



Her-Place
Charitable Trust

BELIEVE IN HER

IMPACT REPORT 2025



WHAT IS BELIEVE IN HER?



VISION

To empower Mums' navigating social care systems to have their voices heard, believed, and respected.

MISSION

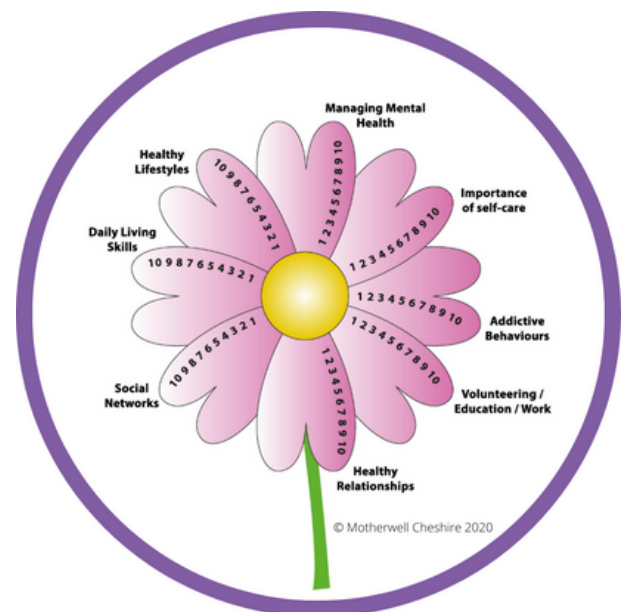
Our mission is to encourage, inspire and empower HER by supporting Mums with their emotional and mental health, resilience and confidence.

Through education, advocacy, and reassurance, we strive to amplify HER voice, challenge systemic barriers, and create an environment where every woman's story is believed and respected.

WELLBEING FLOWER

The Wellbeing Flower is an evidence-based support model designed by Kate Blakemore in collaboration with mums who have lived experience of the child protection system. First co-produced in 2017, it was developed to provide a strengths-based, visual framework that helps mums at risk of child removal to reflect on and improve their wellbeing across key areas of daily life.

Each petal of the flower represents a different aspect of wellbeing, with a scale ranging from 1 (low) to 5 (high). This allows mums and practitioners to track progress, identify areas for support, and celebrate growth over time.



The model underpins the trauma-informed, relational approach at Her-Place, providing a compassionate and empowering tool that fosters self-awareness, confidence, and sustainable change.

The Wellbeing Flower has been independently evaluated by the University of Chester, demonstrating its effectiveness as a reflective and supportive framework for women navigating complex life challenges.

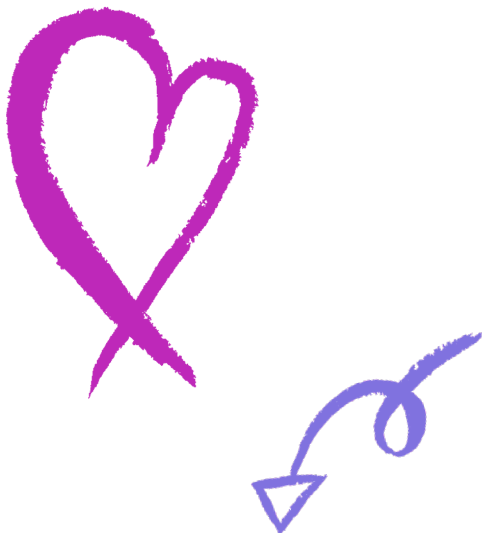
WHAT SUPPORT DO WE OFFER?

SUPPORT WORK

Every Mum accessing the service has a dedicated support advocate who will work through our bespoke “Believe Mental Health Support Programme” with them. As part of this process we encourage clients to meet with their advocate face to face, once a fortnight.

Our advocates help and support mums through their journey, a key to this is building a relationship of trust, openness and guidance.

Our programme is based around the ‘Her-Place Flower’ which works through mums’ own ‘personal journey’ and tailored to mums’ unique requirements.



PEER SUPPORT

Our latest support group fills a much needed gap in a process that can feel overwhelming and isolating.

The Her Circle online support group provides a safe space to connect with other women, share experiences and receive emotional support whilst navigating the court system.

For further information or to join the group please contact chloe@her-place.co.uk

VOLUNTEERING

As part of their individual plan, the support worker can help mums write a CV, talk them through the interview process or signpost them to outside agencies to investigate free courses or qualifications to enhance their chances of employment.

However, as an interim step, to get them used to going out into the workforce, many of our mums volunteer to help the charity – especially in the Community Share Hub where they come into contact with the general public and refresh skills they had forgotten they had.

MEET THE TEAM



My name is Donna, and I was delighted to join Her-Place as a Believe Project Support Worker. The Believe-in-Her Programme is very unique. We aim to be the "Voice" of mums whose child/ren are subject to a Child Protection Plan. Within my role, I am able to offer emotional and practical support including accompanying mums to all social care meetings.

Each mum will have their own bespoke support plan that is personal to them. The plan is devised from our very own Well-being Flower, this is the core of the Believe Support. It helps women to evaluate themselves and to identify the areas they need to make changes, which empowers them to take control by adapting strategies which suits their needs.



My name is Nichola and I am so excited to be part of the Believe-in-Her project and to be working for Her-Place Charitable Trust. I have been volunteering for this amazing charity since before it was even an actual charity. I am passionate about supporting women and have been part of support groups for a long time now and did the Believe Ambassador training a few years ago. My work background is varied but for the past 15 years it's been focused around support, guidance and ensuring people have a voice. I have worked in several different charities and enjoy being part of a community whose focus is support and being non judgemental. I have personal and professional experience in the field of mental health and support. I look forward to helping this project grow and being part of such an amazing team of people.

MEET THE TEAM



Hi, my name is Ny and I am an advocate for the Believe in Her Project. I take this role extremely seriously, especially because I've seen first hand just how much we are needed and the positive impact we have on these women.

For me, being a Believe Advocate means standing alongside mums during one of the most difficult and frightening times of their lives, and showing them that they are not alone. It's about helping them to be heard, highlighting the progress they are making, and encouraging them to keep moving forward with hope and determination.



I'm Amanda and I joined the Believe in Her project in November 2024, I have been excited to be involved in expanding the service into the Ellesmere Port area. My background is in setting up and managing charity services so its been lovely to work on a one to one basis with clients, start building up relationships within the community and raising awareness of the service.

I've loved working on this service and getting involved with our community of practice, looking at best practice and ways to improve the support women are offered.

MEET THE TEAM

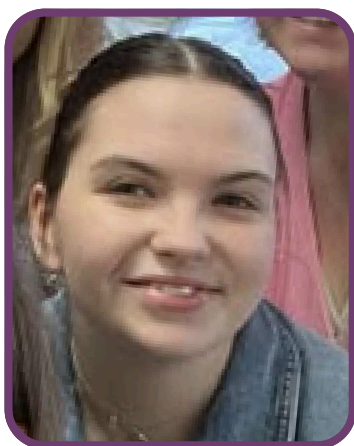


Our Patron – Sally Carman

Sally Carman is one of Britain's leading female actors having starred in many well known TV productions.

Sally is an established actress, who attended the LAMDA drama school in London.

For the Believe in Her project the role that stands out was 'Abi Franklin' in Coronation Street. Sally's character represents the amazing women that we support. These mum's are very often misunderstood, living with mental health conditions after experiencing traumatic events, with a lack of appropriate support.



Student Placement – Rosa

We offer social work student placements within the Believe in Her project. Placements provide a variety of opportunities to learn about supporting women through social care processes.

In 24-25 we welcomed Rosa from Keele University to our team. Rosa brought a wealth of knowledge and energy to Her-Place and was able to support women whose children were subject to child protection plans. Rosa was a valuable member of our team and will be a fantastic social worker once qualified. For enquiries about placements, please contact hr@her-place.co.uk

OUR IMPACT

Believe In Her Highlights of the Year

- We have raised the profile of the Believe Project in the community and expanded our service into Ellesmere Port.
- We have made more links with organisations working collaboratively and sharing good practice.
- The community of practice has continued to grow, allowing professionals to connect and share best practices.
- We have worked with the midwives at Leighton Hospital to intervene with mums whose children are born in to care at an earlier stage and are involved in distributing Hope Boxes.
- We have signposted to legal advisors and to CAP for more specialised advice.
- Believe Ambassador Training has enabled more volunteers to contribute to empowering our mums

111 women were referred into the believe service from April 2024 to March 2025

145 children were indirectly supported through the project

The average wellbeing flower score increase was 11.71

18.9% of clients had 1 or more child in foster care. 7% had 1 or more child previously adopted

FEEDBACK

"Being able to talk to someone who wants to listen and shows care towards me as the mum has helped me more than I thought it would"

"It's nice having someone speak on my behalf because I've got so much emotions invested im always worried it will come out wrong and be called aggressive so I really appreciate having someone be a voice for me in a professional way"

"She's helped me more than any therapy ever has."

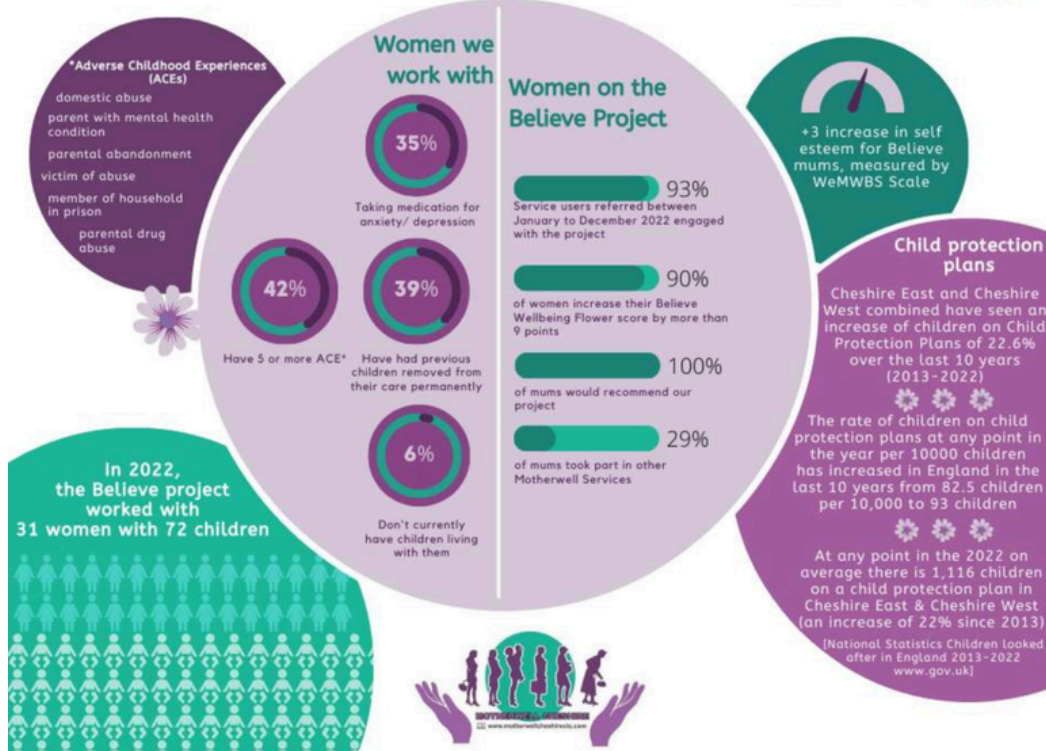
" I wish I knew about it sooner, this whole situation with social services wouldn't have left me feeling so alone".

"It's nice to have someone to talk to without feeling judged or bringing up my past"

"I felt able to advocate for myself because you were there. They listen to me when you are there"

OUR IMPACT

The difference the Believe Project makes



What an impact the Believe Project makes





CASE STUDY

SARAH'S* STORY

Since having our support, Sarah has been able to find her voice a bit more and is now finding ways to seek other support that she should have been having.

Sarah has very little family support due to a broken relationship with her own mum. She was isolated and trapped in a cycle in her life that was not positive and impacted contact with her daughter.

Through our service and having the face to face sessions with a Believe support worker, this has given her space to open up and ask for help without judgement.

Sarah has had support in contact sessions with her advocate and also been able to get into the GP and liaise with Universal Credits to try and sort finances out. Having the advocate there as an extra voice and someone to guide Sarah has enabled her to speak up more and see that she is worthy of this help and it's ok to ask for it without the risk of judgement from social care.

Sarah is now higher on the housing band, finally getting some extra contact sessions and seeking medical support for some issues that she has not been able to speak about until now.

Knowing that she has someone for her throughout this daunting and lonely time in her life has made Sarah feel valued and now knows she can share her voice and opinions when it comes to her daughter.

*Name has been changed to protect identity

CASE STUDY

MAY'S* STORY

May was referred by social care on a child protection plan for emotional and practical support.

She had already made some progress since starting the plan and wanted to keep going.

Her advocate provided emotional support throughout the sessions.

She attended core group meetings and conference with May and took notes for her, providing her with a copy as she was concerned about notes not being accurate in meetings. Her advocate has also raised any concerns May might have in the meetings to ensure her voice is being heard.

May wanted to get involved in a social group and to get some exercise so she did some sessions with her advocate outdoors going for a walk getting some exercise and fresh air.

This progressed to supporting May at a social group on 2 occasions which she was hoping to continue going to. She has continued with this hobby at home.

May decided to go back to college to retrain so she looked at courses and her advocate assisted her with applying for a course which she starts soon.

She was supported looking at healthy meals and recipes and breaking this down, She fed back that her children really enjoyed one of the recipes and has been doing okay with healthy meals since.

May identified that she would like some support around boundaries and putting healthy boundaries in place with friends so they completed some work in this area.

Her advocate secured some funding to provide a new mattress for one of her children and was able to access the school uniform hub to provide some additional uniform.

May provided some interim feedback that she has been finding the service helpful

Her advocate is continuing to work with her, support at meetings and other areas she may like support with.

*Name has been changed to protect identity

BELIEVE AMBASSADOR TRAINING

The Believe Ambassador training is an intensive one-day hybrid course which provides a comprehensive introduction to the Believe programme. The course will equip delegates with everything they need to deliver structured, meaningful support to women at risk of children being removed by children's social care.

Delegates gain access to:

- A facilitator's manual packed with step-by-step guidance
- Handouts and toolkits designed to engage and empower
- Exclusive access to the Believe online platform with digital resources and updates
- Pre-training video content to build confidence and understanding before the session

Upon completion, attendees become licensed Believe Ambassadors, certified to use the Believe Toolkit—a resource designed to support women in crisis, provide emotional grounding, and help them navigate complex systems.

Why Train as a Believe Ambassador?

For professionals in social care, mental health, women's services, or community outreach, the course provides the practical tools and framework to work more effectively with vulnerable families. For individuals with lived experience or a passion for advocacy, it's a chance to channel that experience into structured support that makes a difference.

"Becoming a Believe Ambassador means becoming a lifeline," says Kate Blakemore, CEO of Her-Place. *"You're not just delivering a programme—you're helping a woman hold on to hope when everything else feels out of her control."*

THE TIDE – FAMILY COURT ISSUES

CAMPAIGNING FOR CHANGE

Working with women on a daily basis, we understand the impact that going through the family court process has on individuals and we hear regularly of the challenges women face during this process.

Many women that access the Believe-In-Her service have experience of the family courts whether public, private or both.

The Tide is a short film that we have secured funding for that is currently being produced to highlight the injustices of the family courts.

The film will be used as a training tool in the longer term for professionals in the court and social care systems to increase understanding of domestic abuse and try to affect positive change. The trailer has already been produced and it is clear that the full film will make a real impact.

In addition to the Tide film, which will be making its way through the film festivals and raising awareness of these serious issues, Her-Place is also offering a new online peer support group to support women going through private family courts which will be starting soon.

HER-CHILD

Rooted in the heart of Crewe, Cheshire East's most deprived community, Her-Child will bring together six vignettes of lived experience of child removal, co-created by up to 60 women with lived experience. These women, many of whom have never engaged with theatre before, will be supported through a series of writing workshops and performances designed to foster healing, empowerment, and community connection.

The project is deeply embedded in Her-Place's ongoing work, which has successfully engaged over 1,000 local women from diverse backgrounds. It builds on our established wellbeing and advocacy programmes, including Believe in Her, which supports women navigating the care system. By centring authentic voices and offering robust support, Her-Child aims to reduce stigma, promote empathy, and inspire systemic change.

Performances will take place in early 2026 at Hope Mill Theatre in Manchester and culminate in a homecoming event in Crewe, coinciding with International Women's Day 2026. This dual-location approach ensures both local impact and broader visibility, bridging communities and amplifying unheard voices.

THEORY OF CHANGE



THEORY OF CHANGE Believe



INPUTS

3 x Believe Advocates
Believe Handbook and resources
National Lottery and Steve Morgan Funding
Referrals from Midwives and Health Visitors, Police, CSC, FIWs, solicitors
Covering areas; Crewe, Nantwich, and Sandbach. Northwich, Winsford, and Middlewich. E.Port.
Key stakeholders inc; funders, Guinness and WVHT, clients, referrers, children of clients, community, wider family, MH services.
Referral form emailed to referral inbox
Triaged centrally and allocated or put on waiting list

ACTIVITIES

Support women whose children on CP plan & born into care pathway
Practical and/or emotional support
Understand social care procedures and systems
Building confidence
Consent based service
Advocacy
No age restrictions
Safe space & non-judgemental
Women-led
Not time sensitive
Signposting to other agencies
Supporting women at CSC meetings
Face to face appointments offered fortnightly
Contact every week via text and telephone

OUTPUTS

Pressures relieved from other services
More children remain living with family
Decrease in children returning to CSC
Increase in women's confidence
Improved mental health and wellbeing
Pressure relieved on CSC
Prevents future child removals
Women are more aware of other Motherwell services
Increase on women accessing courses
Increased resilience, empowerment and self-advocacy
More awareness and use of Claire's law & personal safety apps

OUTCOMES

Positive mindset changes
Women have healthier relationships
Women are safer in their future relationships
Awareness of techniques in keeping safe at home and in public
Women believe in themselves
Children are happier and more settled
Women have a safe space to talk and get support
Opportunity for volunteering at M/W, increasing skills and confidence
Increase in employment and decrease in claiming benefits
Improved social skills
Increase in resilience
Use of safe techniques to deal with stress

ULTIMATE GOAL

Women gain support to increase their chances of keeping their children living with them. Women feel empowered, upskilled and believed in.

OUR FUTURE

FUTURE PLANS

We are always looking to expand our service as it becomes more evident of the need for support for mums going through the social care process.

Through our community of practice we are working to highlight best practice and influence positive change.

Clients have stated that they want longer term involvement even when stepping down from child protection plans, and women going through private family courts would also like to be able to access support moving forwards.

We are looking at developing support for kinship carers through the family courts

THANK YOU TO OUR FUNDERS



Steve Morgan
FOUNDATION





Believe In Her



Herplace2025



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Her-Place Charitable Trust

**Her—
Place**
Charitable Trust

07496 160 930

01606 557 666

Believerreferrals@her-place.co.uk

54-64 Beech Drive, Crewe, CW2 8RG

15-17 Finsbury Walk, Winsford CW7 2YA