

Case study: Sharing stories of inclusion

Wellsprings For Women – Volunteering for New Migrants

Arriving in a foreign country, Amina had no idea the impact she would have through volunteering and supporting other newly arrived women.

Starting a new life in another country is incredibly brave, yet that's exactly what Amina and her family did. Arriving on our shores, Amina struggled with the new landscape along with learning Australian customs and 'Aussie slang'. Thankfully she found her way to [Wellsprings for Women](#), an organisation dedicated to assisting newly arrived migrant women and leading the way for women to thrive through inclusiveness and diversity.

Started by the Presentation Sisters in 1994, Wellsprings has evolved over the years and is now respectfully known as the place for women to grow and thrive, especially those who have newly arrived in Australia. The organisation offers a range of classes, as well as an introduction to volunteering program.

Here, Amina forged ahead, learning English, taking classes and becoming proficient in her computer skills. Slowly her confidence grew to the point she started volunteering and supporting other women who were beginning their own transition as migrants. Adjusting to studying and changes to her homelife, Amina has raised a beautiful family, all while dealing with the many challenges of settling in a new country.

It was through her volunteer work that Amina was selected to be part of a co-design team for a new program within the organisation, and 'Pathways to Volunteering' was developed. This is a special program designed specifically to encourage and support newly arrived migrants in their volunteering journey.

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Working directly with the General Manager of Wellsprings for Women, Robyn, the co-design team comprised entirely of migrant women. Supported by the Southern Metro Volunteer Management Activity team, the program aimed to:

- Support women in their volunteering journey
- Help women to understand the benefits of volunteering
- Learn from each other's experiences
- Empower each other's voices.

One of the key strengths of this process was that it was designed in collaboration with the women it most impacted. The program has been pivotal in reaching women from migrant backgrounds and allowing them to learn new skills, meet new people, and make an impact in society.

Transitioning to a new country can be incredibly challenging, and organisations like Wellsprings play a vital role in helping women navigate these challenges and thrive in their new environments

“Coming to a new country can be challenging; the women lose their sense of self. We’ve had around 20 ladies go through the pilot program and it has had a huge impact, not just for the participants but for their extended families too...”

The Pathway to Volunteering program is a fantastic initiative, providing opportunities for skill development, social connection, and personal growth. It’s wonderful that South East Volunteers can support such a meaningful cause and witness the positive transformations in these women’s lives.” – Robyn, General Manager (Wellsprings For Women)

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Drawing upon all of her volunteering experience, Amina is determined to make a difference. She is now enrolled in further studies, and continues to embrace opportunities to develop herself and build a career and home here in Australia.

“When people believe in me, why shouldn’t I believe in myself?” – Amina



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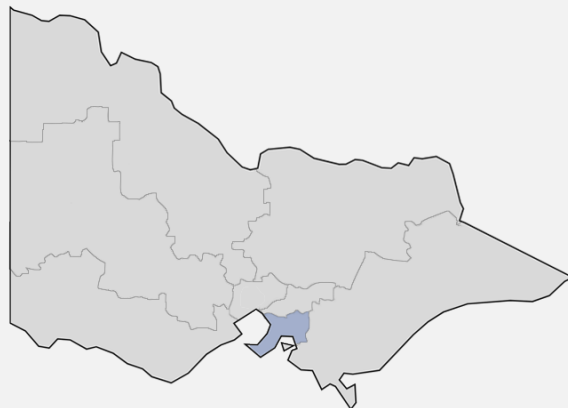
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<https://www.volunteeringvictoria.org.au/leading-volunteers/vma-2022-2026/>



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Volunteering Victoria acknowledge the Traditional Custodians of country throughout Australia and their connections to land, sea, and community. We pay our respect to Elders past and present.