

well
together

WEMPOWERED CIC



Hosted by AFIUK, WEMPOWERED CIC received £2500 to run activities for families in Blackbird Leys. The funded activities continued and expanded sessions that have been running since 2023.



Accessibility and inclusivity are at the core of the sessions run by Marta at WEMPOWERED. Offering flexible, child-friendly environments that cater to various fitness levels, the group has focused on creating a welcoming environment for women of diverse backgrounds and abilities. This inclusivity creates a sense of belonging and encourages involvement from mothers who may feel marginalised in traditional fitness spaces.

“Marta’s session is absolutely fantastic. She is such a gifted person and coming here is priceless as a mum with young kids. Amazing for the mind and body! Excellent pace – my son absolutely loved it too! He is 3! This is a priceless service for Oxford mums.”



WINTER FAMILY BRUNCH

Bringing over 25 children together with their families, Marta hosted a get-together with support from Hillsong Oxford.

Held in December 2024, the event was an addition to the core sessions where local families were invited to a “cosy gathering filled with warmth, laughter, and fun activities!” Face painting and crafts engaged children from a diverse range of backgrounds whilst giving the opportunity for mothers to come together.

BUILDING CAPACITY WITHIN THE COMMUNITY

When Marta submitted her expression of interest to Well Together in January 2024, originally under the name “Bee Empowered”, she was keen to continue to provide exercise sessions where mothers could safely and comfortably take part with their children present. She recognised that mothers were often unable to attend adults-only physical activity sessions due to childcare responsibilities.

She also recognised not only the benefits to physical health of the activities, but the impact on mental wellbeing of mothers who often felt isolated who were “wanting a place and space to be”. Mothers who were homeschooling their children, as well as those new to the area, valued the support of the group and the interaction for themselves and their children.

The hosting and support provided by AFiUK enabled Marta to access funding and capacity building support through the Well Together programme, that would have otherwise not been available to the group.

Within the year Marta, along with two other mums who have been regularly attending the session, have incorporated as a Community Interest Company.

“We have exciting plans to empower and help mothers in the Blackbird Leys community develop professionally, socially, and help them put their skills to good use while also benefiting community.”



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