

How do I get support?

Referrals for Musculoskeletal Link Worker Project are made through the Sussex MSK Partnership.

Ask your clinician to contact us with your name, NHS number and preferred contact details. We will then call you for an informal chat about support at Brighton Women's Centre and offer you an appointment.

For more information please contact:

Sara Hughes
Senior Practitioner
Brighton Women's Centre
22 Richmond Place
Brighton BN2 9NA

Mob: **07909 234 164**
Tel: **01273 698 036 Ext 3**
Email: sara.hughes8@nhs.net

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[Sussex MSK Partnership](#)
[Central](#)

“

A safe space to talk.
I can speak in confidence
and know I'm not being
judged or that my personal
information will be
shared with others. ”

Service user

We are:

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

BWC

Musculoskeletal (MSK) Link Worker Project

*A women-centred service in
partnership with the Sussex MSK
team for self-identifying women
in Brighton and Hove, Crawley,
Horsham & mid-Sussex CCG.*



Registered Charity No: 1003790

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Brighton Women's Centre
Empowering women since 1974

womenscentre.org

What we do

BWC has been supporting women in Brighton and Sussex for 50 years.

Our casework teams work with women through a variety of different projects and locations across Sussex.

The MSK Link Worker Project runs in partnership with the NHS Musculoskeletal Team in Sussex.

Our caseworker can provide up to ten one to one confidential sessions, offering emotional and practical support either remotely or within a safe, women-only space.

BWC oversees women-only drop-ins, a foodbank, peer support, low cost therapy and a variety of activities and groups.

“

I feel that I have somebody to help me to try to move forward with my life. I have had help in dealing with some of my problems. ”

Service user

What casework offers

- someone to listen to you and understand what is going on in your life
- we support you to decide what you would like to change and how to make those changes

In your sessions you can receive support with:

- accommodation
- benefits, debt and budgeting
- relationships
- drug and/or alcohol use
- current and historic abuse or violence
- thoughts, feelings and habits
- understanding and filling forms
- finding work
- accessing training or college courses
- parenting
- child contact
- talking to other agencies and referrals into other support

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.

