

Anawim

Birmingham's Centre for Women

IMPACT REPORT

2023-2024

Anawim – Birmingham's Centre for Women is a registered charity, number 1159706 and a company limited by guarantee registered in England and Wales (company number 9322109)



Registered with
**FUNDRAISING
REGULATOR**

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INTRODUCTION



What is a women's centre?

Women's Centres take an approach that encompasses all aspects of a woman's life and provide services and support from housing and finances to domestic abuse and harmful substance use. Women's Centres are based in local communities and enable women to maintain relationships with family and social networks, whilst also building and developing wider support systems. ([Women in Prison, 2022](#))*

There are financial benefits too:

Independent analysis by Alma Economics shows the benefits generated by Women's Centres outweigh costs. The research found a hypothetical Women's Centre receiving £1m investment in a given year can support more than 650 women and generate £2.75m in socio-economic benefits, including savings for public services and significant gains in welfare for women and their children.

Through prevention and early intervention, support from Women's Centres can mean reducing long-term or crisis point demands on services such as health and housing, more survivors accessing support for domestic abuse, and a reduction in the number of children entering the care system. Nearly half (47%) of the public sector savings is returned to the local authority, 17% to the Ministry of Justice and 15% to the NHS. ([Women in Prison, 2022](#))

Anawim – Birmingham's Centre for Women offers gender and trauma-responsive wraparound support to enable women to reach their potential. We work with more than 1000 women in Birmingham every year through counselling, crisis intervention, holistic and intensive long-term specialist support and other practical resources, in the community and in prison.

Women need access to holistic and tailored support, to make positive progress towards independence, security, and safety and to live lives free from abuse, exploitation, prison, homelessness, and poverty. We enable women to improve their confidence, self-esteem, and ability to manage their challenges independently in healthy and constructive ways; whilst supporting them to share their experiences and explore their past trauma, behaviours, and choices in a safe, non-judgemental and trauma and gender-responsive space. Anawim works with women towards employment, education, and a brighter future through emotional and life skills support.

Our primary focus is on providing essential services tailored to the specific needs of our women and communities. It is vital to understand that all needs are interconnected and must be addressed individually and collectively in a holistic manner, for women to be able to thrive.

*<https://womeninprison.org.uk/media/downloads/The-value-of-Womens-Centres-report.pdf>

OUR VALUES

Anawim believes in the intrinsic value of every person and welcomes each women, without judgement.



2



We are deeply committed to listening to our women and building services around their needs.

We help women to navigate the complex challenges they are facing and we do all that we can to support them for as long as they need us.

3



4

Anawim empowers women to make positive changes to turn their lives around, helping them - one step at a time - to become independent.

We want the best for our women and to make sure their basic needs are met. We won't rest until we've done all we can to keep them safe.



5

"No one leaves feeling unheard"

1744 women supported with 2260 cases - April '23- March '24

Nearly 300 more than in '22-'23. (1462 women supported)



OUR MISSION

To provide trauma responsive services including holistic support and advocacy in Birmingham to empower women to reach their potential

OUR VISION

A world where women and girls are safe, free, valued, and empowered members of society

OUR GOALS

We worked with Trust Impact at the beginning of 2023 to consider our 'why' by examining the benefit our support brings to the women and wider society. They helped us to reconsider and hone our vision and purpose statements. They made recommendations including setting meaningful measures to track impact and collaborating to create strategic alliances based on our target audiences.

1 We will provide outstanding services for women and girls

We will tirelessly make the case for community based alternatives to custody for women and will work towards the elimination of the use of short custodial sentences.

We will seek appropriate diversion for offences where mental health and trauma have influenced their offending or the crime can be dealt with out of court.

We will support women with multiple and complex needs to navigate and overcome systems and achieve their goals and aspirations.

We will offer support to women and girls as a preventative measure, preventing needs escalating.

We will increase our work with girls and young women to reduce the number of women with complex needs in the future.

We will do this by:

Creating the women's centre to be a 'one stop shop' where women feel safe, supported and have all their needs met in one place.

Encouraging the women to take ownership of their journeys, contributing positively to society.

Offering a solution at every point of the criminal justice system.

2

We will continually develop our staff and volunteers so they feel valued and involved

We will continuously improve our internal processes and invest in our staff and volunteers so that we can provide the best possible support to our women within the resources that we have available.

We will ensure recruitment, induction and on-boarding of staff and volunteers is fully inclusive and welcoming to all women irrespective of backgrounds.

We will do this by:

Creating a safe environment where staff and volunteers can be their best selves at work

We will ensure our staff are well trained and developed to their potential.

"Having someone who's never going to let you down literally changes your life. Anawim's been great for me."

3

We will develop and maintain strong and effective partnerships in order to help women whatever their needs

We will build our profile and reputation for safe, reliable and effective services and solutions for women at every stage of the criminal justice system or whose circumstances may put them at risk.

We will develop partnerships which create access into other specialist services so we can provide the best possible support to our women.

We will do this by:

Capitalising on the diversity and breadth of partnership opportunities.

Developing and maintaining strong and effective partnerships.

Ensuring our partnership arrangements are robust and meet the needs of women who use our service.

4

We will strengthen our profile locally and nationally and amplify the voices of women

We will advocate for our women and will work to ensure that the authentic voices of our women are heard.

We will build our profile and reputation for safe, reliable and effective services and solutions for women at every stage of the criminal justice system or whose circumstances may put them at risk.

We will do this by:

Developing and targeting a network of contacts who will engage, support and raise awareness of Anawim.

Recording and utilising impact data to effectively promote Anawim's profile.

Effectively utilising media opportunities

5

We will increase our funding and manage our resources effectively

We will advocate for long term sustainable funding for our women's centre and will broaden our range of funding sources.

We will apply to suitable funding streams across statutory and charitable foundations in line with our mission and values.

We will do this by:

Developing and targeting a network of contacts who will engage, support and raise awareness of Anawim for financial and sustainable benefit.

Recording and utilising impact data to effectively promote positive fundraising messaging externally, grow online fundraising and social media presence.

Researching and developing open and sustainable funding streams .

Developing and effectively managing fundraising resources and communications materials to implement support structures for staff, trustees, volunteers, service users and donors .

Holding fundraising events throughout the year in addition to culturally relevant periods with the aim to raise funds and awareness.

4

CENTRAL SERVICES

Our centre is a welcoming space where women can connect.

Through support groups, courses, workshops and community events, our main social area at the centre plays a central role in fostering a strong sense of community among our service users.

We have one or more specialised caseworkers carrying out each of the projects below:



Substance Misuse: Supporting women experiencing drug and/or alcohol use disorders to overcome their addictions and maintain recovery. Addressing the root causes alongside clinical methods of medication where appropriate.



Domestic Abuse: Support with domestic abuse including financial or coercive control, psychological and emotional abuse, and physical and sexual abuse. Supporting women to safely escape relationships, understand trauma and identify healthy relationships.



Children and Families: Support with parenting to help women keep or regain custody of children. Advocacy at case conferences, court and alongside other professionals, Support if children are taken into care.



Multiple and Complex Needs: Recognising the need for personalised interventions, and tailored approaches, we support clients experiencing severe mental health issues, including suicidal tendencies and self-harm.



Courses: Key courses and groups address trauma; domestic abuse support; increasing self-confidence; assertiveness and self-esteem; mindfulness; creativity; exploring inter-personal problem solving and regulating emotions.



Counselling: Free counselling offered for every woman at our centre, meaning they receive support in an already familiar environment, as well as reducing the number of places to travel to.



Housing: Support to access emergency, temporary and permanent accommodation, maintain tenancies, support to navigate housing and benefits agencies and systems.



Drop-in: The 'front door' of Anawim to access 1-1 support, food parcels, toiletries, clothes and sanitary products, as well as a shower facility where needed.



"I find the same sort of kindness most people find from a family member's house"

“YOU SEE ME NOT JUST THE CRIMINAL RECORD...

YOU LOOK BENEATH THE LABELS”



Anawim
Birmingham's Centre for Women

DROP-IN AND COUNSELLING

202 WOMEN VISITED FOR FOOD OR TOILETRIES

"These clients have the opportunity to address their issues, and are enabled to form better relationships in the future, and lead happier and more productive lives. More counselling students have started with us, and two who have qualified have chosen to stay on as volunteers"

162 women were supported with counselling

507 WOMEN MADE 1152 VISITS TO OUR DROP-IN. THE MOST COMMON REASONS WERE ABUSE & FINANCIAL DIFFICULTIES.

307 WOMEN CALLED THE HELPLINE

"Anawim found me at the right time. I really thought I had no one but since I've been with Anawim you have supported me through really tough times, thank you so much."

"Our clients in drop-in continue to present with very high risk and high need issues such as domestic violence, homelessness, and mental health crisis.

There is an ongoing issue with housing. The cost of living and austerity continue to reduce women's finances to a negative income."

Charlotte Taylor – Central Services Manager, Anawim.



CHILDREN AND FAMILIES

66 women supported

95% of children with a mother in prison have to leave the family home.

"What is not seen is someone who has been through trauma and is trying to heal and get her life back together. I felt that my family, friends, society, and my community had written me off, I would blame myself for situations I had no control over. Anawim has supported me by making me more confident and assertive. I can see a brighter outlook and have developed tools I needed through support from Anawim and am very grateful."

Keeping children out of care saves money

Foster families are paid £756 per week per child in placement in Birmingham. This equates to £39,312 per annum plus a child maintenance allowance. The average cost of residential care is £5980 a week. Private care providers can charge £30k a week

"Managing her mental health has reduced the Complex Mental Health Team involvement and the call outs to emergency services with their associated costs to government, NHS and taxpayer."

Miriam Sultana - Multiple and Complex Needs Case Worker, Anawim

MULTIPLE AND COMPLEX NEEDS

"There's been a general positive shift in her mindset, she's taking her medication, a safety plan has been implemented, and she understands healthy intimate relationships. She has impacted on service delivery by attending events, forums and has attended consultations with external agencies on behalf of Anawim. She has been engaging in Anawim courses and activities, and there's been less impact on the NHS."


49 women supported

DOMESTIC VIOLENCE

157 visits to drop-in were for Domestic Abuse, 71 for Physical Abuse and 38 for Emotional Abuse.


1/4 of the women supported had criminal justice involvement.

"It is unfair that after experiencing domestic violence - a situation out of their control - the women are expected to up and move from their home and community."



"I was able to support a woman to court, obtain a non-molestation and occupation order and ensure that she and her children have a safe and secure home."

Sharon Bartlett - IDVA, Anawim



*Helen (not her real name) was confined to a room, deprived of the opportunity to study or read books, and her autonomy was systematically undermined. The coercive nature of the abuse meant that Helen's every action was monitored and controlled, leaving her feeling helpless and trapped.

There were a number of challenges with her case: her immigration status, social isolation, financial constraints. Our Independent Domestic Violence Advisor facilitated *Helen's access to a multitude of resources, encompassing counselling services, legal aid, educational avenues, and specialised assistance from relevant agencies through multi-agency working.

The process to amend her immigration status has been established. Helen is actively involved in various programs offered by Anawim, including confidence-building courses, National Literacy Trust sessions, and she is currently pursuing the role of becoming an Anawim champion.

126 women supported.

THE WIDER **IMPACT**

“Short prison sentences DON’T work and are not effective to rehabilitate or prevent re-offending. Our community sentences and diversion services DO work.

When women remain in their community, have to face their situations, work through their issues, and are offered real meaningful support, they can really turn their lives around.

Sentences served in the community are not easy or soft, but by offering trauma responsive interventions and space to face up to consequences of actions, we see real results.

Women’s centres have suffered from underinvestment for years, so although we can offer the results required we can’t do it for nothing. We need sustainable funding.”

Joy Doal, MBE, Anawim CEO.



WE HAVE WORKED WITH **195 WOMEN** THROUGH THE INTENSIVE SUPERVISION COURT & THE HEALTH & JUSTICE VULNERABILITY SERVICE. IF THEY HAD EACH SERVED 3 MONTH SENTENCES THE COST TO THE PUBLIC PURSE OF THEIR IMPRISONMENT WOULD HAVE BEEN **APPROX £2.8 MILLION - MORE THAN OUR ANNUAL BUDGET.**

(MoJ figures *)

CRIMINAL JUSTICE SERVICES

156
WOMEN

New Chance: Early intervention:

Project in partnership with the Police and Crime Commissioner, diverting women with low-level/first-time offences away from the criminal justice system by offering out of court disposal. Addresses women's criminogenic needs, reducing strain on local services.

56
WOMEN

Intensive Supervision Court:

The ISC forms part of a new community sentencing approach, to tackle the root causes of offenders' behaviour, make more positive life choices and cut reoffending.

Through the pilot when a woman is sentenced, the judge will order them to attend regular review meetings, to check they are abiding by the requirements of their community sentence.

139
WOMEN

Community Rehabilitation Service - Probation.

264
WOMEN

"Even though what led me to here was a bad thing, I'm happy it happened, because I got the support I needed."

"Pam has helped me overcome obstacles through her positive attitude and courses at Anawim, she was always really supportive, and did not judge me or my situation. I felt I could be open and honest, she always had a word of advice to make things feel and sound better.

Pam helped me with my anxiety through teaching me coping mechanisms, and helped me find a way to say no without feeling wrong. I am forever grateful."

CRIMINAL JUSTICE SERVICES

Ardenleigh - Secure Forensic Unit:

Delivered in partnership with Birmingham and Solihull NHS Foundation Trust. Support for women experiencing complex long-term mental health issues within the criminal justice system.

49
WOMEN

Prison and Resettlement:

Supporting women in prison and back into the community. Specialised support from two Prison Resettlement Workers, two Community Rehabilitation Workers, and a Prison Liaison Worker.

On average women in prison are 45 miles from home, leading to isolation.

144
WOMEN

Community Connections:

Partnership of various women's centres aiming to connect women in prisons with vital specialist community support services. Ensures every woman in prison is connected to their local women's centre or relevant specialist services with the help of prisoners who are trained as Champions. Strengthens partnerships between a national network of centres, prisons, and women in custody.

72
WOMEN

CAMEO & ACCESS within HMP

Foston Hall: The Offender Personality Disorder (OPD) programme provides a pathway of psychologically informed services, offering therapeutic activities at times when women are most vulnerable to self-harm and mental health challenges.



*"Prison is my world,
it's what I do"*

Harpreet Singh - Criminal Justice Practitioner, Anawim.

"If the women hear they are able to come to Anawim, they smile. You have a good reputation in the prison." Amanda Oldfield - Strategic Housing Lead, Drake Hall Prison.



VOLUNTEERING, EDUCATION, Training & Employment

Volunteers are integral to Anawim and the support we can provide, and we were awarded the Investing in Volunteers Award in 2023 for a second time. Our Volunteer team includes qualified psychologists, counsellors and tutors, and volunteers are encouraged to apply for paid roles within Anawim as part of our new recruitment model. We are proud of the pathways we have developed and over the last 12 months one woman's joined the staff team, and another has come through as part of the new Champion programme.

15 volunteers contribute **56 hours each week**, equating to £33,313 per year.
Equivalent to a full-time member of staff.

"She recently secured a job at Birmingham Airport which we are all very happy about. She wants to continue volunteering at the shop as she enjoys it and it helps with her mental health."

ETE has worked with 29 women

"This Champion's English has significantly improved alongside her confidence since volunteering with us. She was struggling very much being away from her family in the Middle East - it was really affecting her mental health. She enjoys volunteering at the shop and feels supported there. I was asked by her immigration solicitor to send a supporting letter detailing her volunteering experience. She has secured her immigration status now and is very grateful for the support. Her confidence is growing and her English is continuing to improve."

*Hannah Yafai - Social Enterprise and ETE
Co-ordinator, Anawim*

We are working hard to build the women's involvement, introducing a new Education, Training and Employment Role focusing on skills development opportunities. We have developed a forum for women to meet with staff and share their ideas, experiences, and suggestions for how services can adapt to their needs. Within Anawim's charity shop and our centre, we have a team of 12 active Champions - current or previous Anawim clients - who now volunteer, and are integral to our work. We also offer peer mentoring and volunteering opportunities for service users, through which several have gone on to become paid employees at the centre.

*"I would like to help others. Life is about hope, **why not become someone's hope?**"*

SOCIAL ENTERPRISE

Buy sustainably
support women
feel amazing

Our new charity shop in Moseley is now up and running!

Visit us to grab a bargain, chat with a member of staff and support your local community. All of the proceeds allow us to continue our vital work with Birmingham's women.

Visit our shop:

214-218 Alcester Road,
Moseley
Birmingham
B13 8EY



We are open Tuesday to Saturday

Please come along and bring friends, family and neighbours to browse for a good cause!

Did you know we accept donations of clothing, gifts and toiletries to sell in our charity shop.

We also have a gallery wall for Anawim's women to display and sell their art and any women artists who would like to donate their work.

We are looking for an eBay expert to help us with selling our lovely donations online!

Fundraising & PROFILE



We are excited to have moved our current charity shop on Edward Road to a more prominent location in Moseley High Street. The shop acts as a social enterprise for Anawim allowing us to give work experience and training to service users. It will act as an extension to our drop-in service and help us to further raise our profile locally.

We use our social media channels, presentations, attendance at forums and participation in consultations to influence policy decisions affecting the women we support. This includes campaigning around ending the use of short prison sentences, resentencing for those serving inhumane IPP sentences, the value and cost saving benefits of investing in women's centres, and against misogyny and violence against women and girls. We are very proud we played a part in the design of women's holistic service under the Community Rehabilitation Service contracts in line with the Female Offender Strategy.

As a result of our ability to raise awareness and profile of Anawim, this year we managed to hold a successful fundraising art exhibition in honour of International Women's Day with the theme 'Inspire Inclusion'. We had over 40 female artists take part involving Anawim service users and members of the local community, 100 people attended and we raised over a £1,000 in sales and donations.

With your support, we were also able to reach more people in the community and delivered talks to companies such as Tata Technologies, Cadent Gas and John Lewis. We were also able to hold an external drop-in in partnership with Birmingham Mind.



“

It's nice to hear that there's good that comes out of the donations we have made and that we have made a difference to someone... The customers here realise that it's a good cause and want to support it. Helen - Publican, The Clock

”

PLEASE CAN YOU SUPPORT US?



£5

COULD COVER THE COST OF TRAVEL TO THE CENTRE TO ACCESS ONE TO ONE CASEWORKER SUPPORT OR VITAL COURSES FOR ONE WOMAN WHO HAS NO OTHER MEANS OF TRANSPORT.



£20

COULD HELP PROVIDE ONE HOUR OF COUNSELLING OR ONE HOUR OF ENRICHMENT ACTIVITY IN PRISON FOR WOMEN STRUGGLING WITH THEIR MENTAL HEALTH.



£50

COULD COVER 90 MINUTES OF SUPPORT FOR A WOMAN FACING CRISIS, SUCH AS HOMELESSNESS, FLEEING DOMESTIC VIOLENCE OR LIVING IN POVERTY, THROUGH ANAWIM'S WOMEN-ONLY DROP-IN SERVICE.



£100

COULD PROVIDE CASEWORKER SUPPORT FOR A WOMAN EXPERIENCING DOMESTIC OR SEXUAL ABUSE, ENABLING HER TO SEEK PRACTICAL ADVICE, ADDRESS PAST TRAUMAS AND DEVELOP CONFIDENCE.

Your support of Anawim - Birmingham's Centre for Women is deeply appreciated and it is critical to us being able to provide the services, support and positive outcomes outlined in this report.

With your help, we can provide much-needed assistance to the women seeking a safe space with us by supporting our community to grow stronger, bringing about change for women who have been let down by the system and for women who have been left behind.

We will actively help to break the cycle of trauma for children who deserve a bright and healthy future by promoting acceptance, creating understanding and helping women rise above their challenges.

Set up an individual or monthly donation:

Please visit our website at anawim.co.uk/get-involved/donate

You can also text the word ANAWIM to 70085 and £5 will be donated to Anawim (money will be taken via your phone bill)

Other ways to support:

You can donate money, non-perishable food, clothes or household items, or your time as a volunteer. You can also sign up to Easy Fundraising and donate to Anawim at no extra cost or set up a fundraiser.

Find out how else you can help at anawim.co.uk/get-involved/

Email us at Giving@anawim.co.uk

Call us on 0121 440 5296

Follow us on social media or sign up for our newsletter via the website

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HERE
TO
DONATE



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[anawim.co.uk](https://www.anawim.co.uk)

“I HAD NO HOPE AND NO FUTURE

AND NOW I HAVE BOTH.

I HAVE HOPE FOR A FUTURE.”



Anawim

Birmingham's Centre for Women

ACKNOWLEDGEMENTS

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Most importantly we'd like to acknowledge the support of all of our partners, funders, staff, champions, volunteers and women who have contributed to the services and projects mentioned within.

Writing & design: Holly Rackham and Alice Rosenthal.

Figures & statistics: Lisa McHugh

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Mon-Thurs
9am - 5pm
Fri
9am -4:30pm

THANK YOU
FOR YOUR CONTINUED SUPPORT OF
ANAWIM - BIRMINGHAM'S
CENTRE FOR WOMEN