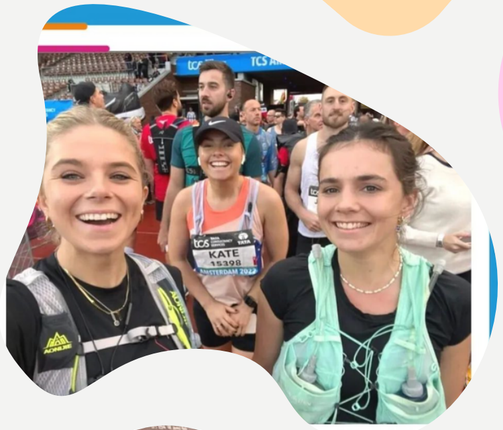
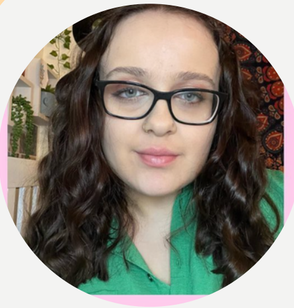
ONE YEAR AT WISH

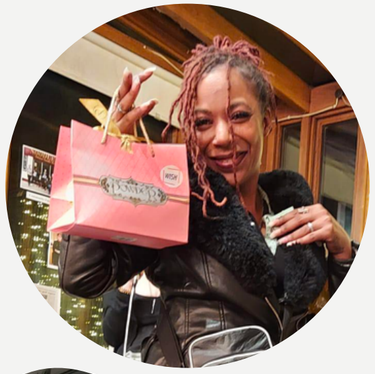
April 2022- March 2023



















CONTENTS

03 Welcome notes

04 The year in highlights

Our services

08 Advocacy

12 Counselling

15 Community Link

19 Funding, partnerships & support

20 Financial report

21 A special thank you

WELCOME

Dear friends and supporters,

As we reflect on the past year at WISH, I am compelled to share both the triumphs and challenges that have shaped our journey.

These uncertain times have presented obstacles that echo the wider challenges faced by the sector, with reduced funding casting a shadow on our mission to support under served women. Navigating through the tumultuous waters of a cost-of-living crisis, our commitment to empowering women has been put to the test. However, I am proud to report that despite these challenges, we have remained steadfast in our dedication.

Over the past year, our focus has been on fortifying WISH's infrastructure and aligning our efforts with the objectives outlined in our strategy. We welcomed three new trustees, initiated a series of policy reviews, and are currently engaged in a comprehensive review of our services. The launch of our rebrand marks a significant milestone, symbolising our commitment to growth and adaptability.

As we cautiously and purposefully build momentum to reactivate our campaigning efforts, we are optimistic about what we can achieve in the coming year. Looking forward, we see opportunities for growth, building on the solid foundation we've laid.

Our gratitude extends to each one of you who has stood by us, whether through your time, skills, financial support, or unwavering belief in our cause. Together, we remain committed to the vision of a world where all women can thrive, and we thank you for being an integral part of this journey.

With gratitude,

Joyce Kallevik, Director, WISH

THE YEAR IN HIGHLIGHTS

ADVOCACY	**200**	Women and young people supported	**11**	Wards and units working with WISH	**3**	Hospitals commissioned WISH
COUNSELLING	**400**	No of hours of counselling delivered	**15**	Women benefited from counselling	**24**	Average no of free sessions per person;
COMMUNITY LINK	**780+**	Total number of support hours	**45+**	Women supported in the community	**50+**	Visits with women
COMMUNITY	**180**	Members	**836**	People subscribed to our newsletter	**4360**	People follow us online
TEAM	**7**	Part Time Staff	**10**	Volunteers and interns	**7**	Trustees

THE YEAR IN HIGHLIGHTS

Research contributions

- Vulnerable Women, Crisis Pregnancies and the Criminal Justice System by Dr. Emma Milne, Associate Professor at Durham Law School, explores the criminalisation of abortion in the UK, shedding light on recent cases where women faced arrest or prosecution for miscarriages or pregnancy termination without the consent of two doctors. We participated in Dr. Milne's collaborative workshop with speakers from the British Pregnancy Advisory Service and McAlister Olivarius, both working towards abortion decriminalisation. We also supported the parliamentary briefing and shared our stance with our online community. The paper advocates urgently needed reforms to outdated laws, emphasising the disproportionate impact on vulnerable women facing crisis pregnancies in contexts of violence or abuse.

Co- creation and consultations

- Inclusion London commissioned WISH to create guidelines for collaborating with neuro-divergent individuals and those with learning disabilities in advancing the Free Our People Now campaign. The initiative aims to challenge the detention of such individuals.
- We worked with the strategy group led by the Women's Resource Centre to develop tactics to gain further funding for the Women's Sector.
- We delivered two Gender Training sessions to Newton Lodge Forensic Unit's teams.

A fresh brand

- Work finished on our new visual identity developed with the help of the design agency Ink 105. Our online presence was refreshed, and our new visual identity was greeted with enthusiasm by our community.

THE YEAR IN HIGHLIGHTS: STANDING TOGETHER













Soon after announcing the rebranding, we started working on our **Standing Together Fundraising Campaign** and event. We aimed to raise £10.000 to support our core services, and we launched the campaign with an intimate event with close supporters and friends.

We got together at The Gallery Café at St. Margaret's House on the evening on October 10, World Mental Health Day and celebrated coming together in person after the pandemic.

The free entry evening included welcome drinks and delicious vegan snacks, an intro speech, a pop-up exhibition with WISH archive images, a raffle, singing and a Sharing Stories writing moment.

The campaign was also launched on social media on the day of the event, and shared with our extended community of supporters, donors and members through our e-newsletter. To bump our outreach efforts, we developed a new Fundraising Pack and a suite of assets our supporters can use to show they stand with us.

It took us a while but we reached our fundraising goal in late Spring, thanks to the generosity of our supporters and partners alike.

THE YEAR IN HIGHLIGHTS

Petitions and letters
(a selection)

Human Rights have been the top area of campaigning in 2022/23.

WISH joined several Human Rights organisations like British Institute of Human Rights, Liberty, Save Our Human Rights Act Coalition, Just Fair, to support specific campaigns addressing Human Rights issues.

- We were one of 82 organisations calling on the UK Government to respect human rights in the UK after many UN member states highlighted failures across the board.
- With the horrific violence targeting asylum seekers in Knowsley following only days after the Government accepted the recommendations of the Shawcross Review, WISH supported a joint statement to the Committee on Economic Social and Cultural Rights, raising concerns about the Government's continued refusal to acknowledge and tackle the danger of the far right, especially in the context of their continued attacks on asylum seekers and on our human rights framework.
- Joint letter from civil society to the new Justice Secretary to scrap plans to repeal the Human Rights Act (HRA).
- Joint society Human Rights Day letter to the Prime Minister, Rishi Sunak to commit to keeping HRA.
- Joint letter to the Justice Secretary, Dominic Raab, asking him to reconsider and to ensure that the full implications of the Bill for our human rights, constitution, and democracy can be robustly scrutinised.
- Joint letter to the Lord Chancellor Brandon Lewis to ask him to recognise the benefits of the Human Rights Act and to state his commitment to the integrity of the UK's constitutional settlement, the importance of independent oversight of public bodies, and the value of robust parliamentary scrutiny.
- We attended a drop-in session organised by Liberty, the British Institute of Human Rights, POhWER, and Inquest, sharing information on the impact of the Bill of Rights Bill (the Rights Removal Bill) on public bodies' duties to take positive steps to protect human rights, otherwise known as positive obligations.
- We joined Inclusion London together with other DPOs in running a campaign to pre-empt further cuts to essential services and benefits in the upcoming budget. We highlighted the impact of austerity on Disabled people and the government to put in place support to help through the cost-of-living crisis.

ADVOCACY

'It has been a pleasure working with you again. Kate, your patience, professionalism, and approachability made it easy for us to work with you, and for you to support ladies straight away. '

PATRICE MPLAS, WARD MANAGER, BRONTE, CHELSWOLD PARK HOSPITAL

Throughout the year, we delivered advocacy services to over 200 women and young people at the following hospitals:

Cygnet Bury, where the service users we work with were detained as follows:

- Women on two dedicated wards: Upper West - a medium secure ward and Lower West - a low secure service.
- Young people either detained under the Mental Health Act under section 2 or section 3 or admitted onto the acute ward as informal patients – Child and Adolescent Mental Health Service (CAMHS) Buttercup and Mulberry are low secure wards, Primrose is a Pediatric Intensive Care Unit (PICU), and Wizard is an acute ward.

Cygnet Sheffield, where we worked with:

- Women at Spencer, a low secure ward.
- Young people who are also detained, or there on an informal basis on the acute ward. There are three adolescent wards: Unicorn – a PICU, Pegasus – general adolescent acute ward, and Griffin – a low secure ward.

Cheswold Park Hospital Doncaster, where WISH service users were

- Women detained at Bronte, a medium secure ward.

ADVOCACY

'Thank you for all
your amazing support.
You are the best advocate.
You stuck with me through
all the ups and downs.
Don't think I could have
got here without you so
want to say a massive
THANK YOU. '

M, SERVICES USER,
UPPER WEST WARD, CYGNET BURY

Gender-specific, trauma-informed advocacy is a model WISH pioneered. Rather than offering an issue-based model of advocacy, where users are only supported through certain events, our approach continued to centre around helping service users by :

- being proactive, consistent, reliable, transparent, and honest
- individually supporting service users and attending patient council/community meetings to support groups
- ensuring verbal and written information service users can understand
- resolving most issues at ward level (when appropriate), supporting timely resolution.

One of the ongoing problems we have been supporting our users with has been around the length of time needed to identify step-downs or placements. In cases of unnecessarily delayed discharges, we have helped escalate complaints to NHS England.

We recognise recovery is an individual journey. We aim to build self–esteem and encourage motivation, so we have been working with the professionals in hospitals to focus on what service users and young people are doing well rather than what they are struggling with. Whilst respecting everyone is different, visual evidence of progress or what has helped previously appears to be a positive motivator. Having a high presence on the wards, getting to know what is important to the service users, being reliable and consistent and demonstrating warmth and empathy are crucial in the recovery process.

Mindful of the challenges faced in different wards, we continued to demonstrate flexibility by introducing joint ward rounds/advocacy drop-ins as face-to-face discussions with advocacy support are appreciated.

ADVOCACY

"I have always found Justine at WISH to be very approachable, supportive, helpful, and friendly. She is also very kind and compassionate. Justine goes the extra mile to support the patients on the ward and advocate for them. She takes the time to understand the patients as individuals and works in person-centred way, to ensure that patients receive the best standard of care and the best advocacy service possible. I think the patients find the WISH advocacy service incredibly beneficial and they know that Justine is always there to listen, support them and advocate for them if needed. Justine is also very responsive to patient requests. She communicates with the MDT regularly and she is a regular attendee at patient meetings when they request her support. WISH provide an excellent advocacy service."

DR EMILY SHAW, LEAD PSYCHOLOGIST FOR WOMEN AND DEAF, CYGNET HOSPITAL, BURY

200

Women and young people have benefited from WISH advocacy services

11

wards and units we have been working with

3

hospitals commissioned WISH

ADVOCACY

We continued to value collaborations and sharing of knowledge:

- Attending **GMPC Service User and Carer Engagement Development Meeting** to share good practice throughout Greater Manchester.
- Continuing to support a service user to attend meetings to input into **NHS England review of Secure Services for Women with a Learning Disability and Autistic Women**. A report consolidating recommended actions from the review and where progress has been made was concluded 14th September 2022.
- Liaising with **Cygnet** 's Co-Production Leads to provide recommendations of young people who had been discharged and were interested in becoming an Expert by Experience (EbE) for the hospital. This has been a wonderful opportunity for several EbE as Cygnet are clearly valuing their input and also offer financial compensation for their contribution. The role includes co-production, interviews, attending patient council meetings, attending board meetings & delivering training for staff.

"This is very exciting!
Big thanks to our friends at WISH for the support."

RAF HAMAIZIA ,
CO-PRODUCTION MANAGER & EXPERT BY EXPERIENCE LEAD AT CYGNET

COUNSELLING

Our counselling service continued to be successful with a notable increase in referrals, not only from the local GP - Mission Practice, but also from self referrals and collaborations with organisations like Mind and Tower Hamlets Talking Therapy (THTT).

A substantial portion of our referrals from the latter consists of women who have previously used their services, seeking additional therapy to address trauma related to a history of domestic violence. THTT's policies do not allow for physical ill health or crisis situations and when clients miss sessions due to hospital appointments they are taken off the list. Some women have trauma that was not addressed in previous therapy either due to lack of sessions or lack of trauma- informed experienced staff. This unique clientele requires a tailored approach, as they often do not meet the criteria for referral to Mind and Solace.

Throughout the year we managed an active caseload of 15 clients, with several individuals on the waiting list.

Our services encompass both face-to-face and online therapy sessions. The selection of online therapy is sometimes imperative, considering the safety concerns associated with in-person sessions. Despite these challenges, we proudly report a commendable success rate as clients consistently engage with their sessions.

We are now reaching a younger age range, working with a diverse range of clients, and we have a diverse range of counsellors to match their needs. For example, we currently deliver sessions in English and Spanish.

COUNSELLING

“ WISH responded to me immediately when no one else could, when I was in a life changing crisis with my young child who was critically ill in hospital. I spent days and days whilst in hospital ringing round trying to find a counsellor to speak with.

The difference with WISH is that they acted quickly, listened and offered help. WISH called within days and offered for me to go in and have a chat. I went in and spoke with Kelly who was the first person to just take a moment with me. It meant so much that day - I felt very fragile and vulnerable. I was met with understanding and kindness and an offer to help. I was offered 24 sessions which was one of the moments I knew I might get through this and be ok. I then worked with my counsellor Penny over the next year. I am so grateful to her and to WISH to have been given the time and space to begin to process and heal. Penny is an incredibly gifted counsellor; she is also a non-judgemental, kind, wise, understanding and generous person.

I will never forget WISH saying yes and helping and supporting me. It takes a lot to reach out - and it means a lot when someone responds. WISH go the extra mile because they genuinely care and wholeheartedly listen and take action. Thank you. ”

O, WISH SERVICE USER

400

No of hours of counselling delivered

15

Women benefited from WISH counselling

24

Average number of free counselling sessions delivered to one person;

COUNSELLING

Our clients often present with multifaceted needs that can potentially obstruct the therapeutic process. Most of them have a complex history, with more than one contributing factor at any given time, making it hard for them to trust and engage with services. A minimum of six months of therapy is needed in these cases.

Our dedication to maintaining a therapeutic environment conducive to their healing journey remains unwavering. An example of our commitment to our client's wellbeing is a recent incident where a client experienced a panic attack during a phone call to our office. After reassuring and calming her, we emphasised the importance of reaching out in distress. Her subsequent feedback during assessment showed that this was a unique and reassuring approach, not previously encountered.

We are fortunate to have the invaluable support of four dedicated volunteers. Whilst everyone is aligned with our holistic principles, our volunteers bring different psychotherapeutic modalities to the service, including person centred, existential, psychodynamic and body psychotherapy. These volunteers have played a pivotal role in the flexibility and inclusivity of our service, enabling us to cater to our diverse range of clients.Their dedication to the service has not only expanded our capacity but also allowed us to provide a service that adapts to the specific needs of each client, promoting inclusivity and a nurturing therapeutic environment.

As we continue to develop and grow, one of our primary objectives is to establish a robust working collaboration with Tower Hamlets Talking Therapy. This will enable us to better address the unique needs of women with a history of domestic violence and enhance our service's overall effectiveness.

"It was the first time someone told me to call if I was in distress."

L, WISH CLIENT

COMMUNITY LINK

Community Link supported 45 women throughout the year, as well as others who ring and write from prison.

Some of the women we have been working with have not fully recovered from the negative impact of lockdown and the pandemic. This has affected their physical health and home life, setting back their progress and recovery. The ongoing cost-of-living crisis has further significantly impacted their lives. In Counselling, this can dominate the sessions, which means more women are referred to our Community Link services for extended practical help.

The need for WISH's services has never been greater, and we have been active on the front lines, addressing these challenges head-on. Emotional support and managing money were the dominant themes for the year.

We have also had more self-referrals from all parts of the country, from women who do not know where to turn to for many different issues, particularly inappropriate housing, insecure accommodation and rent problems. Getting advice from Citizens Advice Bureau has been difficult, and WISH is increasingly having to do this work where previously, we would have just referred our clients to them.

We have also helped women to access their payments from the government, developed grant applications for white goods and other essentials, and gave away food vouchers.

"I really feel like you helped me and inspired me this year, so I wanted to thank you. I do feel you contributed to me making this step and getting employment"

A, WISH MEMBER

COMMUNITY LINK

"The way WISH supported me right through to the end, it was immense. It has been 10 years now and I have finally won my case and will not be deported. WISH supported me through detention and then in the community in case after case, appeals after appeals. Kelly, Penny, Laura and even Joyce took the stand in court and stood by me. WISH has always liaised with my solicitor and helped with food parcels. When my mental health was bad and I felt like I could not go on, Kelly came out to me. It has been hellish living on the breadline, not being able to work or start a relationship and having no home. It has taken a year after I won the case for my ILR papers to be reinstated but I am now finally going to be able to start building my life again."

F, WISH MEMBER

45+

Women benefited from support in the community

780+

Total number of Community Link support hours.

50+

Community Link visits

COMMUNITY LINK

"My time at WISH was extremely enriching, as I was given the opportunity to contribute to the well-being of women facing mental health issues. Not only was I able to enhance my knowledge of mental health, but I also learned the way in which a nonprofit organisation works."

ASHLEY, INTERN FROM SYRACUSE UNIVERSITY, USA

We have also assisted several women whose children were at risk of being removed through attending meetings with social workers and helping them to make changes in behaviour and lifestyle. Their children have now been taken off the Child Protection Register.

Three student interns from universities across USA and a social work student from London South Bank University supported our Community Link work across Summer and Autumn. Some have conducted workshops to help women going through situations like the ones mentioned above.

The work continues to be diverse, and includes:

- emotional support re. mental health and support relating to physical health issues
- accessing basic commodities like food and being able to pay for electricity
- accessing statutory services which are steadily dwindling
- getting and keeping medical or institutional appointments
- finances, benefits and debt issues
- housing and homelessness
- child protection work
- immigration issues
- support at court.

COMMUNITY LINK









Throughout the year we worked collaboratively with Constanza Hola, playwright and theatre maker. She has been developing Mad Women, a multidisciplinary arts project that explores the links between womanhood, arts and mental health.

WISH hosted four creative writing workshops with Constanza, attended by several women. The sessions were intense, but the positive feedback showed women were able to talk about very personal and difficult things from the past, some for the first time.

Constanza also ran several workshops at St Margaret's House titled Sexuality, Women in Arts, Motherhood and Gender Oppression. These were open to WISH members and other women from the community. We provided emotional support for attendees in need.

Many women have had small personal achievements throughout the year which has contributed to them managing their mental health and daily life better.

- A woman has finally got appropriate housing after several years of negotiations, with a WISH staff member attending every appointment to facilitate communication between all parties.
- Aqualite, one of our members, has self-published another book bringing the total to 7 books.

FUNDING, PARTNERSHIPS & SUPPORT











We are grateful to have accessed essential funding to support our core work and to reactivate plans placed on hold in recent years. **The Hilden Charitable Trust** has funded the extension of our community-based support and free trauma-informed counselling to 30 offenders /ex-offenders with long-term mental health needs. This has enabled us to re-engage with prisons in the South East, and to take forward one of our core objectives of working with women ex-offenders. We are now developing a working model and onboarding system for women with complex needs who are not "counselling ready". **The Crucible Foundation**'s funding has supported us to continue offering our key community services in London: Community Link casework; Free, gender-specific and trauma-informed counselling; and the more recently developed coaching and mentoring service. Upcoming funding from **Trust for London's Disability Justice Fund** will give us the resources to reactivate our membership-led, research-based campaigning. More to come in next year's report.

Throughout the year, we received many contributions from groups and organisations. We are particularly grateful for **Sopra Steria's Women's Inclusive Network** donation of £4,300 for our Standing Together campaign. Vitality CBD, Soroptimist, Brogan Group, the Dutch Church, Token Homo, Saltwater Sisters, Twenty London and Ringtons were just a few of our supporters. Upcoming partnerships include Stress Point Health, the creators of mental health app Sphere.

Working with students has also been rewarding. We're grateful to **The Women in Business Society from King's College London**, who helped us with administrative work in our office on their CSR Day. We also collaborated with Practera, which runs employability programmes for universities. We briefed student teams from **Botho University** in Botswana and **London School of Economics** on Fundraising & Digital Marketing Strategy projects. We then guided the teams and reviewed their final assignments.

FINANCIAL REPORT

Financial summary for the Year Ended 31 March 2023

Our income comes from 3 major sources:

£90, 563
Grants and Donations Unrestricted

£53, 000
Grants, Restricted

£98,128
Contracts, Unrestricted

	2023	2022
Incoming Resources	£241,691	£216,641
Resources Expended	£236,669	£257,515
Net Surplus/ (Deficit) For The Year	£5,022	£(40,874)
Total Funds at 31 March 20223	£19,172	£14,150

A SPECIAL THANK YOU

Our work and results of this year would not have been possible without our exceptional team of staff and volunteers. Their commitment, willingness to go the extra mile and dedication to the women we serve have truly made all the difference.

From providing unwavering support in legal battles to offering a lifeline in moments of crisis, their actions speak volumes about the genuine care and commitment they bring to their roles. They provide not only professional support but also a compassionate understanding that goes beyond expectations. They embody the spirit of WISH, going above and beyond to create a safe and supportive space for those in need.

We would also like to thank our Board of Trustees for their continuous support: Alex Phillips, Ruth Lambley, Dr Rachel Seoighe, Dr Carly Guest, Christine Spooner, Sarah Wilson and Helen Harcombe-Edwards.

And lastly, we are grateful to all of the donors, funders and partners who generously stood with us for women's mental health.

7
Members of staff

10
Volunteers and interns

7
Trustees

















WISH
standing together

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