

LANCASHIRE
WOMEN

Annual Report

2021 - 2022

We are
LANCASHIRE WOMEN



www.lancashirewomen.org

As I end my third year as Chair of Lancashire Women, I am able to reflect on how much we have progressed and overcome in that time. COVID presented its own problems experienced by us all and forced us into looking at working differently and how we can find innovative ways to continue to offer services and support women and their families. As an organisation we have changed the ways in which we work but we have not changed our core beliefs and principles around why we are here.

In developing our Strategic Plan and ensuring business and financial continuity things have been tough during the past year; as a Board we have often coined the phrase "let's hold our nerve" whilst working hard to ensure the financial stability of the organisation and this, in general, has paid off. We have worked hard to preserve and enhance

some of our larger contracts with the National Health Service and the Ministry of Justice so that there is stability across our service provision and we continue to support the most vulnerable women. Our lists of services and support offer are too numerous to mention here but one thing we have done is strengthened our volunteer base and made good use of our drop-in centres to provide a place of safety, warmth and welcome which is evident when you walk through those doors.

I often hear how Lancashire Women has changed the lives of those people we support - it is humbling but, it also carries a huge responsibility and my heartfelt gratitude goes to my fellow Trustees, the Senior leadership Team and all my colleagues in every corner of the organisation.

Lynette Harwood

CEO Report

I write this from yet another time of uncertainty - many would say 'and thus it ever was' but there is little indication after the covid pandemic and the chaos that it brought from March 2019, that we are moving into more settled times.

This last twelve months has been a time when we began to emerge as an organisation with our staff, volunteers and Trustees into the big wide world again, working more face to face but finding some balance into a hybrid way of managing this with the newly acquired habit of working from home.

From the outset however, it has been clear that there is and has been 'no return to business as usual'. This directly informed our two year Strategic Plan which we began to enact at the beginning of April 2021. This had at its heart the core Lancashire Women strategic 'offer' (mental health and wellbeing, rehabilitation and female offender support, employment support and money advice and guidance) as

well as further developing areas of work we knew we needed to improve (internal infrastructure, governance and support systems and processes). However, we also wanted to look to the future and think about how climate change would affect women and girls, to consider our own environmental footprint and also to move forward with our income generation work to broaden the overall financial base of the organisation.

We have made progress across of these areas and more (too much to list here!) but there has been no respite from the pressures exerted by the external operating environment.

In terms of what comes next, it is increasingly difficult to understand given the state of the UK economy, let alone anticipate but what we do know is that we will continue to focus on the women across Lancashire that need us most and to ensure we are there when it matters most... whatever that may be.

Amanda Greenwood

Overview

4210 people supported across **33** projects

4 centres in **Blackpool, Blackburn, Accrington & Burnley**

79 employed full time staff, **25%** of which are either ex-service users or LW volunteers

24 new Volunteers received training to bring them into Lancashire Women

Donations & Legacies: **£31,449**

Total Income: **£2,693,316**

Total Expenditure: **£2,558,684**

About Us

Lancashire Women work from our female-only centres to provide safe, dedicated space for women across the county.

We bring together a number of services under one roof - all designed to support women who at any one time may be dealing with a range of issues including: social isolation and exclusion, homelessness, poverty, mental ill-health, or offending behaviour.

In particular, we work with those who find themselves in situations which can increase their vulnerability or place them at significant risk of harm - and who are often facing multiple and complex needs.

Our delivery draws upon three decades of practical experience in supporting women, and is an approach recognised nationally for its effectiveness and impact.

Our vision

A Lancashire where all women are **valued and treated as equals.**

Our mission

To **empower** women and girls to be able to **transform** their lives by **bringing them together to:**

- Find their voice
- Share their experiences and understanding.
- Develop their knowledge and skills.
- Challenge stereotypes and misconceptions

...so that they can have choices in becoming the individuals they want to be.

Volunteering

Our volunteers make a vital contribution to the organisation, bringing on board skills, expertise and community knowledge. Our volunteers undertake a range of roles including administration, mentoring, service user support and therapy.

During the past 12 months we have recruited a Volunteer Lead to manage this area of the organisation which has resulted in more volunteers coming on board along with a new process being put in place. There is currently a Befriending Pilot taking place and for the future we are looking at more volunteer development along with sourcing funds to help ingrain a more comprehensive volunteer infrastructure in order to build resources and manage volunteer capacity.

Fundraising Events

We have had many great community events leading to not only essential funds raised but awareness and stronger bonds forged in our local community.

Ride for Lancashire Women charity bike ride in September 2021 which raised **£5000** for our services.

International Women's Day on which we raised **£7900** through The Big Give matched funding.

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collaborate

Our Supporters

- Asda
- Batch Brew
- Blackburn Round Table
- BNI Beacon
- BNI in the Community
- Bon Ivor
- BT
- Convene IT
- Co-op
- Cover my Bubble
- Dynamic Recruitment
- Electricity NW
- Ingredion UK Ltd
- Marsden Rawsthorn
- Molnycke Health
- Mystique
- Nelson and Colne College
- New Look
- One Unite Partners
- Precision Polymor engineering
- Pure Blue VI
- Tesco
- Unique Ladies
- Wardell Armstrong
- Wham Foundation

Our Funders

- Achieve North West
- Arnold Clark
- B&Q
- Barclays
- BwD Borough Council
- Children in Need
- Co-op local community fund
- Department for Health & Social Care
- East Lancashire Clinical Commission Group (CCG)
- European Structural and Investment Funds
- Health Education England
- Hyndburn Leisure
- Lancashire County Council/
- Public Health England
- Lancashire Police and Crime Commissioner
- Ministry of Justice
- More Positive Together
- Morrisons Foundation
- National Lottery Community Fund
- Onward Homes
- Sainsbury's
- Screwfix
- Selnet Ltd
- Shelter
- Skelton Bounty Charity
- Smart Energy GB
- Tesco Community Grant
- The National Lottery Community Fund - Digital Fund
- The Smallwood Trust

Communities, Mental Health and Emotional Wellbeing Programme

Working with women and their families to improve their emotional wellbeing, and provide them with the skills, tools and resources to be able to better manage their mental health within communities.

Some of our projects:

PAN LANCASHIRE: Family Wellbeing Service

Working in Burnley, Preston, Blackpool and Lancaster NICU's providing perinatal bedside therapy and support as well as in the Hospital's Foetal Medicine clinics supporting families experiencing problem pregnancies and/or loss during pregnancy. Followed by outreach community care.

BLACKPOOL: POW (Positive Outcomes for Women)

Supporting women's emotional health and wellbeing; delivering a person-centred approach into 1-1 counselling, group activities and/or Peer led activities led by women who have accessed support from our service

BLACKBURN WITH DARWEN: Raising Aspirations

Reducing the number of people (including young people) whose circumstances cause barriers to achieve their aspirations for work, training and education.

EAST LANCASHIRE: Talking Therapies

Delivering psychological interventions at step two and three of the IAPT stepped care model. Therapy delivered to clients through 1-1 and groups through a choice of Face to face, telephone or online.

**LANCASHIRE
WOMEN**
listen

"It's so reassuring to know that we can refer into your service as a follow on from working with our young people and to trust that they will be 'looked after', but empowered to succeed."

I feel loved and our conversations have always lifted me up.

*After almost 2 years of hard work with B, I'm now strong enough to figure things out on my own! I thought I'd be worried and scared but I feel calm and ready.
I AM ENOUGH!*



Justice and Safety Programme

The team's aim is to reduce re-offending and divert women away from entering into the Criminal Justice System by offering a whole system approach across Lancashire and delivering a holistic service that addresses the individual needs of the women.

Some of our projects:

CRS (Community Rehabilitative Services)

Providing community and prison-based support to women involved in the criminal justice system, we offer a gendered response with an aim to reduce reoffending by women, offer opportunities and improve outcomes.

Snap Back Recovery Project

Providing a gender specific approach for women involved or at risk of involvement in the criminal justice system. The project aims to reduce barriers to engagement for women.

Achieve

Handholding support for women on probation who want support to enter into employment or education in a in partnership with Achieve northwest.

Recourse

A project working in partnership with Lancashire Police with an aim to divert women away from becoming involved in the criminal justice system by offering out of court disposal options.

LANCASHIRE
WOMEN *grow*

855

Referrals received from Police,
Probation and Prison

197

Women supported into
accommodation

70%

Of women reduced the risk of
reoffending

E was an amazing woman to me, she helped me a lot on my release from prison. With what I have been going through with losing my partner and my head being all over the place. I can not thank her enough.



Money Advice Programme:

Delivered through the provision of one-to-one money advice, casework support, group delivery, drop ins and outreach support. This service is tailored around the needs of the person and delivered by a team who are FCA regulated and IMA Certified.

Some of our services:

FREE BUDGETING PACKS

Step by step guide to improving your finances. creating your own budget and saving money, with follow up plan tailored to needs empowering people to be more in control of their finances.

DEBT ADVICE

One to one debt options and debt advice to discuss debt options, help with form filling and activating Debt breathing space. Dealing with enforcement agents, council tax and rent arrears.

BENEFIT ADVICE

Support with benefit appeals and mandatory reconsiderations and appeals. Benefit entitlements checks / income maximiser checks
Activating Debt breathing space

ENERGY SAVING ADVICE

Providing energy saving tips and personalised energy saving plans.

WELLBEING SUPPORT

Signposting to other Lancashire Women services around worry and stress caused by debt.

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Speak up

947

individuals accessed support

1379

money advice sessions held

£500,000

of financial gains made by clients
accessing this service

'I am relieved that there is some help out there to support me through this difficult time and you are going to continue to help by applying to all the relevant grants'

'I am so thankful for finding Lancashire Women. I think I would have been in the same situation as a year ago if I hadn't. I don't know how I would have coped and now I can properly care for my wife.'



Employment and Guidance Programme

Improving skills to help people move towards employment,

Some of our services:

BUILDING BETTER OPPORTUNITIES

help tackle the poverty and social exclusion faced by the most disadvantaged people in England. It is tailored to each individuals' personal needs and interests, with help provided to overcome barriers and help people move towards work and training.

MPT STEPS

provide tailored 1-2-1 support to job seekers who may have recently been made unemployed following the Covid-19 Pandemic, or those who are economically inactive living in Lancashire. Participants will have the opportunity to engage in a range of activities, linking together wellbeing with economic activity, boosting confidence, embracing positive change and stepping back into work.

LIFE SKILLS COURSE / CONFIDENCE GROUPS

Group delivery to build on resilience to increase, confidence, improve communication skills, problem solving and further goal setting. Giving women positive goals and increasing confidence in a group setting, moving them towards volunteering, education and employment.

LANCASHIRE
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educate

335

individuals accessed support

1091

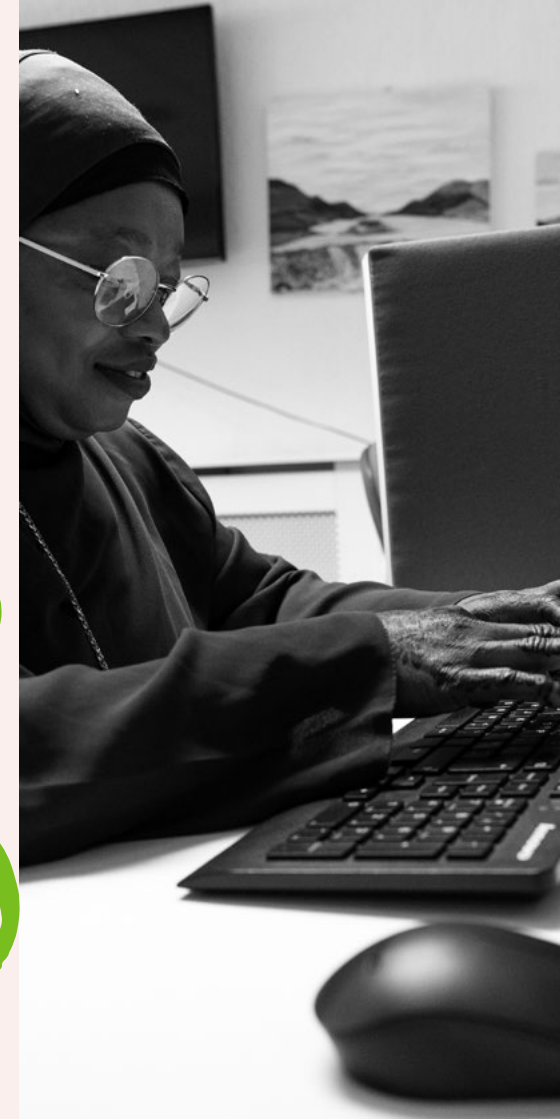
one to one support sessions held

500

life skills sessions delivered

'Thankyou, you really have got through to T and given her hope for her future and I'm starting to see glimmers of the old T.'

V was very good at communicating and explaining technical things. She was adaptable and had a very patient and friendly attitude that gave me more confidence and also made the sessions interesting.



'I have benefited from all the help and support I have received as I am in a much better place than I ever have been due to the experience I have had/having with LW'

'Its brought me to be more confident and get out of the house more. Being able to trust to actually talk to others and expressing my feelings makes me feel like such a better person in myself and being able to sit with people who understand and don't judge helps me so much.'

'Everything is amazing and the support you receive is unreal. Thank you so much for everything is it appreciated so much'

'From the first conversation on the phone, I felt extremely happy and trusting.'

We are **LANCASHIRE WOMEN**



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