



Winter edition volume 3

Amal Women Association

Newsletter Winter edition 2023

HAPPY NEWYEAR

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Celebrating Achievements and Looking Ahead to 2024

As we bid farewell to 2023, we would like to take this opportunity to thank you, our valued clients for your trust and support throughout the year. It has been a pleasure and a privilege to work with you and to witness your growth and success. We are proud of what we have achieved together and we are excited for what lies ahead in 2024.

In 2023, we enjoyed many memorable moments and milestones with you. Here are some of the highlights:

- We hosted 400 cups of coffee in our coffee mornings, where we shared stories, insights, and laughter with you and fellow clients.
- We empowered and supported numerous clients' lives by providing them with personalized and professional assistance in various areas such as family support, access to services by accompanying them, CV writing, job search, interview skills, career development and more.
- We expanded our reach and representation to other counties, where we touched the lives of many refugees through our food packs. We delivered nutritious and culturally appropriate food items to refugee centers, thanks to the generosity and dedication of our volunteers.
- We received the community development funding program award, which recognized our efforts and contributions to the social and economic well-being of our clients and communities. This award enabled us to enhance our services and resources and to offer more opportunities and support to you.

- The Lord Mayor of Dublin honoured our Ramadan foodpack project at the Mansion House. We collaborated with IFI, Islamic Relief, and Dublin South City Partnership to deliver food and support to those in need during the holy month.
- We had a wonderful winter camp this year, where 60 girls from diverse cultures and countries came together. It was a joy to see them learn, play, and bond with each other

These are just some of the examples of how we made a difference in 2023. We hope that you enjoy reading this newsletter, where you will find more details and stories about our activities and achievements in 2023.

We look forward to continuing our journey with you in 2024. We wish you a happy and prosperous new year.



Amal team



WE ARE ON A MISSION TO MAKE EID A JOYFUL AND MEMORABLE OCCASION FOR THE REFUGEES WHO HAVE ARRIVED IN IRELAND. WE NEED YOUR HELP TO MAKE THIS HAPPEN. WITH YOUR GENEROUS DONATIONS, WE WILL BE BUYING FOOD AND GIFTS FOR THE NEWLY ARRIVED REFUGEE FAMILIES IN IRELAND. PLEASE SUPPORT OUR FOODPACKS PROJECT AND HELP US SPREAD SOME HAPPINESS AND HOPE THIS EID.

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What's on our CEO's mind

As we bid farewell to this year, we look back at the events that have rocked the world and touched our hearts. The conflicts in Russia, Ukraine, Israel, and Palestine have inflicted unspeakable pain and loss on countless innocent lives. The catastrophe in Gaza, where thousands of children and teenagers perished, was one of the most horrific in recent human history. We were also appalled and grieved by the scenes of violence and hatred that broke out in our beloved city of Dublin. It felt like a nightmare that we never imagined would come true. This year was a whirlwind of emotions, challenges, and opportunities. Therefore, we focused on mental health, well-being and healing, in sync with the events that occurred in our lives and the world.

On the positive side, we are thankful for the support and generosity of our funders, donors, and supporters, who have empowered us to offer new and improved services to our clients. We have assisted our clients to achieve more empowerment and economic independence, as well as mental healing through art therapies. Only your support enabled us to hire staff who delivered our service with dedication and consistency, and we could also extend our reach to other countries where more clients required our help. We have also integrated our participants into the community by representing their voices and perspectives in different events. We are proud of Ireland's solidarity with Palestine and its advocacy for the innocent civilians of Gaza.

As we welcome the new year, where our focus is on building... building careers and communities where peace, prosperity, and health prevail. And we hope for a world where there is no conflict, no war, no bloodshed, and no negativity. A society where everyone is treated with dignity, respect, and compassion.

A community where we can all live together in harmony and happiness. This is our vision and our mission, and we invite you to join us in making it a reality. Thank you for being part of our journey.

I like to wish you all a happy new year with these lines

Hanan Amer

Garden of hope

A place to belong, a place to stand
What is a country without land?

A shelter to rest, a shelter to roam

What is a family without home?

A love to give, a love to guide

What is a parent without child?

A hope to grow, a hope to learn

Where would a child go without parent?

A bond to share, a bond to win

Is there a family without kin?

A life to nourish, a life to bloom

And what is a family without food?

I wish this place a piece of heaven

Where countries are gardens

Peace and harmony are the powers

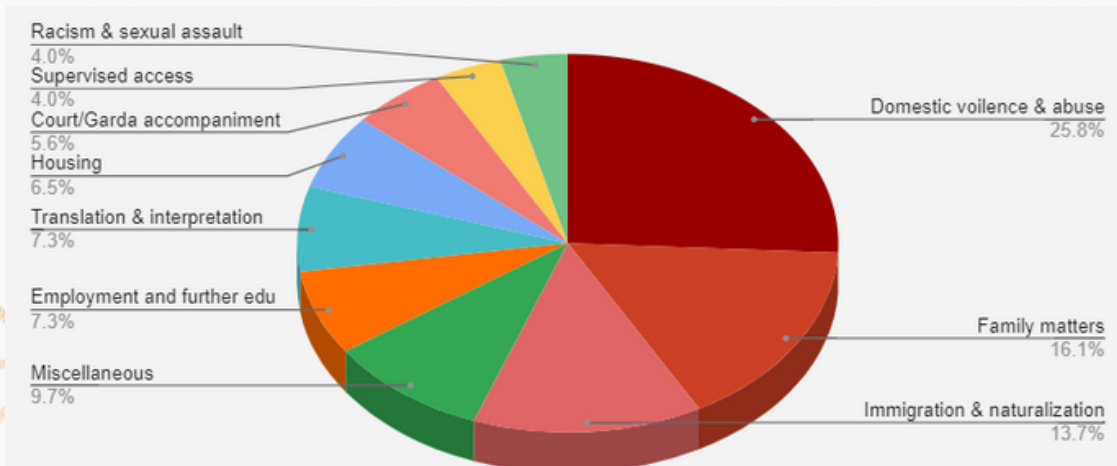
and families are flowers

That make this world a better place

For every land, every home and every face

Ummu Mujtaba

Slices of reality: How Domestic Violence, Immigration, and Family Matters Shape Our Community



The pie chart above shows the distribution of various social issues that our service users faced or reported to us in 2023. Among them, there are three issues that stand out as the most prevalent and urgent: Domestic Violence & abuse, Immigration, and Family Matters. Together, they account for 55.6% of the total concerns. These are not just numbers, but stories of struggle, hope, and resilience.

- Domestic Violence: A staggering 25.8% of cases are rooted in the silent epidemic of domestic violence & abuse, a shadow that looms large and menacing, yet often remains unseen. Each percentage point is a cry for help, an urgent call to break the silence and bring light to the dark corners of despair.
- Immigration: Another 16.1% is dedicated to immigration & naturalization - a journey of hope, aspirations, and challenges as souls from diverse origins seek refuge or new beginnings on foreign soils. These percentage points are a testament to the courage, diversity, and potential of our community, as well as the need for empathy, support, and actionable solutions.

- Family Matters: The 13.7% slice of family matters is a significant portion that cannot be overlooked. This slice underscores the intricate and pivotal role that family plays in our lives. It's not just about the nuclear family, but extends to relationships and connections that influence our well-being, decisions, and actions. This slice represents a myriad of issues, triumphs, challenges, and celebrations embedded within the family structure.

These issues are not isolated, but rather intertwined and overlapping in many ways. Therefore, addressing them requires a holistic and collaborative approach that involves multiple stakeholders, such as the government, the civil society, the media, the academia, and the community itself.

Our organization is committed to raising awareness, providing assistance, and advocating for change on these and other issues that affect our community. We believe that everyone deserves to live in a safe, respectful, and inclusive environment. We invite you to join us in our efforts to make this vision a reality.

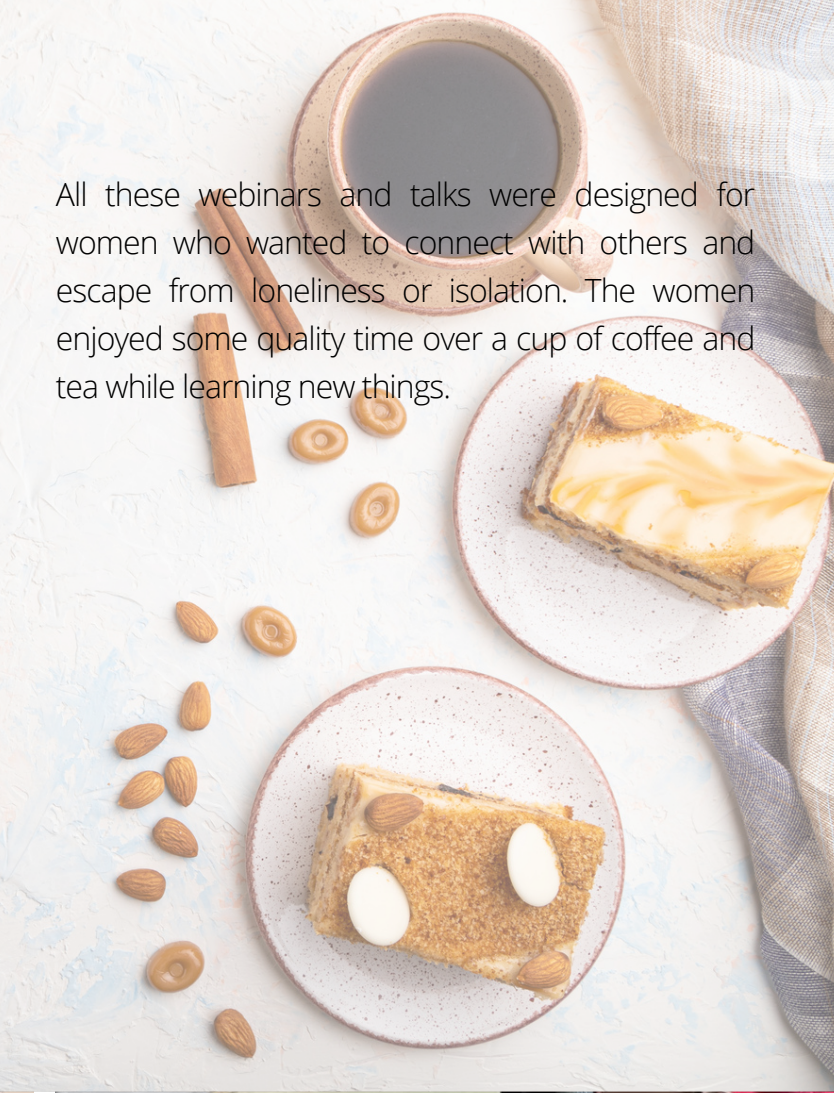
According to the Central Statistics Office (CSO), there were 89,512 people who immigrated into Ireland in the year leading up to the 2022 census, up 9% from the equivalent period in Census 2016



Coffee with a cop - Garda awareness sessions

This year, we focused on mental health and well-being, so we organized webinars that help to combat mental stress, anxiety and depression. We learned how to express our emotions through art therapy, embroidery and knitting, and how to relax and have fun with other women. We organized a series of webinars on healing through art where women learned how to cope with stress and improve their well-being. We also organized some informative talks by community garda on domestic abuse, crimes and frauds. These talks were interpreted according to the audience and they equipped women with knowledge and guidance on how to recognize and report domestic abuse, cyber crimes and frauds, and what to expect in the reporting process. These information sessions helped them to become more aware of the happenings around us and within our homes, and to protect ourselves and our loved ones.

All these webinars and talks were designed for women who wanted to connect with others and escape from loneliness or isolation. The women enjoyed some quality time over a cup of coffee and tea while learning new things.



CV Clinic Success Story: Raghda Achieves a Certified Course with Google and Coursera at No Cost

We are thrilled to share with you a success story from one of our CV clinic clients Raghda, who has recently completed a free certified course with Google and Coursera. Raghda came to us looking for help in improving her skills and advancing her career. We helped her find and enroll in a suitable course that matched her interests and goals. The course was part of the Google Certs and City of Dublin/ETB program, which offers free online training and certification in various fields such as IT support, data analytics, project management, and UX design.

Raghda completed the course with a 100% score and received a congratulatory message from Coursera. She was also among the top 150 learners who qualified for a career prep workshop. She shared with us a screenshot of her certificate and the message, which you can see below

New message

Dear Raghda,

A round of congratulations is in order. You completed course 8 with 100%, excellent work! You are in the top 150 of learners who have completed the Data Analytics certificate, it is really great work! You are now fully certified! On behalf of the Google Certs Team and City of Dublin ETB, we salute you!

Have you received your certification from Google/Coursera?

We also will have a graduation early next year Well done again, we are really proud of you! You reached the requirement, well done!

A U ↻ 🖨

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We are very proud of Raghda's achievement and we wish her all the best in her future endeavors. We hope that this course will open up new opportunities and possibilities for her. We also hope that her story will inspire other clients who are looking for similar assistance and guidance.

Our CV clinic service is available for anyone who needs help with their CV, cover letter, job search, interview skills, or career development, career guidance or upskilling. We offer personalized and professional support to help you achieve your career goals. If you are interested in our service, please contact us at admin@amalwomenirl.com or call us at 089-9818044. We look forward to hearing from you soon. 😊



CV CLINIC

Don't let your CV go unnoticed

- Are you ready to take your career to the next level?
- Do you want to stand out from the crowd and impress your potential employers?
- Do you need some guidance and support to create a professional and effective CV and to prepare for any interview situation?

If you answered yes to any of these questions, then you are in luck!



What we offer?

We are offering a personalized CV building and interview preparation that suit your needs & goals.

Working Together: How We and Our Partners Make a Difference in Our Community

We have been actively involved in various collaboration projects with our partners in the community to address the issues of racism, hatred, violence, and health that affect our clients and other minority groups. We have participated in delivering antiracism training to Fingal county, Dun Laoghaire and Dublin city council as part of our SALAAM project, which aims to promote social inclusion and intercultural dialogue. We have also participated as a panelist in a conference on tackling racism and hatred in Ireland by the Immigrants Council of Ireland, where we shared our insights and experiences on the need and challenges of the Incitement to Violence or Hatred and Hate Offences Bill1. Also organized a health screening day in November, where we offered free health check-ups and referrals to our clients and the community. We have attended a Department of justice consultation in Athlone, where we represented the voices and perspectives of the victims of crime. We have partnered with EMDAO to host a seminar "Voices in the shadows:hear the untold stories" on domestic violence against women, where we discussed the causes, effects, and solutions of this issue. We have joined AKIDWA and ICCI in another seminar which focused on female genital mutilation and domestic violence, to raised awareness and provided support to the survivors. We have collaborated with INAR to provide STAND anti racism training to a group of activists in Longford, where we equipped them with the skills and knowledge to combat racism and discrimination. We have also celebrated our Ramadan project achievement in the Mansion house with our partners from IFI, Islamic relief and Dublin South City Partnership, where we showcased our work and impact on the community.



Our manager Niera Belacy as a panelist in Immigrants Council of Ireland integration seminar



Dublin Mayor's award ceremony in Mansion house



In collaboration with ICCI and AKIDWA a seminar on on female genital mutilation and domestic violence

Amal celebrates 7 years of support and empowerment to women



In collaboration with EMDAO a seminar on "Voices in the shadows:hear the untold stories"

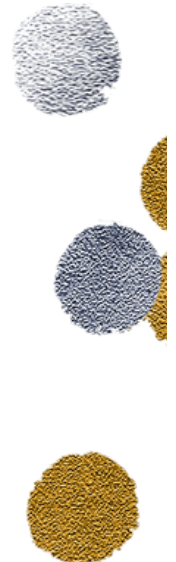


Health screening services to our community





In girls winter camp, we offer a variety of activities that promote the physical and mental wellness of our young participants. Campers and their parents eagerly anticipate these camps, where they can bond with other girls who have similar interests and passions. Winter camps are not only fun and relaxing, but also educational and empowering, as we equip our campers with skills and knowledge that will benefit them in the future.



Qasim's story: A Father's Journey of Empowerment and Resilience

Disclaimer: The story shared in this cover is based on the personal experience of one of our clients, who has given us permission to publish it. We have not altered or edited any of the words or details of the story, except for replacing the name of the client with a pseudonym to protect their privacy. The views and opinions expressed in the story are those of the client and do not necessarily reflect the official position or policy of the Amal Women Association.

Life can be tough, especially when family issues hit hard. I want to share my story with the Amal Women Association, a group that really helped me during a difficult time. They provided Supervised Access support and emotional help, and they also stepped in to help with my family problems through talking and support.

Life can surprise us with challenges, especially within our families. When things got tough for me, the kind of people at Amal Women Association were there to help. They really care about supporting not only women but also men and children who are in need of a helping hand, and I felt their commitment from the first time I reached out for help.

Amal's Supervised Access program was a big help for my family. They created a safe space where we could interact, and they made sure everything was supervised. This made everyone feel secure and protected. It wasn't just about sorting out our problems; it was also about rebuilding trust and understanding.

Beyond the organized programs, Amal Women Association understood the importance of dealing with emotions. They were there for me, offering counseling and emotional support. It was a safe place where I could share my feelings without worrying about being judged. This kind of support went beyond just fixing immediate problems; it focused on helping me feel better emotionally.

Amal Women Association played a big role in helping me through tough times. Their approach was about finding solutions that worked for everyone. It was clear that they cared about the well-being of every person in the family.

Having experienced the positive impact of Amal Women Association, I want to encourage others to seek their help. If you're facing family challenges, I strongly recommend reaching out to Amal for their support in supervised access, emotional help, and mediation. The people at Amal are dedicated and professional, making them a valuable resource for anyone going through the ups and downs of family life.

In life's journey, Amal Women Association shines as a source of support and hope. My personal experience with this wonderful group has been one of healing, strength, and support. As we navigate family complexities, let's remember there are organizations like Amal that genuinely care and can guide us toward better days ahead.


Do you feel like you are constantly arguing and bickering with your partner, your children, your parents, or your siblings?

Do you wish you could have a peaceful and harmonious family life?

Do you know someone who is going through a tough time because of family conflicts?

If you answered 'yes' to any of these questions, then you might benefit from our mediation service by Amal Women Association.

Don't let your family conflicts ruin your happiness & peace of mind. Try mediation today and see the difference it can make.

 **Phone: +353899818044**

 **Email: admin@amalwomenirl.com**

Thank you

- We are deeply grateful to the Department of Justice for their generous support of our advocacy work. Thanks to their funding, we have been able to raise awareness and influence policy on issues that affect the most vulnerable and marginalized groups in our society.
- We would like to express our sincere appreciation to the Department of Rural and Community Development for funding our Community Development pilot project. Their investment has enabled us to empower and engage local communities in addressing their needs and aspirations.
- We are delighted to acknowledge the Dublin South City Partnership for funding our women and youth activities. Their contribution has helped us to provide opportunities and resources for women and young people to develop their skills, confidence, and leadership potential.
- We are very thankful to the Department of Children, Equality, Disability, Integration and Youth for funding our integration projects (Art for Therapy). Their support has made it possible for us to offer creative and therapeutic activities for children and adults from diverse backgrounds and abilities.
- We are gratified by the Community Garda for delivering an informative and helpful session on how to report crimes, domestic abuse, and cyber frauds. Their expertise and advice have increased our awareness and confidence in dealing with these issues.
- Last but not least, we would like to extend our heartfelt thanks to all our clients, donors, funders, volunteers, people, and organizations who stand in solidarity of our cause and mission. Your generosity, dedication, and support have made a huge difference in the lives of those we serve.
- We are very grateful to the Lord Mayor of Dublin for his recognition and support of our Ramadan foodpack project at the Mansion House.
- We are also thankful to Islamic Foundation of Ireland, Islamic Relief, and Islamic cultural Centre for their continued support in our work.

SUPPORT

Ways to Get Involved with Amal How You Can Support and Participate in Our Work



Help Us Get a Van and Deliver Happiness to those who need the most

We need your help to get a van for our charity. We deliver food and gifts to those who need them most. We bring joy and hope to refugees, asylum seekers, women, children and families. We reach out to Dublin and beyond, to Sligo, Roscommon, Moseny and more. But without a van, our work is hard and slow. We rely on volunteers who lend us their cars. But with your support, we can go far. Please donate to our cause and help us get a van so we can serve more people in Ramadan & Eid and make a difference in their lives with every deed.

Be part of our community and help us buy minibuses. You can support us in one of the following ways:

- If you are employed, Corporate Social Responsibility department in your organization can support us to demonstrate their commitment to social causes and give back to their communities. One way to do this is to raise money for our cause (help us to buy a minivan) or donate us directly into the following account:

Amal Women's Association
Account number: 34431-080
IBAN: IE87 AIBK 9310 6334 4310 80
BIC: AIBKIE2D

- By spreading the word for our campaign and cause in your contacts



- By creating a fundraising page for our campaign "help us buy minibus", every single penny counts.

Get in touch with us:



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https://www.instagram.com/amal_women_group/



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