



Watering Your Soul CIC

Watering Your Soul is a Community Interest Company that provides support for women as they overcome challenges and rebuild their lives. They deliver a trauma informed service that includes 1:1 advocacy, peer support networks and healing focussed workshops.

They support:

- Women and young women (16+) who have experienced domestic abuse.
- Survivors of trauma, including those affected by substance misuse or homelessness.
- others impacted by child removal or the criminal justice system.

“What makes Watering Your Soul unique is that we are driven by lived experience. Our founder and team have personally navigated trauma, abuse, and systemic challenges – so we don’t just offer support, we offer understanding. This lived experience means we approach recovery differently: with authenticity, empathy, and a commitment to amplifying women’s voices at every stage.”

We first met with Watering Your Soul in August 2024, when she began working with our Community Development Worker, Julie to submit a Seed Fund application for £500. Withing this application, Lily expressed an interest in using both her lived experience, and knowledge of working in the sector to grow her own organisation that would provide out of hours support for women who were homeless, struggling with substance use, involved in sex work, or facing generally difficult circumstances that could present a substantial risk to individuals health and wellbeing.

Lily was successful with this fund, and in October 2024 applied for a Micro Fund to progress this idea and begin developing peer learning and support spaces through a Saturday evening support programme.

Lily has showed continued passion and commitment to develop this idea, and as well as accessing 1:1 in house support, has also participated in multiple networks and training programmes to help strengthen her knowledge and deliver a high-quality service for her community.

E26 Thematic Areas:

- 1:1 Support from Action Together Community Development Worker (Ad hoc since Aug 2024)
- Building Resilient Businesses for Female Social Entrepreneurs (Feb – May 2025) Delivered by Jenny Matthews
- Social Enterprise Accelerator Programme (Oct – Dec 2025) delivered by SE Specialists Mantle

Outcomes:

As well as achieving grant funding as part of her organisation start up, Lily has gone on to achieve substantial funding (£29,833) from Rochdale Recovery Communities and (£4950) Live Well. Lily is a core member of Rochdale Recovery Communities as well as our Anti-Poverty and Women's Networks.



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Reflections:

"This first year has been deeply transformative, both for me personally and for Watering Your Soul CIC. One of the biggest positives has been the exceptional coaching and encouragement I've received from Jenny Mathews. Her ability to listen, guide, and challenge me in the right ways has helped me find clarity, direction, and confidence as a new founder. The invaluable support from Jodie at Mantle. Her practical advice, reassurance, and willingness to go the extra mile in her 121 have made such a difference, especially during moments when things felt overwhelming.

Together with Action Together's wider support and connections, these relationships have shaped the way I deliver my work and have helped me see the bigger picture of what Watering Your Soul CIC can become. Working with Anti poverty, VAWG and Rochdale recovery communities, has been invaluable.

I have learned so much about myself this year. I've learned that I'm far more capable than I thought, and that with the right support, I can navigate areas that once felt intimidating like governance, planning, and impact measurement. I've learned the importance of slowing down, being reflective, and trusting my intuition as I build something meaningful for the community. There have definitely been challenges, particularly around funding, managing all the different roles that come with running a CIC, and staying organised while still trying to deliver quality support. I would really benefit from continued guidance with fundraising, project planning, and developing stronger partnerships to help the CIC grow sustainably. Having ongoing access to knowledgeable mentors like Jenny and Jodie makes a huge difference, and continued support in that area would be helpful."

Link: <https://wateringyoursoul.org/what-we-do> <https://www.facebook.com/people/Rochdale-Recovery-Communities/61579007976431/>
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