

# About Us

Aspiring Futures CIC is an award winning women led social enterprise based in Wolverhampton supporting women to 'aspire for better'. Our mission is to engage and support women from diverse communities through the development and delivery of bespoke quality and holistic services in a safe and supportive environment.

Our vision is that women have the confidence, skills and support to follow their aspirations.

Our competent and qualified team provides specialist, accessible and affordable services to give 'voice' to women and children from diverse backgrounds and abilities.

160+ women  
access our  
service each  
week

98% felt  
healthier and  
happier thanks to  
Aspiring  
Futures.

We are supported by:



## Opening Times

Monday to Friday 9.00am to 4.00pm  
Closed on bank/public holidays

## Aspiring Futures CIC

The Saplings (by Windsor Nursery School)  
Parkfield Road, Wolverhampton WV4 6EL  
01902 458770 or 07557667609  
reception@aspiring-futures.co.uk  
www.aspiring-futures.co.uk



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100% were  
satisfied with  
the quality  
of service  
received



86%  
reported  
becoming  
more  
confident







## Counselling and Psychotherapy

Our aim is to provide relief of mental and physical stresses and disorders of persons suffering from depression, distress, self-harm, family problems or breakdown, bereavement or loss. Counselling is a confidential and professional service.

Counselling can also be offered in other languages or with an interpreter. Please call us to discuss it further.

"I have found the counsellor to be extremely patient, caring, empathetic. It was extremely helpful to me that I could build a rapport and feel comfortable."

**81% felt less tense, anxious, nervous or on edge after counselling**

**84% had a positive difference in their lives during counselling**

## Training, Development & Volunteering

We ensure that everyone receives a rewarding and positive experience as well as gaining confidence and practical skills. We achieve it through:

- 1-2-1 Information, Advice and Guidance (IAG)
- Computer and Digital Skills Sessions
- English Classes (E.S.O.L)
- Employability Skills Workshop
- Volunteering Training and Work Experience

*"[Volunteering] allowed me to gain first-hand experience in working with service users and also understand how staff have a clear and coherent plan."*

*"This course helped me get a new job after improving my English."*

**84% said they had gained new skills, abilities and knowledge and were progressing their aspirations for paid work and volunteering**

## Health and Wellbeing

We offer you a place to connect with others, increase your knowledge of health services, improve your mental well-being, self-confidence and other life skills.

- Befriending via telephone
- Self-Care and Healthy Habits
- ESOL for Health
- Chatty Café through Arts and Crafts
- Empowering Women; Mindset and Self-Worth, Meditation, Mindfulness
- 'Feel Good' Wellbeing Sessions
- Social Events

## Children and Young People

Our aim is to offer safe and comfortable activities for children to grow and become resilient. We do this by offering counselling, holiday clubs, family activities, stay and play and after school 'Minecraft'.

*"The play group helps me create a routine of getting out of my house with two little ones. It allows my kids to build their social skills and gives me the chance to speak to other adults and receive support."*