SELF-CARE TIPS

Healing from abuse can be messy and unpredictable whilst rewarding all in one. Use the link below to access free resources and tips to help you on your journey.

<https://www.safeinsalford.org.uk/my-healing-journey/>

When in doubt of your feminine power remember:

HALF OF BRITISH FEMALE OWNERS ARE LEADING THEIR FINANCIAL HOUSEHOLDS, NO DREAM IS TOO BIG OR TOO SMALL!

That's right a recent article published in the Woman's Journal shared that Woman within the UK are slowly closing the gap between male business owners and female business owners.

<https://www.thewomensjournal.co.uk/womens-issues/female-breadwinners/>

Massive waves are being made and when your ready you can get involved in a slice of the pie, so to speak!

Are you interested in running your own business? Have many ideas but not sure were to start? Tell your caseworker or a member of the community team and we can explore appropriate referrals.

Here you could explore your ideas and develop new skills back into employment and potentially build your own businesses.

Alternatively you may be thinking about further education and training into employment.

Let us know we are more than happy to support and advice which direction may be best for you.



Coming Soon

Look out for our new Literacy incentive coming soon to Jill Rogerson Centre. We are excited to let you have a sneak peak of exclusive info... we are teaming up with another partner to be able to provide woman access to literature via the centre. If reading and writing is something stopping you from doing this please let us know so we can best support all of the women that attend our centre. Please watch out for future info as we iron out the nitty bitty logistic stuff.

Also we have a new Digital Skills Drop In starting Monday 28th April. Let us know if you would like to attend by speaking to your allocated worker and they can provide further details of how to book in.



Ok time for the Nitty Gritty Bits...

LETS TALK MONTHLY CYCLES

So as we are all women and this is a safe space we wanted to take the opportunity to remind everyone the importance of understanding our bodies and a part of that is our Period if we are still having a regular flow.

Whether we are on contraception or not the hormones, moods and emotions that come with periods can be all too overwhelming at times. There is a link to a really good Podcast with regards to periods our experience and the history of perceptions and periods over the years below. Likewise when we are rebuilding after juggling allot of life pressures this is something we can too often dismiss yet a very vital part of our health and wellbeing as a woman.

Gentle reminder here...HINT HINT...to make sure you are up to date with your smear tests ladies! Some interesting conversations have taken place within the Jill Rogerson Centre with regards Seed Cycling to balance hormones, regulating the nervous system to balancing hormonal changes which occur with our menses and last but not least the sweats and memory fog that can occur during early menopause and during . More to come in the next news letter relating to Menopause.

Let us know more by providing us feedback as to whether you would feel that talks/drop ins would be useful for you in this area.

<https://www.bbc.co.uk/sounds/brand/p0bvg9nm>



Free 3 Week IT
Course
Visit
www.xyrius.co.uk

Book Shout Out...!

"Let Them Theory", By Mel Robbins

This book has been recommended by some of the ladies which attend the centre and have found it really useful to read through on their healing journey's.

You can find the Book on Amazon or in the usual book stores such as Waterstones and WHSmiths.

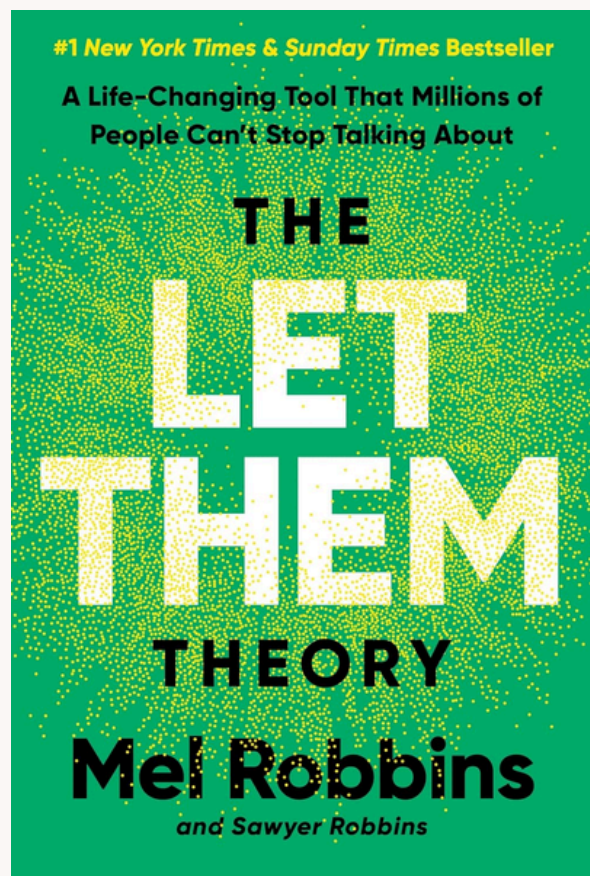
Reviews of the book can be found here.

<https://www.kirkusreviews.com/book-reviews/mel-robbins/the-let-them-theory/>

Take a look and see for yourself.

Mel Robinson Podcast can be found here:

<https://www.melrobbins.com/podcast>



Finally lets talk breath...

A hot topic has been breath more recently on social media and within Somatic Practices. Somatic Practices are rooted in connecting back with self, out of the mind and into the body after painful experiences. As this can be a slow process the power of 3,6 breath can begin your journey to safely lock into your body when overwhelmed, stressed and ready to crumble.

Why not take a moment to connect back with your breath and breathe life back into the centre of you.

Step 1: Find a safe space for you to sit comfortably with a straight spine and palms up

Step 2: Notice your breath, Take a steady breath in for the count of 3 through your nose

Step 4: Exhale for the count of 6, through the nose

Top Tip: If you notice your mind wondering call your thoughts back to the count of breath and sensation it brings. Note down and reflect upon your experience.

