

EMPOWER • EQUIP • CONNECT • PROTECT

# RISING OHANA'S CIC NEWSLETTER



ISSUE 1 – AUTUMN 2025

Issue 1 – Autumn 2025

## Welcome

*All our sessions are delivered in a safe, trauma-informed, and inclusive environment.*

At Rising Ohana's CIC, our mission is simple: to build brighter families together. We walk alongside parents, offering practical support, community, and a safe space where your voice matters

## Event Highlights

Our recent Glow Up Workshop was a huge success, filled with learning, laughter, and support. Families joined us for an evening of guidance, connection, and empowerment.

**“I felt seen and supported – thank you for creating this space.”**

– Attendee

## Upcoming Events

### ● Glow Up Workshop

Wallington Baptist Church,  
Parkgate Road, SM6 0AG



Thursday 27th November 2025



5:20pm – 7:00pm

### ● Glow Up Workshop

Wallington Baptist Church



Thursday 8th January 2026



5:20pm – 7:00pm

**Plus:** a special Croydon partnership workshop (details coming soon!)

## In the Pipeline

*All our sessions are delivered in a safe, trauma-informed, and inclusive environment.*

### ● Parenting Platform

We're developing a tailored platform designed for families with complex and neurodivergent needs who are referred to us. We'll also place families who need additional support onto this platform so they can access resources and guidance. This is currently being tested – look out for it coming soon!

### ● Workshops

Our workshops will continue to be tailored and practical, covering:

- Art Therapy
- Cooking Sessions
- Wellbeing Tips

Please register to secure your place so we can plan attendance.

### ● Expansion

We're preparing to bring our Glow Up sessions to more communities and are exploring future webinars to make our support accessible online.

## Get Involved

- Looking for **volunteers** to join our journey.
- Accepting **referrals** for parents and young families who would benefit.
- Open to **partnerships** with schools, churches, and local organisations.



## RAFFLE GIVEAWAY!

At our next events, every attendee will be entered into a free draw:



**A special prize for mums**



**A family food hamper**

## Stay Connected