



**WOMEN'S  
BREAKOUT**  
Chances to Change

**Pecan**  
Kindness | Belief | Hope

## MEMBER CASE STUDY

### Pecan - Moving On

The needs the woman presented with when she arrived at Pecan - Moving On

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

Pecan is a small Christian charity started by local churches that has been operational for 25 years. They help people who face seemingly impassable barriers to find a way through, to re-write their futures, to flourish. They work with the most vulnerable people in the community – including ex-offenders and their families, people living with mental health issues and the long-term unemployed.

Moving On is a Resettlement Coaching programme that offers up to 12 one-to-one coaching sessions, which are client led, trauma informed and gender specific.

#### The circumstances the woman was in before being in contact with Pecan - Moving On

All names have been changed.

Our Resettlement Coach made contact with Britney when she had three months left to serve of a sentence connected to the financing of terrorism. Britney is a mother to two small children and had been separated from her children for approximately three years. She expressed a desire to work on building her confidence and skills as a parent. Britney suffers with anxiety and depression.

#### The impact that Pecan - Moving On had on the woman's circumstances

In her first session with a Resettlement Coach, Britney did an activity to help 'declutter' her mind and looked at some simple goal setting activities. At the next session, Britney reported that these tools had done more to help her confidence than two years of counselling, and that using them had helped her to get to sleep at night.

Throughout all of her Coaching sessions, Britney has continued to build her goal setting skills. She set goals connected to improving both her physical and mental health, securing housing for both her and her children and building her confidence as a parent to help her reconnect to her children without being overwhelmed.

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### The woman's circumstances now

Britney achieved her goal of attending the prison gym every day for a month. A fellow prisoner helped her develop an exercise programme and she saw benefits to both her confidence and sleep.

On release from prison, Britney developed a good routine. She reports that the process of bonding with her children is going well and that, using some of the strategies she discussed with her Coach, she has succeeded in establishing a bedtime routine that helps the children to get enough sleep and to thrive at school.

Britney had a goal to continue with counselling outside prison and has established that Social Services can help with this. In addition she has registered with a GP and found a solicitor to help advocate for her with the housing department.

Britney's Coach was there for her at a critical point in her sentence as she was preparing for release and experiencing quite a lot of anxiety about the challenges of rebuilding her relationship with her children and beginning life again as a single parent. She was feeling powerless, particularly in regard to housing. In the past this sense of powerlessness and anxiety had led her to lose her temper and ultimately be recalled to prison.

The Moving On programme has given Britney tools to plan her goals and break them down into smaller steps. This in turn has led to a real sense of growth in self-confidence as those goals and tasks have been accomplished. In addition, Britney has appreciated the space to talk about her concerns regarding her children; she says that her relationship with the children is settling well and that she feels more confident as a parent as a result of working with a Coach. She feels optimistic about her future and empowered to build a new life for herself and her family.



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### Those involved helping her

Her Coach says 'Britney has really used the goal setting tools and parenting strategies to help her stay on track and focused on release from prison. She is showing great resilience and organisation as she negotiates the challenges of resettling.' Britney has emerged from prison with a clear sense of what she wants to achieve from life. She has recently added a new goal of getting a driving licence to her list which her Coach will help her to achieve.

### The woman's personal account of what happened

Britney said 'I had two years counselling before and this; [Moving On Coaching] has done more to help me with my stress. I am now sleeping better than I have ever done in prison.'

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