



**WOMEN'S  
BREAKOUT**  
Chances to Change



Alana House  
Women's Community Project

## MEMBER CASE STUDY

## PACT—Alana House

The needs the woman presented with when she arrived at Alana House

Accommodation

Health

Mental wellbeing

Attitudes, thinking and  
behaviour

Education, employment  
and training

Finance, benefits and  
debt

Drugs and alcohol

Children and families

Domestic violence

Prostitution

### About the Womens Centre

PACT is a professional agency set up in 1911 as the social welfare arm of the Anglican Diocese of Oxford. It exists to build and strengthen families and help families to make the very best life for their children, especially those from more vulnerable backgrounds.

PACT's Women's Project, Alana House, aims to support vulnerable women with complex needs within the community.

### The circumstances the woman was in before being in contact with Alana House

As a single mother with three children she left an abusive relationship which included physical violence when her previous partner had threatened her with a knife to the throat. After leaving the abusive relationship, the nephew of the before mentioned partner proceeded to 'groom' her eldest daughter via Facebook and her mobile phone, and sent violent threats to her and her children, all of which lead to his prison sentence. When she came to the Alana House drop-in session she expressed deep concern for her children and her own safety as the nephew was about to be released from prison, when previously he had threatened that he would be "getting her back, for having put him in jail".

### The impact that Alana House had on the woman's circumstances

After visiting our Alana House drop-in, we decided that our objectives included: providing 1-2-1 support, assisting her to move closer to friends and family, gain information on nephew including release dates and restrictions, ensure risks to her and her children were minimised and to improve her wellbeing and mental health. We met our objectives by firstly providing 1-2-1 emotional support for her with weekly appointments with Alana House, as well as ensuring she had 1-2-1 weekly appointments in her local area. Secondly, we also worked with Specialist Domestic Violence Floating Support Agency to organise her relocation, providing her with the opportunity to move herself and her children into a secure area away from the nephew who was due to be released. Finally, the release date of the nephew was monitored by the Police who kept Alana House up to date on his restrictions and any other information. This gave her assurance that the situation was under control and she was going to be kept safe.



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### The woman's circumstances now

We ensured that all of our objectives were met by assessing her circumstances after our support to see how successful we had been in assisting her to become safe, mentally and physically. This woman is also now in a promising position with regards to both employment and accommodation. For example, firstly, she was given access to suitable accommodation, out of area and within her preferred location, as well as being supported to find work for herself via her local connections. Secondly, she is now independently talking to the Specialist Domestic Violence Floating Support Agency about transferring her and her daughters health care and services needs to a closer location. Finally, her mental health has greatly improved and her confidence has grown: she now states that she can now imagine her new life, living without fear.

### Those involved helping her

The Specialist Domestic Violence Support Agency who helped with her relocation as the local refuge were unable to help due to the age of her children and her pets. Also, the Police were involved by keeping Alana House informed on any updates or information regarding the release of the nephew.

### The woman's personal account of what happened

Firstly I would like to say how much Alana House has helped me. I felt let down by (other agencies), and you did more for me on our first meeting than they did, thank you. At my most desperate time you have helped me so much. I look forward to seeing you because you have made things right for me in a while. You are kind, caring and show empathy towards me. I could not have done this without your support.

*Also, she now states that she can now imagine her new life, living without fear.*

### Find our more



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Website: [www.womensbreakout.org.uk](http://www.womensbreakout.org.uk)

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