

MAKING LINKS FOR STRONGER SUPPORT

Esther's abusive partner was in prison. Back in her home town, her neighbours were harassing her because of him, and things with her family weren't good. She ended up in a hospital in Bristol.

When Esther arrived in drop-in she was sofa surfing with people who were putting her at risk. We spoke to partner services about her background and Sophie completed her housing application asap.

Since getting housed, Esther's stabilised well. Relationships with some of her family have really improved. Jane's been talking to her about getting into rehab. Working with Alexis, she's got a lot more support outside of drop-in. And she's doing some awesome voluntary work!

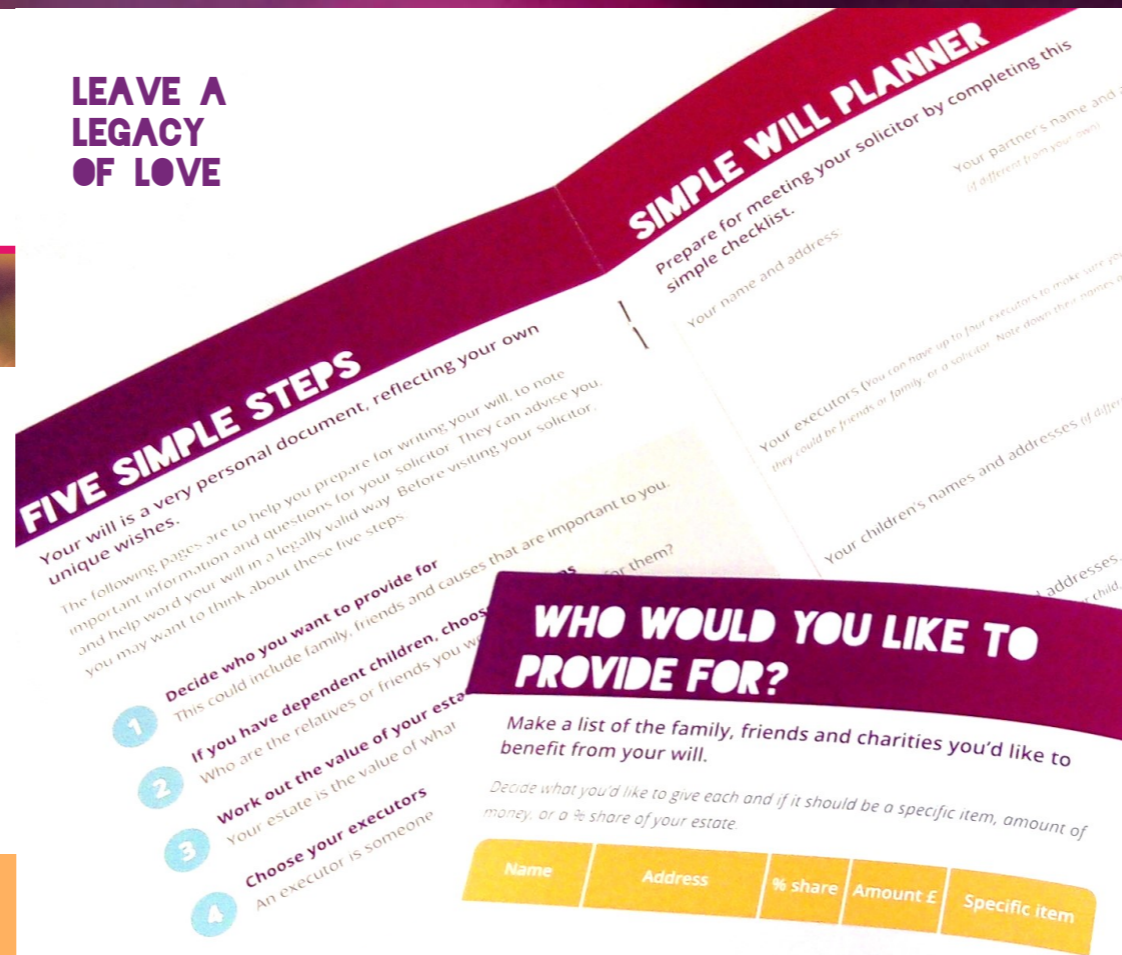


IN BRISTOL, ABOUT
4 IN 5
STREET SEX WORKERS ARE
HOMELESS

BUT THANKS TO
YOUR SUPPORT
LAST YEAR...
139 WOMEN
WERE IN STABLE
ACCOMMODATION

one25.org.uk

LEAVE A LEGACY OF LOVE



Is 2018 the year you'll make your will? A will provides for your loved ones and gives you peace of mind, knowing your personal wishes will be carried out.

One25 has a free, practical guide to preparing or changing your will that we'll happily post out to help you make this important step.

Order one now on 0117 909 4390 or download it via our website:

one25.org.uk/donate/wills

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step away from the streets

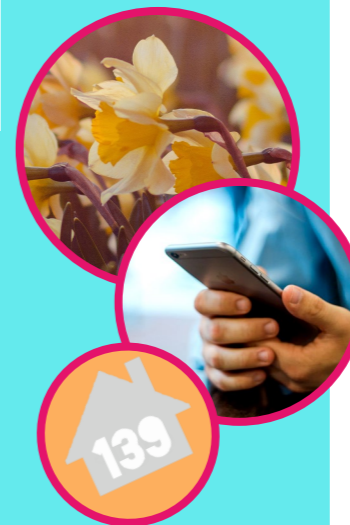
SPRING NEWS 2018

Pause for breath

Give it up!

Upcoming events

Esther's escape



Dear supporters,

We are working hard to ensure that Pause Bristol will continue after the pilot programme ends in December this year. At time of going to print, 16 women are fully signed up and starting to make significant positive changes.

Very exciting news: a Housing First pilot is due to be launched in Bristol, led by Golden Key with One25 as a partner. It's designed to provide stable housing for a minority of very high need homeless people so that their other issues can be addressed.

Also, our DUSK (drug use in street sex workers) research pilot has started. Almost all the women we work with have experienced trauma which has often led to street sex work. The research should prove that specialised trauma-informed counselling is needed to make a full recovery from addiction.

All the best to those One25 staff and supporters doing Sleepout 2018! And also to all those with local partners Julian Trust, Crisis Centre Ministries, Caring in Bristol and Help Bristol's Homeless.

Thank you for making change possible for Esther and the many more precious women we serve.

Anna.

Anna Smith, CEO



PAUSE

Since June, Pause Bristol has been working with women who've suffered the trauma of having children removed from their care. Pause supports women to choose and make positive life changes.



How do you begin this kind of work when the needs are so complex?



Isobel,
practitioner:

I start by asking 'where would you like to be in a year's time' and working back from that.

One woman told me she hates her surname; it was her abuser's and it reminds her of him. So we've ordered her a birth certificate and we're going to change it.

From that we have a platform to start looking at the bigger things. You can talk to people about drug use and housing but if they feel awful all the time it's really hard for them to make wider changes.

How important are women's relationships with practitioners?

Hayley, practitioner:

I'm working with a woman who suffers terribly from anxiety. She needs to find something that brings her joy and builds her confidence. Then she'll naturally start moving away from her violent partner, reducing her drug use, relating well with her child who she still has opportunities to see.

It's taken 6 months for our relationship to get to this stage but she's confident enough for me to go with her to an activity she mentioned was a way for all that anxiety to just disappear.



So small changes can actually be a really big deal?



Charlie,
practitioner:

A woman I work with, when she's off her script she sex-works and uses drugs intravenously. When she's on

her script all that is very much reduced. Recently, I wasn't around but she was able to make an appointment to secure her script and go to collect it.

Two months ago she wouldn't have been able to do that. Now she can and because of that her script is in place and she's stable. A small task affected her whole life. And she's got a sense of achievement.

Is it just about self-esteem?

Amy,
coordinator:

A lot of the women we work with don't really understand why their children have been removed. The gulf between them and the decision makers is huge.



Sometimes women know that experts have recommended that they should undergo two years of counselling. But knowing what that is or how to access it is something else! Pause helps women to understand and to get the services they need.

And what's the bigger picture?

Caz, practice lead:

If we work with twenty women in our 18-month pilot programme, we can estimate about fifteen children won't have been born only to be immediately removed. We'll have prevented massive trauma to women and children.

When women are able to take a break from pregnancy and work with us, there's a set time and space to deal with underlying struggles and the impact of previous traumas.

They might reconnect positively with their children who are in other people's care and will be in a much better position to care for children in the future.

The effects are big and they're long term. Brave women are making progress every day. So keep watching this space!



125 HOURS TO CHANGE A LIFE

This February you can raise money to give a desperate woman hope. Join an army of ordinary people doing extraordinary things and give something up for 125 hours. Register your challenge today to get started!

In the last year this support meant 37 amazing women were able to escape the streets and many more made life-changing steps towards freedom. Want to be part of that? Join us.

From showering to shoes, **Give it up** from 3pm Tuesday 20 February to 8pm Sunday 25 February to give a desperate woman hope.

Stuck for ideas? No problem, check out our five themes at one25.org.uk and make



DATES FOR YOUR DIARY

20 to 25 February

24 February to
3 March

3 March

8 March

10 to 11 March

22 May

Give it up

Homelessness Awareness Week

Sleepout

International Women's Day

Fuze (Bristol Uni charity fashion show)

Volunteer information evening

Find out more at one25.org.uk