



Seeking *your*
Support



www.maryleboneproject.org.uk



112 bedrooms
available for short
and long-term use

Introducing The Marylebone Project

The Marylebone Project provides a life-changing service for homeless women. It is the largest and longest-running centre of its kind in the UK, located on Cosway Street in the City of Westminster.

The Marylebone Project has over 90 years of experience in providing targeted support to vulnerable homeless women in crisis.



Our aim is to change the trajectory of vulnerable individual lives by offering a seamless journey from often rock-bottom on the streets to living happy, fulfilling and independent lives. Within our safe environment, and through our all-encompassing service provision, women rebuild trust, learn to re-engage with society and start to rebuild their lives.

We achieve this by providing a home for women (40,000 bed nights each year) and supporting them in all aspects of their lives by offering user led, day-to-day support encompassing education, employment, physical health and mental wellbeing.

Our residential arm operates two purpose-built accommodation units at Cosway Street and Bell Street, comprising 112 individual bedrooms for short and long-term use with shared lounges, kitchens and living facilities. We believe that every woman has the right to have their own front door.



The Marylebone Project's aim is to change the trajectory of vulnerable individual lives by offering a seamless journey from often rock-bottom on the streets to living happy, fulfilling and independent lives.

5,000 women
visit The Sanctuary
every year*



*estimated figure

'The Sanctuary'

Providing an essential safe space for women

The Sanctuary is an all-encompassing space where women can access advice on housing, education and training and participate in meaningful mental health and wellbeing activities.

The Sanctuary is a women-only space, where women help and nurture women, providing a safe space that any woman can go to no matter the time, day or night, the circumstance, or reason. The Sanctuary is an all-encompassing space where training and education, advice and holistic wellbeing classes are accessible. In addition, practical facilities are also available, including a clothing store, laundry facilities, showers and food banks.

Women can access The Sanctuary straight off the street or by a referral. There is substantial demand for affordable housing in Westminster and, therefore, significant pressure on service availability in the borough. We keep up to date on changing housing policies and resources to support homeless women, provide advice and help them accordingly. Collaborative



working with local authorities is ongoing to understand referral routes and acceptance criteria. For example, Westminster Council's Housing Solutions Service already refer directly to The Marylebone Project.

We work with a range of other charities and bodies to enable women to access our services. These include St Mungo's, West London Mission, The Passage, Connections at St Martin's, Thames Reach and Westminster Council's Outreach team. We are also undertaking collaborative work with the London Homeless Collective.



Women can access **The Sanctuary** straight off the street or by a referral. There is substantial demand for affordable housing in Westminster and, therefore, significant pressure on service availability in the borough.



56 days+
emergency bed
spaces available

Nurturing and care Women for women

The nurturing and care services at The Sanctuary are provided by women for women, making it a safe place for the increasing number of users who have experienced domestic violence.

Over the last few years, interviews with women at The Sanctuary revealed that many women would not go to mixed refuges, often predominately male, for support. These interview findings back up extensive research that women feel safer and more secure in a female-only, trauma-informed environment. This feeling is especially true if women have experienced an abusive relationship.

The Sanctuary is the only women-only centre in the UK where the doors are always open. Its location at the heart of London means it can serve women in an area where they are particularly vulnerable to crime, exploitation and isolation.

Women working but struggling to stay off the streets will have a safe place to go outside of regular working hours and can be triaged into key services as rapidly as possible. These may include advice and assistance, family mediation services, landlord negotiation and helping people find private sector accommodation. Women can be referred directly to our longer-term beds in The Marylebone Project.

We also have emergency bed spaces available for up to 56 days, giving time for referrals if necessary. In addition, we work collaboratively with our partner agencies to secure longer-term accommodation and support for women. Women in crisis cannot wait until a bed becomes available or be referred to the appropriate service; during domestic violence and abuse, they need somewhere to go during a crisis. The Sanctuary is a haven for women when they have nowhere to go, anytime day or night.



The Sanctuary is the only women-only centre in the UK where the doors are always open. Its location at the heart of London means it can serve women where they are particularly vulnerable to crime, exploitation and isolation.



40,000 beds
provided to women
in need each year



The Sanctuary team

Thank you for your essential support

Your funding will enable us to make specialist support available when women need it most. It will mean the difference between escaping a life-threatening situation or not. By having specialist workers in domestic abuse and violence, women can be supported and cared for most appropriately.

At The Sanctuary, we can provide the much-needed support and care for the many women currently suffering in silence. In addition to domestic violence and abuse, the women we support are often affected by substance misuse, unemployment and mental health issues.

The Sanctuary team is dynamic, cohesive and creative. They are experts at working with a trauma-informed approach, drawing

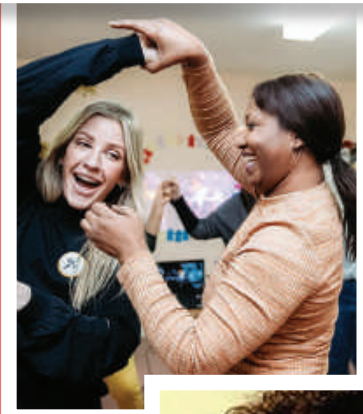
out women's strengths and empowering them into independent living. The current team exclusive for The Sanctuary include a Sanctuary Manager and nine Sanctuary Advice Workers. In addition, we have full-time and part-time volunteers who help with activities and mentoring.

We employ five full-time employees: two Education, Employment & Training workers, a Volunteer Coordinator and a Service User Involvement Officer. From this year we will also employ a Domestic Abuse & Violence Worker and a Community Outreach Worker.

James Marlow and Suzanne Richardson are the appointed Fundraising Officers tasked with raising £1.1million annually for The Sanctuary.



Your funding will enable us to make specialist support available when women need it most. It will mean the difference between escaping a life-threatening situation or not.



Our Patron is musician Ellie Goulding who has provided unwavering support to our work by spending her valuable time with our inspiring ladies.

Marylebone Project



To make a donation or for further information on how you can get involved, please contact James Marlow or Suzanne Richardson on:

020 3833 1729

james.marlow@churcharmy.org

suzanne.richardson@churcharmy.org

Donations may be posted to:

**The Marylebone Project, Bradbury House,
1 - 5 Cosway Street, London, NW1 5NR**

Please kindly mark for the attention of the Fundraising Officer. If you would prefer to send a cheque please make payable to the Marylebone Project. Alternatively if you would prefer to make a payment via BACS Please contact the Fundraising Officer for our banking details.

Phillippa Middleton: General Manager

Sue Way: Senior Homeless Manager

James Marlow MinstF (Cert): Fundraising Officer



**The Sanctuary is part of The Marylebone Project, a partnership between
Portman House Trust and Church Army.**

Church Army is a registered charity:

England and Wales: 226226 Scotland: SC040457 Republic of Ireland: 20152604

Registered Office: Wilson Carlisle Centre, 50 Cavendish Street, Sheffield Z3 7RZ

Phenomenal Woman

By Maya Angelou

Pretty women wonder where my secret lies.
I'm not cute or built to suit a fashion model's size
But when I start to tell them,
They think I'm telling lies.
I say,
It's in the reach of my arms,
The span of my hips,
The stride of my step,
The curl of my lips.
I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

I walk into a room
Just as cool as you please,
And to a man,
The fellows stand or
Fall down on their knees.
Then they swarm around me,
A hive of honey bees.
I say,
It's the fire in my eyes,
And the flash of my teeth,
The swing in my waist,
And the joy in my feet.
I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

Maya Angelou, "Phenomenal Woman" from And Still I Rise. Copyright © 1978 by Maya Angelou

With grateful thanks to Honey J Walker for the images and the Walker family for their support with producing this brochure. www.honeyjwalker.com

Brochure design: Dan Lewis, DDLONDON LTD. Tel 0772 909 8958