

# FLOURISHER IMPACT REPORT

# 2024



**FLOURISHER**



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# WHAT IS FLOURISHER?

## VISION

Eradicate health inequalities for women in Cheshire & beyond by improving health & mental wellbeing outcomes for women.

## MISSION

- Encourage women to prioritise and manage their health & mental wellbeing across all aspects of their lives.
- Inspire women to enhance their knowledge and skills in health & mental wellbeing
- Empower women to embrace and amplify their voices at every stage of womanhood

## GOAL

We believe in the inherent strength, resilience and potential of women. We strive to create a supportive environment where women can confidently express themselves, advocate for their rights and lead change in their communities. We do this by offering a range of health & mental wellbeing services.



## COUNSELLING

Available to individuals in Crewe, Nantwich, Alsager, Sandbach, Middlewich, Winsford & Northwich who are;

- mums who are experiencing perinatal mental health difficulties
- or; mums who have experienced infant loss
- or; women who have experienced domestic abuse
- or; women who have experienced Adverse Childhood Experiences
- or; mums with children on a Child Protection Plan

## PEER SUPPORT

FlourisHER recognises the value of accessing support from like-minded peers who have a shared lived experience. For this reason, FlourisHER is proud to offer the following peer support groups:

- Infant loss online group
- [Menopause Cafes](#)

Cherry Blossom is our infant loss and birth trauma support service. Cherry Blossom supports you to move forward after experiencing infant loss or birth trauma. We offer peer support groups and counselling.

## WELLBEING

Our vibrant monthly calendar of events offer a safe space for women to embrace holistic health and wellness. Available across Crewe, Nantwich, Alsager, Sandbach, Middlewich, Macclesfield, Wilmslow, Ellesmere Port, Tarporley, Winsford & Northwich. Events include;

- Well Women Pop-Ups
- Women's Health Drop-Ins
- Online community
- Women's Health Talks
- Community Outreach & Events
- Learning Opportunities
- Social Prescribing Activities



# MEET THE TEAM



**JUDE GRAHAM**

Infant Loss & Adult Counsellor



Jude works as a specialist counsellor and looks after the Cherry Blossom Infant loss services which include counselling, peer support groups, fundraising activities, awareness and the annual remembrance service. Jude also offers person-centered counselling on a wide range of issues.



**DEBBIE SHARRED**

Wellbeing Coordinator



Debbie is responsible for setting up groups and activities to support women's health and wellbeing in the community.

She works collaboratively with local agencies to provide the best support for local families.



**CARYS JONES**

Specialist Counsellor



Carys is a specialist counsellor, who provides person-centred counselling to adult clients across a range of issues. She has a special professional interest in domestic violence, in particular coercive control and emotional abuse.

# MEET A VOLUNTEER



Liz has worked tirelessly as a volunteer for our Cherry Blossom Infant loss Services. From welcoming new group members to our peer support group or making items for fundraising or simply for supporting and comforting others at our remembrance service. Liz has dedicated so much of her time to helping others.

She also supports ladies every Tuesday at our crochet group, inspiring them to try a new skill.



LIZ

CHERRY BLOSSOM/INFANT LOSS VOLUNTEER  
AND CROCHET GROUP VOLUNTEER



Natalie is one of our team of dedicated Menopause Cafe facilitators. She originally joined Macclesfield Menopause Cafe as a participant having struggled with early onset menopause. She was so inspired by Lisa, that she became her co-facilitator and has now gone on to facilitate our online early onset menopause support group with Lisa. Having recently moved to Sandbach, she's also facilitating a new face to face Menopause Cafe in the town.

She started her menopause journey at 32 with POI and ended up going through a surgical menopause at 37 due to a total hysterectomy for endometriosis & adenomyosis. Now at 39, she is still very much in the middle of her journey.

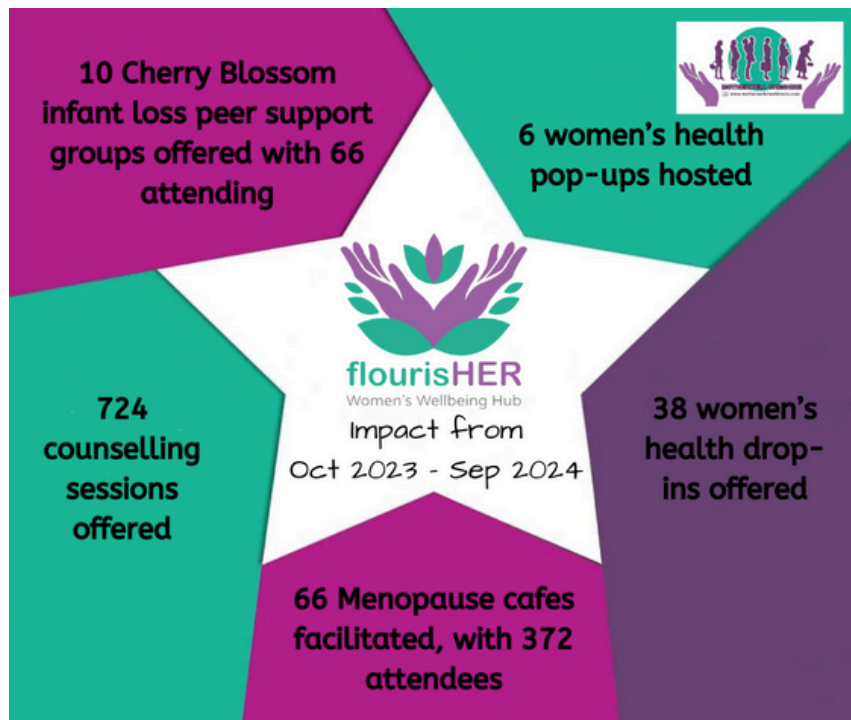
She works tirelessly to support others on their own menopause journey!



NATALIE COOMER

Menopause Cafe Facilitator

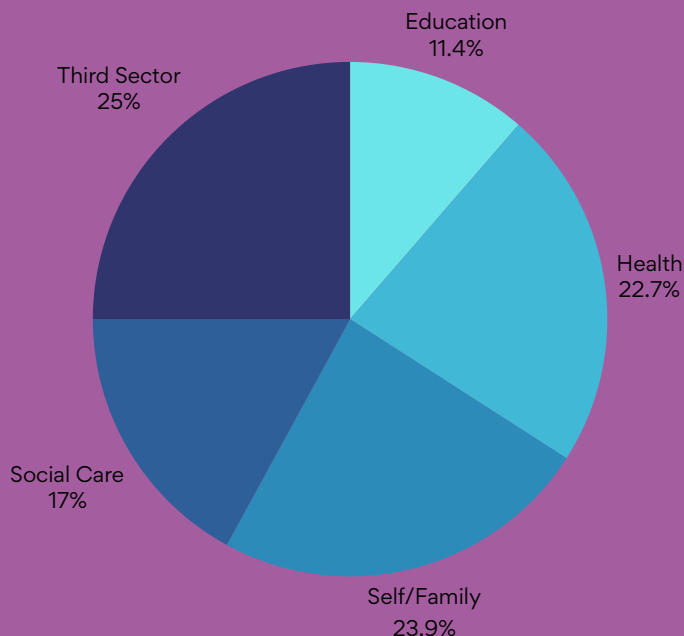
# OUR IMPACT 23-24



## 23-24 HIGHLIGHTS

- Women's health funding.
- Working with Olive team.
- Crochet group continues to draw people from the immediate and wider Crewe community. It now runs fairly independently and the attendees take part in other Motherwell projects: volunteering in the Hub and supporting us at other community events, helping us to shape future projects by expressing their views and opinions in our Lived Experience group.
- Well Women Popups have been a great success. We aim to get our Women's Health Ambassadors trained to host these events. They are already very knowledgeable but need extra training to complete bra fitting and give further sign-posting
- Women's Health Drop-ins are a success with good public engagement
- Agencies tend to approach us more now rather than us having to go to them! They approach us for our services but also for our help in finding appropriate support for their service users.
- Our White Ribbon event in Winsford was a great success, bringing together the public, local councillors and services to raise awareness of domestic violence and contribute to our community art project.
- Cherry Blossom, supports women who have experienced Infant Loss, either during pregnancy, birth or up to an infant's second birthday. We recognise the devastation that loss can bring and aim to support mothers to move forward in a supportive environment. Highlights include raising funds and awareness by doing an annual walk and remembrance service during infant loss month.

# FLOURSHER REFERRALS & AREAS



**Our referrals come from a range of sectors across cheshire east & cheshire west & chester. Professionals and individuals can refer via our website, by telephone or by emailing us directly.**

## CASE STUDY COUNSELLING CLIENT

“Walking into my first counselling session I wasn't sure it was going to work for me for a couple of reasons, but the main reason being I had tried counselling before and it hadn't worked out for me. There was two reasons it did work for me:

Firstly I was a lot more open to talking through my feelings and the issues in my life, but more importantly my counsellor was everything I could have hoped for and more. She not only listened, but she heard me, she felt what I was feeling and went through the emotions with me. There was no judgement at all. She was honest and pure which created an instant connection for me. I felt like I could trust her with anything. I could see she had a kind soul and because of my horrific past I needed to see that.

After 10 sessions I feel lighter like a weight has been lifted off my shoulders . I feel happier that I can leave the past where it's supposed to be. It is hard work, but it is very much worth it. I'm not going to pretend and say I'm cured but I'm a million miles away from the person was when I walked in. And with a bit more work on myself, I know I'm going to be the confident, bubbly person I once was I can't thank the service provided and my counsellor enough, you have saved me in more ways than I thought possible. You have gave me my life back. Thank you from the bottom of my heart. Forever grateful to you.”





# CHERRY BLOSSOM

Motherwell is a member of the National Baby Loss awareness alliance. Baby Loss awareness day is celebrated on 15th October as a culmination of Baby Loss Awareness week which takes place each year from 9th to 15th October.

This year we will have done a sponsored walk on Saturday 28th September. We walked to raise awareness and funds. This year we walked 10 miles to acknowledge the 10 year anniversary of the Motherwell Charity.

On Sunday 13th October at 5pm Rev Mike Turnbull conducted the annual Infant Loss Service. This is a service open to all to celebrate and remember the infants. Each were mentioned by name and a Cherry Blossom memorial will stay in the Church. At the end of the service people were invited to light a candle in memory.

We are very mindful to acknowledge how different families view BLAW and whilst some families wish to observe the week, other families may find this week a difficult time and choose not to.

## CASE STUDY

### CHERRY BLOSSOM CLIENT

“I was told I needed Counselling, but joining the peer support group was all I needed. Sometimes we laugh, sometimes we cry. Attending Peer Support group helped me with the loss of my daughter Natalie. Natalie passed away 29 years ago, but she is not forgotten. Sometimes I still cry. But, what I have loved about the Peer Support group, is that I can cry over my Natalie, but I have also been able to support so many people and I love that.”

# LOOKING TO THE FUTURE



## FUTURE PLAN

Our key focus for the coming year is to continue bridging mental health and wellbeing disparities between NHS waiting lists and those who can access private care using:

- Counselling
- Infant Loss Peer Support Group
- Wellbeing Calendar
- Menopause Cafes

We also plan to continue promoting women's health and cancer prevention awareness via;

- Women's Health drop-ins
- Women's Health pop-ups
- Women's Health sessions supported by local GPs
- Online communities
- Online talks

Expand our geographical area within Cheshire



## THANK YOU TO OUR FUNDERS



JULIA RAUSING  
— TRUST —

