

About us

Our Sunflower Women's Centre is the only women's centre in Plymouth, providing a safe hub for connection and hope.

Every year, Sunflower supports and empowers more than 500 local women, many with complex needs and experience of trauma and abuse.

Sunflower offers a wrap-around therapeutic service for any woman in need in the City. This could include addictions, mental well-being, health, criminogenic behaviours, domestic abuse and social isolation.

Our compassionate and aspirational team of Sunflower Practitioners ensures a personalised package of support which includes accredited training, group work, counselling, creative therapies, drop-in women's space, fitness classes, parenting support, peer mentoring and much more.

Our co-located partners, including Probation services, Department of Work and Pensions, Sexual health and other third sector agencies, ensure we offer the range of support needed.

The centre is spread over 3 floors, complete with a 140m² health and wellbeing suite and trauma informed creche.

Over the past 2 years, 90% of women supported by Sunflower say it has been a lifeline, with 75% able to move forward in life after support from Sunflower.



"I have managed to stay clean because I attended Sunflower on a regular basis which gives me focus and purpose to my day. I have also gained more tools and skills to help me move on in life. The staff and other women at Sunflower are a big support to me and we have empowered each other. I feel so grateful!" Sarah, 42

"Sunflower helped me find the right road. Without the support of Sunflower, I can say hand on heart that I do not think I would be alive today." Kelly, 29



What we do

The multi-skilled and experienced Sunflower team subscribes to a trauma-informed whole system approach to its work with the women who access its services. The team, alongside co-located partners, offers wrap-around support via a blend of activities including:

- Accredited Therapeutic Training Programmes
 - Creative Art and Craft groups
 - Substance Abuse Relapse Prevention
- Parenting Support and Guidance; Sunflower Seeds
 - Health, Fitness & Wellbeing
 - Access to the Counselling Service
 - Social Drop-ins
 - Peer Mentoring
- Women's Job Club and Benefits Support
 - Access to Debt Advice & Support
- Domestic Abuse & Healthy Relationships Programmes
 - Women-only 12 Step Recovery Groups
 - On-site Creche

"Before I came to Sunflower I was extremely anxious and didn't get out much. I have found Sunflower a breath of fresh air! Everyone is so welcoming and I am keen to try lots of new things and meet like-minded people."
Louise, 35

"Each one of us can make a difference. Together we make change"
Barbara Mikulski



The Sunflower Women's Centre aims to reach and benefit all women in the City of Plymouth and surrounding areas. Our long-term aspiration is to ensure that every woman is given the opportunity to heal, grow and thrive.

When a woman has reached a tough crossroads or crisis, our compassionate and expert team will provide the treatment and strength to help her break free, giving her a fresh start in life.

The Sunflower Women's Centre is a service provided by registered charity Trevi. Trevi is a nationally award-winning women's charity based in South West England. We provide safe and nurturing spaces for women and their families to heal, grow and thrive.

Trevi's vision is for a society where all women in recovery can access good quality, psychologically informed, gender-based interventions without apology.

In the 27 years that Trevi has been operating, we have helped transform the lives of thousands of women and their children. From rehab and health to housing and employment, we help any woman in recovery move from 'surviving' to 'thriving'.

The experience of the women we support informs everything we do, from the services we provide to our influencing and campaigning work.

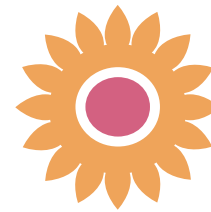
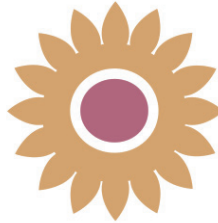
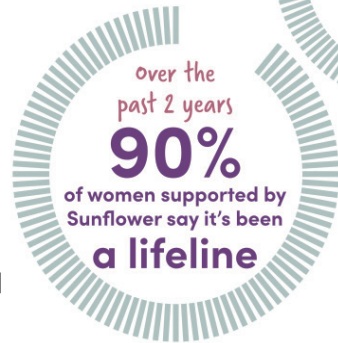
trevi
where life begins

Contact us to refer a client, patient, friend or family member. Any woman can also self-refer to the Sunflower Women's Centre.

**Sunflower Women's Centre, 29 Sutherland Road, Plymouth PL4 6BW
01752 977614 OR 01752 977617 • sunflower.admin@trevi.org.uk**

Sunflower Women's Centre is a service provided by registered charity, Trevi
A: 29 Sutherland Road, Plymouth, PL4 6BW | T: 01752 255758 | F: 01752 275917 | E: office@trevi.org.uk
W: www.trevi.org.uk | Company Ltd Guarantee Registered in England and Wales
Registration No. 03719502 | Registered Charity No.1075433

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WOMEN'S CENTRE



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