



Annual Report

April 2017 - March 2018

Charity Number: 1156492

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"With love, care,
passion and kindness,
we will change the
world"

"With love, care,
passion and kindness,
we will change the
world"

Women's Community Matters, May 2017

Women's Community Matters is established to carry out the following for the benefit of women:

- Promoting, protecting and improving the safety of vulnerable women
- Advancing education in relation to the issues affecting women (including but not limited to) the areas of criminal justice, addiction, domestic violence, financial poverty and poverty of opportunity
- Preventing or relieving sickness, disease or suffering in women in the area of benefit (whether emotional, mental or physical)
- Promoting equality and diversity for the public benefit by, for example:
 - ◆ Eliminating discrimination on the grounds of race, gender, disability, sexual orientation or religion
 - ◆ Advancing education and raising awareness and equality and diversity
 - ◆ Promoting activities to foster understanding between people from diverse backgrounds
 - ◆ Conducting or commissioning research on equality and diversity issues and publishing the results to the public
 - ◆ Cultivating a sentiment in favour of equality and diversity
- Furthering such other purposes which may be charitable according to the law of England and Wales as the Trustees see fit

We Moved This Year!

In June 2017 we said goodbye to our premises on Duke Street and a big thank you to all at Barrow Borough Council who had supported us from the beginning and helped make our dream of having a Centre a reality. After a week of moving, painting and cleaning we moved into our forever home at the Nan Tait Centre on Abbey Road and this time it is a big thank you to Cumbria County Council. Below is a photo from our Grand Opening event on our magnificent front steps.



Ann Thomson, Chair of trustees and committed volunteer attended a ceremony at Barrow Police Station on 12th July 2017 where she was awarded 'Outstanding Volunteer Award' by Cumbria's Police and Crime Commissioner, Peter McCall.

An introduction from our Chair of Trustees, Ann Thomson

Hello Everyone

This is our 4th Annual Report (how time flies when you are at a place you love!!) and as I write this we are past our first year in the Nan Tait Centre. Everyone has settled in well and we are all enjoying the extra space, except it is filling up fast!!

The Centre is going from strength to strength with more women accessing the Centre than ever before. Our staff have been changing as well, we lost our beloved Katy to Scotland and our loss is definitely their gain. Sarah joined us in our very busy domestic violence team.

Three new posts opened up and I am very pleased to say that these three were filled by women who used the Centre, who became volunteers and then got their jobs. These were our wonderful Donna, Simonn and Emily.

I am still exceedingly proud and feel privileged to be Chair of Trustees, a volunteer and the crazy mother cooker.

We look forward to the coming years and the Centre going from strength to strength.

Finally I would like to thank our staff for their commitment and hard work; our volunteers for their hard work and cheerfulness; our trustees for taking such good care of an organisation they love; and finally all our funders for their belief, trust and funding of our beloved Centre.

Yours

Ann Thomson

Chair of Trustees



Headline figures:

In the 12 months from 1st April 2017 to 31st March 2018:

- We have received 11,758 visits to the Centre*
- Volunteers have given 11,442.75 hours of their time to the charity*
- 727 women and their families have received 12,918 items from our clothes bank*
- 662 different women have accessed our support, 377 of whom were new to the Centre*
- 22 different women carried out their unpaid work with us (Community Service ordered by the courts)*

Summary Overview

This is our fourth Annual Report and during these 12 months we made the bold move of relocating to new premises. The space has brought huge opportunity and trustees, staff, volunteers, women accessing the centre, and partner agencies have been working together to ensure the continued success of the organisation. There are now more staff, student and volunteer opportunities which have increased our capacity to support vulnerable women and children in our community.

Women in the Criminal Justice System

Vision Programme

This is a rolling programme for women in the Criminal Justice System. It delivers group sessions based around life skills and additional one to one support. It provides a safe and confidential space in which women can explore issues relating to previous offending and consider how they might make different choices in the future. 9 women completed the group programme during 2017-18 and in total staff provided women on the programme with 1,867.75 hours of support and 215.25 teaching hours. The programme is also delivered by a number of other organisations across the rest of Cumbria and Lancashire.

Unpaid Work

During 2017-18 22 different women completed their unpaid work at the Centre contributing 1,589 hours to the smooth running of the organisation. A number of these women have continued to volunteer once their unpaid work has come to an end and continue to offer their time to support the Centre and its activities.



Petals Programme

"I don't avoid the police any more. I see them as helpful as they sent me here and I think the copper genuinely wanted to help me get better." Petals participant 2017

This programme was launched in April 2017 and offers support to women at risk of offending. The police are our majority referrer and in 2017-18 we received 49 referrals. Of these, 44 women have completed the programme. Each woman is offered a bespoke package of support alongside the

"Thank you for helping me to understand that I made a mistake. I am sorry for what I did and I feel that I have had the chance to put that right doing my hours here. I want to carry on volunteering to help other women like me."

Community Payback Volunteer 2017

"The improvements I have made coming here have been life changing."
Petals Programme participant 2018

opportunity to develop and practice transferrable skills. At the first appointment 75% of women had issues with housing; 56% had issues with their personal safety; 64% had problems with income; and almost half did not have enough to eat. We also made referrals for 6 of these women who were at high risk of serious harm or death due to domestic abuse. All of the women who accessed the programme reported positive changes in their lives.

"My family and friends are really proud of me and it makes me cry thinking about that because I know how much upset I have caused them. I am in a much better place now and I hope I can become a Peer Mentor to help other women who come to the Centre for help." Petals participant 2018

"I was mad at court when I got my sentence but I'm not angry now. It was the right thing and it has made me get sorted out. You have made me get sorted out and I suppose that makes you pretty good because no-one else would get me to admit that!"
Community Payback Volunteer 2018

Beautiful Women & Beautiful Me



These two courses are each six weeks long and are our personal development courses. They offer support to women looking to build their confidence and self-esteem in a safe, trusting and women only environment. During the first six weeks of Beautiful Women, women feel enabled to begin the process of self-acceptance; have space to challenge discrimination and prejudice; and experience being listened to and understood as part of their personal growth. The second course, Beautiful Me, is an opportunity to develop self-awareness; to

encourage each other to reflect on our thoughts, feelings and behaviours; to recognise and name our own emotions; and to build on their levels of empathy and emotional intelligence.

Beautiful Women Quotes

"Today's session 'Who am I?' made me feel elated and moved, I love coming to this course, it has helped me open up about my past and to know that I'm not alone, that others are going through similar things."

"I really enjoy this course, it has given me a chance to be myself, have my own identity rather than being a wife and mother."

"It has been wonderful to get to know other women in my community, it has given me a confidence boost and helped me realize I am strong enough to deal with my future."



Beautiful Me Quotes

"This is a great follow up to Beautiful Women, it helps you to understand why we make the decisions we do and that actually, we are so much more than past decisions, I just wish we could have this every week!"

"Being around the same group of ladies helped us to bond more, I have shared things that I have never told anyone over the last few weeks, this has really helped knowing I would never be judged"



"One of the best things about these courses are the people who run them, they never judge and make it okay to be yourself. This has helped me to come out of my shell and to be confident around other women."


The last twelve months has seen the organisation grow and with this, the number of women signing up for our core courses Beautiful Women and Beautiful Me. As our waiting list has grown we have been able to train another member of staff to deliver these courses and to offer delivery on two additional days making it easier for women to attend and to make the process of securing a place on the Beautiful courses much quicker. 76 different women completed the Beautiful Women course and 40 completed Beautiful Me during 2017-18 and

the feedback we constantly receive reaffirms the beneficial effects of delivering these courses with our centre ethos of Love, Care, Compassion and Kindness. By providing a safe, trusting, and women only environment we can walk side by side with women on their journey to build their confidence, self-esteem and self-acceptance.

To have their voices heard and acknowledged is one of the most important things we hear from the women we work alongside and the Beautiful Women and Beautiful Me courses are perfectly designed for this happen.



Let's Change the World Together



Please don't judge me or make me feel ashamed
Give us strength to get up when we stumble, for we are human just the same.
On this earth we want to thrive, live our lives in hope of a future
If I could change at least one person's life.
That would be changing their world.
We can change the world together
Be the voice that speaks for the silent,
The hand that helps when they have fallen,
The ears that listen but never judges.
We can change the world together.
She finds her voice, she's brave, she's clear.
Being forced into silence for many years, all the things she's told she's not.
Not realising what she's got.
Sharing her story, finding her voice, she changes the world around her.
She finally sees how much she has grown,
No longer feeling alone.
We can change the world together.
I have been taught to be resilient because I had to be,
I am a SURVIVOR.
The world is a big place with lots to see and do.
We cannot just lay down, we cannot crumble.
We cannot just let the world move on around us
We can change the world together.
Don't judge people for their past.
Only we can change our lives. Where there is a happy heart there is a happy you and family, accept yourself, love yourself, be proud.
Let's change the world together!

Lyn, Christine, Suzannah, Viv, Sue, Kay & Leann

My Safety and Me

My Safety and Me is a 6 week personal safety and awareness course. We explore a variety of topics such as Victim Awareness, Online Safety, Sexism, Domestic Abuse, Equality, Hate Crime and Substance Misuse and Recovery. Each week we look at different issues our clients and family member may struggle with and explore how we can best keep ourselves and others safe. Thanks to the involvement of lots of local services, including Cumbria Constabulary, Victim Support and The Well, women also receive information about ways to access additional help and specialist support. We have successfully run 3 *My Safety and Me* sessions over the course of the year for 29 different women.

"I enjoyed finding out about the different services in this area, Some I didn't know before"

"I know who to contact for different things and what represents a threat to myself and family"

We have successfully ran 3 *My Safety and Me* sessions over the course of the year for 29 different women.

"Each session has been really interesting"

"This course has been very interesting and helpful in learning all the support and how to keep myself safe"





"The course has helped me think about all of the relationships I have with different people in my life... it has really made me think about things. My mum said it has helped me so it must be good!"



My Relationships & Me

My Relationships and Me is a 6 week course looking at healthy relationships. The sessions include identifying the signs of domestic abuse and where we can seek help; what constitutes a healthy (and unhealthy) relationship; how the brain responds to trauma and what this means for us; communicating in relationships; and sex and consent.

32 different women benefitted from the course over the 12 month period.

"I really enjoyed the course even though it was difficult at times...I think it will really help me in the future."

Building Better Opportunities

We are really pleased to have recently become involved in an exciting new project called Building Better Opportunities with Cumbria CVS, funded by the European Social Fund and the Big Lottery Fund. Designed to help people who are furthest from the job market get one step closer, all support is tailored to the individual needs of each woman we work with. We offer one

to one support to address the most pressing needs, then progress to discuss education, job searching and volunteer placements. As part of the partnership we have a designated on site Keyworker who liaises with CVS, Mind in Furness, Right2Work, Imagine Independence and The Well Communities, allowing us to create the best tailored support for all participants. We are currently a placement provider allowing us to offer volunteer placements to our clients and other organisations' participants, which is an exciting opportunity for us.

Women accessing support on this programme have offered positive feedback and tell us they are better able to look for work, move into education, or progress to volunteer opportunities. 17 different women benefitted from the programme during 2017-18 which began in October 2017. At 31st March 2018 one woman had successfully enrolled in a University course, one was volunteering and one woman was in employment in a role that made best use of her many skills and abilities.

"I felt more positive having the additional support, very informative and constructive. Helped me prepare mentally for job searching and provided confidence building in preparing for the interview. It helped me to achieve a job that I would never have believed would have been within my reach."

Donna, participant 2017-18



Pause, for thought

Pause, for thought is a 12 week rolling programme for young women aged 13-19. Women can join at any time and 'in their own time'. We offer a range of ways in which young women can get to know us before coming to the Centre and joining the group. Pause takes place on a Thursday evening with the first part of the evening being 'drop-in' style, and a more 'session based' second half. Topics and content of the sessions have been developed, adapted and improved alongside the young women who have attended to date.

"The staff are really kind. You feel like it's okay to have problems and that someone will be there to listen and to help you think about what you need to do"

Young woman aged 17 with Autism and issues with self-harm



Some of the topics currently included are Womanhood; The Media and Celebrity Culture; Healthy Relationships; Love and Belonging; Drugs and Alcohol; Mental Wellbeing; Communication; Eating Habits; and Embracing Difference.



During the summer holidays six young women benefitted from a collaboration with Signal Films and Media. They produced a short promotional film for the Pause programme learning lots of new skills along the way. This included script writing, film and photography techniques, the know-how of lighting, and some acting techniques and tips. The group of young women were enabled to write and produce the short film as well as doing the actual filming and editing the final piece.

The move to the new premises in July 2017 provided the group with their own dedicated space. The women worked with a local artist to design a mural and together they reproduced it on the wall of their room. The design reflects their feelings of safety, security and acceptance here at the Centre.

"It's nice just to be. To be around people who don't judge or say anything when I'm talking too much. Here I can just be myself and that's okay."

Young woman aged 15 with Autism and ADHD



"I don't know where I'd be if I didn't come here. I feel safe"
Young woman aged 16, victim of assault

Six young women took part in the Grand Opening Event at the new Centre and presented in front of an audience for the first time. They were excellent.

"You don't get judged here. You can just come along when you feel ready and talk about things. I can talk about my mental health stuff and its okay, the staff are really good at explaining situations and my mind feels better afterwards"

Young woman aged 14 who has been through CSE

In partnership with the Youth Council they hosted a young people's open day at the Centre. They were showcasing the new building and their new room, as well as celebrating International Friendship Day. They invited everyone who attended to decorate a 'hand of friendship' and these are now part of the mural in their room.

One representative of the Pause group was invited to attend a celebration event hosted by the Youth Council in Penrith. She spoke confidently with local councillors and police about how best to reduce re-offending rates amongst teenagers and what strategies they could use when interacting with young women.

"I would like to thank you for everything you have done as I finally feel like I belong somewhere. And this is really important for me. I really appreciate the work you all do as it helps so many of us out and makes a proper difference. Thank you."

A note left on the Project Worker's desk after a Pause session.



"It's like one big family here, it doesn't matter if you don't come for a few weeks, you know that someone will always be here and that you will be accepted"

Young woman aged 17 with an eating disorder



Support for victims and survivors of domestic abuse

The New Lives project supports women and their families who are or have experienced domestic violence and abuse. We have specially trained workers who understand domestic abuse and its effects and have a knowledge of the extra support and advice available from a range of other organisations women may need. They offer support, care and kindness as women seek to rebuild their lives, make changes, or find their own peace and understanding. We work closely with Barrow Borough Council Housing Department on this project which enables us to offer two furnished properties for women and their children escaping domestic abuse. 37 different women benefitted from this support in 2017-18.

From December 2017, we have been able to offer additional support through a partnership project. The partnership includes district councils from across the county and has enabled us to employ a Crisis and Prevention Worker who is based within the centre and who works closely with Barrow Borough Council Housing Department. This offer is replicated by other housing departments across the county and specifically supports women and their families who are homeless or at risk of homelessness due to domestic abuse. From December 2017 to March 2018 the project supported 114 different women.

“Women’s Community Matters as an agency forms a vital part of the MARAC meeting and process, they continue to offer a high level of support and expertise to victims of domestic abuse and have over the last 12 months made numerous referrals into the MARAC which illustrates their ability to identify victims and build up a rapport and level of trust which enables victims to feel they can be open and honest about what they are dealing with in their lives. I feel positive that the working relationship between the MARAC and the service will continue and will go on to help and reach out to even more victims of domestic abuse”.

Karen Pochec, MARAC Co-ordinator, Cumbria Constabulary

“It’s a great relief to know I have the support of the staff at Women’s Community Matters who are a great source of information, advice and guidance for women who need them, as well as myself. We have a great relationship and to know I can rely on the unwavering support from them with their ‘can-do’ attitude is really helpful. The clients we both work with are some of the most vulnerable people in need and I know they will always be supported in a caring and non-judgemental manner by the staff and volunteers at Women’s Community Matters. Thank you for all your great work and support!”

Sharon Livesey-Roach, Crime Prevention Officer, Cumbria Constabulary

“Women’s Community Matters and all the staff working with our families currently are very supportive, pro-active, and very accessible to other agencies, as well as their clients for advice and guidance. I feel that this is a valuable service that offers a very important element of what we as a school can offer to our families.”

Val Richie, St Bernard’s School

Anything is Possible

This project offered families a range of activities and opportunities over the summer holiday period. Families took part in lots of different sessions in the Centre and also visited Furness Abbey, The Park Leisure Centre, and Barrow AFC. Each week offered an introduction to a different theme such as Book & Film Week, Food Week, Nature Week, Sport Week, or Back to School Week. An activity booklet and lots of props/extras were given to families each week to enable them to enjoy lots of free family activities during the week.

Families taking part in the project were very positive with a number of families telling us how the weekly session gave them the opportunity to participate in activities together as a family as well as providing ideas and opportunities for lots of other things for them to do together throughout the summer holidays.



'It kept my kids busy through the holidays. My little girl enjoyed the cake week'

'I think I enjoyed the badminton week more than the kids, I was knackered the next day!'

'The kids loved their packs and the popcorn one was great, we watched a movie and ate it'

One mum told us their children had taken their certificate from the project to school to show their friends because they had enjoyed the sessions so much and were proud of what they had achieved together. Each family was also given a disposable camera to take photos of their time together over the holidays and a number of them put the photos into scrap books for them to keep.

Changing the World Together

We are very proud to report that this group of remarkable women remain the central tenet of our organisation. The group has been running since the organisation's inception and is a forum where all women are equal, all contributions are welcomed and where women take action for themselves and do nothing less than change the world.



This year the group, as always, have done an enormous amount of work to change the world for the better and to support the development of the organisation.

One of their successes has been the launch of their calendar which they did on International Women's Day in March 2018. The calendars are being sold to raise funds for the Centre and are a culmination of a project looking at influential women through history.



Grand opening event

In July 2017 we moved to our forever home with the help and support of lots of people. A very big thank you to each and every one of you because without you all it would not have been possible. The move took place during the first weekend of July and the new Centre remained closed for a week whilst we installed IT equipment, set up desks, prepared all the rooms, unpacked all the files and resources and got used to being spread out in such a big space.

At the old Centre, women during drop-in made a very magnificent quilt, with each woman embroidering a square. These were all put together and it was brought to the new Centre to ensure our ethos and the feeling of the Centre came with us.



In September 2017 we held our Grand Opening event attended by around 160 people. Julie Coxon from The Big Lottery Women and Girls' Initiative, our major funder, attended the event and offered some of her thoughts on the move and the development of the organisation. The Police and Crime Commissioner, the MP, the Mayor and Leader of the Council also attended and offered their support and kind words. The audience heard from some of them and also from some of our partners who we work alongside to best support women and families in the area.

The Changing the World Together Team offered their perspective, as did some of the young people from the Pause, for thought programme, one of whom was filmed giving her speech and was able to use it as part of her GCSE work. The audience heard from volunteers and the Shadow Board and gave a standing ovation to one of our programme graduates, Adele, as she shared her story and invited them to attend her Art Exhibition which would be launch as our Anniversary event later in the year. The event was a clear demonstration of the commitment and support the community gives to the Centre and proof that the Centre really is co-production in action.





Anniversary Event Celebrating 4 Years of Women's Community Matters

In November 2017 the organisation celebrated the Centre's 4th anniversary. The event was titled 'Fire and Water' and offered guests their first look at the art exhibition of the same name by Centre graduate, Adele Williams. 100 guests enjoyed a glass of fizz and canapés, a short talk by our resident artist, Adele, and plenty of time to consider her paintings and sculptures. A number of her works were sold on the evening to raise funds for the Centre and continue to be on display for others to enjoy.

Volunteers

At the end of March 2018 we had a wonderful team of 40+ volunteers and more waiting to complete their initial training.



Volunteers support all aspects of the Centre including the Clothes Bank, Drop-in sessions, Cooking Together, Knit and Natter, reception, fundraising, and the Hopeful Harmonies Choir. Some of our volunteers are now Support Volunteers and Peer Mentors and complete initial Gateway appointments with women and support a number of groups, courses and support groups.

We are also very pleased to announce that during 2017-18 two former volunteers became staff members at Women's Community Matters.



"We love to try to thank our volunteers with providing lunch on our volunteer meetings, and on special occasions like our yearly Volunteer Awards Ceremony and our Halloween and Christmas afternoon knees-up lunch, which is not to be missed! We can't thank our volunteers enough for all their hard work, commitment and loyalty. They all give up their valuable time to contribute with helping within WCM, we really could not function without them. I hope they will stay with us for many years." Bev, Volunteer Co-ordinator

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2018

FOR

WOMENS COMMUNITY MATTERS

FINANCIAL STATEMENTS

for the Year Ended 31 March 2018

ACCOUNTANTS' REPORT TO

WOMENS COMMUNITY MATTERS

In accordance with instructions given to us we have presented without carrying out an audit of the annexed financial statements from the accounting records of Womens Community Matters and from information and explanations supplied to us.

MBE Accountancy Ltd
Chartered Certified Practice
10 High Street
Windermere
Cumbria
LA231AF

03 August 2018

WOMENS COMMUNITY MATTERS**PROFIT AND LOSS ACCOUNT**
for the Year Ended 31 March 2018

	31.3.18	
	£	£
Income		
Donations and fundraising	6,961	
Donations - crisis fund	84	
BAE Give as you earn	1,000	
Building better opportunities	34,788	
Cumbria county council	2,500	
Big Lottery Women & Girls Initiative	148,576	
DAPGCLG	34,380	
Keswick to Barrow	700	
Lancashire WCM Projects	14,500	
New lives	11,648	
OPCC Petals Programme	38,856	
Vagina monologues	3,205	
Work Placements	9,696	
		306,894
Expenditure		
Accountancy	2,929	
Activities Expenses	5,738	
Cleaning	1,501	
Client Expenses	2,937	
Crisis Fund Out	2,378	
Equipment	7,091	
Event Expenses	236	
Insurance	1,320	
IT costs	12,434	
Miscellaneous	958	
Professional fees	5,500	
Printing, Stationery & Postage	2,963	
Rent & Rates	2,711	
Repairs & Maintenance	450	
Research & Evaluator	4,215	
Service charge	27,000	
Staff Costs	210,544	
Staff Training & Expenses	1,785	
Utilities	462	
Volunteer Training & Expenses	4,664	
		297,816
NET PROFIT/(LOSS)		9,078

WOMENS COMMUNITY MATTERS**BALANCE SHEET****31 March 2018**

	Notes	31.3.18 £	£	31.3.17 £	£
CURRENT ASSETS					
Trade debtors		48,240		27,697	
Crisis Fund		7		30	
Bank account no. 2		65,256		79,100	
Cash in hand		356		16	
Other debtors		108		-	
		113,967		106,843	
CURRENT LIABILITIES					
Trade creditors		6,275		8,229	
			107,692		98,614
NET ASSETS					
			107,692		98,614
FINANCED BY					
CAPITAL ACCOUNT	1		107,692		98,614

WOMENS COMMUNITY MATTERS**NOTES TO THE FINANCIAL STATEMENTS****for the Year Ended 31 March 2018****1. CAPITAL ACCOUNT**

	31.3.18 £	£	31.3.17 £	£
Brought forward	98,614		71,896	
Add				
Net profit	9,078		26,718	
	107,692		98,614	
Less				
Net loss	-		-	
		107,692		98,614
		107,692		98,614

2. FUND ANALYSIS

	£ Brought Forward 01.04.17	£ Movement in fund in year	£ Carried Forward 31.03.18
Restricted funds			
Crisis fund	2,301	(2,301)	-
Tudor trust	10,000	(10,000)	-
Francis Scott	10,000	(10,000)	-
Anything is possible	3,000	(3,000)	-
New kitchen	3,500	-	3,500
Project delivery	26,155	(26,155)	-
Building better opportunities	-	21,901	21,901
DAP DCLG (New Lives)	-	21,503	21,503
Community room project	-	719	719
Unrestricted funds			
Allocated to reserves	43,657	16,412	60,069
	98,613	9,078	107,692

The trustees consider, in line with sector recommended best practice, the most appropriate level of unallocated funds should at least be equivalent to 6 months operating costs. At the end of 2017-18 an appropriate level would be £148,908. At the end of 2017-18 unallocated funds are currently £60,069 equivalent to approximately 2.42 months operating costs.

Trustee Board

Ann Thomson – Chair	Zoe Guest
Anne Burns – Vice Chair	Pam Dilks
Tracy Irwin – Treasurer	Jayne Douglas – appointed October 2017
Liz Williams	Moirra Thornburrow – appointed November 2017
Julia White	Lynne Chambers – appointed November 2017
Margaret Burrow	Christine McCracken - appointed September 2017

Volunteers

We thank each and every one of you for giving your time, love, care, compassion and kindness to make the Centre the wonderful place it is.

“Volunteers are chosen for their warm and caring nature, their ability to contribute to the feeling of warmth and safety, and most importantly, because they are each a beautiful woman.”

Staff team

Rebecca Rawlings - Senior Officer

Rachael Hoggarth - Development and Delivery Manager

Katy Wilson-Scott - Development and Delivery Manager (until January 2018)

Sam Woolgrove – Project Worker: Young People. Appointed Development & Delivery Manager March 2018

Mary Horner - Centre Co-ordinator

Pearl Collins - Project Worker: Women's Support

Bev Dixon - Volunteer Co-ordinator

Kerry Thistlethwaite - Project Worker: Education & Group Delivery

Paula Johnson - Project Worker: Building Better Opportunities

Maggie Clark – Apprentice Business Administrator. Appointed Receptionist March 2018

Elisha Pearce – Apprentice Business Administrator. Appointed Admin Co-ordinator March 2018

Kitty Wiper – Temporary Project Worker. July – September 2017

Sarah Goodwin – Crisis and Prevention Worker (appointed December 2017)

Esther Sharp – Temporary Project Worker: Women's Support (appointed March 2018)

Donna Gallagher – Project Assistant (appointed March 2018)

Simonn McLaughlin – Staff Support (appointed March 2018)

Emily Thompson - Project Assistant (appointed March 2018)

In Conclusion

2017-18 has been an exciting year with the organisation moving premises to its forever home at the Nan Tait Centre on Abbey Road. The move took place during the first week of July 2017 and everyone was involved. A huge thank you to everyone who helped, including the teams of men and women who were completing their Community Service and did a wonderful job of helping us clean, tidy, paint, and move lots of things around. Thank you to all the friends and family of our staff and volunteers for giving up their evenings and weekends to drive backwards and forwards moving the whole organisation in the backs of cars, vans and trailers. Thank you to all our staff, trustees and volunteers for doing so much more than I could ever have asked. Thank you to our many friends from other agencies for all your help and support. Thank you to our new neighbours for helping us to settle in and being so patient with us. Thank you to our funders for your support and understanding. Thank you to each and every one of you. I am very proud to say Women's Community Matters is very definitely a community organisation that continues to grow and flourish thanks to the efforts of the whole community.

At the end of March 2018 the Centre has been open for almost 4 and half years. In that time we have received **38,633 visits to the Centre**. We have supported **1,326 different women and volunteers have given no less than 29,619 hours of their time**. **95 different women** have completed their Community Service with us benefitting the Centre with many additional hours of support. The Clothes Bank continues to be a valuable resource with **32,571 items** benefitting women and their families over the 4.5 year period. The staff and volunteer teams continue to grow and develop. Each brings their own unique set of qualities and skills, as do the many staff from partner agencies who are generous with their time and compassion. We have a very wonderful trustee team who offer strategic direction and challenge alongside real care and love for the organisation. I remain as boastful as ever about each having each of you as a trustee.

I remain humbled and inspired by the bravery and strength shown by each and every woman and girl who accesses support here at the Centre. I am continually amazed at how beautiful each and every one of them is as a person and how much they have to offer the world. To each of you I want to say that I feel privileged to have known you, no matter how briefly, and that I know the world is a better place for having each and every one of you in it.

2018-19 will be another exciting year as we develop our project working with young men/boys. The young women/girls group are hosting some thought provoking events and our 5 year anniversary is set to be a wonderful occasion. It remains a privilege to work alongside so many wonderful people every day and to feel the love and support of so many women and men in our community. **With love, care, compassion and kindness we will continue to change the world together.**

I hope you have enjoyed reading this report and I look forward to welcoming you to the Centre very soon.

Love, Rebecca xx

Rebecca Rawlings, Senior Officer



Thank You

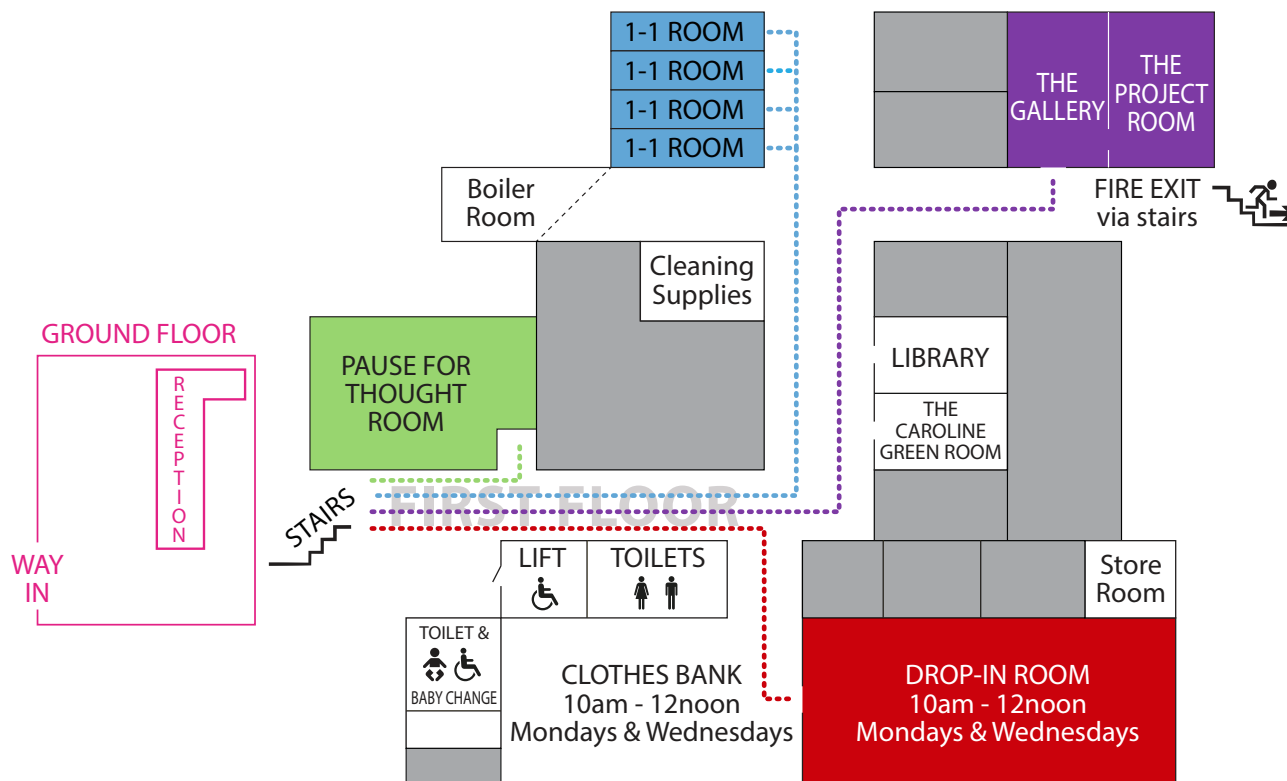
We are deeply grateful to the following funders and supporters who have enabled us to make it all happen.

Art Gene
 Barrow Foodbank
 Barrow Health Visitor Team
 Barrow Inner Wheel
 Barrow Soroptimists
 Barrow Library
 BAE employees Give As You Earn Scheme
 Barrow Borough Council
 Barrow Borough Council Housing Department
 Barrow Citizen's Advice
 Barrow Community Foundation
 Barrow and Furness Brownies and Guides
 Barrow Credit Union
 Barrow Rotary Club
 Birchall Trust
 Cumbria Community Foundation
 Cumbria Constabulary
 Cumbria County Council
 Cumbria Clinical Commissioning Group
 Cumbria & Lancashire Community Rehabilitation Company
 Cumbria Office of the Police and Crime Commissioner
 Cumbria CVS
 Cumbria Fire & Rescue Service
 Cumbria Police & Crime Commissioner
 Dandy's Furniture Store
 Focus Families
 Francis C Scott Charitable Trust
 Furness Rotary Club
 Grange & Osmotherley Women's Institute
 Healt & Wellbeing Coaches (HAWCs)
 Holden's Solicitors
 Home Office
 Keswick2Barrow
 Lancashire Women's Centres

Love Barrow Families
 Local GPs
 Rampside Women's Institute
 Sexual Health Clinic Barrow
 Soroptimists International Grange & Windermere
 The Big Lottery Women & Girls initiative
 Ulverston Women's Institute
 Unity
 University of Central Lancashire
 University of Cumbria
 University of Lancaster
 Vagina Monologues, Lancaster University
 Victim Support
 Women's Institute
 Barrow and District Disability Association
 Thomas Graham Grassroots Grants
 Department for Communities and Local Government
 Carlisle City Council
 The Mayor of Dalton
 The Mayor of Barrow and Furness
 Barrow and District Women's Rounders League
 CAST Theatre Company
 Cumbria Pole Art
 Hart Jackson and Sons
 St James' Church
 North West Evening Mail
 Radio Cumbria
 Anchor Court Tennant's and Friends
 Adam (and his mum and dad)
 Friends and family of the late Florence Hampshire
 Ulverston Methodist Church Wednesday Group
 Thank you to all the very wonderful and generous people who have donated lots of tea and coffee this year, to those who have donated to the clothes bank and to those who have donated money throughout the year.

B A R R O W women's COMMUNITY MATTERS

@ The Nan Tait Centre



What's what?...

- **1-1 Rooms:** These rooms supply a safe and secure environment for appointments with staff members, students and volunteers from Women's Community Matters
- **The Gallery:** an area to show our appreciation for women's amazing art skills!
- **The Project Room:** The room where our courses and groups run: Beautiful Women, Beautiful Me, My Safety & Me, My Relationships & Me, Vision and many others.
- **The Library:** A calm, peaceful and relaxed space where women are able to take themselves for some quiet time. Books are all free and any donations are welcome!
- **The Caroline Green Room:** A place where women develop and produce products to raise funds for Women's Community Matters.
- **Drop-in Room:** A welcoming space where women are able to come together, socialise, and have a chat over a brew!
- **Clothes Bank:** feel free to have a look around our wide range of clothes, all items are free and any donations are appreciated.
- **Pause, for thought:** A room for our young women aged 14-19 to come together, socialise and get creative with their ideas.
- **Community Room (not pictured):** A large space downstairs which allows us to host events, training and more for up to 200 people.

Feedback

We are always interested to hear what you think about our service, how you think we could do better, what you like or don't like, and anything else you would like us to know. There are lots of ways to do this:

- In person at the Centre: Nan Tait Centre, Abbey Road, Barrow-in-Furness. LA14 1LG
- By telephone: 01229 311102
- By e-mail: reception@womenscommunitymatters.org
- Using a contact form on our website: www.womenscommunitymatters.org
- Via comments on our Facebook page: search for Women's Community Matters
- We are also on Twitter: @WCMBarrow if you want to retweet our posts





Women's Community Matters



@WCMBarrow



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