



Her-Place
Charitable Trust

INSPIRE HER

IMPACT REPORT 2025



WHAT IS INSPIRE HER?

VISION

To eradicate health inequalities and amplify voices for young women in Cheshire and beyond with the aim of improving physical and mental wellbeing outcomes.

MISSION

- To encourage young women to find their voice and recognise their true value.
- To inspire young women to take action and make positive changes within their lives and the wider community.
- To empower young women to improve their mental and physical health, and wellbeing.

AREAS WE OFFER SUPPORT IN

Body image
Eating anxieties
Social anxiety
Low self-esteem
Adverse childhood experiences
Self-harm



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WHAT SUPPORT DO WE OFFER?



MENTAL HEALTH SUPPORT

To support the mental health of young women age 13-25 in Cheshire, Inspire Her offers counselling for a variety of issues faced by young women in today's society. We provide a safe, non-judgemental space for our service users to explore their experiences and feelings, and develop resilience and coping strategies.



WELLBEING

The Inspire Project offers a range of activities to young women in Cheshire age 13-25 in order to promote and foster their wellbeing. From flower arranging, to zumba, to oil painting - there is something for everyone. These activities encourage young women to socialise, learn new skills and practise self-care, all in a safe and welcoming environment.



ACTIVE HER SESSIONS

Active Her is open to young women age 13-25 and aims to promote wellbeing through movement. We offer a variety of activities such as boxing, self defence, zumba and yoga in a space that welcomes all abilities and doesn't discriminate. It's a chance to try something new, boost confidence and release those endorphins!



MEET THE TEAM



GEORGIE KAY-PHILLIPS – COORDINATOR

I have lived experience with some of the issues that impact local young people, including living with a complex mental health condition and being a care leaver. I use my life experience to encourage young women and others in the community to build confidence to speak up about the issues that they face, as well as using their voice to create positive social change.



ABBI JARVIS – COUNSELLOR

Having worked in education for several years, I have supported many young people in building their confidence and aspirations to help them become the best version of themselves. I continue to do this through my work at Motherwell, taking a person-centred approach to encourage, empower and inspire young women to improve their mental health and wellbeing.



LAUREL GRIFFITHS – COUNSELLOR

I am one of the young person counsellors here at Her-Place. I have a passion for supporting young people and helping them in finding their voice. When I am not counselling I can be found spending time with my family on adventures, I also love to travel and explore new places.



ELLIE LEECH – PATRON

I really hope to bring my own experience of low self-confidence to the Patrons role, to show young women they are not alone in the way they are feeling. There are so many pressures that come with just being a woman but I believe that every woman should feel empowered and confident in their own skin and that's why I'm so happy and proud to become a part of the Inspire Project at Her-Place.

VOLUNTEERS



ANEETA

"Hello, I'm Aneeta, and I'm glad to say that I'm a part of Her Place Charitable Trust as a volunteer. My role is quite diverse, doing a bit of everything from managing email communications and handling orders to engaging directly with the wonderful people we support and who support us. Each day brings new opportunities to contribute to our mission, and I'm proud of the work we do. The best part is definitely the chance to interact with so many inspiring individuals—it's a constant reminder of the impact we're making together as a community."



MILLY

I am volunteering at Her-Place for the second summer in a row now. I have been doing this alongside completing my psychology degree. I enjoy being able to see young women and girls find confidence and friendships within our workshops and trying different activities that they aren't often able to access.



SELINE

Hi, I'm Seline and I have been volunteering for about one year now. I started volunteering through my college course but decided to continue volunteering even after it ended because I love working with the team and helping people. During my time with Her-Place I have helped out with the hub, events (such as International Women's Day) and helped to facilitate groups aimed at young women.

VOLUNTEERING STATS

My experience was worthwhile and I enjoyed helping inside the office as well as within the groups. I found it helpful in giving me an insight to a similar career and helped to make me more open minded.

In 2024-2025 we hosted 8 young volunteers, work placements, or work experience students who gave 309 hours so far in 2025 we have hosted 5, who have given 254 hours.

WELLBEING IMPACT

Professional Feedback

G was very good with the girls, very patient, empathetic and calming

Instructor

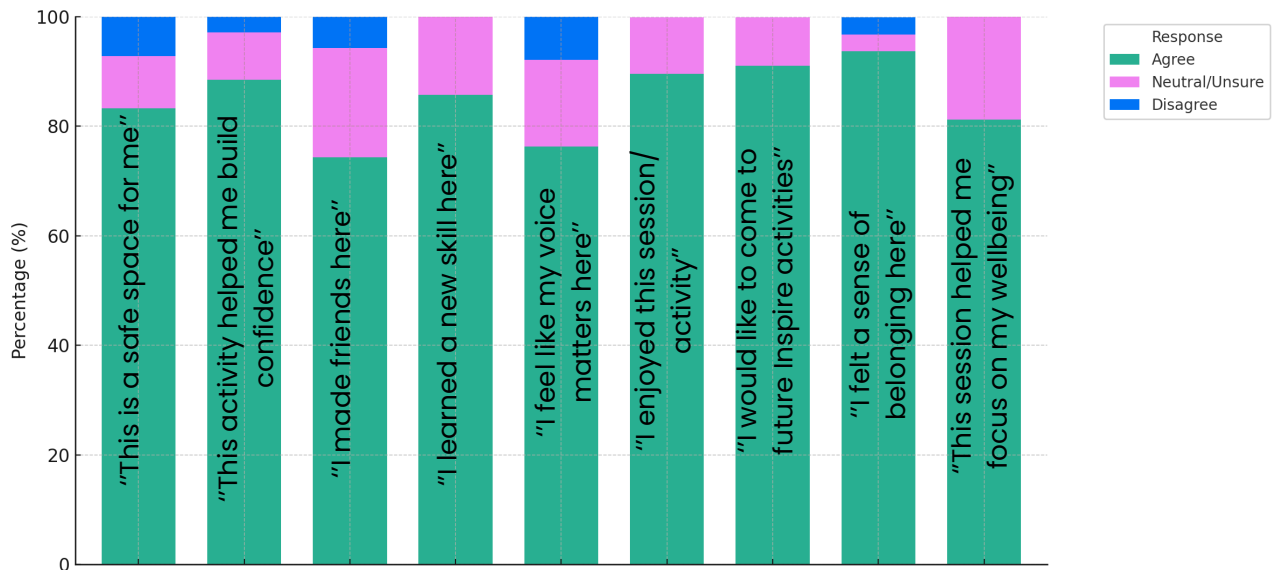
The girls really enjoyed the session and your time.

Teacher

Looking forward to seeing the impact of this for our girls. It's a great way to give them a voice and some positive attention.

Headteacher

Service User Feedback



The staff and volunteers were kind.

It was nice to try out a new hobby.

It was really nice to be creative.

I felt no judgement at all while I was dancing.

My favourite part was getting emotions out with the punching pads.

COUNSELLING IMPACT

After accessing Inspire Her counselling...

- 67% of service users felt more able to ask for help
- 70% of service users felt their mental health had improved
- 76% of service users understood themselves better
- 82% of service users understood their problems better

**100% would recommend our
service**

I've learnt many things that I now understand about myself thanks to counselling.

I liked how open I can be and how it made a more positive outcome than others.

I like that I feel heard for once.

Thank you for being my counsellor. I'm glad it was you.

I have been able to talk about things that I don't normally and feel comfortable.

HEAR HER VOICE



In 2023, Inspire Her partnered with OnSide to deliver a pioneering research project that placed local young women and girls at the heart of shaping the future of the new Crewe Youth Zone.

OnSide's national data revealed a striking pattern: while boys maintained steady engagement in youth zones up until the age of 19, girls' participation dropped sharply during their early teenage years. Determined to address this disparity, Inspire Her recruited a team of local young women as peer researchers, giving them the skills and platform to explore what girls truly need to feel safe, included, and motivated to keep engaging.

Together, these young researchers spoke with their peers, gathered insights, and identified the barriers that often prevent girls from accessing youth services. Their findings are helping ensure that Crewe's Youth Zone is not just a space for young people in general, but a space that actively works to include and empower young women.

This collaborative approach proved invaluable. Some of our young researchers went on to join the Young People's Development Group (YPDG), which had the exciting responsibility of naming the new youth zone. In April 2024, the name The Dome was officially unveiled- chosen by young people themselves to reflect a vision of inclusivity, and belonging.

Several of our peer researchers have since continued their journey with Inspire Her, contributing their voices and leadership to our Hear HER Voice programme. Through this work, they continue to influence decisions in the local area, ensuring that young women's perspectives are not only heard but acted upon.

This project highlights the power of youth-led research and co-production. By trusting young women with real responsibility and influence, we are not only addressing gender imbalances in participation but also nurturing the next generation of local leaders.

The Dome will open its doors as a place where young people can feel safe, supported, and inspired – and thanks to the work of these young women, it will be a space that truly belongs to them.

HEAR HER VOICE



The Hear Her Voice project was designed to continue our research into creating safe, youth-led spaces where young women and girls could openly share their lived experiences and shape local services. Across three dedicated sessions, participants explored issues of safety in public spaces, barriers to sport and physical activity, and what a supportive community space ('Her-Place') should look like.

This work builds on Inspire's ethos of amplifying young women's voices, ensuring that organisations, schools, and decision-makers understand their needs and design services that reflect their realities.

Key Findings

1. Safe Spaces

- Young women avoid specific areas in Crewe due to poor lighting, antisocial behaviour, harassment, and intimidating groups.
- Safety is improved by visible measures such as better lighting, CCTV, crossings, and police presence, as well as trusted spaces like libraries, community centres, gyms, and Queens Park.
- Respect is tied to being left alone, treated fairly, and having girls' voices recognised by local authorities.

2. Girls in Sport

- A majority of girls are not participating in regular sport, with barriers including cost, low confidence, lack of opportunities, and repetitive or unwelcoming P.E. experiences.
- Where participation is positive, it is linked to feeling comfortable, supported, and being in environments that improve mental health and confidence.
- Young women want accessible, inclusive activities that go beyond traditional sports and focus on wellbeing, and enjoyment.

3. Creating Her-Place

- Girls identified a wide range of services and supports they would value in their area, from mental health and wellbeing provision (counselling, peer support, therapy groups) to life skills (budgeting, cooking, job readiness).
- They called for safe, inclusive environments that are confidential, respectful, and age-appropriate.
- Requests also included fun, social, and creative opportunities (art, music, self-defence, film nights, women-only gym sessions) that build skills and confidence while fostering belonging.

Overall Impact

The research clearly shows that young women and girls want to be listened to, respected, and provided with spaces that are safe, inclusive, and supportive. Their voices highlight gaps in current provision, particularly around safety, sport, and wellbeing, and set out practical, youth-driven solutions.

By capturing and sharing these findings, the Hear Her Voice project will ensure that local services, organisations, and authorities have clear direction from those most affected: the young women themselves.

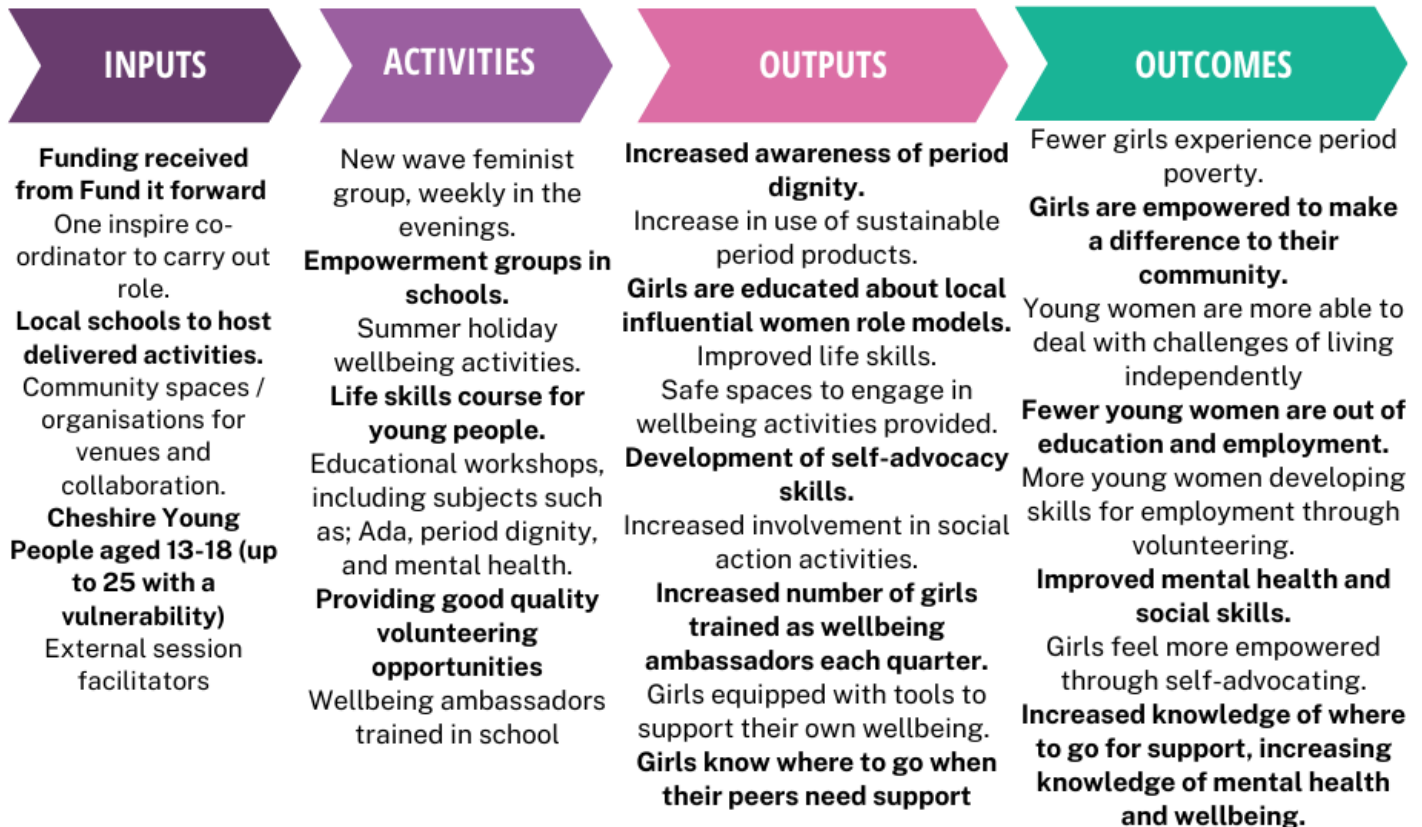
A YEAR IN PICTURES



OUR FUTURE



THEORY OF CHANGE



FUTURE PLAN

Over the next year, we aim to continue shaping our services around the voices of local young women and girls, ensuring they have opportunities to be heard. We will also maintain a focus on supporting their wellbeing, health, and mental health, while exploring new ways to respond to their needs.

ULTIMATE GOAL

To empower girls, giving them the tools to speak up for themselves and to understand when they need help with their wellbeing.

THANK YOU

JULIA RAUSING
— TRUST —

CHESHIRE
COMMUNITY
FOUNDATION



Pilgrim
Trust





Inspire Her



Inspirecheshire



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