

PRESS RELEASE



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MENTAL HEALTH AWARENESS WEEK 10-16 MAY

How Aspire Learning, Support and Wellbeing are supporting women's mental health

Aspire Learning, Support and Wellbeing is a women only centre (also offering online services) in Chester Le Street, County Durham. Aspire have developed a holistic and trauma informed approach that focuses on supporting women to live the lives they want to live.

As we emerge from a year that has seen women disproportionately affected by Covid-19 lockdowns, Aspire are aiming to address re-integration into social settings, assisting women to build their self-esteem and social confidence with our **Monday Meet Up**, part of our *Stay Safe, Feel Well Initiative*.

Isolation and loneliness have had a huge impact on the women we work with and although Aspire were able to offer online and telephone support, there is a significant need for a gentle (socially distanced) in person support group to help women struggling with emerging from this latest lockdown.

Aspire's person centred approach for supporting women's mental health includes one to one listening services, befriending and online support groups such as **Positive Changes** and **Mature Friends**. We have also helped support women in need of essential items with support packs as we recognise the impact that the additional stress of not having basic items has had on the mental health of our women and their families.

Aspire have ensured that services are co-produced with our team of dedicated volunteers, our *Supporting Sisters*, who receive thorough training and lead on peer support service delivery. If you are a woman in need of support, then contact our free services via sisters@aspire-northeast.co.uk