

How do I get support?

The peer groups are open to all self-identifying women.

For more information please contact:

Jane Moore

Women's Peer to Peer Service Manager

Email: janemoore@womenscentre.org.uk

Tel: 07762 893 931

Or visit our website:

www.womenscentre.org.uk/services/womens-peer-to-peer-support/

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“

The peer group facilitators and members were kind and welcoming. I look forward to my group meetings and it's helped me feel less lonely and isolated. ”

Peer Participant

We are:

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

BWC

Women's Peer to Peer Support Service

Supportive peer groups across Sussex to build relationships with other women.

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.

The Women's Peer to Peer Support Service is about group activities in a safe environment for women wanting to gain confidence, independence and connection with other women through peer support.

As a peer participant you will have the chance to:

- choose the types of activities you do in the group
- engage and connect with other women
- share experiences and increase your sense of self-belief
- develop a sense of belonging in your local community
- begin to build new relationships

“

It's nice to be myself with other women with similar experiences. We can share our day to day struggles and know they're because of our past rather than not [being] good enough or lazy.

”

Peer Participant

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, giving you the security you need to take the next steps towards a better life.

As a peer facilitator you have the opportunity to:

- co-facilitate peer groups with the support of a member of staff
- attend peer facilitator training
- facilitate, with another, your own group
- develop new skills, knowledge and experiences
- give back and support other women

Alongside our peer support groups we also have workshops focused on increasing resilience or self-kindness available at certain times of the year.

