



Project

Respecting

Every

Single

Perspective & Persons

Emotional

Challenge

Together

ACCEPTANCE HAS

a boundary

AFCS

Others

ices

AFCS WOMEN'S GROUP PROJECT SUMMARY

OUTCOMES

heart of england
COMMUNITY FOUNDATION



A FATHER'S
CHILD
SERVICES

Introduction

In August last year, we launched the Heart of England women's group – a yearlong Programme funded by heart Of England .

We decided we wanted to explore the relationship between providing therapeutic support and connecting spaces for women, and the impact of their social interaction as well as their well-being to see if they created friendships.

Volunteers took part in a short face to face or online survey which was by invite only.

The survey was an opportunity for participants to:

1. Learn more about A Father's Child Services CIC work around encouraging autonomy for service users
2. Understand how promoting safe spaces for women to connect and be celebrated and to help women was received
3. For women to share their own perspectives and experiences related to our community project

In the meantime, if you would like to read more about the project, you can read more about the project via the [AFCS Associates & Partners page](#).



The Findings

The women were provided with a participant invitation setting out the rationale for the research project.

This was followed up by a consent form being talked through so that we could clarify any questions they might have had.

We then talked through the 6 main questions confirming that some of their response may have prompted new questions.



Can you tell me
which Heart Of
England Event/s you
have attended?

Woman 1: *“Beres sip and paint.
And one of the TNT sessions that
was about, um,
black women being vulnerable, and
can we be vulnerable with each
other?”*

Woman 2: *“The Eat & Greet”*

The Findings Continued:



Can you describe your experience of connecting with other women at each event you attended?

Woman 1: *“it was good because it was, um. Face to face. I'm not much of a, um. Artists, but did actually enjoy um, attending and connecting with women that were more creative than me and that we could share our different talents. Um. And it just felt like a good social experience.”*

Woman 2: *“It's good to know that we've got. A groups like that that we can all speak of things that's going on. Mhm. Um, it's very interesting to be honest”*

The Findings Continued:



Additional Question to Woman 1: If you hadn't attended that event, what might you have been doing on that day at that time?

Woman 1: *“probably would have come in from work and probably done mom duties or uni work or watch TV. One of the three.”*

Additional Question to Woman 1: did it make a good difference in terms of your social connections?

Woman 1: *“It did, and it was good for the self-care aspect of it just to do something different on an evening...It took me out of my comfort zone and that's not part of my normal routine. Um, so it was good just to do something different and I enjoyed it.”*

The Findings Continued:



Additional Question to
Woman 2: Did you meet um,
different women that you'd
probably wouldn't meet day
to day?

Woman 2: *"I'm sort of like housebound. ...so I don't get to meet people apart from families when they do turn up....and it's sad because back in the day, there was places that we could go and sit. But because of the way life is going now, there's no way for us..... They're talking about the children. Yeah. There's no play facilities or whatever for them to go. But what about the people like myself at home? ..The adults who who's at home and got nowhere to really go. Yeah. Apart from these luncheon club where there's like, you got to be over 60 odd. I know I'm in my early 60s, but you have to be one foot in the grave before you can go to these places.."*

The Findings Continued:



What were the key things that you will take away from your interaction with other women at this/these event/s?

Woman 1: *“firstly, that you can come and not know anybody and still connect and bond over our experiences, our shared experiences. Um, art painting. Um, so I think that was quite key for me that actually just because I didn't know everybody in the room, that didn't mean that I couldn't have had a good experience or a good a good time.”*

Woman 2: *“The knowledge of knowing there's help out there if you want help. Okay. And there was quite a few people that all done different things. Yeah..”*

The Findings Continued:



Did you meet new people that you did not know before at the event. If so, how meaningful was meeting these new people during your interaction...What impact did that have?

Woman 1: *“Yes...I think it was just the social aspect and the self-care aspect of just meeting new people and looking after myself and talking...about different things and having a laugh and a joke. I do..remember laughing quite a bit at the sip and paint? So that was good to say. Laughter is good for the soul. So yeah, it was nice”.*

Woman 2: *“So meeting people with different backgrounds, different experiences and you knew that you could maybe get support from some of those people as well. Yes. Okay. Um, so did you meet new people that you did not know before the event? If so, how meaningful was meeting new people during your interaction?”*

The Findings Continued:



What other events would you like to attend if funding was available to support women? E.G, business, outings?

Woman 1: *“Definitely more self care because I think that's really important, and I think that self care doesn't have to be an expensive activity. So definitely self care. Um. Probably training. Um, and part of the business. Like, I don't know if someone's trying to build a brand or, um, I don't know, like a vision board or anything like that. Um, I think those kind of activities would be good. That's what I would definitely be attending.”*

Woman 2: *““more safe spaces where people can just be themselves, not be judged, be accepted and just enjoy connecting with other people. ”*

Additional Question to Woman 1: Do you think it is important to keep some of those spaces just for women?

Woman 2: *“Yes & No...some women can't mix with other people.... Okay and then you've got men out there who don't know how to express themselves!*

The Findings Continued:



Is there anything else you would like to share about your participation in any of these HOE events?

Woman 1: *“I feel that they're really good. I feel that women do not have enough. Um, spaces to do these kind of things. So I definitely think that it's, um, a good thing and it would be good if it could continue, um, in a variety of things, like whether it is training or business or self care, just a safe space for women to meet up even the online events with the different topics.”*

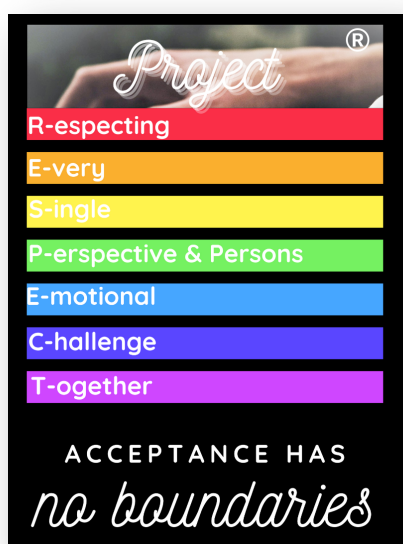
Woman 2: *“Any voluntary work?.... , there's a lot going around with people with the Alzheimer's and all that. Yeah. Even in that field, you know, because there's someone that I know that seems to be very she's deteriorating but. I don't know what to do. I don't know what to say, you know? Would she go.*

Recommendations & Themes

Recommendations

To continue to underpin the work with do with RESPECT©.

To continue to support women the ways that they want to be supported, to ensure we include women only spaces as well as shared spaces.



Themes

- *Women only* spaces are important
- This project has helped women to make *new friends*
- More *therapeutic spaces* and just *safe spaces* to get together would be helpful to connect with others and just be accepted
- The *knowledge of knowing there's help out there* if you want help, is really important
- There's *people out there that care about our community.*

Quote to Remember: “You start off with one conversation and you go to another and then you build up...It was like the same thing at that lady....She knows about Pink and that lady knows about purple. And then all the colors are coming together and you're thinking, Oh my goodness.”

“That's a lovely way to put it. **Like a rainbow.** Yeah.”