Supporting Vulnerable Women With Multiple And Complex Needs
What is Anawim and What do we do

• Anawim is a Women’s Centre based in Balsall Heath that support women across Birmingham with multiple and complex needs. Women are referred to the centre through a variety of ways eg: health, Children’s Services, Police as well as self-referring.

• Once allocated to a caseworker the women can access a wealth of support in a holistic, woman centred manner. Anawim is based on a ‘One Stop Shop’ model where as much as possible all the support is provided under one roof.
This is an example of a timetable of the courses that we offer at Anawim

- We work with colleges to provide some of these courses and also provide courses led by Psychologists. We currently offer REDD - regulating emotion and dealing with distress, TREM - trauma recovery empowerment model for women who have had trauma in their childhood - 20 week course, Seeking Safety - for women who have experienced any kind of trauma at any time in their lives and use substances to cope and Anger Management all of these are led by Psychologists alongside Anawim staff.
Teams at Anawim

- Early Interventions Team
- Liaison and Diversion
- Money Advice Team
- Multiple and Complex Needs Team
- Floating support Team
  - Family Support
- Prison In Reach
- Outreach
- Dawn House
Activity

• What challenges do pregnant women face?
• What additional challenges do multiple and complex needs clients present with?
• What support do you think we should put in place?
• Jemma was referred to Anawim in March 2016. She was so overwhelmed with the challenges she was facing that she could not see any way out. She had lived a chaotic lifestyle for some time and was physically and mentally exhausted, she wanted change but she had not got a clue where to start. She was not managing her mental health, professionals were finding it hard to make contact with her, her home was not deemed as safe as she had suffered previous DV and the partner knew her address, she had many unpaid debts and her 3 children had been removed from her care.
Case Study

- Jemma had needs in nearly all aspects of the Outcomes Star. We decided to prioritise Jemma's finances, Mental Health & housing. We also looked at the Anawim timetable and worked out a programme of courses and Workshops for Jemma to attend. Shortly after Jemma was referred to Anawim she found out she was pregnant.

- Jemma attended regular one to one appointments with her keyworker to ensure she was following her support plan. She was very emotional at times but would use her sessions to discuss any concerns or problems that she had. Jemma was starting to prioritise her issues and was exploring problem solving techniques.

- Jemma met with our money adviser and changed the benefit she was on. She was supported with PIP and was granted a higher payment, payment plans were put in place for her debts and we supported her to budget her money and ensure she could live within her means and manage her finances appropriately.

- Jemma attended the following courses: Parenting, REDD (Regulating Emotion and Dealing with Distress) and Domestic Violence Awareness.

- Jemma completed a referral for housing and would use the computers at Anawim to bid on properties. She was accepted for a 2 bed flat and was supported by our Floating Support Worker to gain furniture for the property.

- Jemma gave birth back in December. Although a referral was made to Children’s Services, an assessment was completed and although there were some risk factors it was felt that Joanna had made significant progress to protect her unborn child. The baby was placed on a Child in Need plan.

- Jemma is now a lot more confident and calm in her approach. She attends Stay & Play at Anawim and is building up friendships with other moms. She does still have low days but she will contact her workers and ask for support where need be or even to just have a chat. She can be isolated at times so is also working without Floating Support team to find activities and groups in her own area.
Case Study

Outcomes Stars were completed

04/03/16 15/12/16
Challenges we find

- Getting to appointments
- Early appointments
- Waiting around
- Terminology doesn’t make sense and scares them
- Finances
- Amount of appointments
- Childcare
- Language barriers
- Mental health
Links with Mental Health and barriers/difficulties we face

• We have strong links with health, as you have heard with the psychologist led courses and in Prison. We also work with Ardenleigh with groups of women who are coming to the end of their stay in hospital and are preparing for life in the community. We provide courses at Ardenleigh and Anawim to support this and on release are allocated a caseworker to continue that work in the community.
Difficulties:

• Funding
• Access to Mental Health Services
• Thresholds
• Assertive Outreach
Service User Video
Jemma’s View

On paper I sound like the worst mum ever, I was an alcoholic for a long time which escalated when I separated from my husband, childcare arrangements weren't working out and he ended up with my 2 youngest children, then my oldest was put in long term fostering. Then I ended up in a relationship which was violent from the start which only got worse and worse. I was constantly black and blue with broken bones but then I ended up pregnant, I was in a difficult situation and my mental health had deteriorated badly. My solicitor put me in touch with Anawim who allocated Sarah Tancred as my support worker. Sarah has helped me turn my life around, she made me realise I could change and still had time to turn my life around, she gave me the confidence I needed to do it. I'd already stopped drinking and now I'm a mum to my baby. I worked so hard with Sarah, my social worker was happy for me to keep her and only on a child in need plan, I don’t believe I could have achieved everything I have in the space of time I did without Anawim’s services and Sarah's support. I plan to sustain the changes I have made to my life and know with Anawim’s support available I'm more than capable to do it. Thank you Anawim!
Words From Social Worker

• Anawim have played a vital role in J’s progression. Due to the timing of the Intervention by Anawim J was able to turn her life around quickly to ensure she could safeguard her baby and make positive changes. Because of this the risks to the baby at time of birth had been significantly reduced meaning the baby could be discharged from hospital on a CIN plan and into J’s care. I am confident that if Anawim had not supported J in the manner they did the baby would have gone in to Local authority care’.
Any Questions?
Thank you!

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