



BLOSSOM YOUNG MUMS PILOT REPORT 2025



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Letter from the Director



Yasmin Ali

Director of Blossom

As a mentor, poet, and community practitioner, I founded BLOSSOM for deeply personal and urgent reasons. I understand what it feels like to navigate motherhood at a young age—both through my own journey and through witnessing my eldest daughter become a mother in her teens. Her experience opened my eyes to the stark disparities and challenges young mothers face in

Lewisham, especially those from marginalised and ethnically diverse backgrounds. As someone who has developed my practice empowering young people through creativity and care, I felt a growing responsibility to raise awareness and offer the much needed support and space for mums so that they are not side lined but heard and valued.

BLOSSOM is more than a project. It's a movement built on love, healing, and creativity. It provides a vital space for young mothers to feel seen, celebrated.

This work is deeply personal to me. Every session, every conversation, every poem/song/ piece of work shared is an act of resistance against shame and invisibility to create a future where young mums are encouraged to thrive, not just survive.

It's an opportunity to consider the next generation of resilient, brilliant mothers so they blossom as individuals, for the community, for their children and for themselves.

— Yasmin Ali Founder, BLOSSOM

Blossom Overview



Blossom is a creative support group and writing workshop based in Lewisham, designed specifically for young mums. We provide an inclusive environment for writing, spoken word poetry, and group discussions. Beyond creative expression, Blossom offers vital signposting to local services and support networks, filling a crucial gap for young mums often marginalised in mainstream baby and toddler groups. As a grassroots, trauma-informed programme, BLOSSOM supports young and teen mothers in Lewisham, one of the boroughs with the highest teenage pregnancy rates in London.

Through creative workshops, peer support, and wellbeing-focused sessions, BLOSSOM provides a safe and empowering space for young mums aged 16-24 to connect, grow, and access support. Participants engage in poetry, journaling, affirmations, and dialogue, while also benefiting from visiting health practitioners and signposting to external services. BLOSSOM addresses isolation, mental health challenges, and the lack of inclusive parent spaces, particularly for Black and ethnically diverse young mothers.

Yasmin has previously collaborated with Murmuration Arts to lead creative writing and spoken word workshops for mothers in Crawley. These sessions provided a nurturing environment for participants to express their experiences and emotions through group discussions, walks, writing activities, affirmations and poetry. By sharing their narratives, the mums found empowerment and connection, fostering a supportive community that offering spaces to create, self express and celebrate their stories.

Our work addresses the stigma attached to being a “teen mum”, especially for Black, asian and ethnically diverse young women offering a platform to be seen, heard and valued.

Blossom Foreword



At Blossom, we believe in creating a safe, nurturing, and creative space where young mums can express themselves, build confidence, and connect with others who truly understand their unique experiences. Our work is grounded in empowerment, community, and creativity, supporting young mothers aged 15-25 from diverse backgrounds, especially those often overlooked or stigmatized by society.

Our commitment to fostering authentic connection, mentorship, and self-expression is reflected in the growth and success of Blossom. This report highlights not just the numbers but the real impact on lives, creativity, and community.

Staff Members



Y.A

Director of Blossom

Y.A is an award winning international spoken word Artist, performance poet and Nuyorican NY awarded "International Slam Champion". Y.A was recently shortlisted for a D & AD award for writing for advertisement." Y.A is also a writer, artist, playwright, singer, songwriter and entrepreneur. Workshop areas include spoken word, poetry, rap and lyricism, song writing, hosting, performance techniques, creative expression through writing. Confidence building, stage presence, performance poetry and spoken word theatre. Slam poetry. Radio presenting. Podcast hosting. General empowerment and encouragement. Self-development techniques. Public speaking. Mentoring. Advocation and archiving work. Writing for brands, campaigns and activism.



MoZIAH aka "Uncle"

Workshop Assistant

MoZIAH DeRoche also known as Sixiah and "Uncle" to the children, is an emerging artist, vocalist, rapper and poet with roots in Lewisham. He's a Goldsmiths Alchemy Master's alumnus and a regular performer at community-driven events including Rezon8 and Alchemy events. Since joining Alchemy in 2018, he has curated his own projects and games nights and performed at well known events including Glastonbury. MoZIAH has contributed significantly to the collective's outreach, performing original works and inspiring attendees to write too, he is comfortable sharing his experiences and helps to facilitate a fun, creative environment for the young mums and their children.

Partners

BLOSSOM has developed strong and impactful partnerships with organisations, businesses, and community venues that share our commitment to empowering young mothers. Notably, Alchemy Goldsmiths in New Cross has offered support for our programme by encouraging young mums to sign up and participate. We also work closely with the Covo Space in Peckham, which has provided a welcoming venue for some of our workshops. In addition, the Goldsmiths CCA (Centre for Contemporary Art) has generously offered us their space in-kind for four workshop dates and a performance opportunity in July, as part of the Deptford X festival.

Our work is rooted in cross-sectoral collaboration. We are building relationships with healthcare workers, housing officers, midwives, and other frontline practitioners who refer young mothers into the programme. Their trust in BLOSSOM demonstrates the programme's relevance and impact within health, housing, and social care systems. By working together, we can ensure young mothers receive trauma-informed and culturally relevant support that addresses their unique needs holistically.

Looking ahead, BLOSSOM is exploring further collaborations with local businesses, artists, and service providers to expand the programme's reach and sustainability.



A photograph of a woman with dark hair tied back, wearing a dark jacket with a fur collar, sitting on a patterned rug and reading a book to a young child. The child is wearing a dark shirt with small white stars and white socks. The rug has a geometric pattern with floral motifs. In the background, there are some toys and a small table. The entire image has a purple tint.

Our Young Mum's Stories

Mum 1:

Background

Mum 1 is a dedicated young mum to 2 children. She has faced challenges as a care giver, including pressures from Universal Credit to find a job since her child has started nursery. Having grown up in foster care, she lacks parental support and often feels overwhelmed.

23

Mum's Age

3 + 5

Child's Age

How Blossom has helped

Blossom provided a supportive space for Mum 1 to express herself creatively. She found comfort in writing spoken word pieces, which helped her process her emotions. The sessions also gave her a sense of community, where she could vent, receive encouragement, and gain practical advice. Through discussions, she learned how to communicate her concerns about work expectations to her job center advisor, easing her mental burden. The emotional support from the group gave her the strength to take on a new part-time job, which she started on the 21st March.

90%

Attendance Rate

MIXED ETHNIC
BACKGROUND

Ethnicity

Outcome

Mum 1 has gained confidence, secured employment, and reconnected with her creative side through spoken word and painting. The group became a vital emotional support system for her.



Mum 2:

Background

Mum 2 is a proactive young mother who has been living in a mum-and-baby unit for nearly two years. She is also expecting another baby in May 2025. She has faced housing challenges and was initially hesitant to seek support. Over time, she took on a leadership role in the group, assisting with setting up and packing down each session and attending regularly. She wants to home school her child and has often felt uncomfortable at other baby and toddler sessions that she feels accommodate a different demographic of mothers, particularly white, middle class mums. Her child as a consequence has had little interaction with other children her age on a consistent basis. The sessions have been integral in providing support and encouragement during the second and last trimester of her pregnancy

19

Mum's Age

1

Child's Age

How Blossom has helped

Blossom encouraged Mum 2 to express her emotions through writing about her goals. She participated in exercises like the "to-do" list that transformed into a "to-be" list, helping her shift focus from tasks to self-care and helping her to focus on her goals. She enjoyed her child connecting with other children and enjoyed catching up with some of the other mums and Moziah. She enjoyed participating in conversations about healthy relationships and mental well-being. Her experience at Blossom gave her the confidence to take control of her housing situation. With encouragement from Yasmin, she reached out to her housing officer, resulting in a reassessment of her living conditions.

100%

Attendance Rate

MIXED ETHNIC
BACKGROUND

Ethnicity

Outcome

Mum 2 is now moving into a better home, a significant step towards stability for her and her child and her unborn child. Her confidence has grown, and she has become an integral part of the Blossom community.



Mum 3:

Background

Mum 3 is a reserved young mum, often quiet in group settings. She has been experiencing financial stress, particularly concerning budgeting with a new baby and saving for things she'd like to prioritise like driving lessons. She also has a complicated relationship with her child's father and her mother.

How Blossom has helped

Blossom provided her with a budgeting book and encouraged open discussions about financial management. Through the group, Mum 3 felt comfortable enough to share her experiences with other mums, finding solace in knowing she wasn't alone in her struggles. The support encouraged her to have an open conversation with her mother about how vulnerable she's been feeling, strengthening their relationship and leading to practical financial planning.

Outcome

Mum 3 has grown in confidence, improved her financial literacy, and built a better relationship with her mother. She feels more in control of her situation and continues to benefit from the supportive network at Blossom.

20

Mum's Age

7 MONTHS

Child's Age

60%

Attendance Rate

SOUTH ASIAN

Ethnicity



Mum 4:

Background

Mum 4 is an introverted young mum who has ADHD and has been struggling with depression. She often finds social settings overwhelming and has taken time to adjust to the group. She also got lost on her first visit, which added to her anxiety.

How Blossom has helped

Blossom provided mum 4 with a safe, flexible space where she wasn't pressured to participate immediately. She gradually opened up about her mental health challenges and appreciated the opportunity to leave the house and interact with others. The facilitators ensured she felt included while respecting her need for personal space.

Outcome

Mum 4 wants to attend at her own pace, knowing she has a supportive space when she needs it and asked for mentoring one to one from Yasmin.

22

Mum's Age

1

Child's Age

20%

Attendance Rate

MORROCCAN

Ethnicity



Mum 5:

Background

Mum 5 initially attended a session without her baby, who she explained was with her mother. She seemed uncomfortable and left early. It later emerged that she had been encouraged to attend by her healthcare worker and was struggling with anxiety, particularly due to the effects of a toxic relationship.

How Blossom has helped

Although Mum 5 didn't fully engage in her first session, she later reached out for one-on-one mentoring. She attended initially because she recognised Yasmin from a talk given at her school and felt a personal connection. She has expressed an interest in returning but would need a more individualized approach to feel comfortable.

Outcome

Mum 5 is taking steps toward seeking support on her terms. Blossom has provided a space where she can return when she's ready, and her need for personalized mentoring to help her navigate her challenges

19

Mum's Age

1

Child's Age

20%

Attendance Rate

JAMAICAN

Ethnicity



Quotes from Mums



Mum 19

It's been so nice to have a sense of community and connect with people who are in the same position as me and going through similar experiences.



Mum 19

"I've really enjoyed seeing my toddlers confidence grow around other children."



Mum 22

Since becoming a mum I lost my creative side, since working with Yasmin I feel reconnected and inspired.



Mum 22

Yasmin listens and cares about what's going on in my life. She makes me feel comfortable to tell her what's happened in my week.



Mum 19

I really appreciate how its catered to young mums specifically because I've been to baby and toddler groups before and its not very welcoming.



Mum 19

Its also nice to have a group where mums can do something to as well as the children. even if its just a chat or writing affirmations or poetry, when I go to Blossom on a Monday, I feel supported and more stronger for my week ahead."

Spoken Word Piece



"I do it all for me
For them
I owe it to them
Them being an extension of me
Mine to me
That's on family
Building it up
Entirely
From scratch
Some might see
I'm just another mowgli
Raised by wolves
Then left to relearn my humanity
Learning from these people that kinda look like me
Feeling like a foreign entity
that'll put a strain on you mentally
It's mental see socially
An outcast tryna mimic
Tryna copy
just so that they can see me
See someone worthy
I can't lie
Fitting into a box never worked for me
So I'm raising mine to be
Head strong with spirits free
So they never feel contained by this society
Never feel like they have to walk with the same shoes as their peers
Look I'm wiser than my years so now my kids don't have to be
Made a point of breaking family curses
So the burden didn't weigh on the ones that come after me, came from me
I make a point of healing my trauma
So the trauma isn't inherited by the generations ahead of me
Because it's rough
When you're being raised my damaged goods
who are good enough to have the heart and see

Spoken Word Piece



They need to do better
but lack the capacity
It's hard when you're filled to the brim with empathy
So you don't even blame those who bare the responsibility
I laugh it off now how the broken broke me
Spent too much time embodying
Broken china, just one fragile mess scraping together the potential the world might one day see
And man that was my teens
So you'll get what I mean
When I say I'll work
I'm Talking blood sweat and tears
So that my blood remember me
As the inspiration I never received
I'll protect them from their unseen fears
Hold them while they freeze
At everything that goes bang in the night
I'll teach them to fight
And hold on tight
To the things that hold meaning
Teach them that things hold meaning
To hold tight
To the lessons that teach them
To the traits that make them different
Because difference is the thing that separates them
From the herd
Dont aim to be the sheep when you can be the shepherd
I'll guide them to love the parts of themselves that others might hate
to see imperfections as beauty incase one day it's too late
To choose their words to be as powerful as they are
Teach them that sticks and stones may break bones
But words can shatter souls
leaving nothing but holes
In place of someone who once was whole."

- Mum 5

Moziah's Evaluation

Moziah's time in the Blossom Teen Mums Group highlighted the importance of authenticity, connection, and mentorship. He discovered that simply being himself was enough to foster trust and engagement. Through his interactions, he learned that everyone in the group could relate to each other in different ways and could all blossom despite their differences but based on shared experiences.



Moziah noticed the importance of a male presence in the space, particularly for boys like One of the children, initially appeared standoffish but responded well to his engagement. He realized he has a natural ability to work with children and enjoys facilitating the sessions.

Moziah found the sessions to be personally beneficial, providing him with a sense of calm and positivity. He enjoyed the responsibilities of setting up and packing down and appreciated the structure they brought to his week. He also observed how his presence influenced the dynamics in the room. He appreciated that his presence made other people comfortable. Moziah recognized the importance of providing stability and encouragement to the mums and children. He identified the need for a larger space to accommodate more participants and suggested it during a brief. He naturally assisted with structured activities like poetry and songwriting. The sessions reinforced his passion for working with young people and highlighted the positive effects of mentorship and community engagement.

Overall Moziah's experience during his time working with Blossom demonstrated the value of having a positive male role model in the space. His involvement helped create a well-rounded, supportive environment where young mothers and their children could feel safe and engaged. Moving forward, the group may benefit from additional resources, such as a larger venue, structured creative activities, and further opportunities to support those in the space.

What's next for Blossom?

Building on our ongoing commitment, Blossom is hosting workshops at the CCA on the 13th and 20th of June, followed by additional creative sessions on the 11th and 18th of July. These workshops will focus on writing, spoken word, and performance skills, culminating in a live showcase in the Oak Gallery on the 20th of July as part of the Deptford X festival. This collaboration will provide young mums and their children a platform to perform and share their stories, raising visibility and feel celebrated.

BLOSSOM YOUNG MUMS SESSIONS

13 JUNE
CONNECT & CREATE SESSION
20 JUNE
WRITING & WELLBEING WORKSHOP
11 JULY
NOURISH & NURTURE WORKSHOP
18 JULY
SELF-CARE & CELEBRATION WORKSHOP
20 JULY
BLOSSOM YOUNG MUMS SHOWCASE

**GOLDSMITHS
CCA**

Building on its success, BLOSSOM is ready to grow. With continued funding, secure space, and dedicated staffing, the programme can expand its reach and deepen its impact. There are plans to create clear mentoring pathways with Yasmin Ali, offering mums opportunities to perform at established spoken word events such as Flo Vortex, BYOB and Writer's Block.

As well as opportunities to collaborate with Rezon8, Lewisham Music, and Alchemy. BLOSSOM mums will also be offered training to co-facilitate future workshops, building confidence, leadership skills, and pathways into employment. We are actively exploring opportunities for collaboration, referrals, and co-commissioning through partnerships with Alchemy, Covo Space, Breathe Melodies for Mums (Jo Pelly), and Mindful Mums' Diversity Matters Division (Lauren Stewart & Namvula Rennie). With the right support, BLOSSOM can grow into a scalable, mum-led model of creative empowerment.

Conclusion

There is a significant stigma attached to being a "teen mum" in today's society. Young mothers—particularly those from Black and other ethnically diverse backgrounds—are frequently overlooked, stigmatised, and unsupported. Many baby and toddler groups cater to middle-class white mothers, unintentionally excluding younger mums and reinforcing cycles of isolation and marginalisation.

Lewisham has one of the highest rates of teenage pregnancy in London, with approximately 30.6 conceptions per 1,000 girls aged 15–17, compared to the national average of 18.8. These are among the highest teenage pregnancy rates in Europe. At the same time, nearly 1 in 5 young people aged 16–24 experience mental health problems. This crisis is exacerbated by socioeconomic hardship and a lack of accessible, trauma-informed support.

BLOSSOM was founded to meet this urgent need: to provide a safe, creative and culturally relevant space where young and teen mums can connect, be heard, and feel empowered. In the absence of initiatives like BLOSSOM, these young women rarely have the chance to meet others with similar experiences, or to access support that is non-judgemental, relatable, and consistent.

BLOSSOM offers more than a drop-in or playgroup—it's a space for healing and growth. Each session blends creative expression (such as writing and spoken word) with practical support, from setting personal goals and learning self-care techniques, to writing affirmations and building confidence. We also invite health and wellbeing practitioners to deliver workshops on postnatal health, childcare, and mental wellness, tailored to the needs of young mothers.

Blossom continues to demonstrate significant positive outcomes for young mums in Lewisham, offering not just creative development but practical and emotional support. The project's strength lies in its tailored approach, a space where young women from diverse backgrounds feel seen and empowered. Workshop engagement remains strong, with attendance rates reflecting the trust and connection built. Looking ahead, expanding workshop capacity and increasing visibility through events like Deptford X will enhance Blossom's impact. It provides mums with a support group, community and opportunities to share/perform. The upcoming summer sessions at CCA and the July showcase represent important milestones, encouraging community engagement and celebrating the creative voices of young mums.



Blossom Impact Snapshot

Participants

Total mums engaged:

5 core participants (aged 16 - 24)

Ethnic backgrounds:

Mixed Ethnic, South Asian, Moroccan, Jamican

Unique challenges addressed:

- Foster care and lack of parental support
- Housing instability
- Financial stress
- Mental health (anxiety, depression, ADHD)
- Isolation in traditional parenting spaces

Key Outcomes

Creative Confidence:

- Secured or improving of employment / housing situations
- Improved financial literacy and budgeting

Practical Empowerment

- Secured or improved one to one mentoring and leadership within the group

Social Belonging

- Mums reported feeling welcomed, seen and understood
- One mum highlighted the importance of the group being culturally relatable compared to mainstream mum and baby sessions

Quotes from Participants

"Since becoming a mum I lost my creative side, Since working with Yasmin, I feel reconnected and inspired."

"I really appreciate how it's catered to young mums specifically, other baby groups just aren't welcoming."

"Blossom makes me feel supported and stronger for my week ahead."

Program Strengths

- Led by someone with lived experience and artistic credibility.
- Trauma informed, culturally responsive, and flexible delivery

Gallery



Contact Us



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BLOSSOM

young mums

