# **Mapping Tool**

## **Domestic violence**

Caseworkers, including a specialist Domestic Violence worker, can offer support in the following areas:

* Help with reporting problems to the police and attending court
* Help to complete assessments and access agencies and services that can help protect you and your children
* Advice on finances, how to be safe and finding a home
* Offering access to counselling
* Help accessing free legal advice
* Being referred to a refuge

Regular sessions include the Freedom Programme, which helps women identify different types of domestic abuse, including warning signs, and the effects on children, as well as working towards moving forward confidently.

Workshops on Mindfulness, Healthy Relationships and our Confidence course are all designed to improve self-esteem and support women to make steps towards independence.

## **Family support**

Caseworkers can offer support in the following areas:

* Recovery after loss and separation (bereavement or after the removal of children)
* Legal advice through our partner solicitors
* Navigating courts processes and formal requirements in order to get children back
* Facilitating supervised contact in our crèche
* Linking back in with family members after time apart, unresolved issues or time in prison
* Arranging prison visits for family members
* Conflict in the home, challenging relationships or any form of abuse, such as domestic abuse and coercion

For pregnant women and new mothers, Anawim offers specialised pregnancy support and opportunities to develop new skills and increase confidence around parenting, including helping women to manage money, gain employment and access housing, resolve debts and gain stability. Women with older children can get support with behaviour, conflict resolution and how to strengthen relationships.

## **Multiple and complex needs**

Anawim provides a holistic, gender-responsive and trauma-informed service. On average women present at Anawim with at least five needs at the point of referral, and often during the course of her Anawim journey she will disclose more needs as we build trust and create a safe space for her to share. All of our services overlap and we utilise all of our resources to ensure that each and every woman receives a package of support tailored to her specific needs.

Caseworkers can support women with multiple and complex needs such as:

* Children’s Social Services involvement
* Family breakdown
* Isolation
* Immigration
* Ex-offenders/re-offending
* Sex work
* Substance misuse
* Poor housing
* Obesity
* Smoking
* Domestic abuse
* Past and/or present mental health issues

## **Mental health**

Anawim recognises that poor mental health can be triggered by many factors that range from relationships and family situations to sexuality, job issues or experiences of trauma in childhood and adult years. Anawim offers courses and first-hand support, through to practical or holistic help. Caseworkers can accompany women to meetings with their local Community Mental Health Team, advocate on their behalf at GP appointments and provide emotional one to one support. Women can also access therapeutic courses, group therapy and one-to-one counselling.

## **Sexual violence**

For women who have experienced rape and sexual abuse, caseworkers can support women to report the perpetrator, attending meetings with the police and offering support throughout court proceedings. Anawim can also provide access to therapeutic courses or simply provide a safe space for women to share their experiences, as well as provide counselling for women suffering the effects of historic abuse or trauma later in life.

Caseworkers can also provide support with:

* Prostitution (giving women the opportunity to discuss their sexual health along with other issues they want to resolve from support with addictions to housing matters)
* Grooming (helping women to recognise the manipulative side of this type of exploitation or sexual abuse and then to get help in preventing it)
* Female genital mutilation (supporting victims of FGM to seek help)

## **Housing**

Our teams can support women to overcome difficulties with housing applications or tenancies, arrange urgent access to temporary accommodation or a refuge and point women to services they need to prevent them in becoming homeless. We also provide accommodation at Dawn House for women who have just been released from prison as they transition back into the community.

## **Drop-in (Balsall Heath & Washwood Heath)**

Women can receive support in areas such as mental health, finances, housing, families and relationships and domestic abuse. Caseworkers can also provide women with food packages, clothes and sanitary products. No appointment or referral is necessary. Drop-in may act as a first step for a women to become a client and access the full range of our services.

Our Drop-in services are as followed:

* Anawim Women’s Centre, Balsall Heath (Mondays to Fridays, 10am- 2pm)
* The Dolphin Women’s Centre, Ward End Park, Washwood Heath Road, Birmingham B8 2HB (10am-2pm)

## **Helpline & live chat**

Anawim’s helpline is open on 0800 019 8818 for anyone who identifies as a women to speak with a specialist female caseworker about mental health, finances, housing, families and relationships or anything else. Women can also access the live chat on our website; [www.anawim.co.uk](http://www.anawim.co.uk). Both of these services are open Monday to Friday, 10am-6pm and offer a remote form of contact during Covid-19. These services may be the first step a woman takes towards becoming a client and accessing the full range of Anawim’s services.

## **Dawn House**

Anawim provides trauma-informed, onsite accommodation for women who have recently left prison and are transitioning back into the community. We offer six beds for women to stay in and benefit from the richness of our Women’s Centre whilst receiving one to one caseworker provision in a safe and supported environment. The overall aim is to promote independence by developing confidence, skills and addressing criminal behaviour. We will continue to support women when they leave Dawn House for as long as they need us, ensuring that our women are equipped with everything they need to thrive independently in their own accommodation.

## **Counselling**

Anawim clients have access to free counselling onsite with one of our dedicated volunteer counsellors, providing one-to-one support. We are also a member of the Living Well Consortium and provide an “Improving Access to Psychological Therapies” service (IAPT). As an additional part of the IAPT provision, our counselling team run a therapy group, promoting emotional wellbeing to tackle low level depression and anxiety.

## **Ardenleigh**

### Our Blended Service at Ardenleigh Forensic Unit offers gender-specific and sensitive treatment through enrichment activities, one-to-one casework, peer support and family-liaison support for women from the West Midlands who are detained under the Mental Health Act and have a history of actual or potential harm to other people. Funded by NHS England and working in partnership with Ardenleigh Secure Women’s Service, we aim to reduce the length of the patient’s stay in hospital and introduce rehabilitative support, enabling women to reintegrate back into the community.

## **New Chance**

New Chance is an early intervention scheme that helps to divert first-time and low-level offenders away from prison and reduce their risk of reoffending. Working in partnership with West Midlands Police and the Crime Commissioner, women are referred to Anawim if they have received a conditional caution, conditional discharge or community resolution. Our caseworkers are able to focus on the deeper, complex issues and build a relationship with each woman as she engages in our services and gets support for everything from housing to mental health, substance and alcohol misuse, domestic violence, sexual trauma and financial issues.

## **Liaison & Diversion**

The Liaison & Diversion team are part of a specialised service provided by Birmingham and Solihull Mental Health NHS Foundation Trust (BSMHFT) to work within police custody suites, Courts, Prison and the community, providing support with mental health, learning disabilities, substance misuse, homelessness and money problems.

## **Prison in-reach**

Anawim’s prison in-reach caseworkers build relationships with women in HMP Drake Hall and HMP Foston Hall every week with confidential and non-judgmental advice. They provide a ‘through the gate service’ for women leaving prison and then continue to support them after their release. Anawim’s in-reach team also identify women who may be suitable for Dawn House, our on-site accommodation that provides women with a safe place to stay while they integrate back into the community.

## **CAMEO in Foston Hall**

Anawim’s enrichment workers in the CAMEO unit at HMP Foston Hall provide therapeutic activities in the evenings and at weekends, when women are most vulnerable after having worked through deep trauma. This work is significantly reducing incidents of self-harm within prison. For women with personality disorders, understanding how mental health contributes to offending behaviour, and supporting them with their challenges in prison.

## **Courses**

Anawim offers a variety of courses and one-to-one sessions, ranging from employability and financial literacy through to numeracy, reading and writing. We also have courses designed to promote independence and increase self-esteem such as confidence building, mindfulness, art therapy, parenting and healthy relationships. Reassurance that course participation is a choice is liberating and empowering for women who may have been involved with the criminal justice system or abusive relationships. Learning in a group setting offers invaluable opportunities to develop listening skills, the ability to regulate emotions, constructively share experiences, confront challenges and accommodate other people’s discomfort.

Therapeutic courses are also available through Anawim and include REDD (Regulating Emotions and Dealing with Distress) and TREM (Trauma, Recovery and Empowerment Model).

## **Women’s Development Initiative and stage three options**

Anawim promotes a Self Realisation Model which breaks down a woman’s journey into three stages. Stage one involves intensive one-to-one support from a caseworker, stage two is attendance of therapeutic, creative and empowering courses and stage three involves working towards her next steps.

Through our Women’s Development Initiative, clients can take on responsibilities around the centre such as cleaning, catering or working in Anawim’s charity shop. This equips women with useful workplace skills and experience to add to their CVs. Women can also attend employability courses, allowing them to develop CVs and interview techniques. By providing women with an outside adult education directory, they are given an opportunity to gain A level, degrees or take part in career focussed learning. Women may also choose to become ambassadors and peer mentors within the organisation, taking part in events, research projects, lobbying and campaigning, as well as supporting other women through their journey.