

# New Beginnings

## OVERVIEW

New Beginnings is a support service that is run by the London Borough of Enfield for women living within the borough. It supports women who have experienced their children being permanently removed from their care and women who are at risk of further pregnancies that may result in additional care proceedings. Women will receive one-to-one support in order to develop and enhance personal goals, confidence, wellbeing and parenting capacity. The aim of the New Beginnings service is to have women be able to safely care for any children they have in the future.

## HAPPY LUNAR NEW YEAR

The New Beginnings team would like to wish all those celebrating the Lunar New Year a very Happy New Year! 2023 is the year of the Rabbit. People who are born in the year of the Rabbit are believed to be **vigilant, witty, quick-minded and ingenious**. The Rabbit is also supposedly supposed to signify mercy, elegance and beauty.



## AIMS FOR THE NEW YEAR

The New Beginnings team have a number of different aims for the new year, some of which are a continuation from last year's aims. The team aims to continue to support women who have had their children removed from their care and offer information and advice when needed. We also aim to prevent any pregnancies that may result in care proceedings. In addition to this support, New Beginnings has started to brainstorm ideas for future drop-in sessions that would be beneficial for the New Beginnings clients. As made apparent previously, our drop-in sessions are a great success and the women in attendance respond positively to them. As such, the team has decided future drop-in sessions such as learning how to budget and developing cooking skills for the women. Alongside this, we are enquiring about the potential use of a gym at a local youth centre in order to keep them active —after an increase of interest being expressed by the women themselves.

## NEW BEGINNINGS DROP-IN SESSION

On February 23rd 2023, the New Beginnings team are taking a number of clients to the Millfield Theatre to see Enfield's Youth Got Talent. This is a trip in which a number of women have expressed excitement for.

For any clients interested in attending the next drop-in session, reach out to a case worker!



## REFERRALS

Opening Hours: 9:00am - 4:45pm, Monday to Friday.

Referrals can be made by professionals or through self-referral.

Email and Phone Number: [NewBeginnings@enfield.gov.uk](mailto:NewBeginnings@enfield.gov.uk) / 020 8379 8211