

women's centre

This Women's Centre is based on an estate in a deprived area of Nottingham. Many of the women within the target group for the centre are or have been victims of domestic violence, or are at risk. Others are also isolated and may rarely leave their homes. The majority are unemployed and from families where unemployment is the norm. The centre carries out considerable outreach work in order to contact women on the estate and to build their confidence enough to start using some of the activities and facilities available.

The centre's overall aim is to develop the potential of individual women in whatever way is possible and appropriate to the individual. It aims to enable women to change or develop their lives in different ways, according to individual needs.

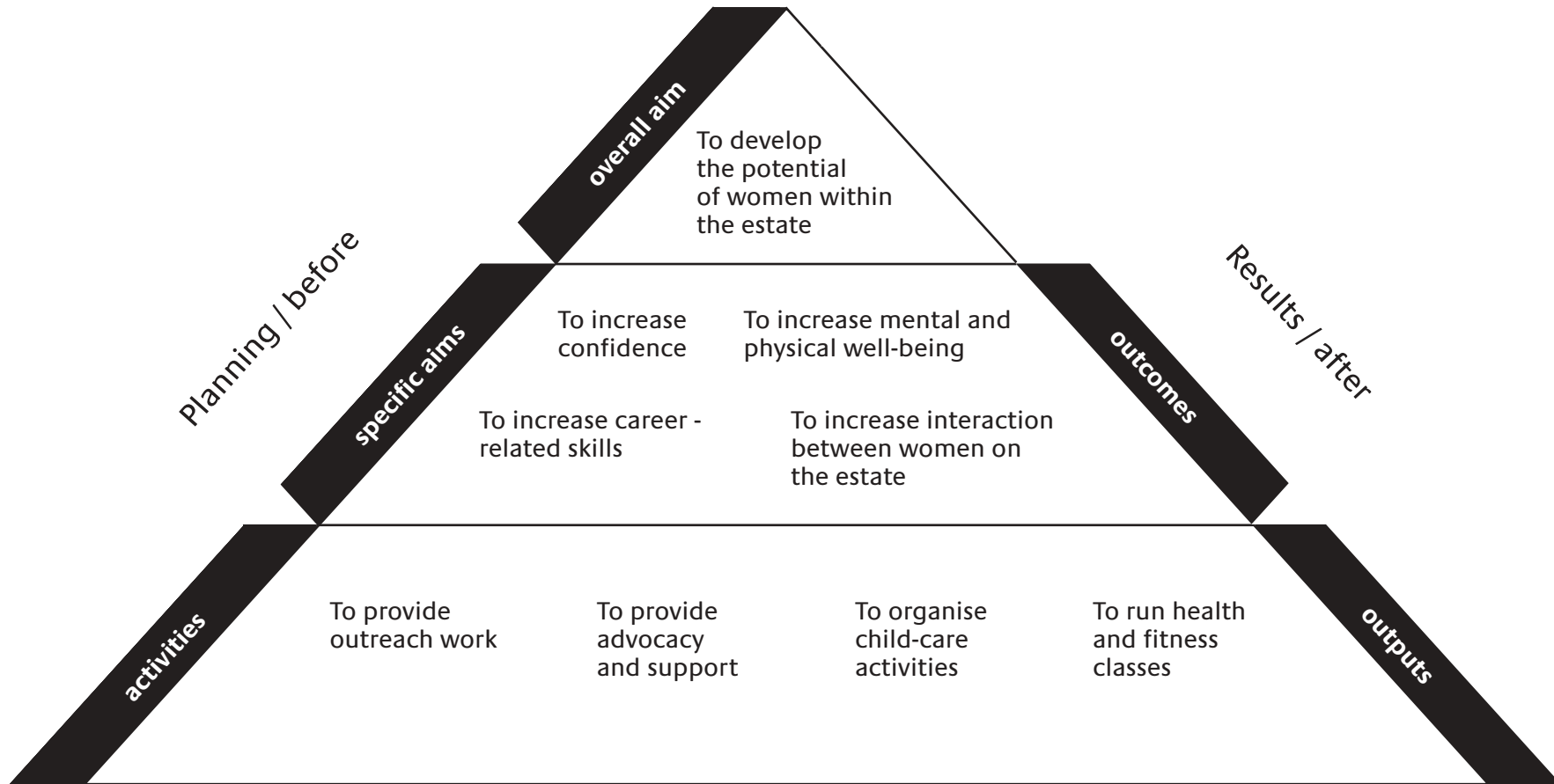
The services offered include a range of classes and other activities, outings, informal talks, access to health professionals and keep fit classes. Whenever possible the centre offers a

crèche or other childcare so that those with young children can still attend. The aim is to enable women to develop their confidence, as this is often very low when women first come into contact with the centre, and also to improve both physical and mental health.

Once women are feeling more confident or stable, they can access support and also be referred to services to enable them to start taking steps towards employment or other work, if this is a direction they want to take. Early on, when women are still developing their confidence in new situations, staff and volunteers from the centre will accompany them as necessary. The centre also runs advocacy advice services.

Since many of the women are extremely isolated, the centre aims to increase the levels of interaction between women on the estate, so that they are able to offer or receive support and friendship, or whatever is appropriate to them at the time.

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Outcomes

Specific aims	Outcomes
To increase confidence among women using the centre	<ul style="list-style-type: none">• Increased confidence
To increase career-related skills	<ul style="list-style-type: none">• Increased job-specific skills• Increased job-search skills• Sufficient basic skills
To increase mental and physical well-being	<ul style="list-style-type: none">• Increased physical health and well-being• Increased mental health and well-being
To increase interaction between women on the estate	<ul style="list-style-type: none">• More women offer and provide support to each other• Women develop new friendships

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Outcomes and indicators

Outcomes	Indicators
Increased confidence	<ul style="list-style-type: none">• Level of confidence reported by women• Level of participation in centre by women
Sufficient basic skills	<ul style="list-style-type: none">• Level of tested skills in literacy, numeracy, ICT• Ability to carry out daily tasks requiring basic skills• Level of basic skills used during participation in the centre
Increased physical health and well-being	<ul style="list-style-type: none">• Attendance at fitness classes at the centre• Level of other regular physical activity• Type of diet• Awareness of physical health issues and needs• Whether women smoke• Level of alcohol intake
More women offer and provide support to each other	<ul style="list-style-type: none">• Amount of babysitting support carried out• Level of isolation expressed by women