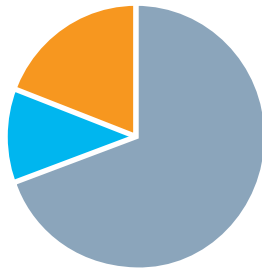


Mpower 2021-22

From April 2021 to March 2022, we have supported 143 women who had a total of 340 children previously removed from their care. We have delivered a total of 2549 supportive interventions.

The split of our beneficiaries across each county:

- Norfolk (Norwich, King's Lynn, Great Yarmouth)
- Cambridgeshire (Fenland)
- Suffolk (Ipswich)



Elsie's Story

Situation: Elsie had experienced a neglectful childhood and strained relationship with her mother. In adulthood, Elsie suffered domestic violence, poor mental health and historic drug addiction, leading to sex working. Four of her children were in emergency foster placements and her eldest was under a special guardianship order with her mother.

Solution: Elsie worked with an Mpower practitioner to make changes to focus on her wellbeing. Her practitioner arranged for Elsie's belongings to be moved from her old home and supported with paperwork and appointments needed to secure a permanent, one-bedroom flat. Elsie accessed trauma-informed parenting courses and a positive 'Power to Change' course. Her practitioner attended court to support her, helped her to apply for college and assisted her in securing voluntary work that led to a job in a rehabilitation centre.

Success: Though Elsie continues to take antidepressants and experiences bad days along with the good, she continues to engage well and has adopted a 'can-do' attitude to life. She keeps herself busy at home with creative artwork. Elsie remains honest and realistic during her sessions, continuing to explore why her children were removed from her care. She sees her children during supervised contact sessions once a month.

Elsie said, *'Thank you so much. I have always told people how amazing you are, and the support you offer means so much.'*

"I've stepped up, grown up. I'm ready to talk now and not just avoid things."

Goal Highlights

Over a third of women expressed that they wanted greater practical stability in their lives (things like housing & employment).

98% improved against this goal.

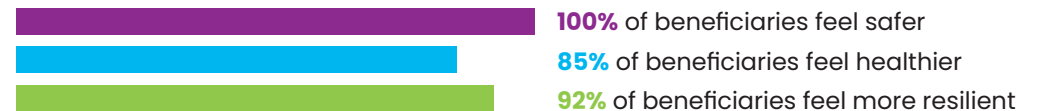
One service user said, *"I don't have to worry about bills now. I can now spend more than a tenner on food a week."*

Key Achievements:

- 92%** had no pregnancies in service
- 87%** improved their support networks*
- 100%** improved their emotional stability*
- 71%** improved their sexual health*
- 41%** are using long-acting reversible contraception

*% calculated from those who have set and reviewed a goal with this focus

Results from End of Service Questionnaires:



Our plans for 2022-23...

- **New ways of working** – We are piloting group sessions in some areas to increase peer-to-peer support.
- **Listening to service users** – Our new progress review process will mean we can consistently check-in with what is working well and adapt our approaches to benefit the people we work with.
- **Responding to demand** – Recruiting a dedicated practitioner in Lowestoft will enable us to reach more women in Suffolk.
- **Maintaining strong performance** – We will continue to work with at least 125 women across the three counties.