

## Case Study

Christine\* is an older woman with mental and physical health support needs. She began working with WIP's Through-the-Gate project at HMP Bronzefield.

Following her release Christine shared that she had swollen legs and severe pain caused by chronic arthritis. Christine's WIP Advocate supported her to contact her GP, and then attend an outpatient's appointment at hospital. Christine found the appointment both physically and emotionally challenging, which translated into her displaying challenging behaviour. Her Advocate was able to support Christine to effectively communicate her feelings of frustration to hospital staff and ensure her experiences and needs were being listened to. This resulted in a treatment plan being put in place including a referral to the hospital's pain clinic.

Christine often expressed feelings of frustration and sadness relating to her poor mobility, and shared that she missed being able to live independently and with confidence. Christine's Advocate liaised with healthcare professionals in order to obtain the medical evidence needed to apply for two specialist grants. Christine was able to purchase her own mobility scooter. On receiving the news that her grant applications had been successful, Christine became emotional and stated that 'it was about time that something went right for me'. Christine is now looking forward to being able to go food shopping on her own, and keep up with her grandchildren!

\*not her real name

## Client Feedback

She has been there for me when I was at my lowest and helped pick me up. She has helped me battle through the Mental Health System. She has listened to me a lot and has helped me decide which route to take.

Thank you for all your kindness and support, and thank you for believing in me and helping me to believe in myself

### Bridges to Health Contact Details

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# Women in Prison

# Bridges to Health



**Working in partnership with  
Central North West London  
(CNWL) NHS Foundation Trust**

## Who are we?

Women in Prison (WIP) is a national charity that delivers independent, trauma-informed support for women affected by the criminal justice system in prisons, in the community and through our Women's Centres.

We campaign to end the harm caused to women, their families and our communities by imprisonment.



## What is Bridges to Health?

Developed from our successful work with Central North West London (CNWL) in HMP Bronzefield, 'Bridges to Health' sees us expand our team and geographical locations to work across the three women's prisons in Surrey (HMP Bronzefield, HMP Send or HMP Downview) supporting women with mental and physical health needs through the gate.

Our team of 'Health & Wellbeing Advocates' will work across all three prisons offering support to women with a range of mental and physical health needs and ensuring that once they leave custody they can access local services and support that is right for them.

Support will begin up to three months pre-release, and up to three months in the community.

## Bridges to Health

