



ISSUE TWO | JANUARY & FEBRUARY 2026



We're proud to continue supporting women across County Durham through our relational mentoring approach, helping them with a range of needs and moving them closer to employment, training, and volunteering opportunities.

So far, we have supported over **65** women, providing tailored guidance for wellbeing, confidence, and personal development. Over the Christmas period, we distributed Winter Warmer packs to help women stay warm, alongside a variety of activities linked to their individual support needs.

Through this work, we continue to empower women, strengthen connections in the community, and offer practical support that makes a real difference in women's lives.

ACTIVITIES

Our recent Wellbeing for Life session focused on building a Stress Toolbox, giving participants practical strategies to manage stress, improve wellbeing, and stay resilient.

Attendees explored techniques such as:

- Mindfulness and breathing exercises
- Time and routine management
- Identifying triggers and coping strategies
- Small daily habits to boost mental health



One participant shared:

"This session helped me understand my stress and gave me tools I can use every day."

WHAT WE OFFER

- 1 Confidence & mindset building
- 2 Skills & employability development
- 3 Mental & physical health support
- 4 Wellbeing & self-care practices
- 5 Creative & social connections
- 6 Life & basic skills for independence

In partnership with:



Kim McGuinness
North East
Mayor

WHAT WE HAVE BEEN GETTING UP TO?

We were proud to host a Women's Open Day in Durham, celebrating the launch of our Women's Trailblazer contract

The day brought together local services from across County Durham, giving women the opportunity to connect with valuable community support. Attendees enjoyed refreshments, received gift bags, and most importantly, accessed services that can make a real difference.

Highlights included women signing up for Trailblazer and HEAT (Heat, Energy & Advice Team) growing interest in peer mentoring whilst meeting employers, and inspiring personal achievements, including women overcoming anxiety to attend and leaving feeling proud of themselves.

Thank you to everyone involved in making the event such a success.



FEEDBACK

I've gained new skills and met people who inspire me to keep going

I've gained so much confidence Thankyou

Being part of this service has motivated me to explore new job opportunities

THE PILOT CONTINUES TO DEVELOP, AND WE WOULD LOVE TO HELP CHANGE MORE PEOPLES LIVES.

USE THE REFERRAL LINK VIA THE QR CODE TO HELP US REACH AND SUPPORT MORE WOMEN.



In partnership with:

NE North East Combined Authority | Kim McGuinness North East Mayor

wise group
mentoring people out of poverty