



IDARAYA LIFE CIC
(REG NO: 12931807)

Hello Lovely People,

I hope this message reaches you in a content place and wish you relief, if you are going through distress.

I have made an executive decision to pause all Health and Wellbeing activities until 25 March 2023.

We will resume with an accesible, easy Health Walk on 25 March 2023 and our Women's Only Swimming Party on 26 March 2023. Please book on at bookwhen.com/idaraya-movement and we are looking forward to being social and healthy together.

Since I founded Idaraya Life C.I.C in 2020, my priority has been to create opportunities for women to remember their worth and enjoy the pleasure of being able to do things they felt they couldn't. To be physcially active however their body was called to be active and to be open to the power that comes from learning new skills and meeting new people.

This has succeeded in many ways and simply failed in other ways. The biggest realisation being that although I can do a lot of things, I cannot - and should not - do all the things. The importance of the work we are doing; community care, has been impressed on me in a serious and life altering way.

I am taking a step back for next couple of months, to recover, recuperate and better plan my personal future and that of Idaraya Life, which is inevitably intertwined.

I have appreciated the support, respected the loyalty, cherished the feedback and been comforted by the care shown in our small and growing community.

We must not relent on building bridges, ensuring we are caring for ourselves and others.

Thank you very much for your understanding and I am so excited for the future.

With hope and care,

Ayisatu Emore (She/Her)
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Idaraya Life CIC is an inclusive and holistic health and wellbeing service proving access to physical and mental wellbeing activities to women in Wigan.