

One  25

For women to
heal & thrive

2019-20



**What does my voice sound like?
How am I going to express
that babble babble babble?
NO I can't say that**

*I wish my voice was strong
and confident like yours
Even wish it was full of courage
and wisdom just like hers*

*What does my voice sound like?
Ssssssh...*

*Sometimes it sounds like my mum's
judgemental critical spiteful painful ssssh shameful*

*What it sounds like in here
(my heart) is so unclear
Cause its mingled and entangled
with guilt, shame and fear*

*Yeah sometimes it's hard
to hear what my voice sounds like
Yes up in here
(my head)*

*Black outs... knock outs
No one to hear my cries
Abuse, neglect, rejection
Lonely nights of isolation*

*So I know what my voice sounds like to YOU
It's a moan It's a groan
It's a no
Be quiet Be still
It's a slap or a punch
It's a 'your worthless... wish you had never been born'
Be quiet Be still*

*You have never looked at me
So how on earth could you have ever heard me
Or recognize my voice
If you refuse to see me or visualize me even as a child
Teach me speak to me
Help me understand why I was never part of your plans
Left alone... without a voice...*

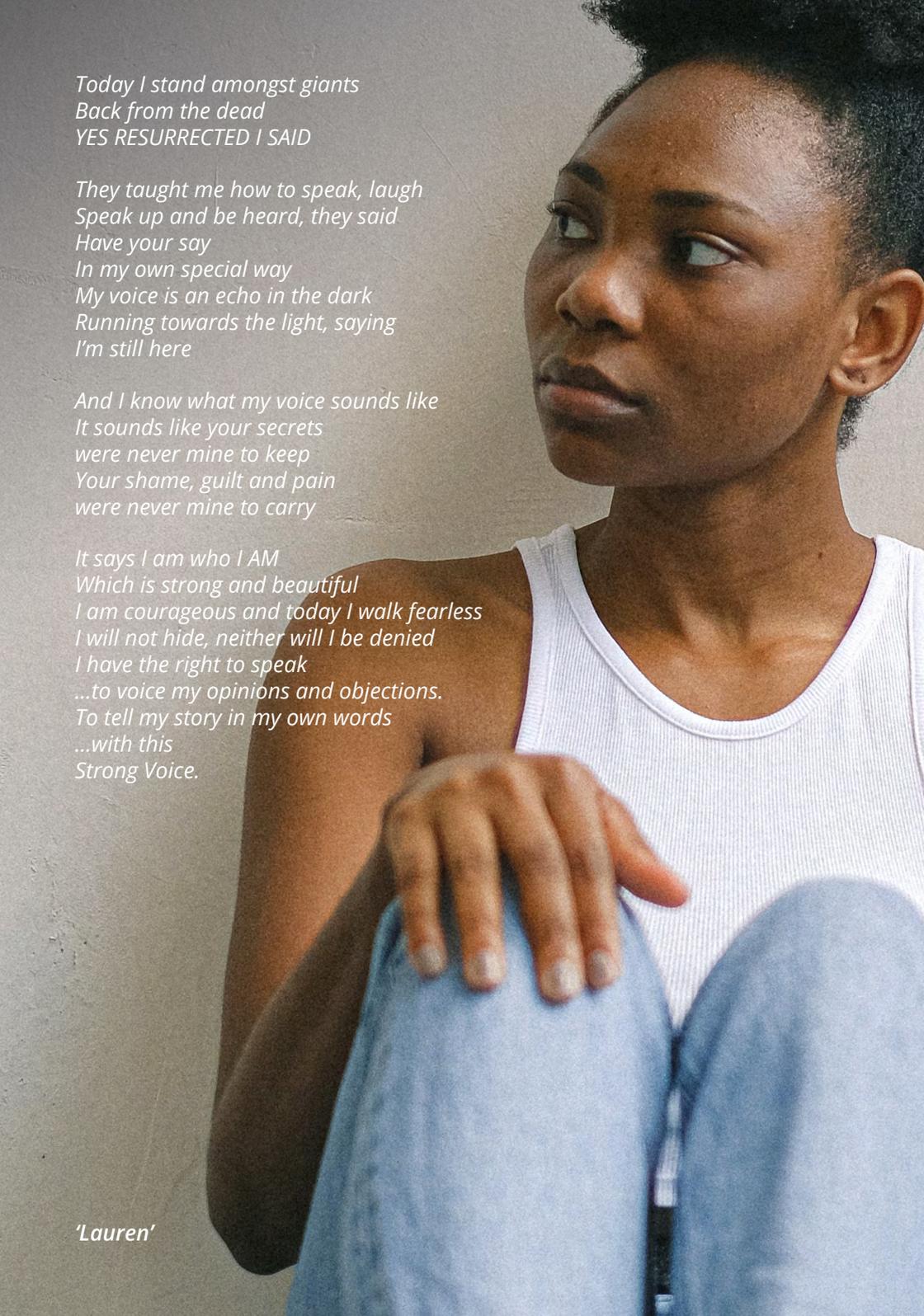
*Today I stand amongst giants
Back from the dead
YES RESURRECTED I SAID*

*They taught me how to speak, laugh
Speak up and be heard, they said
Have your say
In my own special way
My voice is an echo in the dark
Running towards the light, saying
I'm still here*

*And I know what my voice sounds like
It sounds like your secrets
were never mine to keep
Your shame, guilt and pain
were never mine to carry*

*It says I am who I AM
Which is strong and beautiful
I am courageous and today I walk fearless
I will not hide, neither will I be denied
I have the right to speak
...to voice my opinions and objections.
To tell my story in my own words
...with this
Strong Voice.*

'Lauren'



We believe in a world
where **all women** will...



 ...be safe

- free from violence
- a secure home
- away from street sex work
- recovery from addiction
- mental and physical health services



 ...feel loved

- peer support
- self-esteem
- friends and family
- acceptance
- with her every step of the way



 and thrive!

- active
- healthy
- part of a community
- training and jobs
- independent

One25 works with
some of Bristol's most
marginalised women.

We support them to move from crisis
and trauma towards independence
in the community.

Wherever they are in their journeys, we
give love and practical support, without
judgement or expectation.



Moving through trauma to freedom

Trauma affects and shapes the lives of all the women One25 works with. Our relentless hope is that love and professional support can help them to make brave choices on their journeys to freedom.

The 215 volunteers and 40-strong staff team are wholly committed to these women's futures, to One25's vision and values. We are so proud of all the women have achieved.

Not celebrating our 25th birthday in May was the least of our concerns in lockdown. Many women were more isolated and at-risk than ever. Keeping them engaged with services remains our biggest challenge. But we kept going when the women needed us most. We adapted our services to provide food and essential items to women. The night outreach van still went out and we continued to give intensive support by phone. Women gave us so much feedback about what this meant to them. Suzie said:

"You have been with me on my journey the whole time. You make me feel strong."

Our supporters and funders stayed with us through this too and we are hugely grateful. We were also able to access some emergency funding and I know that words and deeds of supporters helped us all through challenging times. Thank you.

We keep looking forwards and have just agreed the outline of our business plan for 2021-23. There is more we want to do for the women, further pathways beyond the trauma they live with so they can be independent.

Thank you for supporting these hopes and, most importantly, them.



Anna Smith
Chief Executive Officer

The women we met in 2019-20:



all have experienced domestic/sexual violence



49 were attacked



66% have experienced childhood trauma



82% are in active addiction



81% experience chronic ill health



68% experience homelessness



Every single interaction we have with a woman is important. Each relationship we build considers each woman's experience. It means we are flexible, do not judge, we see her strengths, try to understand her behaviours. We work with and around her. We truly listen.



Jenny Riley
Operations Manager

It's so important we train and support staff and volunteers to understand trauma. We take seriously our need to help with the very real impacts of secondary trauma, vicarious trauma, compassion fatigue and burnout. We are a whole community, working together with the women.



Sophie Whitaker
Finance &
Resources Manager

Women's voices must be heard, their disadvantages understood and provided for. So we input into national research, present to strategic groups, advocate to other services and work with media and supporters to highlight their hidden needs. We fight to make sure they're not overlooked.



Amy Sutcliffe
Fundraising &
Communications Manager

How we help

One25 services have been developed to meet women at their point of need, with love and practical support.

In 2019-20:



One25 worked with **241** women in Bristol



37 women broke free from street sex work



48 were helped to avoid street sex work and **63** maintained their freedom



101 women were supported around their addictions to harmful substances



160 women were supported into safe accommodation



6 got jobs, **37** went on training courses and **61** gained employment skills!



146 women in Bristol are street sex-working: it's lonely, dangerous and difficult to leave

Night outreach

Van service for women trapped in street sex work

She says she feels safer when she sees the van. There's no one else out there for her.

'I can't believe I'm doing this.'

But we're out there cause we want to be. This might be the start of a journey.

'Can I just sit here?'

Maybe a hug or hot chocolate. Maybe she's on and off quite quickly: condoms, clean needles, thanks and bye... somewhere to go for someone else. Judgement, pain, abuse, addiction. The streets are a last resort.

'I can't believe you've done this for me.'



The van gave out **556** condom packs and **329** harm reduction packs from Bristol Drugs Project



"I wouldn't be where I am now if One25 hadn't scooped me up. And I've never looked back."

Follow **Cora's story**



"Out there on the streets... I'd just get assaulted and raped. Every day was a matter of surviving. I'd lost sight of who I was or what I deserved."



Drop-in

A homely, unique, women-only safe space

A homely, contented buzz, relaxed chatting, women feeling they're understood, not judged. Sitting at the table sharing food or sleeping on sofas. Where birthdays and Christmas are marked, where staff and volunteers remember how she likes her hot chocolate.

A safe space, she's always welcome. Sometimes it's the only place she eats. Somewhere away from the chaos of addiction and violence. Somewhere there is unconditional love.



112 women came to the drop-in safe-space last year



145 women received food from One25; many are acutely malnourished

Casework

Specialist support tackling multiple disadvantages

Some women have no people, no family. They feel dismissed and disbelieved. We believe them. When everything else is gone, they're not forgotten. Notes on the van, texts and calls and letters... being there whenever, holding things together. If something doesn't help her then we'll try to see what does.

If something happens, she knows we can act on it. In prison, on the streets, after assaults... we can promise to be there. We understand that women's journeys are their own. If it's what she needs then there's no way we're leaving her.



154 women were supported around housing, mental health, addiction, domestic and sexual violence, finance, wellbeing and the criminal justice system



"You get fed, you get some clean clothes. That was enough to begin with. Then the trust started building up."



"And I started to think I could be helped. The ladies were really nurturing and they would listen. Then one day my caseworker asked me if I wanted to think about rehab."



peony

Growing self-esteem, skills and community

A promise that life can be exciting and rewarding. She can find her voice, her courage, her confidence, her choice. Somewhere to be and belong, to accept herself. Encouraged in recovery or invited to begin. Or just welcomed.

Workshops and wellbeing. Making sense of feelings, learning how to manage life, relationships, time and money, how to care for herself. A time and place to grow into the freedom she was born with. A time to thrive.



One25 worked with **89** women to develop skills and independence



Peony ran **29** different kinds of activities and workshops



"I used to really look forward to going to One25's Peony project. Even a few hours there – it boosts you and builds you up. It's all about you."

paalse

Intensive programme for mothers, preventing repeat child-removal

We might meet her in a car park or go searching. When we find her, there's no agenda but hers. She can come to a meeting in floods of tears so we talk about that, not what we might have planned. Often it's the first time anything's been just for her. Pause puts a woman in control of the service and helps her learn to take control of her life.

It's no taboo she's had children removed. She can own her motherhood – so we celebrate Mother's Day. We're her companion, we've got her back, she can trust us. We'll go to appointments, to the cinema, to the doctor, to groups. Or send a text: "How are **you?**"



Pause works intensively for 18 months with groups of **20** women. Some from the first cohort (2017) are now peer volunteers!

How can you help?

215 amazing volunteers gave over
7,400 hours in 2019-20!



Donate

"I'll never forget the women I met - so many painful challenges yet such resilience, love and beauty of spirit."

Tina Beattie, monthly donor

One25.org.uk/donate



Learn more

...about brave women and what needs to change.

Get our newsletter via our website or follow us on social media

One25.org.uk/news



Volunteer

"One25's non-judgemental way really empowers women. This is so inspiring to see!"

Zoe Cole, volunteer

One25.org.uk/volunteer



Fundraise

"I am truly grateful to One25 - for existing to help vulnerable women and for opening my eyes."

Kayleigh Maggs,
'Sleep Out 2019' fundraiser
One25.org.uk/fundraise



Tina



Zoe



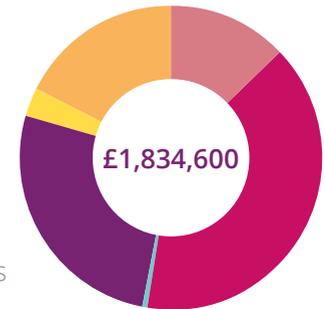
Kayleigh

Our finances

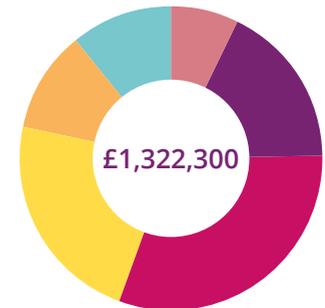
Every pound counts as we carefully manage what we have: to always be there for women in crisis, to stay with them, to respond however they need and to support them to take brave steps beyond trauma to freedom.

Thank you so much from us all at One25 to everyone who makes this possible.

Income



Expenditure



Numbers have been rounded to the nearest hundred pounds
For One25's 2019/20 statutory accounts please visit One25.org.uk



"As a human you crave for someone to know you exist. If it wasn't for One25 I wouldn't have remembered who I really am. That was the key to my recovery."

read Cora's full story: One25.org.uk

One25.org.uk
0117 909 8832
office@one25.org.uk

One25
For women to heal and thrive

- 📘 One25Charity
- 📞 One25Charity
- 📧 One25_Charity

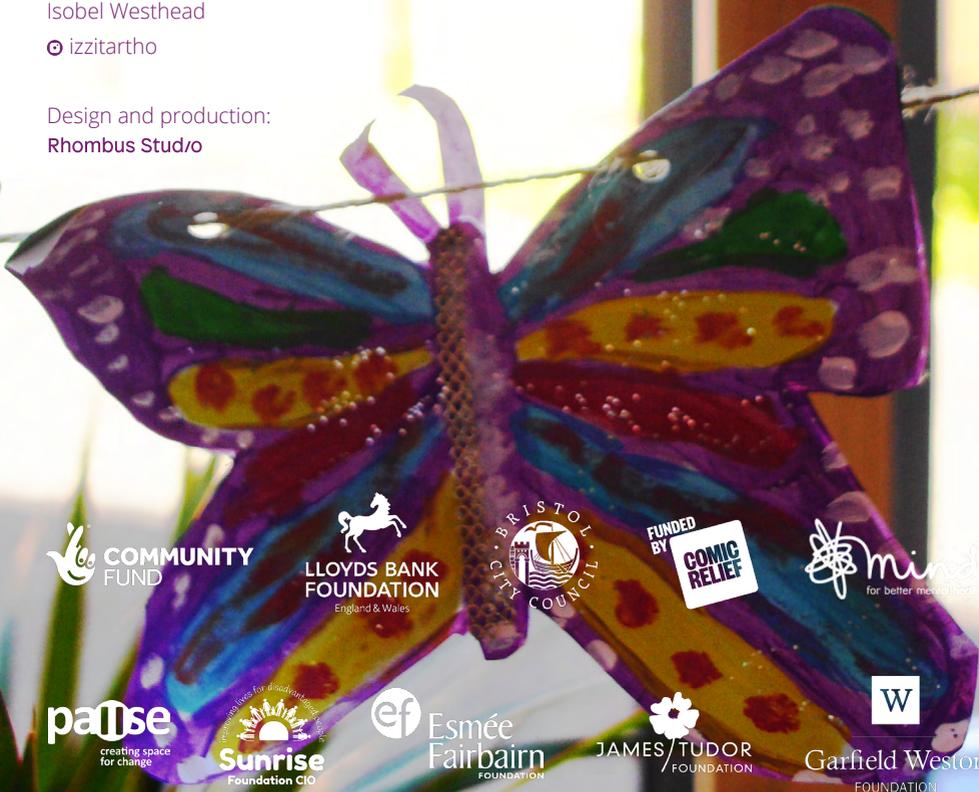
Registered address: The Grosvenor Centre, 138a
Grosvenor Road, St Pauls, Bristol, BS2 8YA

Registered Charity No. 1062391
Company No. 3362644

Cover art: women at Peony

Art for Cora's story:
Isobel Westhead
📧 izzitartho

Design and production:
Rhombus Stud/o



LLOYDS BANK
FOUNDATION
England & Wales



Esmée
Fairbairn
FOUNDATION



JAMES/TUDOR
FOUNDATION



Garfield Weston
FOUNDATION