

# 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 you or tell you what to do. We build trusting relationships based on mutual respect, creating safe, trauma-informed spaces where you can be yourself.

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

Funded by and working in partnership with:



HM Prison &  
Probation Service

Our partners include:



# 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.

If you would like to be referred to the Inspire service, please contact your Probation Officer to complete a referral.

We are:

- for all self-identifying women
- run for women by 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

June 2024

Brighton Women's Centre  
*Empowering women since 1974*

womenscentre.org

# Who we are

BWC has been supporting women in Brighton and Sussex for 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

# Inspire 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 emotional support. 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.