



CWRC

Cambridge Women's Resources Centre

IMPACT REPORT 2024-25



Foreword

This report highlights the scale of both the need and the response at CWRC. In 2024–25, more than 540 women accessed our services – over double the number supported the previous year. That growth reflects not only the challenges women are facing, but also how essential CWRC’s work has become.

Through a period of change and increasing demand, our team has shown real commitment. Their work has been thoughtful, responsive and rooted in the values that have always guided this organisation. The continued delivery of trauma-informed, holistic support in a women-only space is something we’re proud to champion as trustees.

On behalf of the Board, I want to thank the staff, volunteers, partners and funders who have helped sustain this vital work. Most of all, thank you to the women who use our services – you remain at the heart of everything we do.

SARAH JOHNSON
CHAIR OF TRUSTEES

My first year as CEO has been one of rapid growth and significant challenges. We've seen a sharp rise in demand, and have responded by growing our team, launching new services, and expanding our support offer.

We’ve navigated difficult moments, including the temporary closure of our Peterborough centre. But our consistent focus has been on providing holistic and meaningful support for women in our communities.

This report shows the breadth of our work – from casework and counselling to creative groups, peer connection, and practical resources. None of it would be possible without the commitment of our staff, the generosity of our supporters, and the energy of our volunteers. Thank you to everyone who has been part of our CWRC community.

HARRIET MORGAN
CHIEF EXECUTIVE OFFICER

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Table of Contents

- 1 INTRODUCTION
- 2 CWRC CENTRES
- 3 OUR SERVICES
 - 6 - Personalised Support
 - 7 - Housing and Homelessness
 - 8 - Mitigating Poverty
 - 9 - Health & Wellbeing
 - 10 - Education, Employment & Domestic Abuse
 - 11 - Freedom Programme & Domestic Abuse
- 12 GROUPS
- 13 FREE SHOP
- 14 VOLUNTEERING
- 15 ANNUAL SURVEY
- 16 THANK YOU TO OUR FUNDERS

CWRC

Impact Report 2024-25

1. Introduction

CWRC works with a wide range of women, and many are facing complex challenges. 2024-25 has been a proactive year for CWRC; we've launched new projects, welcomed a new team and supported more women than ever.

542



542 women used our services, representing a 109% increase on the previous year.

339



339 attended our groups

361



361 received 1:1 support

350



Reusing an estimated 350kg of clothing

287

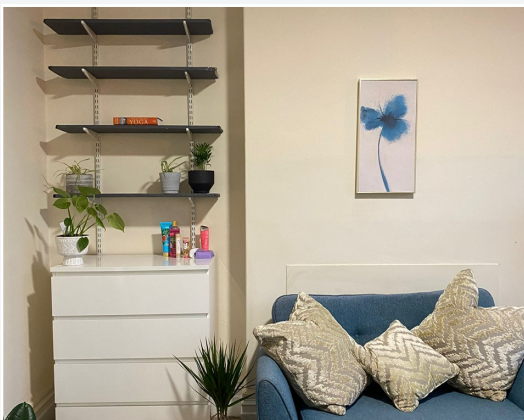


Distributed 267 packs of period products

2. Our Centres



CWRC Cambridge returned to full-time hours in April 2024 after a period of reduced opening. Our centre has two group rooms, a therapy room, and office space, however, demand for our service is outgrowing our space. We welcome conversations with anyone who may know of suitable premises for us in Cambridge City.



CWRC Peterborough was forced to close for building repairs throughout 2024, with the scale of the work posing a significant challenge to the charity. We worked closely with our landlord and the Probation Service Unpaid Work team to carry out repairs and redecoration. We were delighted to reopen in March 2025. CWRC Peterborough is currently operating on reduced hours due to funding limitations.

3. CWRC Services

4. Personalised support

Our caseworkers take time to understand each woman's situation. We provide support to navigate services, access the right help, and make informed choices. A holistic, trauma-informed approach is at the heart of what we do. By offering practical support in a safe, welcoming space, to help women build confidence, develop new skills, and take steps towards positive change.

361

Women received casework support

53%

Were supported in more than one area of their lives

25%

Were supported in four or more areas of their lives



5

Housing & Homeless Support

70

women supported

Housing stability and homelessness prevention

CWRC's trained workers provide support for women facing housing issues including those forced to relocate due to domestic abuse. 50% of the women supported by our Housing Worker are parents of children under 18.

We support women as they navigate the homelessness system, including those placed in emergency or temporary accommodation. We work proactively with local authorities to prevent homelessness, ensure their legal duties are met and that women fully understand their rights and responsibilities as applicants.

When women move into emergency or new housing, we provide essential household items such as bedding and kitchenware to help them settle in.

The team helps women access longer-term housing via Choice Based Lettings system for social housing or private rented options.

We support women to resolve issues with both social and private landlords, helping women sustain existing tenancies and avoid repeat homelessness.

In the past year, CWRC supported 51 women with housing-related needs 32 women received homelessness prevention or relief support 33 were supported to sustain tenancies

'CWRC quite literally saved my life.. Me and my family are eternally grateful'

6 Mitigating Poverty

186

women supported

Support managing the rising 'cost of living'

Many women in Cambridgeshire continue to live in financial hardship. CWRC works directly with women to reduce the immediate and long-term impact of poverty through practical, targeted support.

In the last year, CWRC **supported 186 women who were living in poverty**. This included 32 women supported to access benefits they were entitled to, helping 23 women reduce energy costs and helping 26 women access grants and food banks.

Alongside this, we maintained access to our free shop and period products, connected women to community food hubs, and worked to reduce the pressure that poverty places on mental health, housing, and wellbeing.

In total, women were supported across 20 areas of need. This wraparound, holistic support not only eased the stress of surviving poverty – but enabled women to take steps toward independence and stability.

'I was in a really low place after leaving an abusive relationship and unsure how I could support my children. I felt unheard and never judged, received help with sorting out UC, and was supported to feel capable of doing it on my own.'

Health & Wellbeing

143

women supported

Wellbeing support

Over the past year, we have expanded CWRC's health and wellbeing support to better meet the needs of the women we work with.

We introduced a counselling service providing safe, one-to-one emotional support for those dealing with trauma, anxiety, and other mental health challenges. We also launched SRY Yoga, a gentle, trauma-informed practice that helps with stress, nervous system regulation, and overall wellbeing. These new additions strengthen our holistic approach, giving women more accessible ways to look after their mental and physical health.



12 women have received a 6-8 week course of counselling since October 2024 - this amounts to 84 individual sessions.



34 women attended SRY Yoga

'Every week, yoga is a revelation. It's an absolutely vital service to have this available for a group of women often dealing with issues such as complex trauma and chronic pain'

Education, Employment & Training

62

women supported



CWRC supports women to achieve their aims for education, employment, training or volunteering.



We provide tailored support ranging from individual tuition in basic skills, applying for higher education, to finding and applying for jobs.



Connecting women with internal and external volunteering opportunities to increase experience, confidence and skills.



82 women attended our free English classes, in both a formal classroom setting and relaxed informal groups.



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Impact Report 2024-25



Freedom Programme & Domestic Abuse

CWRC is not a dedicated domestic abuse service, but many women turn to gender-specific support due to experiences of male violence. We offer the Freedom Programme and provide some casework support to women attending the course.

The Freedom Programme is 12-week course examining the attitudes and beliefs of abusive men and the responses of victims and survivors. CWRC's trained facilitators have been running the course for many years.

2024 saw a significant rise in women seeking support for issues rooted in domestic abuse, such as housing instability, poverty or social care involvement.

Wherever possible we refer women to specialist domestic abuse services, but many are already operating beyond capacity. The UK is seeing escalating reports of violence against women and girls. It is vital that specialist services are adequately funded and provided by organisations with expertise.



74% of women we support have experienced domestic or sexual abuse



57 women attended the Freedom Programme with CWRC



120 women were supported with issues related to domestic abuse

"I'm gaining valuable tools to rebuild my self-esteem. I also appreciate the supportive group environment, where I feel safe sharing my experiences and learning from others who have been through similar situations."

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3 Groups

CWRC groups offer a range of activities and opportunities to meet other women, develop skills, build confidence and break isolation.

16

Groups

318

Sessions delivered

339

Attendees

Attendance numbers at groups during the year

91

Art Group



89

Crochet Together



70

Chat Cafe
(English Language practice)



29

Make & Mend Sewing



45

ESOL



57

Freedom Programme



34

Yoga for Relaxation



42

Years of CWRC



Other groups included; Healing Trauma, Walking Group, Expressions in Charcoal, Home Art for migrant women, Tai Chi and Crafting.

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4

Free Shop

The CWRC Free Shop reduces textile waste, enables a circular economy and mitigates clothing poverty.

As well as pre-loved clothes, the shop stocks a wide range of sustainable and disposable period products and new toiletries.



143 women used the Free Shop



Reusing an estimated 350kg of clothing



Distributing 267 packs of period products

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5 Volunteering

36 women gave their time to CWRC this year
contributing a total of **314** volunteer hours.

From fundraising at the Cambridge Beer Festival to painting cupboards, sorting clothes, supporting group sessions, providing counselling and helping with our archives, our volunteers have done it all.

We're deeply grateful to each and every one of them for sharing their time and talents to help improve the lives of women in our communities.

FEEDBACK

The combination of knowledge, support & kindness made me feel safe and valued.

Doing this with others and sharing our stories, ideas, supporting, listening, nodding and making sure we all live better safe fulfilling lives.

Every week is a revelation. An absolutely vital service to have this available for a group of women often dealing with issues such as complex trauma and chronic pain.

I feel more empowered, better informed and my sense of wellbeing has improved a lot. I am very thankful this place exists.

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6

Annual Survey

98%

said they felt safe
and comfortable in
the centre

82%

agreed with the
statement 'CWRC
helped me feel I had
more control over
my life'

91%

would recommend
CWRC to other
women



7

Thank you to our Funders & Donors

A huge thank you to everyone who donated to CWRC over the last year. Your generosity and support make a direct impact on women's lives. Every contribution helps keep our services running.

Thank you for being part of the CWRC community.



Cambridge City Council



Cambridgeshire Community Foundation



Garfield Weston Foundation



National Lottery Community Fund



Office of Police and Crime Commissioner



NHS England



Anglia Ruskin University



LUSH



CAB Cambridge & District



Hey Girls



The Pye Foundation



Fine & Country



Marsh Christian Trust



ARM



Pure



PEM



Frank Litchfield Charitable Trust



Souter Charitable Trust



Radley Charitable Trust



Clare King Trust

Could you help with regular giving?

CWRC provides essential services so women can overcome challenges such as trauma, poverty, and social isolation. But we can't do it without you.

Your monthly donation will help women access counselling, workshops and trauma-informed support.

- £10/month – Covers bus fares for a woman in poverty to visit our centres
- £25/month – Provides a session of employment support
- £50/month – Provides mental health support and counselling
- £100/month – Pays for a group session of the Freedom Programme

You can make a regular donation by visiting www.cwrc.org.uk or by scanning the QR code below.



EVERY WOMAN MATTERS, EVERY PENNY COUNTS