

WATER LILY SUMMER NEWS



CEO'S INTRODUCTION



*Welcome to our Summer Newsletter!
We're excited to share stories of
transformation, creativity, and
community. Thank you for standing
with us as we support women
rebuilding their lives.*

*Water Lily is built on the dedication of
compassionate, skilled people. Here's a
glimpse of the heart behind the work:*

- *Tam, Heather & Rayna - our
incredible Support Workers,
offering personalised emotional and
practical help*
- *Bev - Deputy & Training Manager,
delivering life-changing courses
and mentoring women with care*
- *Emma - our Café Manager, who
keeps the café running with warmth
and welcome*

*Every team member plays a vital role
in restoring hope and stability for
women in crisis. Please pray for them,
encourage them, and consider
volunteering if you'd like to join this
amazing team.*

BEHIND THE SCENES: MEET THE TEAM MAKING A DIFFERENCE

CULTURE

SUPPORTING EMPOWERING CHANGING LIVES

The Pattern Changing Course

FROM CRISIS TO CONFIDENCE: THE IMPACT OF THE PATTERN CHANGING COURSE



The Pattern Changing course has become one of the cornerstone on the journey of empowerment at Water Lily. Designed for women who have experienced domestic abuse, it helps participants understand abuse, rebuild confidence, and begin a new, self-empowered chapter of life.

One woman who recently completed the course came to us after fleeing a violent relationship. She had no access to support, food, or safe cooking facilities. We gave her a warm meal in our café, connected her to a foodbank,

and secured her a microwave through a local church fund. But the journey didn't end there. Through one-to-one support and enrolment in Pattern Changing, she began to reclaim her identity and strength. By the end of the programme, her outlook had changed dramatically. This is what we aim to do for all of our beneficiaries. Water Lily is currently supporting 93 women from across Bournemouth, Christchurch and Poole.

CREATIVITY: LINO CUT & GELLI PRINTING COURSE BRINGS JOY AND EXPRESSION



This summer, Water Lily Project ran a Thursday morning Lino Cut and Gelli Printing course, offering women a creative space to heal, express themselves, and connect with others. Led by a local artist, participants discovered new skills and built confidence through vibrant printmaking. For many, it was their first creative activity in years, helping them reconnect with joy and self-worth. One participant shared, "I felt proud - like a part of me woke up again." The course became a safe, uplifting space of creativity, conversation, and encouragement.

VALUATION DAY WITH PAUL MARTIN RETURNS TO WATER LILY CAFÉ



We're delighted to welcome Paul Martin, well-known from BBC's Flog It! and Antiques Roadshow, back to the Water Lily Café for his third Valuation Day!

Paul has quickly become a favourite with our café community. His visits are always filled with energy, curiosity, and friendly conversation - as well as the opportunity for people to bring in their antiques, curiosities, or hidden treasures and receive a free expert valuation.

Whether it's a family heirloom, a vintage trinket, or a dusty item from the attic, Paul will assess it on the spot and share its story and possible worth. There's also the optional opportunity to consign items to auction via Henry Aldridge & Sons, the respected auction house based in Devizes.

Paul always says that it's such a privilege to meet people, hear the stories behind their objects, and connect communities to the world of antiques. He also loves coming to Water Lily, the heart behind what we do and the amazing café volunteers who always look after him so well.

There's no charge to come along and take part, and no pressure to sell anything. The event is about celebrating community, conversation, and connection—and perhaps discovering something special in the process!

Our café is open as usual, serving delicious coffee, cakes, and light lunches throughout the day. Every cuppa and cake helps fund the work of Water Lily Project supporting vulnerable women in crisis.

Water Lily Highlights

