



**WOMEN'S
BREAKOUT**
Chances to Change



MEMBER CASE STUDY

KeyChanges - Unlocking Women's Potential

The needs the woman presented with when she arrived at KeyChanges

Accommodation

Health

Mental wellbeing

Attitudes, thinking and
behaviour

Education, employment
and training

Finance, benefits and
debt

Drugs and alcohol

Children and families

Domestic violence

Prostitution

About the Womens Centre

KeyChanges is a not for profit company based in Sheffield and covers Sheffield, Rotherham and Barnsley. The project is designed to empower and tackle personal and social obstacles, both in custody and upon release. They aim to achieve this by equipping women with the skills and strategies to ensure a successful release plan. They also aim to raise awareness in the community with the use of conferencing to the public to understand the deep rooted issues in society which may lead to offending and other issues women face.

The circumstances the woman was in before being in contact with KeyChanges

K was suffering alcohol issues, she was living in shared accommodation, she was in a lot of debt. K was 8 weeks pregnant and had no contact with her 2 children who live with their father due to her alcohol issues. K was very isolated.

The impact that KeyChanges had on the woman's circumstances

K came to KeyChanges and received an appointment from Money Advice, last year. She continues to use KeyChanges for help around bills and housing, she recently received a 1:1 appointment to help ring the benefit office and council. She received general 1:1 support to progress herself e.g. provisional licence and help in reaching her future goals.

K was given advice around appointments with social care and the support worker has been an active listener for K when she has been worried.

Owing to K moving away from her home town she was very isolated in Sheffield. K has attended weekly at the centre and has built positive relationships with other regular users of the centre.

The woman's circumstances now

K is now in suitable housing, she has not had any alcohol for 8 months, she is very house proud and has made her house into a lovely home. K is excited about getting her child returned for the Christmas period and her child contact has been really good. In general her mood is really positive.

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Those involved helping her

KeyChanges, counselling, social care

The woman's personal account of what happened

I started coming to KeyChanges about a year ago when I moved from Barnsley to Sheffield. My move was influenced by hope of a fresh start and a move away from people who had contributed to negativity in my life.

I had been in prison for 8 months beforehand, and my offending behaviour had stemmed from my problem with alcohol and I was convicted of criminal damage and recklessness.

I started drinking due to trauma when I was 14 years old and this is when my life started spiralling downwards. Following this I found it difficult to trust people, and I am undergoing counselling now.

Since my life turned this way my family and friends disowned me because they find it difficult to accept and come to terms with it.

Although I felt isolated, I was treated fairly in prison, but it was help that I needed on my release from prison. I was determined to change my life on release, and the time I was apart from my children impacted tremendously upon my emotions. I was parted from my two small girls and had a son along the way that I lost also whilst in prison.

I have since moved from Barnsley to Sheffield in a hope to better my life, and I have done just that. I have accessed the support from KeyChanges and have stopped drinking for a period of 8 months now. I come to KeyChanges weekly and enjoy the cooking classes, gaining support from the support workers and the other women. It gets me out of the house and gives me something to do. I have also expressed interest in a mindfulness course provided at KeyChanges. This aims to improve thinking and coping skills in everyday life. I have gained confidence through coming to KeyChanges as well as friendships. I believe it has helped me with how I think and see people, and helps me make positive choices in my life.

I am determined to carry on doing well and making the right choices. My aim for the future is to be in my home with all of my 3 children and provide them with a stable and safe home.

Find our more



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