# one small thing IMPACT REPORT

2022-2023

www.onesmallthing.org.uk

Registered Charity England and Wales: 1180782

### Foreword



Edwina Grosvenor Founder and Chair of One Small Thing

This year saw the completion of the build phase of our ground-breaking redesign pilot project, Hope Street. The culmination of over six years planning and development has led us to this point, and I could not be more proud to open this pioneering residential community and welcome justice involved women and children this summer.

Our Educate work strand has continued to grow and we have developed a suite of new courses for practitioners on trauma informed champions, leadership, wellbeing, skills and policy development. Over the last year, 35 organisations have begun our Working with Trauma Quality Mark, and we have also developed a trauma informed framework for secure settings, currently being piloted across two prison settings.

Since the pandemic and the implications on regimes in prisons, we have recently been able to support a number of teams across the women's estate to restart their Healing Trauma programmes.

We developed more self-soothing and mindfulness videos for women in prison, developed with women with lived experience and broadcast across the estate with Wayout TV.

Our influencing work continues apace with the team now responding to all relevant policy developments and consultations. With the recent publication of a national action plan for the female offender strategy our influencing team now have a framework with which to hold the government to account.

Our parliamentary event in July 2022 highlighted the impact of intergenerational harm and trauma caused by maternal imprisonment. A range of cross party MPs attended and learnt about this vital issue from new research from the University of Northumbria and directly from young people with lived experience of having a mother in prison.

Now we have completed the build phase of Hope Street, we are ready to build the evidence base, through our independent evaluation led by The University of Southampton, Prison Reform Trust and EP:IC to prove that women do not need to be imprisoned unnecessarily on short sentences for non-violent crimes and there is a better, more compassionate way to support them and their children in the community. I look forward to sharing our learnings over the months and years to come.



**Edwina Grosvenor, Founder and Chair of One Small Thing** 

















# Our Mission and Vision



One Small Thing's vision is a justice system that can recognise, understand, and respond to trauma. Our mission is to redesign the justice system for women and their children.

We want a compassionate system that recognises the vicious cycle of trauma and disadvantage at the root of justice involvement and allows people to recover from trauma and thrive. Our core focus is on women and their children because of the additional discrimination and disadvantage they face.

# How do we achieve this?



### Redesign

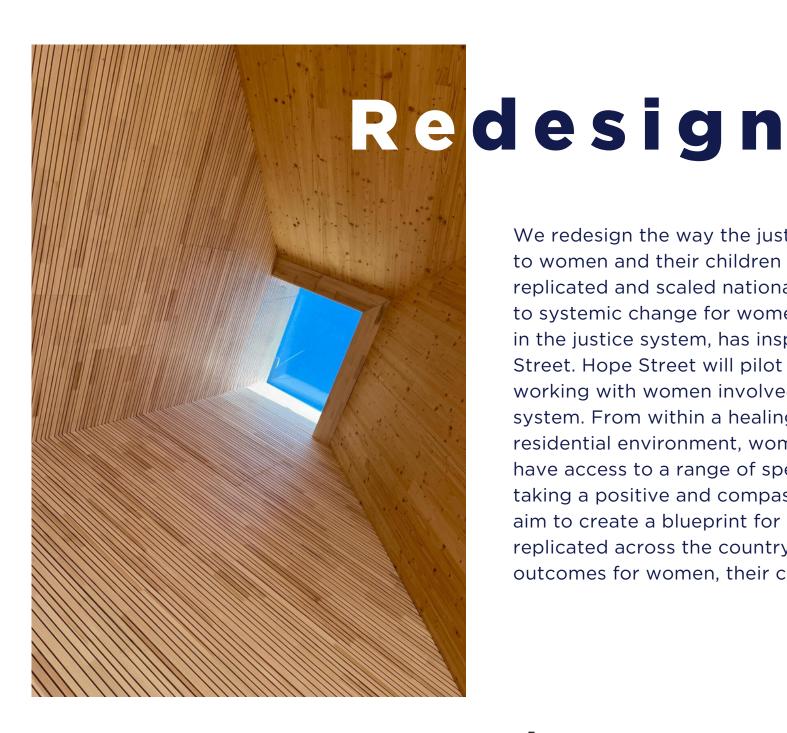
the way the justice system responds to women and their children in a way that can be replicated and scaled nationally.

### **Educate**

people within the justice system on the impact of trauma, and draw on our knowledge and expertise to help build capacity within organisations.

### **Influence**

politicians and policy makers to encourage culture change across the justice system and the people who work within it.



We redesign the way the justice system responds to women and their children in a way that can be replicated and scaled nationally. Our commitment to systemic change for women and their children in the justice system, has inspired us to build Hope Street. Hope Street will pilot a new approach to working with women involved in the justice system. From within a healing, trauma-informed, residential environment, women and children will have access to a range of specialist support. By taking a positive and compassionate approach, we aim to create a blueprint for change that can be replicated across the country and achieve better outcomes for women, their children and society.

### Our Impact with Women

In June 2022, we opened our first shared house in Southampton and welcomed our first resident. This is the first of a network of Hope Houses across Hampshire we plan to open for women and children, to ensure there is long term support and accommodation in place once their stay at the Hope Street residential hub has come to an end. This year we have provided accommodation to women being supported by probation in the community who have a need for housing, whilst we are completing the Hub build. Since June 2022, eight women have been supported at our first Hope House.



Moving into Hope House has been a really positive experience for me. I like the way it has been decorated and furnished as it feels like a home. I feel really motivated and believe that now I have the right support around me from people who listen to me and respect me, I can achieve the things I want for my life.

Our first resident

In 2022/23 we continued our partnership with women's charity Advance, working with women on probation in Hampshire. While Hope Street was being built, we ran groups in our temporary offices.

### **IN 2022/23 WE RAN:**



**36**Coffee mornings with women



15 Creative art sessions



19

Helping women recover sessions

Dr Stephanie Covington's programme for women with substance use issues.

We also were able to invite partner organisations in to facilitate the following:

- 34 SMART groups (SMART Recovery mutual-aid meetings to help participants with various forms of addiction)
- 9 Aerial fitness sessions
- 11 Singing/Ukulele groups
- 6 Art Therapy sessions
- 8 Creating Change groups (A participatory arts programme for women on probation)

### The Build

This year the focus has been completing the build of the main Hub at Hope Street as we prepare to open our doors to women and children in the summer of 2023. Once the exterior of the main building was complete we celebrated this important milestone with stakeholders and contractors. This provided a great opportunity to reflect on all the amazing progress that had been made and thank everyone involved during this phase. From December onwards, our focus shifted to the interiors and garden, making sure the Hope Street Hub is a homely and welcoming environment.













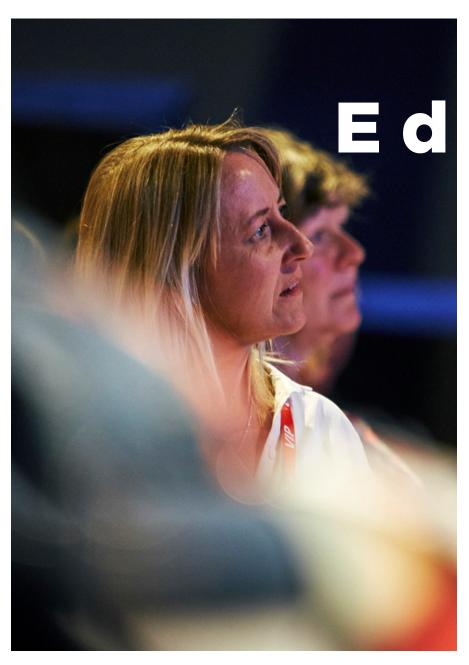
### **Influencing Change and Raising Awareness**

Through Hope Street we aim to create a blueprint for change that can be replicated across the country and ultimately reduce the number of women being sentenced into custody unnecessarily. To support this ambition, much of our influencing work is focussed on raising awareness of Hope Street and the issues it is trying to tackle with key decision and policy makers. Over the year, we have hosted senior politicians such as Justice Minister Damien Hinds and Hampshire's Police and Crime Commissioner, had Hope Street highlighted in Parliament on various occasions, and delivered a parliamentary event highlighting the impact of maternal separation through imprisonment. Please visit page 22 - 27 to hear more about One Small Thing's wider influencing work to create positive change for women involved in the justice system and their children.









### Educate

We educate people within the justice system on the impact of trauma and draw on our knowledge and expertise to help build capacity within organisations.

### **Our training**

We train staff and volunteers within community and statutory organisations (including prisons), to develop an understanding of the dynamics and process of trauma, to inform practice and system change. Our training courses have three primary objectives:

- To help participants better understand the effects of violence, abuse, and trauma on those they work with
- To provide opportunities for skill enhancement
- To give participants the opportunity to reflect and learn more about themselves

In 2022-23, as well as continuing to deliver our introductory course - Becoming Trauma Informed Awareness - we developed and piloted a range of new courses, adding breadth to our training offer. Our new courses cover a wide range of different aspects of trauma informed working, supporting participants to build on their knowledge and provide practical ways to apply trauma informed approaches in their organisations.

#### **OUR NEW COURSES ARE:**

#### **HOW TO: DEVELOP TRAUMA INFORMED CHAMPIONS**

Trauma informed champions are a way to embed trauma informed ideals across an organisation. This workshop covers the role of trauma informed champions and assessing current practice so trauma informed champions can be fully utilised.

#### TRAUMA INFORMED WELLBEING

This course is designed to help individuals to think more deeply about their own wellbeing as well as for managers who want to better support their teams.

#### SKILLS FOR TRAUMA INFORMED WORKING

This course builds upon the Becoming Trauma Informed Awareness course by focusing specifically on the skills needed to work in a trauma informed way with others.

#### **HOW TO: DEVELOP TRAUMA INFORMED POLICIES**

This training workshop will enable participants to explore how trauma informed working applies to organisational policy development.

### IN 2022-23:

We trained
613
participants

across the justice and community sector

To a total of **62** organisations

Including 13 organisations commissioning us for inhouse training, and 49 organisations attending our open access training.

### We have delivered training to a range of organisations including:



Universities



**Women's Centres** 





**NHS Trusts** 



Theatre/arts organisations



Mental Health Charities



**Criminal justice** organisations



**Witness Care Units** 



**Women's Prisons** 

Through our in-house training, we supported a wide range of organisations to develop their trauma informed working, including West Midlands Witness Care Unit, England Boxing, Not Beyond Redemption, Change Grow Live, Together for Mental Health, NHS Midlands Health and Justice – and more.

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#### WHAT DID PEOPLE SAY ABOUT OUR TRAINING?



94%

of participants have an increased understanding of how trauma impacts individuals and trauma informed approaches.



87%

of participants feel more confident to apply trauma informed approaches to their work.



91%

of participants would recommend the course to a colleague.

This training provided a real change to how I think about what should be included in our policies and how they should be written.

How to: Develop Trauma Informed Policies training attendee, December 2023

#### **OUR TRAINING IN PRISONS**

Our Becoming Trauma Informed (BTI) cultural change programme continues its delivery across the women's estate. Over the past year, the governors and BTI leads from each of the twelve prisons have been invited to a range of events and training days. Our key focus has been to provide refresher training for staff in BTI Awareness and the Healing Trauma Intervention to equip teams with the necessary skills and knowledge to strengthen and improve their local delivery. We delivered a well received BTI taster session specifically designed for the women's estate prison governors to refresh and reinvigorate their leadership of this important programme of work.

In collaboration with our prison partners, we have supported their local BTI teams to review and restart the Healing Trauma intervention following the challenging restrictions of the Covid-19 pandemic. Healing Trauma is a gender-responsive, six-week trauma intervention for women. It is designed to help assist recovery from the negative effects of trauma, to discover new ways to thrive with a happier life and to enjoy healthier relationships. The reintroduction of the Healing Trauma intervention is supported by a new HMPPS designed Implementation Strategy providing operational guidance and local expectations for delivery.

In addition, we have facilitated quarterly BTI leads meetings both online and in person, with eighteen staff from across seven establishments attending our January session hosted by HMP Peterborough.



It felt safe, it felt like I wasn't in prison, and I felt secure...
It was moving....
it was honest.

Woman who participated in Healing Trauma intervention, HMP Send June 2022

April 2022 marked the end of our Becoming Trauma Informed (BTI) Cultural Change Programme in the Long Term High Secure Estate (LTHSE). To celebrate the innovative work carried out by both the BTI central guide team and the local BTI prison-based teams, in May, we invited them to an end of programme event. This provided an opportunity for an overview of the whole programme with a specific focus on team reflection and how the initial aims and ambitions had developed and progressed from inception to frontline delivery. Lady Edwina Grosvenor presented the BTI teams from each establishment with a certificate acknowledging their contributions and input.



Photograph: BTI Leads and HMPPS senior team who received their certificates when attending the LTHSE Celebration event 5th May 2022

We produced new materials including CDs and DVDs with self-soothing exercises for those living in prison. The exercises, demonstrating meditation, yoga and mindfulness were designed in collaboration and presented by a woman with lived experience of the justice system. These were broadcast across the prison estate via Wayout TV and copies issued to staff for distribution to prison residents.



The videos brought me great comfort and helped me to relax when I was feeling really anxious.

Comment from a prison resident sent to Wayout TV.

### WORKING WITH TRAUMA FRAMEWORK FOR SECURE SETTINGS

Drawing on our Working with Trauma Quality Mark, we worked extensively to develop and design our Working with Trauma Framework for Secure Settings. The Framework has been adapted and specifically designed to support staff who work in prisons and other secure environments. It is currently being piloted in a women's prison and by three mental health teams working in the male prison estate. We are collaborating with our partners to ensure the Framework is effective, functional and beneficial.

### IN 2022-23:





100%

of participants said that the training will help them in their work.



97%

of participants would recommend the course to a colleague.



BTI has enabled us to gather a small group of staff who are incredibly passionate about being trauma informed and embedding it into their everyday work, including in areas such as safety, the gym and supporting staff wellbeing. As a guide team we are committed to spreading further awareness of this important work for both our staff and prisoners.

Staff member from the Long Term High Secure Estate, May 2022

### Trauma Informed Networks

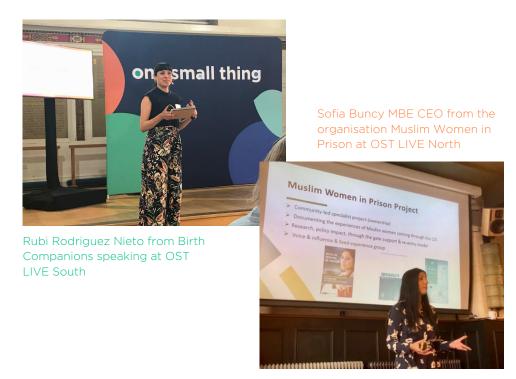
One Small Thing's regional Trauma Informed Network gives practitioners the opportunity to meet colleagues from a range of organisations and sectors to reflect, share challenges and find solutions to embedding trauma informed practice.

Working in the justice and community sectors supporting those who have experienced trauma is hugely important and rewarding, but we know it can also take its toll on staff wellbeing and mental health. Through our regional Trauma Informed Networks, professionals have a vital space to reflect with others outside of their organisation about their work and find new solutions to challenges they face.

As well as running regular network events throughout the year, we were delighted to run two larger OST LIVE events in the Summer of 2022/23. The first OST LIVE, hosted in Sheffield, explored the issues facing Muslim, Black and minoritised women in the justice system, as well as how trauma-informed practice works on the ground in the justice and community sectors. We were lucky to hear from Sofia Buncy, National Coordinator at Muslim Women in Prison; Marchu Girma, Chief Executive at Hibiscus Initiatives; and Louisa Steele and Natalie Wong from Standing Together Against Domestic Abuse - who shared learning from Keeping

Us Safer, a report on trauma-informed practice with homeless women facing multiple disadvantage.

Our second OST LIVE event in Cambridge had a particular focus on maternal separation, and provided the opportunity to share learning around supporting women who are separated from their children through imprisonment or other circumstances. We were delighted to be joined by speakers Dr Lucy Baldwin, Senior Lecturer in Criminology at De Montfort University and Rubi Rodriguez Nieto, Community Services Manager at Birth Companions.



### IN 2022-23:

We delivered 5 network meetings across the country from Cardiff to Sleaford, plus OST LIVE NORTH in Sheffield and OST LIVE SOUTH in Cambridge.



To a total of 161 attendees



with delegates attending from across 134 organisations

We explored a range of themes and topics such as:

And heard from speakers from a variety of organisations

**Maternal** separation

**Cultural competency** 

The social model of disability

Gender responsive approaches

Disability Wales

Office for Police and Crime Commissioner

Birth Companions

Muslim Women in Prison

and more!



#### WHAT DID PEOPLE SAY ABOUT OUR NETWORKS AND EVENTS?



92%

of those attending the network meetings and OST LIVE events found the event useful for their work.



Thank you so much for providing such an inclusive and positive space where everyone was committed to learning and sharing.

Wales Network Attendee, October 2022

It's given me more motivation to continue encouraging my staff team to work in a traumainformed way. Sometimes it can feel like an impossible task, but this has helped me re-focus on this as an objective.

South West Network Attendee, May 2022

We asked those who attended our OST LIVE events what they felt inspired to do after having attended.

### I feel inspired to...

'Really think about trauma informed working in a deeper way.' 'Continue to challenge practices that are not trauma informed.'

'Be more compassionate & considerate in my work.'

'Provide a space which empowers minoritized people'.

'Discuss trauma informed work as an organisation and how to embed it'



I had an amazing time and felt confidence in myself that I haven't felt in years. I was made to feel so welcome from the start.'

OST Live Attendee, July 2022

### Working with Trauma Quality Mark

The Working with Trauma Quality Mark provides a robust set of national standards to recognise and celebrate good practice in trauma-informed work. The Quality Mark has three different levels of achievement:



• Bronze: Trauma Aware. Organisations have an understanding of trauma and its impact and organisational plans are in place to implement trauma informed practice.



• Silver: Trauma Informed. Trauma informed practice is implemented across the organisation's culture, practice, environment and individual needs and wellbeing are priortised.



• Gold: Trauma Responsive. Extensive trauma informed working practices are embedded, and user voice is alongside strategic decision-making; the organisation promotes the recovery of individuals and is a centre of excellence.

Over the year we have explored ways to develop the reach of the Quality Mark and pursued in-person opportunities to share this work in different regions across the UK. One Small Thing's Head of Quality and Networks presented at Trauma Informed Cumbria conference, at the London Pathway Partnership team day and to Lancashire's Violence Reduction Network's trauma informed conference. We also delivered 20 online workshops to a range of interested organisations.

Thanks to these efforts, 35 organisations started their Quality Mark journey in 2022/23, up from 13 the previous year. We are continuing to build these partnerships across the UK and look forward to supporting more organisations to take part in the Working with Trauma Quality Mark, supporting them to develop and embed their trauma informed practices and policies.



[Doing the Quality Mark] was an excellent process, worth every moment of the hard work. This truly opened the minds and understanding of those least likely to be involved in face to face work with the women.

Jacqueline Stewart, Head of Participation, Clean Break who achieved their silver Trauma Informed Award

### IN 2022-23:



organisations started their Quality Mark journey

### Of those 35

Organisation achieved a Silver Trauma Informed Award Organisation achieved a Bronze Trauma Aware Award



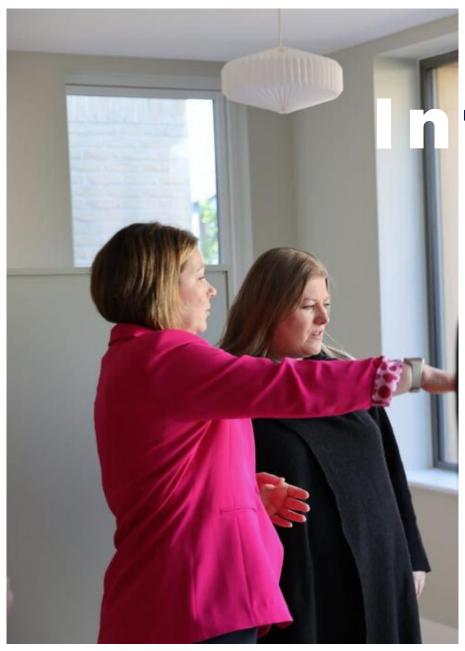
'[Doing the Quality Mark] was an excellent process, worth every moment of the hard work. This truly opened the minds and understanding of those least likely to be involved in fact to face work with the women.'

Jacqueline Stewart, Head of Participation, Clean Break



Doing the Working with Trauma Quality Mark was a significant process for us. It was hugely beneficial and made us ask some searching questions of ourselves, helping us build our trauma informed practice.

David Jones, Chief Executive of Changing Tunes who achieved a Bronze Trauma Aware Award



Our CEO introducing Hampshire's Police and Crime Commissioner to Hope Street

### fluence

We influence politicians and policy makers to encourage culture change across the justice system and the people who work within it.

### **Policy**

Our new Policy and Communications Officer started in post in April, increasing capacity within the team significantly. We responded to many Government consultations over the year, drawing on evidence from our work and the voice of lived experience through our Women's Involvement Advisor Lilly Lewis, this includes:

 The Justice Select Committee's inquiry into the role of adult custodial remand in the criminal justice system - to highlight the inappropriate use with women and mothers. Our response was picked up in their final report:

In addition, the charity One Small Thing, which advocates on behalf of women and children in the justice system, argued that the fact that almost two-thirds of women remanded to prison by magistrates are either found not guilty or are given a community outcome showed that the legislative framework was not being appropriately applied as individuals should not be remanded to custody if they were not anticipated to receive a custodial sentence. Many of these remands relate to the 'for own protection' provisions in the Bail Act 1976.

Justice Select Committee's inquiry into the role of adult custodial remand, Seventh Report of Session 2022-23

- The government's Mental Health and Wellbeing plan to recommend it takes action to address the disproportionately poor mental health outcomes for women in the justice system
- 'Swift, certain, tough, new consequences for drug possession'
  white paper to suggest how proposals could lead to further
  criminalisation, with particular concern for the impact on
  women, young people and racially minoritised groups.
- The Home Affairs Committee inquiry into policing priorities –
  to highlight how the Police service can better respond to the
  needs of the women they work with, and what role they can
  play in diverting more women away from the justice system
  altogether.
- The Commission for Young Lives call for evidence- to advocate for change to reduce the harms of parental imprisonment



Urgent action needs to be taken to address not only the poor wellbeing of women entering the justice system, but also the subsequent exacerbation experienced by the system itself.

One Small Thing's response to the Government's Mental Health and Wellbeing Plan call for evidence, July 2022

Alongside written policy responses, our team attend key policy forums such as the Ministry of Justice Expert Group on Women and the Justice System, through which our Head of Policy, Research and Influencing has fed into the new Female Offender Strategy Action Plan and the Women's Policy Framework Review. We have fed into Ministry of Justice workshops on resettlement from prison, whole system approaches and data on women in the justice system. We also gave evidence to the review into gender disparity in TV license evasion prosecutions for the BBC.

We continue to collaborate with others in our policy work, for instance a cross-sector letter to the Justice Secretary and Sentencing Council which calls for a review into sentencing pregnant women. We collaborated with Clinks, Women in Prison and Revolving Doors to respond to the Women's Policy Framework Review and attend sector forums such as the Clinks Women's Forum. These networks have been vital as we have grown our policy and influencing work as an organisation, and we are thankful to all our collaborators over the year.

#### **PARLIAMENTARY ACTIVITY**

We held a Parliamentary Event on reducing the intergenerational harm of Maternal Imprisonment on July 5th 2022. The event was well attended, and we were pleased to welcome five MPs from across parties. We co-produced a briefing that was launched at the event to support the

dissemination of new research from Dr Sophie Mitchell at the University of Northumbria on the intergenerational impact on maternal imprisonment. Her research interviewed mothers who had experienced a period of imprisonment in the North East of

England and staff who had supported them. Her <u>findings</u> highlight a need for urgent reform. The event also provided a platform for young women to share their lived experience of their mum going to prison and what reform they believe is needed.





In July I had the absolute pleasure of speaking at an event on maternal imprisonment in the House of Parliament for One Small Thing. Alongside my sister, we spoke confidently, and I hope our words were powerful enough to make improvements for parents and children that are caught in a cycle of crime, going through trauma in the justice system... Separating children and mum is the worst thing to do. If I could do anything to go back to my childhood with mum, I would do it but my mum's missed out on everything.

Farhana Ahmed, writing about her experience for One Small Thing's Blog.

We have hosted a number of visits to Hope Street for MPs and decision makers and have been so grateful to all the support we have had from parliamentarians over the year. For instance, in January 2023, Carolyn Harris, MP for Swansea East, highlighted Hope Street in her question to Justice Minister, Damian Hinds, in the House of Commons. She highlighted the role Hope Street can play in supporting women who are eligible for early release from prison.



Women eligible for early release are being denied this opportunity due to lack of safe move-on accommodation...Will the secretary of state please look urgently at investing more money and innovation in developing safe community accommodation, like what is available through the Hope Street Project, to allow more women across the country to benefit from early release.

The work will continue and build for our team who have now written a two-year influencing team action plan, and a political action plan leading up to the next election.

#### ONE SMALL THING BLOG

Over the year we published eleven blogs written by Lilly Lewis our Women's Involvement Advisor as well as young women's voices through Tiff and Farhana Ahmed, covering a huge range of topics relating to the justice system:

### **Maternal Separation** Cost-of-living crisis Friendship

Probation Young people's voices

Mental Health

Electronic Monitoring

Racial Inequality Health



To young people with a Mum in prison I would say, don't let others suppress your voice as you'll need to fight for your right to see your Mum. I wish I had been supported to do this.

Tiff in our blog exploring Young People's Experiences of Having a Mum in Prison

### Research

Over the year The University of Southampton, PRT and EP:IC evaluation of Hope Street continued to progress with final plans and research protocol finalised and ethical approval from the University secured. The team were successful in securing additional funding to follow a control group of women in prison from Dorset and will combine this with local and national data for their quantitative model. They also secured funds to do a more in depth study on children's outcomes at Hope Street. They held their first Independent Advisory Group which was well attended by academics across the field including Dr Shona Minson and Dr Yvonne Jewkes.

As well as working with our academic evaluation partners, the team have conducted their own research over the year, for instance live polling at our OST Live events on levels of understanding and application on trauma and gender informed approaches, as well as how organisations support women with children in their services.

We had an article about One Small Thing and Hope Street published in a Fabian Society report - Solidarity, Equality and Opportunity: creating strong social justice systems for women, which was released at the 2022 Labour Party Conference.

### **JUSTICE Podcast**



19,394

Downloads of JUSTICE episodes released in 2022/2023

Our bi-monthly podcasts provide a platform to explore issues related to the justice system and what should be done to bring about positive change. Guests in this period have included Sofia Buncy MBE, Founder and Director of the Muslim Women in Prison Project, and Richard Branson and Paula Harriott talking about the Fair Checks Campaign that aims to reform the criminal record system in the UK.

Over the last quarter of 2022-2023 the team worked on our new series of JUSTICE, exploring Motherhood in the justice system to be released in April 2023. The team worked to secure new interviews, repurposed old content, manage the archive and promote and trial the new series. This included:



New podcast collections



**New Series Trailer** 

### Looking Forward



Claire Hubberstey CEO, One Small Thing

I am delighted that towards the end of 2022-23 we grew our One Small Thing team significantly with the recruitment of our team at Hope Street. It's a fantastic milestone to have reached and we are all excited for this next phase which will see us welcome women and children at Hope Street.

We aim to develop a compelling evidence base that can truly influence a national redesign of the justice system for women and their children. Our ambition is to model another approach which means that women do not lose their homes, jobs and custody of their children, because of involvement in the justice system and we look forward to embarking on our independent evaluation of Hope Street with the University of Southampton, Prison Reform Trust and EP:IC to evidence the impact Hope Street has on women and children's lives.

Our Educate and Influence work streams will be more important than ever over the coming year, as we look to share our learning and expertise with the sector and decision makers. We continue to believe that a trauma-informed, gender responsive and compassionate approach to support is the only way forward for the justice system and beyond. Our training, events and Working with Trauma Quality Mark will remain crucial to support organisations in the sector to network, learn, review and benchmark their own practice.

We want to thank all our funders and partners for the support they have given us over the last year and look forward to working with many of you as we move into this next eventful and exciting phase for One Small Thing.

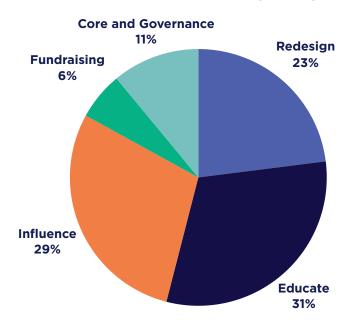
### Finances 2022/23

### **Total Income 3,816,161**





### **Total Expenditure 1,598,383**



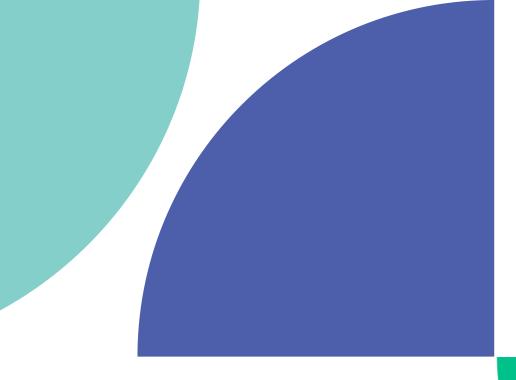
### Capital Investment

1,882,958

49% of income received invested into our Hope Street Capital Project

Thank you to all our supporters and funders over the financial year 2022/23, without whom our work to Redesign the Justice System for women and their children would not have been possible.

Claire Hubberstey, CEO, One Small Thing



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OSTCharity

in One Small Thing

### one small thing

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