



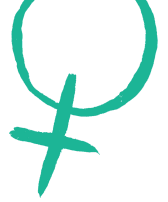
Her-Place
Charitable Trust

FLOURISHER

IMPACT REPORT 2025



WHAT IS FLOURISHER?



VISION

Eradicate health inequalities for women in Cheshire & beyond by improving health & mental wellbeing outcomes for women.

MISSION

Encourage women to prioritise and manage their health & mental wellbeing across all aspects of their lives.

Inspire women to enhance their knowledge and skills in health & mental wellbeing

Empower women to embrace and amplify their voices at every stage of womanhood

GOAL

We believe in the inherent strength, resilience and potential of women. We strive to create a supportive environment where women can confidently express themselves, advocate for their rights and lead change in their communities. We do this by offering a range of health & mental wellbeing services.

WELLBEING COORDINATOR: DEBBIE



I am a mum of three beautiful children, all grown up, and a nana to George and Ivy, but that does not mean I'm not wanted! In my experience it's a job for life! I've been a mum for over 35 years and experienced all the emotions, highs and lows, of being a mum! Looking forward to the next chapter!

I've worked as a teacher in some shape or form all my working life. I also worked as a Nanny to 3 young boys. I used to work with young women in supported accommodation, supporting them back into education, work, volunteering and training, so I'm very aware of the 'Mothering Journey'.

I work mainly coordinating the Well-being Days, Workshops and courses, and now managing the referrals that come in but love to be front of house, interacting with our mums and families whenever I can.





WHAT SUPPORT HAVE WE OFFERED?



WELLBEING

Our vibrant monthly calendar of events offer a safe space for women to embrace holistic health and wellness. Available across Crewe, Nantwich, Alsager, Sandbach, Middlewich, Macclesfield, Wilmslow, Ellesmere Port, Tarporley, Winsford & Northwich. Events include;

- Well Women Pop-Ups
- Women's Health Drop-Ins
- Online community
- Women's Health Talks
- Community Outreach & Events
- Learning Opportunities
- Social Prescribing Activities



PEER SUPPORT

FlourisHER recognises the value of accessing support from like-minded peers who have a shared lived experience. For this reason, FlourisHER is proud to offer the following peer support group:

- Infant loss online group

Cherry Blossom is our infant loss and birth trauma support service. Cherry Blossom supports you to move forward after experiencing infant loss or birth trauma. We offer peer support groups and counselling.



COUNSELLING

Available to individuals in Crewe, Nantwich, Alsager, Sandbach, Middlewich, Winsford & Northwich who are;

mums who are experiencing perinatal mental health difficulties

or; mums who have experienced infant loss

or; women who have experienced domestic abuse or; women who have experienced Adverse Childhood Experiences

or; mums with children on a Child Protection Plan



VOLUNTEERS

LISA MOSS: Menopause Café Facilitator

As a full-time professional, Mum, and Nana to 8 grandchildren, life is busy, but volunteering in my local community is something I make time for because I know how much it matters.

Women's health, especially menopause, is something I'm deeply passionate about. Breaking the stigma, raising awareness, and helping women access the right support is so important. The groups we run offer a safe, welcoming space where women can share their stories, talk openly about their challenges, and celebrate their wins.

It's a privilege to be part of something that helps women feel empowered, understood, and less alone. Many women leave stating they 'Don't feel alone' 'Leave feeling more positive and hopeful' 'Encouraged to go speak to GP' 'more confident and informed'



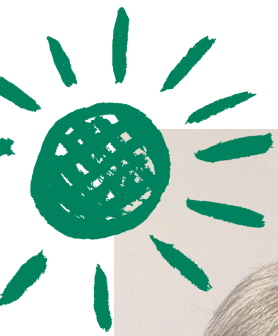
SUE PIAZZA: Crochet Group Facilitator

Having retired from work and then experiencing the isolation of covid lockdowns, volunteering on a regular basis has offered a positive way to reconnect outside my immediate circle of family and friends. It was something to look forward to and sharing skills with women who valued what I had to offer boosted my confidence and self esteem.

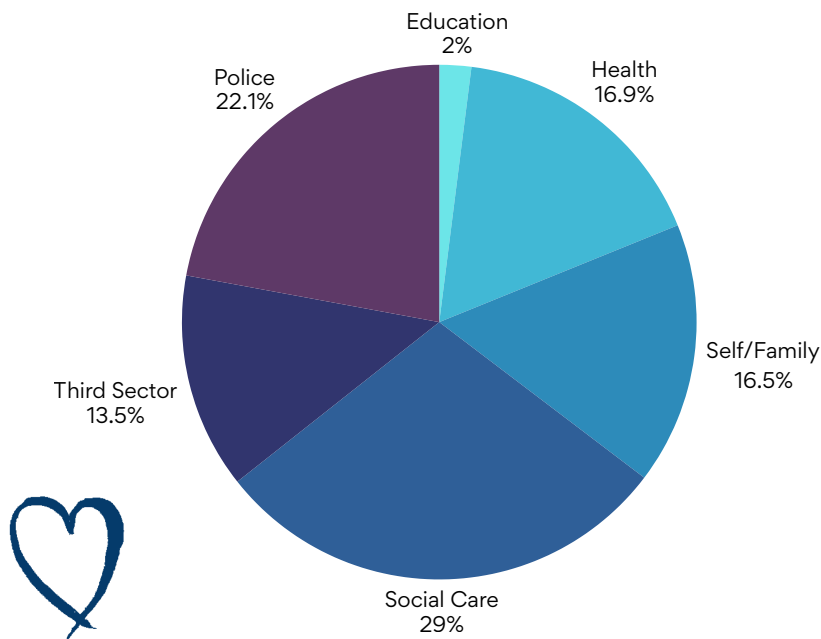
I have been teaching crochet for Her-Place since 2021, initially delivering a workshop via Zoom for International Women's Day then some short beginners courses. For the last three years, I have facilitated the Crochet Wellbeing Group in Crewe.

Crochet for some is a highlight of the week. The aim is progress not perfection and with patience and determination members have produced some lovely makes. From simple chain bracelets, face scrubbies to highland cows and a capybara! More experienced crocheters within the group offer their help and encouragement to newcomers and have developed the confidence to step up and host sessions in my absence.

The group is a welcoming, non judgemental and accepting space offering friendship, conversation and the freedom to share experiences. There is plenty of laughter, sometimes tears, but above all understanding and support.



FLOURISHER REFERRALS



Our referrals come from a range of sectors across Cheshire east & Cheshire west & Chester. Professionals and individuals can refer via our website, by telephone or by emailing us directly. We want to ensure women can easily access support from us. We are doing this simplifying the referral process and accepting self-referrals.



BREAKING DOWN BARRIERS

At Her-Place, we are passionate about breaking down barriers to women accessing support and information about their health. This year we have been carrying out innovative work with local GP, Jess Purewal from Earnswood Medical Centre in Crewe. Jess has accompanied our staff in delivering well women sessions to share vital information about women's health. We have enabled a large number of women to access important information about their health.

Our bra fitting service has encouraged important conversations about breast health and care. We have been able to signpost women to appropriate services and to have 1-1 discussions with Jess.



WOMEN'S HEALTH CHAMPIONS

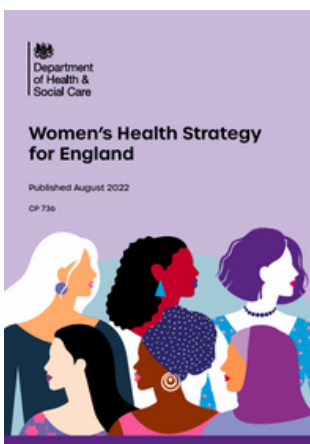


The Government's Women's Health Strategy marks an essential step forward in tackling the inequalities that have long existed in women's health. Its commitment to breaking down barriers, improving access to information and care, and amplifying women's voices reflects the very ethos of our FlourisHER Project. At Her Place Charitable Trust, we believe that true change begins within communities — and FlourisHER is designed to do exactly that.

The project aims to raise awareness of women's health issues, reduce stigma, and ensure that women have the knowledge and confidence to advocate for their own wellbeing. We recognise that many women continue to experience disparities in healthcare access, understanding, and treatment — often influenced by social, cultural, and economic inequalities. Through FlourisHER, we work to create spaces where women feel heard, supported, and empowered to take control of their health journeys.

A cornerstone of this work is our Women's Health Champions Training Course, developed as a key driver for change. This innovative programme equips champions in the workplace from diverse backgrounds with practical knowledge about women's health, alongside skills in communication, advocacy, and peer support. Participants learn to identify local health needs, challenge stigma, and share information within their communities — becoming trusted voices and change-makers in their own right, within their employment. The training not only builds individual confidence and understanding but also fosters collective leadership. Many of our Women's Health Champions have gone on to deliver workshops, support others through peer networks, and collaborate with local services to improve access and awareness.

Through the FlourisHER Project, Her Place Charitable Trust continues to play a vital role in advancing the goals of the Women's Health Strategy at a grassroots level — ensuring that every woman, regardless of background or circumstance, has the opportunity to flourish in health and in life.





CHERRY BLOSSOM

INFANT LOSS AND BIRTH TRAUMA SUPPORT

The Cherry Blossom Infant Loss Project is a heartfelt initiative of Her-Place Charitable Trust, created to provide meaningful emotional and practical support to families who have experienced the devastating loss of a baby. Grounded in compassion and community, the project ensures that no parent has to face this journey of grief alone.

Our work through Cherry Blossom centres around three key areas of support:

- **Counselling Service:**

We offer free, trauma-informed counselling with qualified therapists who specialise in infant loss and bereavement. Our counselling provides a safe, supportive space where parents and families can explore their grief and begin to heal at their own pace.

- **Peer Support Group:**

The Cherry Blossom peer support group brings together families who share the experience of baby loss. Through gentle conversation, understanding, and mutual connection, the group offers comfort, solidarity, and hope. The project is very much led by the mums we support, whose experiences and voices shape everything we do.

- **Annual Church Service:**

Each year, we hold a special remembrance service to honour and celebrate the lives of the babies who are no longer with us. This service provides families with a space for reflection, remembrance, and collective support — a time to come together in love and remembrance.

This year, we are especially proud to introduce a memorial stone, offering families a permanent place for remembrance and reflection. The memorial stands as a lasting symbol of love, remembrance, and the strength of the Cherry Blossom community.

The Cherry Blossom Infant Loss Project receives no external funding and is sustained entirely through annual fundraising efforts and the dedication of our community. Despite this, it continues to grow through the passion, resilience, and leadership of the families it supports.

Through Cherry Blossom, Her Place Charitable Trust remains committed to walking alongside families through their grief, offering care, connection, and compassion every step of the way.



THE NEED FOR OUR SERVICES

We surveyed women attending our well women events and received the following data:

31%
have menopause
symptoms

31% have concerns
about their mental
health

45%
didn't access
screenings due to
lack of awareness

21% have general health
and wellbeing
concerns

5%
have a chronic
health condition

OUR IMPACT

797

hours of
counselling
took place

46

women's health drop
ins and pop ups
delivered

148

wellbeing sessions,
including crochet
group, coffee mornings,
sewing groups, and
menopause cafes

417

interactions with the
public through
community pop ups



OUR FUTURE



FUTURE PLAN

Our key focus for the coming year is to continue bridging mental health and wellbeing disparities between NHS waiting lists and those who can access private care using:

- Counselling for infant loss
- Infant Loss Peer Support Group
- Wellbeing Calendar

We also plan to continue promoting women's health and cancer prevention awareness via;

- Women's Health drop-ins
- Women's Health pop-ups
- Women's Health sessions supported by local GPs
- Online communities
- Online talks

Expand our geographical area within Cheshire



THANK YOU



JULIA RAUSING
— TRUST —



Every year, over 3,000 women are diagnosed with cervical cancer in the UK alone.

Of these, around 850 will die from the disease – that's more than 2 women every day.

Gestational diabetes affects about 1 in 6 pregnancies globally (approx. 16.7%)

Breast cancer is the most common cancer in women in 157 out of 185 countries.

The week aims to highlight the importance of regular cervical screening for women's health.

Cervical cancer is the most common form of cancer in women under 35 with two women in the UK per day dying from the disease. Regular cervical screening appointments can prevent up to 75% of instances of cervical cancer, saving 5000 lives per year.

14%

of women reduce their hours due to menopause symptoms

Around 56,000 new cases of breast cancer in women per year in the UK!

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If diagnosed at stage 1, almost 100% of women in England survive breast cancer for 5 years or more

1.5 million

women in the UK are affected by endometriosis.

Women with type 1 or type 2 diabetes are at increased risk of complications like preeclampsia, miscarriage, and birth defects if blood sugar levels are not well managed.


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14%

of women reduce their hours due to menopause symptoms.

33%

of women will suffer from a reproductive or gynaecological health problem in the UK.



FlourisHER



Herplace2025



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