

Thirsk Community Care is a registered charity which provides community based services to individuals and communities in the Hambleton and Richmondshire districts of North Yorkshire.

Our mission is to support and enrich the lives of those in need, by working in partnership with volunteers from the local community.

Our vision is for local people to live independent, active and fulfilled lives.

Thirsk Community Care provides an information and guidance service, so that even if we can't help you, we can point you to support elsewhere.

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## Support for vulnerable women



thirsk  
community

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**Thirsk Community Care provides support to vulnerable women who live in Hambleton and Richmondshire through our specialist Catalyst Women's Service.**

The Catalyst Service provides support to women who are facing personal difficulties by:

- ensuring a woman-centred approach for individuals
- providing help and support to meet women's individual needs
- helping them overcome difficult experiences in their lives
- building self-confidence, skills and community engagement.

Together we explore opportunities for women to engage with the community through:

- volunteering on community projects
- work experience
- education and training
- career development and wellbeing.

**Life coaching:** one to one life coaching sessions take clients through a process of personal development that assists in making lasting change in all areas of their life and help them overcome the main issues faced by them.



**Mentoring:** mentoring support is delivered by a team who are sensitive to everyone's individual circumstances. It is provided on a 1-1 basis, with a carefully selected female volunteer. Support can be provided by attending interviews, emotional support, goal setting, sign-posting, life style changes.

**Women's Support Group:** sessions are run throughout the year and cover a range of subjects such as cooking, arts and crafts and personal safety.

**Referrals can be made directly from an individual, family, friend or carer. Also from any voluntary organisation or statutory agency such as probation service, social care coordinator, community nurse, GP or health visitor.**