

Organisation Name		Reference code
Pause Creating Space for Change		2025-10-YWG25
Organisation Address		
Third Floor, 87 Blackfriars Road London SE1 8HA UK		
Website Address		
www.pause.org.uk		
How did you hear about the Triangle Trust?		
Web search		
Please describe your organisation's purpose in one or two sentences.		
Pause works to improve the lives of women who have had - or are at risk of having - more than one child removed from their care, and the services and systems that affect them.		
Type of organisation? (tick all that apply and complete relevant details)		
Charity	Registered Charity Number	Date Registered
Yes	1170310	2016
Community Interest Company	Registered Companies House Number	Date Registered
No	09703298	
Social Enterprise	Has your organisation been awarded the Social Enterprise Mark?	Year Awarded
No		
Grant Summary		
REACH programme: testing whether earlier relational support for care experienced young women can reduce the risk of multiple negative outcomes, including involvement with the criminal justice system. Our approach helps set in place strong foundations for the young women, enabling them to achieve positive outcomes for themselves.		
Please describe the specific needs of the young women and girls you work with that this project will address		
<p>REACH works with young women (aged 16-21) as they transition out of care. The young women have been identified by local authorities as being in the 10% of young women they are most concerned about, many of whom are at risk of sexual exploitation and pregnancy.</p> <p>Research shows that care leavers are more likely than their peers to experience a range of negative outcomes, including contact with the criminal justice system, poor mental and physical health, homelessness, and substance use. This research is verified by the findings from our REACH pilot in Doncaster, Halton and Knowsley, where on entering the programme:</p> <ul style="list-style-type: none"> <li>• 25% of the young women had been subject to child criminal exploitation</li> <li>• 38% had experience of the criminal justice system</li> <li>• 38% had been subject to child sexual exploitation</li> <li>• 44% had experienced homelessness</li> <li>• 56% had been subject to domestic abuse</li> <li>• 63% had misused drugs</li> <li>• 81% experienced mental ill health</li> <li>• 81% had been subject to childhood abuse</li> </ul>		

Whilst 38% of the young women have experience of the criminal justice system, all of them are at risk of, or on the edge of, involvement with the criminal justice system - both as victims and perpetrators. For many, this has been a feature of their lives since adolescence.

Children in care are far more likely to be criminalised than their peers. Girls and young women with experience of care are also consistently overrepresented in the criminal justice system, with an estimated two thirds of girls and young women in custody having been in statutory care (compared to just under half of boys) (Prison Reform Trust, 2016).

The majority of the young women we work with have suffered from abuse and neglect, and many have experienced 'care-specific trauma' because of their experience of multiple moves, and residential and secure accommodation (Broadhurst et al., 2017). This can have a strong emotional impact. They also have high levels of unmet physical health needs, substance use, regularly go missing, and are likely to have disrupted education and lack aspiration and hope for the future.

Without support, this group of young women will face persistent challenges throughout their lives. However, despite high levels of need and increased risk of poor outcomes, there is a gap in service provision for care leavers - particularly as they transition from child to adult services. Therefore, they are likely to remain caught in a cycle of unhealthy coping strategies that perpetuate their needs.

**What are the key outcomes you will be seeking to achieve for young women and girls either at risk of offending or who are already caught up in the criminal justice system? How will you track the impact you are making?**

As the programme is tailored to young women's needs, it looks different for each individual but by the end of the programme we expect to see that young women are:  
Safer:

- Increased awareness and understanding of risk
- Building stronger decision making and problem-solving skills to reduce risk taking behaviours
- Better understating of safer relationships, including understanding healthy relationships, establishing boundaries, understanding choice and consent, risk and safety

Leading independent and fulfilled lives:

- Increased aspirations supporting young women to set achievable goals, including around education and employment
- Building positive hopes for the future, including exploration of becoming a parent
- Developing positive help seeking behaviours, including support to attend appointments, develop self-advocacy skills and rebuild professional networks
- Establishing strong support networks to meet both current and future needs

Happier:

- Growing in confidence and self-esteem
- Developing a clearer understanding of how their care experience shapes their sense of identity
- Recognising the impact of grief and loss on their sense of self and emotional wellbeing

- Equipped with tools and techniques to understand emotions and improve emotional regulation

Healthier:

- Better able to prioritise their own health needs
- More informed about their sexual health and reproductive rights - with space to explore healthy relationships, reproductive choices, contraception, and consent

By supporting young women to be safer, happier, healthier and lead independent and fulfilling lives, we can reduce the likelihood of them reoffending or entering the criminal justice system.

Beyond individual impact, REACH can contribute to broader systemic change within the Leaving Care system by modelling an alternative, trauma-informed approach to supporting young women as they transition out of care.

As part of the REACH evaluation, young women complete an assessment at the start and end of the programme. Their progress is also tracked using a tailored outcomes tool, completed at three key points during their time with REACH. These assessments provide valuable insight into how young women experience the programme and the changes they are making. Young women also provide feedback directly to their REACH Practitioner.

**What are the key activities you will undertake with this funding to achieve these outcomes?**

REACH offers therapeutic, practical and behavioural support, tailored around each young woman's needs. The key element of the programme is the relationship between the woman and a skilled REACH Practitioner. Each REACH Practitioner uses an assertive outreach approach to support 6-8 young women for 12-18 months.

Each young woman works with her Practitioner to focus and prioritise the goals she wants to achieve over the course of the programme; these are regularly reviewed and adapted accordingly. This approach helps set in place strong foundations for the women, enabling them to achieve positive outcomes for themselves.

Practitioners work holistically and systemically, with other agencies and with family and friends to understand the young women's individual needs and the impact of being care experienced. Therefore, each woman's programme is personalised, but focuses on addressing the following key themes:

- Emotional wellbeing (understanding trauma, developing coping skills, accessing support, fun and happiness)
- Practical (housing, benefits, education and employment, support to attend appointments)
- Health needs (sexual health, reproductive choices, GP, dentist)
- Aspirations (setting goals and making plans to achieve them)
- Feeling safe (understanding and managing risk, exploring underlying causes of risk taking behaviour, exploring choice and consent)
- Relationships (professional and personal)
- Transitions (taking control and responsibility, life skills, self-esteem, developing problem solving skills)
- Identity (understanding self and childhood grief and loss)

"I have learnt to manage life better. I have my own tenancy and I have made a home of it. I no longer go looking for fights and violence, I am a lot calmer. I haven't been in trouble with the police... I have gained a positive and trusting relationship with a professional, and learnt that not all professionals are the same" - young woman on the REACH programme.

REACH works collaboratively with other agencies involved in young women's lives, encouraging professionals to think about how they can do things differently. This includes working with young women holistically: recognising the impact of being a care leaver and understanding their individual needs and challenges, in order to provide support and interventions that they want to engage with - and that genuinely make a difference. Our aim is to support young women to rely on us less, by helping them build relationships with mainstream services and the confidence to access these in the future.

"You are getting into places we can't. You've done some incredible work"- Leaving Care Team Manager

**Does your proposed project already exist or is this a new piece of work? If this project is already operating, please describe to us how you will use this as an opportunity to build on what you have achieved to date. If this is a new piece of work, please explain what this funding will enable you to do differently.**

REACH is a pilot programme and we are currently in the early stages of our innovation journey. We have worked with care-experienced women and girls, as well as using the key ingredients of our established core Pause Programme (for women aged 18+), to develop a programme tailored to the needs of care leavers. We have developed an evaluation plan and are building our evidence, as well as sharing our learning with local authorities and services supporting care-experienced young people.

We are now looking for match-funding for a REACH Practitioner to enable us to deliver the programme in one area, and help us build our evidence base further so that we can scale the programme to other areas.

**What expertise and track record do you have to be able to deliver this work successfully? Please specifically mention your expertise linked to gender and trauma informed approaches.**

Pause was created in 2013 by professionals with frontline experience in child protection, vulnerable adults and family courts. Since then, Pause has grown to be the largest provider of support for women - with multiple and complex needs - who have experienced the removal of children from their care. We are leaders in trauma-informed service delivery within this sector, and are founders of an emerging community of practice that shares learning and best practice.

Our core programme works with women aged 18 and over who have experienced children being removed into care. It offers an intensive, trauma-informed model of support to women which enables them to take a pause, focus and prioritise the goals they want to achieve to sustain lasting, positive change in their lives.

Two independent evaluations of our core programme show strong evidence for its efficacy and cost effectiveness. Our experience has shown that it is possible - with a long-term, intensive, relationship-based approach - to support women to sustain long-term change.

More than 2,000 women have completed our core programme. For these women, involvement in the criminal justice system, domestic abuse, substance use, homelessness and mental health challenges have been key issues. 40% of them are care experienced - they have told us that they would have benefited from support whilst transitioning out of care. Additionally, our most recent independent evaluation suggested the core programme could be adapted to meet the needs of younger women as they transition out of care. We also know from practice that our core programme achieves great impact with younger, care-experienced women - many of whom have experience of the criminal justice system - and indications suggest that the model could be used earlier and work with women before they get caught in a cycle. This has led to the development of the REACH programme.

REACH is being piloted in three areas and we are currently evaluating the impact of the programme on the first community of young women. The young women tell us that working with REACH feels different and collaborative, compassionate instead of a corporate parenting approach. They also tell us that they often do not have good relationships with professionals and that they are not accessing the mainstream services available to them. In contrast, the relationship with their REACH Practitioner provides them with consistency, understanding and trust. Many say they are better able to express and regulate their emotions - both with their Practitioner and with other professionals. All describe making progress against our intended outcome areas. These initial findings suggest that REACH is having a tangible and positive impact.

**Please explain how the grant will be spent**

The grant would part-fund the salary of a REACH Practitioner and the costs associated with delivering the programme over 2 years

**Who will be responsible for overseeing and delivering this work?**

The work will be overseen by our Director of Practice and Learning, who has overall responsibility for the delivery of our programmes, ensuring fidelity to the model and quality assurance. It will be supported by our Director of Partnerships and Engagement

who has responsibility for our innovation work and growth. Our Quality and Innovation Lead manages the development of our REACH programme, including developing resources and training, and monitoring outcomes and impact. The REACH Practitioner will sit within an existing Pause Practice and will be overseen by a Practice Lead and supported by a Coordinator. They will also work alongside two Practitioners with responsibility for delivering the core programme. This ensures the work can be delivered safely.

**How do you plan to continue this work once the grant ends?**

The core Pause Programme has traditionally been funded by the local authority in which it operates. However, when we began delivering this programme in 2013, we fundraised in order to subsidise delivery costs and foster interest in testing our new programme. We intend to take this approach with REACH. We secured funding from the Stone Family Foundation to deliver the pilot and are in the final year of this grant. We aim to subsidise delivery of REACH in one area and will ask for a contribution from the local authority. During the two-year grant period, we will build the resources and evidence of impact to be able to roll-out the programme to more areas and request that they self-fund delivery.

We will monitor and report on outcomes quarterly, sharing data with local partners, funders and participating local authorities to demonstrate the value and effectiveness of our work. Pause is an 'invest to save' model and has been proven to deliver savings for local authorities and public services. We will use this evidence, and the outcomes of our work, to continue to build a strong case for support and secure future funding. We recognise that local authorities are operating in a financially challenging environment. Therefore, we also have a robust fundraising strategy and strong pipeline of potential funders, including large and small grant-makers, individual and corporate donors, and central government sources. Our trustees are actively involved in identifying opportunities to secure further voluntary income.

**Is your organisation led by women and are at least 80% of your organisation's total beneficiaries' women and girls? Please provide a breakdown of your beneficiary numbers for the past 2 years.**

Women are the core focus of our organisation. Pause is led by women and 100% of our beneficiaries are women and girls:

- 2024/25 - 988 women took part in our core programme and 16 young women took part in our REACH pilot
- 2023/24 - 550 women took part in our core programme and 14 young women took part in our REACH pilot

As well as our programmes, we also deliver a programme of women's involvement. Through our 'Getting Involved' programme, women shape our work and campaign for wider change. For example, they have contributed to research, co-produced our podcast, and responded to government consultations. The Pause Advisory Group - made up of women who have completed one of our programmes - meet monthly with staff and trustees to inform key organisational decisions. They are consulted on programme adaptations and resources to ensure these reflect women's needs. Pause Ambassadors - women who wish to drive change to systems and practice - share their stories with civil servants, local authorities, and funders to influence policy and demonstrate the impact of Pause. Between 80-100 women take part in Getting Involved activities each year.

**Does your organisation have existing knowledge and expertise working across the criminal justice system?**

Pause has been supporting women with multiple and complex needs since 2013. This has included working with women who have experience of the criminal justice system - both as victims and perpetrators, as well as women subject to criminal exploitation including gang violence and drug trafficking. The women we work with are often

described as "hard to reach" and are frequently viewed as unlikely to engage with services. However, through the Pause approach, many have actively engaged, accessed meaningful support, and achieved significant outcomes, including renewed hope and belief in their capacity for positive change.

Through our core programme, we support women involved in the criminal justice system in many ways, for example:

- Help engaging with probation services to ensure compliance with bail conditions and reduce the risk of recall to prison.
- Support to navigate the criminal justice system to ensure engagement with appropriate services, helping to stabilise circumstances and enable restorative work to take place.
- Help to prepare for and attend criminal court, with a particular focus on emotional regulation, enabling women to remain calm throughout the process and positively influencing the outcome.

An independent evaluation of our core programme evidenced reductions in the number of arrests and the severity of crimes arrested for. In one area delivering Pause in the past year, 86% of women reported an improved relationship with police and courts due to less involvement or improved ability to understand and navigate systems.

"Pause provides an outstanding service, delivered by a truly dedicated team of Practitioners. The charity's trauma-informed, relationship-based approach is not only compassionate - it's genuinely effective. I've witnessed how the support offered by Pause Practitioners helps women feel heard, valued, and empowered to make positive changes in their lives. I've worked closely with a Practitioner from Pause in supporting a complex case involving a woman under probation supervision. [Practitioner's] commitment, empathy, and persistence have been instrumental in helping this woman re-engage with her court order - something that had previously seemed out of reach." - Probation Officer

Our programme delivery teams are multi-disciplinary and practitioners come from different, but related fields - currently 15% of our workforce has a background in criminal justice work, including in police, probation, crime diversion and youth offending.

At an organisational level, we are part of the Breaking Cycles Model - a dynamic and evidenced approach to enabling change. Our founder, Sophie Humphreys, created this model to test how entrenched patterns of harm can be changed for good. Alongside our sister organisation, SHiFT, we have access to extensive expertise in working with children and young people caught up in, or at risk of, crime.

**Will you be receiving funding from any other sources for this project?**

The Stone Family Foundation has funded the REACH pilot - this funding comes to an end in August 2026 and we are seeking match-funding to enable us to continue delivering the programme.

**Do all staff have enhanced Disclosure and Barring Service (DBS) checks? If no please state why.**

Yes

**Reason why not all staff have DBS checks.**

**Total funding requested in this application (£10,000 to £80,000 with a maximum of £40,000 in one year)**

£80000

**Proposed grant start date**

4/1/2026

**Proposed grant duration in months**

24

**How much funding is required each year?**

**Year 1**

£40000

**Year 2**

£40000

**What was your organisation's**

**What was your organisation's annual**

<b>expenditure in the most recent financial year?</b>	<b>income in the most recent financial year?</b>
£2594494	£2418063
<b>What value of unrestricted reserves did your organisation have at the end of the most recent financial year?</b>	
£488743	