

# 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 women 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.

Funded by and working in partnership with:



HM Prison &  
Probation Service

Our partners include:



# How do I get support?

Inspire, at BWC, are the women's holistic service for CRS referrals in Sussex. We work with women who are on a community order - with RARs, pre- and post-custody release - on licence or post sentence supervision.

If you would like to make a referral, please call Marion Taylor, the Inspire Manager, on 07718 208 945. If you have any queries, you may also contact her at [marion.taylor@inspireproject.cjsm.net](mailto:marion.taylor@inspireproject.cjsm.net)

We are:

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



Registered Charity No: 1003790

# BWC

*Professional*

## Inspire



*Positive alternatives for women.*

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

Brighton Women's Centre  
*Empowering women since 1974*

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

# Who we are

Brighton Women's Centre has been supporting women in Brighton and Sussex for nearly 50 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

“

The Inspire Project at [BWC] has given [me] enough support to allow my self-confidence to begin again, and largely, the knowledge they are a continuing network of support to help me survive.

”

Woman receiving support from Inspire

# 8 Pathways



# 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 intervention. 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.