

Providing trauma-informed community services

Specialist The Nelson Trust is a charity specialising in delivering holistic, gender-responsive, trauma-informed services for women involved in the criminal justice system and women who have limited life choices.

Trauma Informed Many women who access our services have histories of complex trauma including childhood abuse, domestic abuse and sexual violence. Women often present with multiple needs such as homelessness, mental health issues and poor coping strategies. Principles of choice, empowerment, trust, collaboration and safety underpin our service delivery.

Access to Safe Services The shame and stigma attached to their experiences creates numerous barriers in accessing and/or engaging with services. Providing a women-only, safe and non-judgemental environment helps women to develop a trusting relationship with our keyworkers facilitates access to other specialist support.

'If it wasn't for the centre I would be dead. I wouldn't have been able to cope without the support I have had.'



Women's Community Services

The Nelson Trust Women's Centres in Gloucester and Swindon provide women-only spaces where a wide range of support needs are addressed in a safe and supportive environment. Services are trauma-informed and gender-responsive providing holistic support to women and their families.

Who is the service for?

The service is for women in Gloucestershire, Swindon & Wiltshire. We provide services for over 550 women each year and their wider families and children.

If you are in need of support or know someone who is, please get in touch with the team:

- Referrals can be arranged by any partner agency, including police, social services, NHS, criminal justice etc.
- Individual women are also able to self-refer.

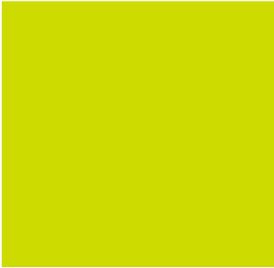
How does the service work?

Every woman is offered a detailed individual assessment of their needs across nine "pathways". These include:

- Accommodation
- Physical and mental health
- Drugs and alcohol; finance and benefits
- Family and relationships; domestic abuse
- Sex working; education and training
- Attitudes, thinking and behaviour.

Each woman has her own keyworker who works with her to develop a support plan to address her needs. This will be achieved through one-to-one sessions, group work and access to specialist services across the county.





What do we do?

Throughout the week, there is a full timetable of activities including:

- Accredited educational courses
- Therapeutic workshops
- Drop-in sessions
- Groups that cover well-being, life skills and creative activities.

Rehabilitation Activity

Women sentenced to Rehabilitation Activity Requirements (RAR) by the courts are referred to us.

The RAR begins with a three-way meeting between the woman, their Offender Manager and a Women's Centre keyworker. Each woman will participate in an assessment across the nine pathways of need which may be related to offending behaviour. Regular three way meetings will take place to review progress and plan any further support that may be needed.

A support plan is developed including specified RAR days, therapeutic groups, workshops, courses and one-to-one support.

Women sentenced to a RAR will initially complete a course on 'Crime and Its Impact' and there are a number of other courses available, which can help women to improve their well-being and reduce their risk of re-offending.

NOMS CFO3 European Employment Project

This service works with women currently at HMP Eastwood Park providing support in gaining employment. The tailored support focuses on breaking down the barriers into employment and into social inclusion. The support takes place at prison as well as through the gate when women are released, including help for resettling into the community.

Re-unite Project - Gloucestershire

By providing a comprehensive package of housing and support, the project aims to re-unite mothers with their children who may have been placed in the care of a family member or the local authority because their mother was held on remand or was serving a custodial sentence.

Young Women Rural Outreach - Gloucestershire

This service supports young women and girls aged 14-24 who are at risk of antisocial behaviour (ASB), offending behaviour and/or substance misuse.

The aims are to reduce risk, promote wellbeing and build resilience from ASB, offending, substance misuse, abuse and exploitation.

Where are we?

Gloucester Women's Centre

Belsize House
1 Brunswick Square
Gloucester
GL1 1UG
T 01452 397690
F 01452 397699

Swindon & Wiltshire Women's Centre

162 Victoria Road
Swindon
Wiltshire
SN1 3BU
T 01793 495812
F 01793 420706

To find out more or get involved contact us via:



01453 884090



fundraising@nelsontrust.com



[The Nelson Trust](#)



[@TheNelsonTrust](#)

Charity Number: 1056672



LOTTERY FUNDED



European Union
European
Social Fund

Bristol
Gloucestershire
Somerset
& Wiltshire
Community Rehabilitation Company



Changing lives
Creating futures

