



The Pilgrim Trust

Young Women and Mental Health PLUS Grants

Please find information below on the 10 grants made in late 2021, from our new, Young Women and Mental Health PLUS fund.

Organisation:	Project Title:	Amount awarded:	The Story:
Stockport Women's Centre (Greater Manchester)	Young Women's Trauma Informed Practitioner	£81,805	The Pilgrim Trust has awarded Stockport Women's Centre with a three-year grant totaling, £81,805 for their work to support young women with complex mental health needs. Stockport Women's Centre (SWC) was established in 2001 specialising in providing services for women surviving abuse, poverty, social exclusion and emotional trauma. The funding will enable the SWC to cover the salary costs of a Young Women's Trauma Informed Practitioner for three years. Currently, out of the young women SWC supports, 76% of them have identified mental health as a support they need. The aim of funding is to help support young women with complex mental health needs to improve their mental health and well-being. The service offers a trauma informed, full needs assessment before offering a suitable support package. This may include one to one case work, counselling, support groups, creative activities, domestic abuse guidance and more. The project ties into SWC's aims to raise awareness about their support for young women, for example increasing their social media and digital presence.
Asian Development Association Bury (Greater Manchester)	Wellness 4 Woman	£89,987	The Pilgrim Trust has awarded Asian Development Association Bury (ADAB) with a three-year grant totaling £89,987 to fund the project, Wellness 4 Women (W4W).

			ADAB supports people from Black, Asian and minority ethnic communities including new and emerging groups, refugees and asylum seekers, to help build their confidence and independence to become more active and involved citizens in the community. To this end, they provide a range of BAME accessible services in a culturally sensitive manner. This includes health-related support including mental health services, dementia support and living independently support, employability and training opportunities, and support for victims of domestic abuse. Wellness 4 Women (W4W) is a young women's mental health project with the aim of supporting BAME women to improve their overall mental health, wellbeing and quality of life in Bury. W4W will provide one-to-one therapy, peer-to-peer support, and wellness activities. They will also work in partnership with other VCSE, faith, community and statutory organisations/agencies to provide additional, tailored support as needed.
Manchester Action on Street Health (MASH) (Greater Manchester)	Mental health support for young women who sex work in Manchester	£89,845	The Pilgrim Trust has awarded Manchester Action on Street Health (MASH) with a three-year grant totaling £89,845 to fund mental health support services for young women who sex work in Manchester. MASH is the only organisation in Greater Manchester which exists specifically to support women who sex work. Their mission is to promote health, wellbeing and personal safety to women who sex work whilst offering choice, support and empowerment to promote individual positive life changes. MASH works with women where they are at, offering a gender and trauma informed holistic approach. Through an expert team of caseworkers, counsellors, a women-only Drop-in Centre, an Outreach Van and a dedicated sexual health nurse, MASH builds trusted relationships with these women to keep them safer, healthier and more equipped to take control of their lives. New funding from the Pilgrim Trust will help MASH to extend their current services to specifically support young women who are sex working, extremely vulnerable and have mental health needs. A specialist young person's caseworker will work alongside their current services and outreach. The young person's caseworker will build relationships with individuals, understanding their mental health and wider needs, and offer tailored mental health provision. This stream of work aims to reach and support a number of young women with undiagnosed and unaddressed mental

			health needs, to help them access and engage with support, recover from crisis and reach a point of mental health stability.
The Counselling and Family Centre, Altrincham (Greater Manchester)	Improving young women's access to counselling and working with the Trafford Collective	£90,000	The Pilgrim Trust has awarded The Counselling and Family Centre, Altrincham (CFC) with a three-year grant totaling, £90,000 to fund their work improving young women's access to trauma-focused counselling. CFC is dedicated to improving the mental and emotional wellbeing of people across Trafford and South Manchester with their main centre in Altrincham. Their core service is the provision of counselling for anyone over the age of 5. Further services include couples and family group counselling, peer support groups, personal development courses, creative and social sessions for older people at risk of isolation, a community café, a community allotment and supported volunteer placements for those furthest from the job market. CFC provide accessible support to anyone who comes to them for help and offer all services free of charge to anyone with a household income under £30,000. CFC will increase access to appropriate, trauma-informed counselling for young women suffering with poor mental health and emotional wellbeing. Specifically, they will work closely with the Trafford Collective to reach young women across the community. The Trafford Collective is a partnership of voluntary and community (grassroots) organisations working together to join up care pathways and ensure Trafford's most marginalised residents can access the right support at the right time.
Odd Arts (Greater Manchester)	Creative Community Resettlement – Young Women's Strand	£89,951	The Pilgrim Trust has awarded Odd Arts with a three-year grant totaling, £89,951 to fund the young women's strand of the creative project, Creative Community Resettlement. Odd Arts uses theatre and the arts to support vulnerable, disadvantaged and excluded people. It works within the criminal justice, community, mental health and education sectors. It aims to increase engagement in the arts and culture for disadvantaged groups; improve work-based skills through accredited artistic opportunities; improve mental health and wellbeing and reduce risk of offending. All their projects use specialist applied theatre and creative arts to address and explore contentious and challenging issues for vulnerable and excluded groups. Examples

			of projects include wellbeing theatre within mental health settings and theatre programmes designed specifically for prisons, secure units and other criminal justice settings. Creative Community Resettlement is a creative project that challenges the misconception that people who have experienced adversity, trauma and incarceration are 'other'. Through new funding, Odd Arts will run a young women's strand of Creative Community Resettlement project. Working closely with young women in Manchester facing complex mental health needs, the project will include 1-2-1 'wellbeing' theatre workshops, specialist therapeutic theatre programmes, training and performing alongside professionals, paid opportunities and other relevant workshops/learning sessions. The aim of the Creative Community Resettlement is to help young women's wellbeing and mental health, improve their creative skills, increase their confidence and create a sense of belonging.
M13 Youth Project (Greater Manchester)	The Sistering Project	£90,000	The Pilgrim Trust has awarded M13 Youth Project with a three-year grant totaling, £90,000 to fund The Sistering Project. M13 Youth Project works together with children, young people, and young parents, aged 0-25 to create spaces of safety, community and hope. They use innovative, evidence-based, trauma-informed processes to foster fun, learning, action and change that helps young people's physical, social and emotional safety and mental well-being. Importantly, M13 work in the community with young people through street-based outreach (detached work) – whether that's by shops, on benches or in McDonalds. Through listening and conversation, M13 build trusting relationships with young people so that they can co-design activities, projects and services that help and interest them. For example, pop-up youth clubs, drop-ins, gendered support-groups, trips and residencies, campaigning and social action, one-to-one support, referrals and other specialist support. The Sistering Project offers safety, welcome, listening and mental health support to young women who are experiencing poor mental health and also who happen to live in extremely deprived inner-city neighborhoods in central Manchester. The Sistering Project is staffed by community-rooted, female, qualified youth workers and counsellors, who listen carefully and respectfully. They are regularly available in the

			young women's community via weekly Young Women's Sistering Group and also (as appropriate) for phone calls, text messaging, meet ups, practical help and accompanying to specialist services. The project supports young women experiencing increasingly entrenched mental health difficulties to engage in therapeutic conversations and activities, receive holistic and practical support on wider issues and have fun in a trauma-informed space of safety with their peers.
Falls Women's Centre (Northern Ireland)	Young Women's Counselling Service	£60,000	The Pilgrim Trust has awarded Falls Women's Centre with a three-year grant totaling, £60,000 to fund their young women's counselling service. The Falls Women's Centre, based in West Belfast, was founded by local women to improve the quality of life for women and their families living in areas of extreme deprivation and strongly affected by conflict in Northern Ireland. The Centre is committed to providing a safe, welcoming and comfortable environment for women. They provide holistic, confidential wraparound services for women survivors of rape, child abuse, sexual violence, domestic violence and crime. Support and services include counselling, one to one support, listening ear, support and attendance to court, hospital, solicitors and PSNI contact. Fall Women's Centre also provides counselling and complimentary therapies to women and their families affected by suicide and suicidal ideologies. The aim of this project is to provide an in-house counselling service to young women who are experiencing high levels of anxiety and depression – as well as addressing the impact of the Covid-19 pandemic on the mental health of young women. Falls Women Centre aims to provide talking therapies and complimentary therapy sessions to young women. More young women are presenting with health issues that are inflated by, and not limited to, bereavement through Covid 19, loss of jobs, anxiety, fear, self-harm, disorientation and lack of self-care. Importantly, this funding will help young women currently on waiting lists and those of other youth provider organisations, to receive the support they need and these young women can use the Centre's other wrap-around services, such as childcare and housing and benefits advice.

Northern Ireland Youth Forum	Wellness Warriors	£90,000	The Pilgrim Trust has awarded the Northern Ireland Youth Forum with a three-year grant totaling, £90,000 to fund a 'Relentless Youth Worker' to run their Wellness Warriors project. The Northern Ireland Youth Forum (NIYF) is a regional youth led organisation. Their purpose is to promote the voices of young people; speaking truth to power. NIYF's vision is that all young people have opportunities to have a say on issues that affect their lives. The Youth Forum is a member-based organisation and membership is open to all young people living in Northern Ireland aged between 11 and 25. NIYF deliver bespoke programmes to young people across NI linking with organisations across Ireland and the UK, including targeted programmes; issue based group work; community of interest work; one to one support; counselling; therapeutic work and international opportunities. Whilst NIYF deliver mental health services – they have no dedicated worker to target young women. That's why new funding will employ a new member of staff to run the project, Wellness Warriors. Wellness Warriors will increase the quantity, quality and availability of mental health services to young women through holistic support delivered using youth work methodologies. The programme will include: group work, case work, peer support, building resilience through youth participation and provide a drop-in safe. Wellness Warriors will aim to support young women who have a range of complex mental health issues, including post-natal mental health issues, victims of sexual, physical and emotional abuse, those who have experience infant mortality and those who have experienced discrimination and barriers due to ethnicity, disability, immigration status, sexuality etc.
Lighthouse (Northern Ireland)	Ask Twice	£90,000	The Pilgrim Trust has awarded Lighthouse with a three-year grant totaling £90,000 to fund their project, Ask Twice. Lighthouse is an organisation based in Belfast and committed to the prevention of suicide and self-harm; the promotion of positive mental health and the provision of support services to families who have been bereaved due to suicide. Lighthouse was conceived out of the urgent need to respond to high levels of poor mental health and suicide rates within the local community. They provide trauma-informed counselling, crisis response, suicidal bereavement support, art therapy, alternative therapies,

			mentoring services and training and educational services. The Ask Twice project will support young women who are experiencing mental health conditions such as depression, anxiety disorder, self-harm, abuse, or obsessive-compulsive disorder to access relevant, holistic mental health support in trusted community spaces. In the first instance, Ask Twice, will offer one-to-one support, mentoring, group work, and connect young women to a range of integrated services and partners as needed. Importantly, this project will consider how many young women suffer from transgenerational trauma due to the past conflict in NI and reflects how all of Lighthouse's work is trauma informed and responsive.
The Parent Rooms (Northern Ireland)	Young Mums Key Worker	£89,807	The Pilgrim Trust has awarded The Parent Rooms with a three-year grant totaling, £89,807 to cover salary, core and project costs for the Young Mums Key Worker. The Parent Rooms supports parents who are experiencing difficulties with their mental and emotional wellbeing, mainly during the perinatal period (conception to one year postpartum). Their goal is to ensure every parent in Northern Ireland has access to timely and appropriate support in their local area. They do this through peer support groups, counselling, wellbeing education programmes and campaigning for better perinatal services in Northern Ireland. The Young Mums Key Worker is an important new role that will enable The Parent Rooms to work closely with young mothers (16-25) who are experiencing struggles with their emotional and mental wellbeing. This new role will provide one-to-one support for young mums and address specific needs young mums face. For instance, the Young Mums Key Worker will help younger mums navigate the health care system, advocate for their needs, and help them to create individual action plans which help them to lead fuller and healthier lives. Additionally, The Parent Rooms see the Young Mums Key Worker as a voice for younger mums within statutory services, meaning they can advocate for systemic change.