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WOMEN'S THERAPEUTIC SERVICE – 2 YEAR REPORT JULY 2023

January – July of this year in the women's service was about settling in 3 new clients (3 moved out in January), and a new member of staff. We focussed on creating a positive culture and building a strong community with good habits; lots of goal setting, positive activities that can be supported by the Lottery personalisation fund, with a mixture of education and fun –some activities at least once / month are whole house activities where every goes together.

We are being more aspirational in terms of goal setting, and trying to look beyond the trauma and what they are able to achieve in terms of education, work and in their personal lives. We found that the atmosphere had become fairly gloomy and have been able to turn this around; from our current 5 women, 3 are keen to socialise and get involved in different things. We have instigated whole house meetings where we all keep up with rules we want to implement and what activities we want to do. We have 2 ladies currently in college which is a huge improvement. Stonepillow's fundraising team has also arranged a spa day with TempleSpa who are coming to the house to treat the ladies – including the staff!

'Day to day, life includes a weekly baking day on a Thursday making things like biscuits and banana loaves. There are at least once weekly keyworking sessions one-to-one with each client. We go to the gym together, swimming together, for coffee and walks, and are going to the cinema on Monday to see the new Willy Wonka movie'.

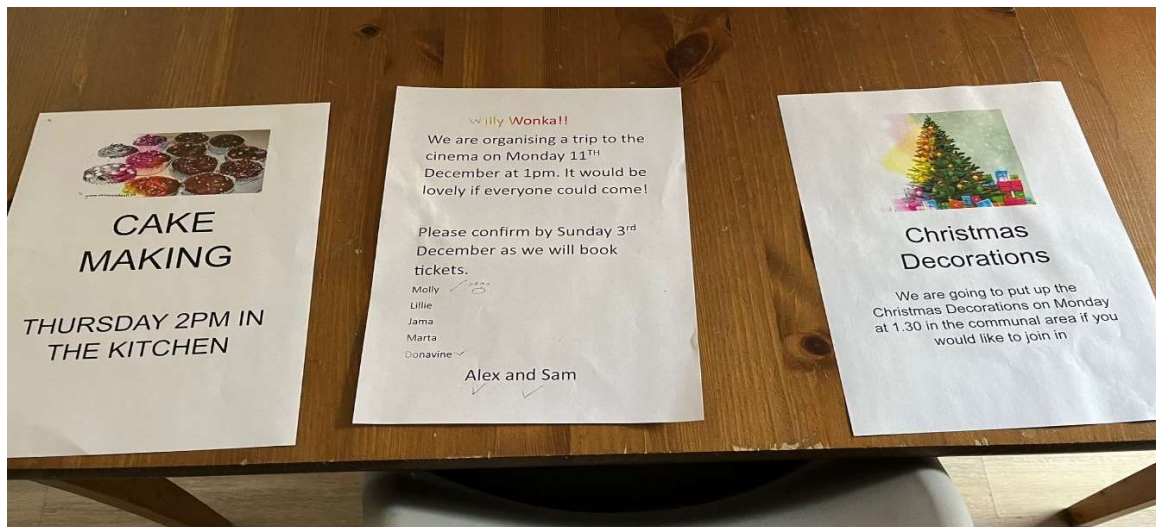
Hayley and Alex (right), support staff at the women's therapeutic project.



Of the 3 who graduated in the time period not yet reported on (January to July 2023), 1 moved to our dedicated move on apartment 'Bickleys' and subsequently found her own property very quickly. She has ongoing support and pops in for a monthly catch up – clients have access to support ad hoc for another 6 months following leaving, then a managed discharge – usually they choose not to want to access our support after a while. The second moved into Bickleys, and is still there. She is doing well, bidding for housing, maintaining part time employment in Iceland. She manages independently – during the course of the year her brother died unexpectedly and this would have previously set her back, but she managed really well. The third had gone to hospital with cancer and was transferred to a care home where she sadly passed away. This was a big shock as she was in her 50s, and this lady's son and partner are also both Stonepillow clients.



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CLIENT FOCUS – NEW CLIENTS

DN, 21 years old, had a serious history of sexual abuse from her country of origin, Barundi, which has been a huge challenge as we aren't familiar with the history or culture. She was living with family but was having psychotic episodes as a result of her trauma from back home so was misusing alcohol which caused a breakdown in family relationships. She was referred to us, supported also by CGL and for a while by My Sisters House (MSH). She has been attending Makers Space with a sewing group. We have supported her to claim benefits, to deal with mental health, and to take her English and Maths GCSEs. The Lottery personalisation fund has funded the GCSEs for which she needed 1:1 tuition. She started a massage course at Chi College in January and has just got married to a man from her home country which appears to be a positive thing for her.

MK moved to us from the hostel where she has had two separate stays. She has a history of rough sleeping, sex working, DV, drug misuse so very high needs and has been under Stonepillow for 3 years+. She is very difficult to engage but during her second hostel visit she opened up a little and we felt she may do well in the women's service.

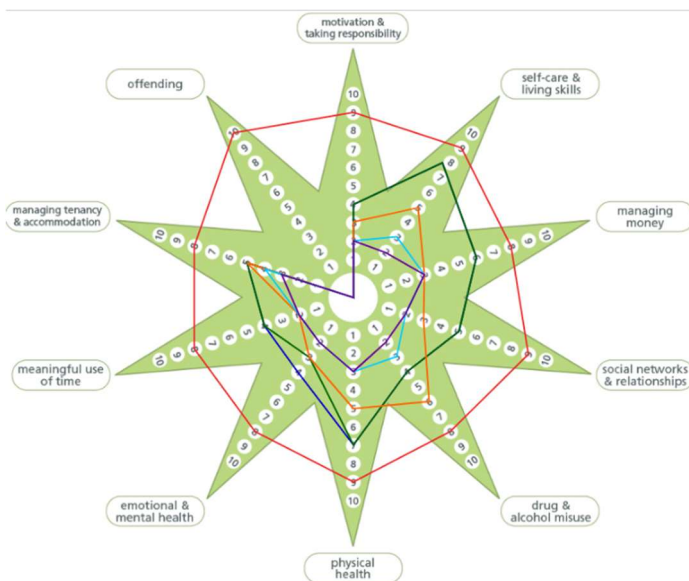
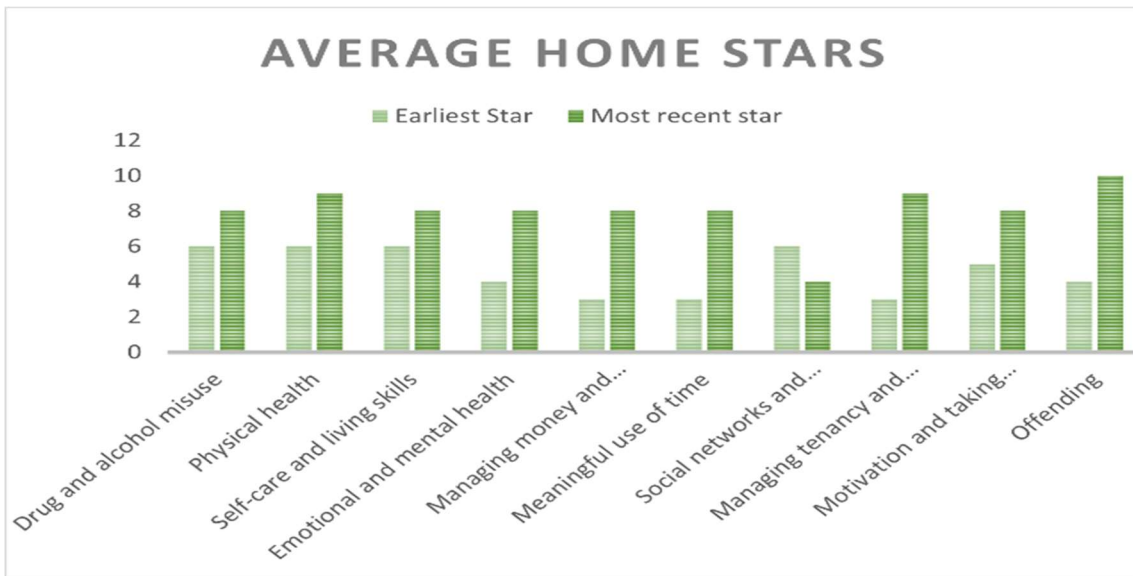
We believe that her fear of opening up and reluctance to engage may be due to her Eastern European culture in which women have little or no power. All workers in the women's service are female and as a result she doesn't believe that our workers are going to be able to help her. We believe she may still be being exploited and are working on getting her to open up and trust us. She refuses to accept support from MSH. We have however managed to get her her passport, she is getting onto the housing register so she can start looking for housing. She wants to look for cleaning work so we will support her to do this.

IJ came to us from SANDS, our Recovery Service. She has had the occasional episode of alcohol misuse but has managed to recover very quickly. She was unable to swim, so the Lottery personalisation fund has paid for 3 months of swimming lessons. She is about to start her second course of 10 English language lessons at the English Learning Academy in Bognor. She is fairly stable and is on the housing register for Greenwich where she comes from; however due to an 8 year+ wait we are looking to explore other options for her.



MONITORING

Below is the Outcome Star breakdown for the 8 clients who left the service between July 2022 – July 23; all positive moves. All of their Outcome Stars, with 10 areas of development self-assessed out of 10 at regular intervals, have been averaged out. All 8 clients improved across 9 out of the 10 areas of the outcome star. The social networks however didn't improve on paper; lying behind this is the reality that the women moved away and separated themselves from negative relationships that caused them trauma - previous boyfriends/partners and friendship circles that cause domestic violence, drug taking and offending. They need to move forwards to establish themselves anew in their local community once they leave the service; still able to access ad hoc support if they wish to.



Also included is the outcome star for 'Rachel', who left the service in the reporting period. It illustrates beautifully her development as she progressed during her time with the women's therapeutic service.