



# The Pilgrim Trust

## Social Welfare Grants

Please find information below on the 6 grants made in the past quarter, March 2021, from our social welfare fund.

Organisation	Project Title	Amount awarded:	The Story:
Sunbeams London Ltd	Mentoring vulnerable girls from the Orthodox Jewish community	£20,000	<p>The Pilgrim Trust's grant will help Sunbeams provide early-intervention support for 90 new, vulnerable young people through an 18-24-month project.</p> <p>This project is particularly urgent with 90% of cases as a fallout of the pandemic, relating to bereavement, family breakdown and domestic violence. These girls have no other source of support and are at the stage of pre-diagnosed or mild mental illness that will escalate if not addressed.</p> <p>The project includes a 1:1 solution-focused mentoring action plan for each child, with low-cost activities like art/sport/dance/music; a parent engagement program, to support, teach and empower parents; and a group mentoring program.</p>
Peer Productions	Supporting Generation Girls, a peer-led creative drama project reducing the vulnerability of young women with learning disabilities	£21,000	<p>The Pilgrim Trust's grant will help Peer Productions run 'Generation Girls', a 10-week empowering programme for girls with learning disabilities.</p> <p>The programme will run for two-hours each week in SEN schools with groups of 8-15 girls. The aim is to support young women to better understand their bodies, learn about boundaries (physical and emotional), healthy relationships, and improve their confidence. These are all vital skills in helping young women with learning disabilities identify warning</p>

			<p>signs of abuse and exploitation, learn how to ask for help and stay safe. Young people with learning disabilities are particularly vulnerable to child sexual exploitation.</p> <p>The programme uses a blend of drama and peer-led education to explore these issues in a way that allows young women to steer discussions while ensuring key messages are conveyed. All topics are designed to cover key skills and discuss strategies to stay safe and how to call out abuse. Sessions are led by a female facilitator and supported by trained female peer educators (17-23).</p>
Well Women Centre	Supporting our Casework Services Manager	£43,380	<p>The Pilgrim Trust's grant will help the Well Women Centre cover two days a week salary costs of our Casework Services Manager.</p> <p>The Casework Services Manager provides front-line support to women and girls recovering from trauma. Over three years, she'll directly support 117 women: 15 per annum through one-to-one support and 24 per annum through facilitating peer support groups.</p> <p>The women she supports are highly vulnerable with complex needs, including sex workers, women who've been in the criminal justice system, women with long term mental health problems, those experiencing domestic abuse, those experienced sexual abuse as a child and those with children at risk of harm. The Casework Services Manager directly supports women through one-to-one casework, providing a holistic and non-judgemental approach to help women 'stabilise', and address the critical first stage of trauma recovery.</p>
Agenda	A three-year unrestricted grant	£105,000	<p>The Pilgrim Trust invited Agenda to apply for continuation funding at similar level as the current grant (£35k x 3 years).</p>
Eating Matters	Increasing capacity of our eating disorder counselling service during Covid-19	£5,000	<p>The Pilgrim Trust's grant will help Eating Matters increase capacity of one to one counselling, keeping the services moving and waiting lists under control.</p> <p>Eating Matters is the only low cost specialist service in Norfolk providing one to one counselling in the community for people with mild to moderate eating disorders. In the past 6 months we have seen a huge increase in the number of referrals to our service- monthly referrals across the service more than trebled in October 2020, quadrupling for those under 18.</p> <p>We need to build our team in terms of counselling hours and support services. We have accepted 4 student counsellors who are completing their 100 counselling hours to finish their</p>

			<p>qualification, increasing the client hours of our current counsellors and interviewing for new counsellors.</p> <p>Funding of £5,000 will support counsellor sessional fees for 200 counselling sessions (at £25 per hour).</p>
The Nelson Trust	Providing gender-responsive, trauma-informed online and face-to-face interventions, to support vulnerable women during the Covid-19 pandemic	£5,000	<p>The Pilgrim Trust's grant will help The Nelson Trust provide a suite of gender responsive trauma informed online and face-to-face interventions for women who are disproportionately affected by Covid-19.</p> <p>We have seen an increased need for support both from women we already work with and those seeking support for the first time. These needs include: increased disclosures of violence and abuse, high rates of anxiety and emotional dysregulation, drug and alcohol use, poverty and financial difficulties, familial relationships and difficulties caring for their children.</p> <p>This grant will enable us to provide: practical and emotional support to address critical, current and ongoing needs; holistic support; crisis case working; access to mainstream and specialist services; harm reduction, safety planning and support to exit harmful relationships; group work and intensive key-working; and preventative support to reduce the risk of women entering the Criminal Justice System. We also work to break down the barriers for women accessing support through outreach and satellite services.</p>