

# How do I get support?

Our support services are there at different stages of a women's involvement in the Criminal Justice System from community orders, at breach court, pre- and post-custodial release.

For referrals or more information email us on [inspire@womenscentre.org.uk](mailto:inspire@womenscentre.org.uk)

Funded by and working in partnership with:



HM Prison & Probation Service

Our partners include:



“

I feel like I can speak to [my case worker] about anything and everything. She's helped my confidence. It is getting better, it has got better. ”

Inspire client

We are:

- for all self-identifying women
- run by women for women
- safe
- understanding
- trauma-informed

# BWC

## Inspire



*Positive alternatives for women.*

*Sussex wide, holistic, wraparound and gender-specific support for women offenders.*



Registered Charity No: 1003790

Brighton Women's Centre  
*Empowering women since 1974*

[womenscentre.org](http://womenscentre.org)

## What we do

Brighton Women's Centre has been supporting women in Brighton and Sussex for over 45 years.

We provide:

- Support for homeless and insecurely housed women through our Women's Accommodation Support Service
- Mental health support through dedicated casework
- Connection with others through our Hubs
- Learning new skills and developing confidence through Women's Peer to Peer Support Service
- Access to our foodbank, therapeutic services and ToyBox, our Ofsted-registered Early Years provision
- Support in attending appointments, referrals and overcoming barriers to engaging in wider community support
- Specialist education, training and employment support available through Working Chance

“

I've changed my life as I no longer take drugs and starting to believe in myself more and just want a secure home and my kids back.

”

Inspire client

## What casework offers

Women referred to us will be assigned 1:1 support in the community, pre- and post-release from prison. We will work closely with each woman to develop a support plan providing practical and therapeutic interventions. The support plan is created and regularly reviewed with each woman to monitor progress and to adapt to changes in needs.

We aim to address the spectrum of issues which can typically lead to women offending. We offer trauma-informed and joined up services within BWC and with our partners to match the support to the need. Our aim is to divert women from crime.

## Our approach

We help women from all backgrounds, facing all kinds of issues, to live happier, safer lives.

Women's needs are at the centre of what we do. We recognise that each woman is an individual, with her own history, her own challenges, her own strengths and hopes.

We won't judge our clients or tell them what to do. We build trusting relationships based on mutual respect, creating safe, trauma informed spaces where they can be themselves.

We will listen and support them with the issues that matter to them. We will work with them to find the information they need and support them to build confidence in their strengths so they can move towards the future they want.

