



A free, confidential service for women.

JOY provides:

- A safe environment
- Support
- Volunteering and mentoring
- Friendships
- Independent growth
- Ability to learn new skills

98% of women
felt more confident in making friendships

Over 200 women
have accessed skills and training

59 women
progressed into employment or training

Referrals



Referrals are accepted from statutory and voluntary agencies, Police and GPs.

Self-referrals are also accepted. Please go to the Worcester Community Trust website at www.worcestercommunitytrust.org.uk/joy or email: joy@worcestercommunitytrust.org.uk

Project Manager
07384 836 550 - Sarah
Sarah@worcestercommunitytrust.org.uk

Project Worker
07746 624 128

Support Workers
07399 208 362 - Kerry
Kerry@worcestercommunitytrust.org.uk
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Worcscommtrust



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Women Supporting Women



Worcester Community Trust is a small independent charity creating a big impact in Worcester. We manage six community hubs in the heart of the neighbourhoods challenged by disadvantage and inequalities.

We deliver a wide range of services, including JOY and DAWN projects that make a difference to the daily lives of people in our communities.

As individuals, we all have our own journey, **JOY** is here to help you with this, through structured support, meetings, drop-ins, training, mentoring and courses.

We can help you to achieve goals, make friendships and gain new skills and confidence along the way.



JOY

Your Own Journey

JOY is a woman-only community project which provides support to enable women to access new skills, enhance confidence and empower them to make their own informed choices and decisions.

Each women's journey will be unique and specifically tailored to their own abilities and needs, enabling them to gain access in volunteering, mentoring and gaining a variety of skills.



We will bring women together in a safe environment to improve self-confidence, resilience and develop peer groups who support each other.

We have a variety of programmes and courses aimed to develop skills, increase confidence, grow independence and help achieve dreams, friendships and a positive future.

Courses include:

- Freedom Programme
- DIY and upholstery
- Communication skills
- Volunteering training
- Mentoring training
- Dealing with Anxiety
- Cookery
- Sewing

Plus many more.

A free, confidential, face to face and non-judgemental service for women who are experiencing or have experienced domestic abuse.

Contact Jo – 07713 200 699

