

The Digbeth Trust

Active in Turning Community Ideas
Into Community Action

CASE STUDY 1 – WOMEN’S HELP CENTRE WOMEN’S WELL BEING SUPPORT GROUP

WELCOME

This is the fourth edition of our Case Studies Series which shows how we are helping voluntary and community-based organisations to have a lasting impact in their communities.

For more than 20 years The Digbeth Trust has been supporting groups and communities to fulfil their ambitions and realise their potential.

These case studies illustrate how our staff and quality-assured consultants have helped groups with:

- Feasibility studies
- Architectural plans
- Business plans
- Income generation strategies
- Organisational development and performance improvement
- Other sources of funding and support.

The case studies also show how the grants we have made have helped groups to develop their capacity to deliver important services to their communities.

Our first case study is the Women’s Help Centre- supporting women’s wellbeing in Handsworth.

If you would like more information about how the Trust might be able to help you please contact us.

ABOUT THE DIGBETH TRUST

The Digbeth Trust is a development support organisation offering services to **voluntary and community groups** and **public and charitable funders** across the West Midlands.

Our Mission

The Digbeth Trust exists to enable the development of an influential, effective, independent and sustainable voluntary and community sector across the West Midlands through the influencing of policy and the provision of expertise.

Our Services

We provide specialist support to voluntary and community groups through our register of quality-assured consultants, link to other sources of support and access to funds.

We are a not-for-profit charitable company and a membership organisation.

To find out more about The Digbeth Trust and the services we offer please contact us at:

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In 2008 The Digbeth Trust provided support to Women's Help Centre with their project called Women's Wellbeing Support Group offering them Grant Programme on behalf of Heart of Birmingham Teaching Primary Care Trust, with a proposal to address this need. As a result, to develop women's abilities and skills that will gain them independence in a safe and supportive environment.

The centre is a registered charity used and managed by women. The centre offers training and advice to women on a range of issues with an onsite crèche facility.

BACKGROUND

The centre has 20 years experience of assisting newly arrived women; the organisation recognised a significant proportion of their clients were experiencing low level anxiety and depression due to their personal circumstances. Women's Help Centre applied to The Digbeth Trust, which administers the Mental Health Grants Programme on behalf of Heart of Birmingham Teaching Primary Care Trust, with a proposal to address this need. They were awarded £6900 on 5th March 2009 by the independent Grant Assessment Panel.



THE PROJECT

This project provided one to one confidential advice, counselling, information, advocacy and support to women experiencing isolation, depression and anxiety, according to individual needs. It is organised 30 weekly support group sessions for the newly arrived women where an advisor helped them co-mentor and support each other. These sessions enabled participants to access mental health services and explore preventative measures for women who have little or no awareness of emotional distress and mental illness.

With the help of Digbeth Trust, we administered the Mental Health Programme on behalf of Heart of Birmingham Teaching Primary Care Trust. The project has demonstrated the ability of the Women's Help Centre to reach and work with newly arrived women in North West Birmingham and to provide a high quality Women's Wellbeing Support Group Project which has made a significant impact on the mental wellbeing of local women.

THE FUTURE

The project is currently carrying on although there is no funding for it. The existing staff members are continuing to support current clients but new clients cannot be recruited.



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