

WOMEN EXPERIENCING HOMELESSNESS



### OVERVIEW OF SESSION

- Statistics about women's homelessness
- •Why is homelessness different for women?
- Women in the criminal justice system and homelessness
- •Sources of help for women in Peterborough and Cambridge





WOMEN'S HOMELESSNESS STATISTICS

Alice 15 minutes

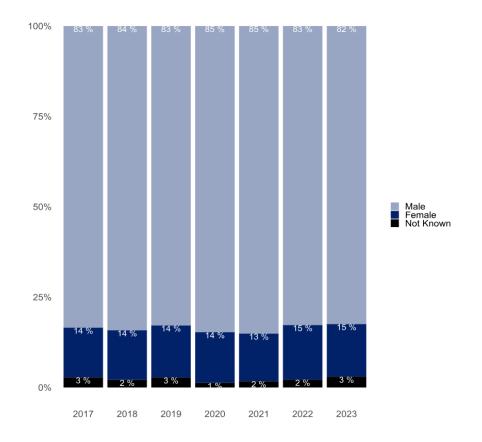




### WOMEN'S HOMELESSNESS: THE CONTEXT

- National rough sleeper counts gender bias in existing government snapshots
- •Annual autumn snapshot count-based estimate of visible rough sleeping. In place since 2010.
- •Definition of rough sleeping does not include people in hostels, shelters, sofa surfers, people in campsites or other sites used for recreational purposes.
- •2023 National snapshot data: number of people estimated to be sleeping rough risen by 27% since 2022.
- •In 2023, men 82% and women 15% of the rough sleeper snapshot.
- •Since 2017, women have made up 13-15% of the data.

Figure 3.2.1: Proportion of people sleeping rough on a single night in autumn by gender since 2017.



# HIDDEN HOMELESSNESS: WHERE ARE THE WOMEN?



- Women go to great lengths to hide themselves
- •Sleeping visibly feels unsafe high risk of abuse/violence.
- •Women become good at finding 'safer' places when it gets dark:
  - Sofa-surfing or sleeping in their car
  - Sleeping in public toilets, sheds and unoccupied buildings
  - Sleeping on buses, all-night cafes
  - Moving and walking around at night
  - Sex working / survival sex
  - Staying with abusive partners

# WOMEN'S HOMELESSNESS: CAMBRIDGE STATISTICS



- •2022-23 rough sleeping numbers found 17% were women
- •2023 Cambridge City official count 8 of 28 (29%) female
- •Emergency winter provision 45% places offered to women (9/20)
- •11 women accommodated over winter 2 women turned down offer
- Different reasons behind this
  - Council / Services are getting better at identifying women
  - OWomen are drawn into the city because of services / safety
  - Services doing better to support men out of homelessness
- Data can only show so much. Local services understand trends
- •Qualitative data has been important to add to the local picture.



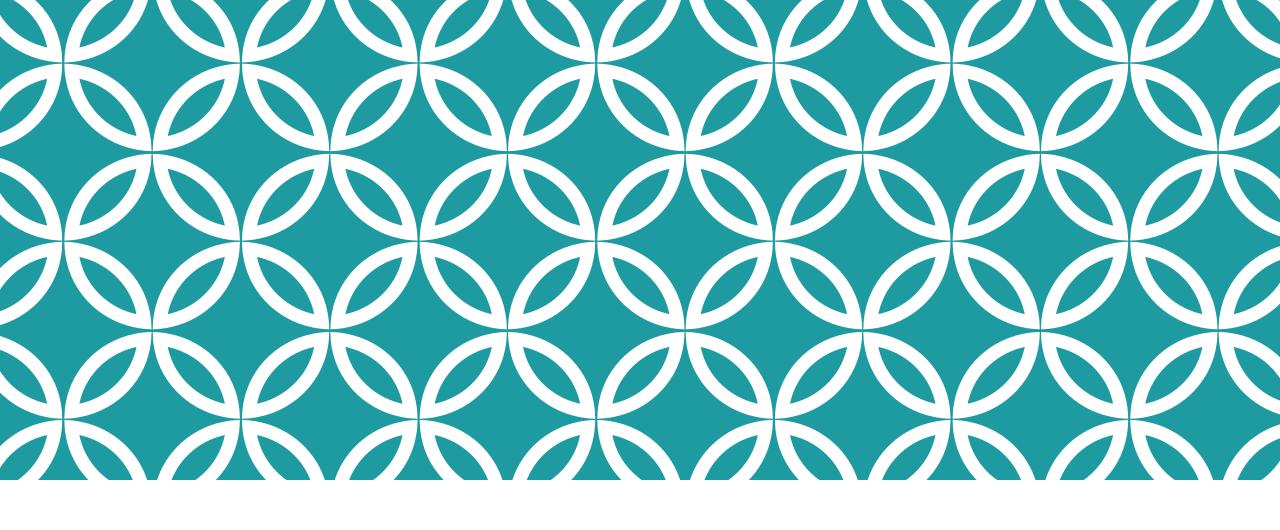
# WOMEN'S HOMELESSNESS: THE CENSUS

- London Women's Rough Sleeping Census Solace Women's Aid
- •Findings of the 2023 census: 815 women found by outreach teams (41 local authority areas). Compared to 189 women in the government 2023 count.
- •Number of women sleeping rough likely to be 4 and 9 times higher than recorded by official count figures
- Confirmed the reality of hidden homelessness.
- •The importance of knowing the reality of the numbers and not shying away from increasing numbers.
- •Getting the right data: Local authorities have lots of data, but it's not always the right information. What women need to help them leave rough sleeping, practical support to overcome these issues.



### WOMEN'S HOMELESSNESS: THE OUTCOME

- •Ensuring the needs of rough sleeping and vulnerably housed women are embedded in the commissioning, design and delivery of homelessness services
- •Women's needs are vastly different to men's when they present as homeless usually much later in their journey:
  - omental health/physical health
  - ocomplex relationships/children
- •The more information we know, the better we can support women.
- Designing services around women and their needs.
- •The importance of trauma-informed support trust



WHY IS HOMELESSNESS DIFFERENT FOR WOMEN?

Mandy 25 minutes



### WHY IS IT DIFFERENT FOR WOMEN?



### **PERIODS**

•Socks, plastic bags, napkins, rags, cotton balls, toilet roll, vests and nappies.

•Risk of toxic shock syndrome, yeast infections and urinary tract infections.

•Tampons or food?



#### HEALTH

- •Women who experience homelessness are at least three times more likely than women in the general population to have mental health issues.
- •The most diagnosed issues among women experiencing homelessness are depression (45%), anxiety/phobia (29%) and post-traumatic stress disorder (18%).
- •74% of women experiencing homelessness have a physical health issue.
- •The average age of death for women experiencing homelessness in the UK is just 43 years old nearly half the average life expectancy of 83 years for women in the general population.



### **CHILDREN**

- •Pregnant women, and anyone reasonably expected to live with them, have an automatic priority need for homelessness assistance. This is regardless of the length of time that a woman has been pregnant.
- •A person has a priority need if they have one or more dependent children living with them or who might reasonably be expected to live with them.
- Not seeing the children.
- •58.7% had moved home at least once in the first year 39.1% had moved twice or more in the first year; 19.6% had moved three times or more in the first year. One survivor had moved seven times just in that first year after separation.

  Peterborough Women's A

### SEXUAL ASSAULT

- •Nearly **one** in **four** female rough sleepers has been sexually assaulted in the past year.
- Homeless women are raped more than housed women.
- •92% of a large, racially diverse sample of homeless mothers had experienced severe physical and/or sexual violence at some point in their lives.
- •Thirteen percent of another sample of homeless women reported having been raped in the past 12 months, and half of these women were raped at least twice (Wenzel, et al., 2000).

https://vawnet.org/publisher/vawnet-national-online-resource-center-violence-against-women

https://vawnet.org/publisher/national-resource-center-domestic-violence-nrcdv



# NO RECOURSE TO PUBLIC FUNDS

- Most vulnerable
- Language
- •Culture / religion
- Mixed sex accommodation



### DOMESTIC ABUSE

- •40% of homeless women state domestic abuse as a contributory factor to their homelessness.
- "Horrible living in fear with an abuser but safer with one than on the streets..."
- •"...we were too scared to get breakfast because of all the men."
- Hidden homeless



### MIXED GENDER ACCOMMODATION

- •Fear
- Mixed facilities
- Religion and Culture
- Children
- Cooking



### WHAT IS TRAUMA?

Trauma results from an event, series of events, or set of circumstances that is experienced by an individual as harmful or life threatening. While unique to the individual, generally the experience of trauma can cause lasting adverse effects, limiting the ability to function and achieve mental, physical, social, emotional or spiritual well-being.



# RECOGNISE THE SIGNS, SYMPTOMS AND WIDESPREAD IMPACT OF TRAUMA

Trauma-informed practice aims to increase practitioners' awareness of how trauma can negatively impact on individuals and communities, and their ability to feel safe or develop trusting relationships with health and care services and their staff.

It aims to improve the accessibility and quality of services by creating culturally sensitive, safe services that people trust and want to use. It seeks to prepare practitioners to work in collaboration and partnership with people and empower them to make choices about their health and wellbeing.

Trauma-informed practice acknowledges the need to see beyond an individual's presenting behaviours and to ask, 'What does this person need?' rather than 'What is wrong with this person?'.



### PREVENT RE-TRAUMATISATION

It seeks to avoid re-traumatisation which is the re-experiencing of thoughts, feelings or sensations experienced at the time of a traumatic event or circumstance in a person's past. Re-traumatisation is generally triggered by reminders of previous trauma which may or may not be potentially traumatic in themselves.

The purpose of trauma-informed practice is not to treat trauma-related difficulties, which is the role of trauma-specialist services and practitioners. Instead, it seeks to address the barriers that people affected by trauma can experience when accessing health and care services.



## 6 KEY PRINCIPLES

- Safety
- Trust
- Choice
- Collaboration
- Empowerment
- Cultural Consideration



# HOW SHOULD WE WORK WITH HOMELESS WOMEN?

**Understand** Nongender fear judgmental **Understand** behaviours Think practical Don't make **Understand** promises shame Mental Health Drugs and Peterborough Women's Aid Set yourself alcohol

Place for women to support each other

Reduce Isolation

Access face to face support

Build confidence

Feel safe

Work in partnership





















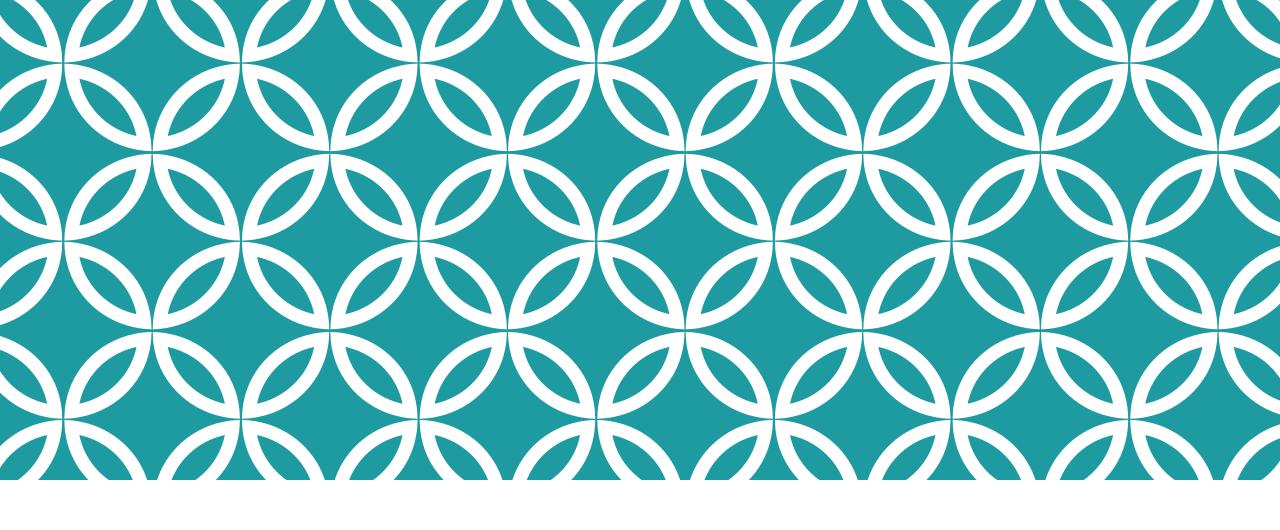






TEA BREAK

10 MINUTES



WOMEN IN THE CRIMINAL JUSTICE SYSTEM AND HOMELESSNESS

Dr Lucy Baldwin
25 minutes

# Women in the Criminal Justice System and Homelessness

#### **Dr Lucy Baldwin**

Research fellow

Associate Professor (Rtd)

**Durham University** 

Visiting Fellow

University of Northampton

De Montfort University

Criminal Justice Consultant

\*Health Warning- This may be an emotional session – please seek support if you need to and leave if you need to.

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lucy.baldwin2@durham.ac.uk







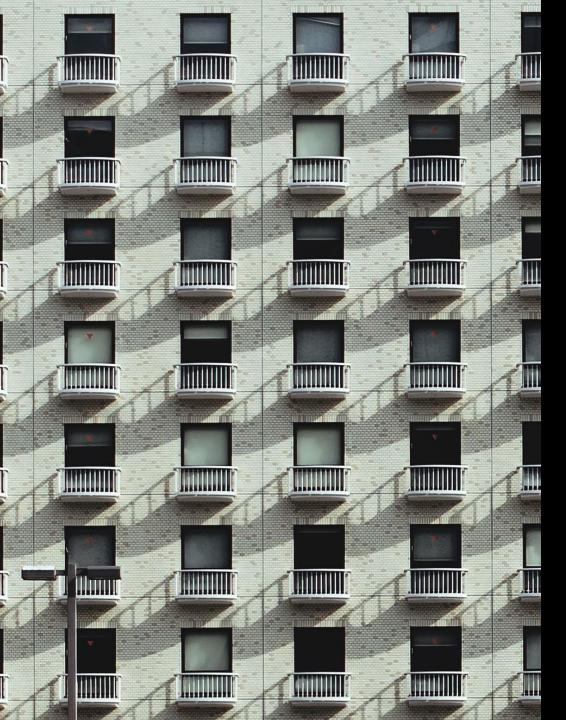
### Some Context

# Use of Custody

- On 30 September 2023 there were 3,570 women in prison in England and Wales — a 12% increase on last year. Women entered prison on 5,286 occasions in the year to June 2023—either on remand or to serve a sentence — up 7% on the previous 12 months.
- Many women remanded into custody don't go on to receive a custodial sentence. In 2022, almost three quarters (72%) of women remanded and tried by the magistrates' court didn't receive a custodial sentence. In the Crown Court this figure was almost half (48%).
- In September 2022, more than one in five women held on remand (21%) had been there longer than six months.355 Most women entering prison to serve a sentence (69%) have committed a non-violent offence.
- Many women are imprisoned on average 60 miles from home
- Most women in prison are also victims of crimes against them too

- In 2022, more women were sent to prison to serve a sentence for theft than for criminal damage and arson, drug offences, possession of weapons, robbery, and sexual offences combined
- 44% of women leaving prison are reconvicted within one year. Of those who reoffended, 72% were serving a sentence of six months or less.361 The reoffending rate is 83% for women who have served more than 11 previous custodial sentences.
- Only 5% of children of imprisoned mothers remain in their own homes

 Half of all women who left prison in 2022-23 left without settled accommodation



#### Accommodation Post Release

- Less than half (48%) of people released from prison between 2022–23 had settled accommodation on release, and more than one in 10 (11%) were homeless or sleeping rough. After three months, just over two-thirds (68%) had settled accommodation and 7% were homeless or sleeping rough.
- Obtaining and retaining settled accommodation is a key factor in successful rehabilitation according to probation inspectors. Their recent study found that around one third of people released to settled accommodation ended up back in custody, compared to around two-thirds of people without it.
- HMPPS has developed the Community Accommodation Service (CAS) which is intended to provide transitional accommodation after leaving prison. In its first year the service was expected to support 3,000 people for up to 12 weeks, with additional support to get them into settled accommodation. It actually supported 2,396 people in its first year—20% fewer than predicted this affected women far more than men.

# THE ENDENT



HMP Bronzefield: Women given tents instead of accommodation when leaving London prison, inspection reveals

women leaving HMP Bronzefield were given tents while sleeping bags had also been handed out amid a shortage in available housing

13 week rule inconsistently applied (McMahon 2017)



# The role of housing in reoffending?

Social Exclusion Unit REPORT:

"Many experience real obstacles to reengaging in learning or drug programmes on release; but these pale into insignificance compared with their difficulties in accessing housing and benefits" (SEU, 2002, p. 5)

As identified in the Social Exclusion Unit (SEU) report, Reducing Re-Offending by Ex-Prisoners (2002), the lack of accommodation was one of nine key factors that contributed to stubbornly high reoffending figures. The report noted that suitable accommodation reduced the risk of reoffending by a fifth. The Housing 'problem' has only gotten worse since then.



#### Short term sentence long term harm

'Being evicted means landlords wont give me a chance and the council wont make me a priority because I don't have my kids yet, but I cant get them back because I don't have a hose. I'm just stuck" Anna

Il lost my house when I went in, all my stuff, kids' clothes, photos, photos of me dad, everything... my whole life was in that house gone... I was broken, man, broken. What did probation say? 'Oh we can't help with housing; you need to go the council'... how was I supposed to get my kids back without a house for them to live in... but they [Probation] were literally not interested." Carla

"I lost my house and had to start again, I found it impossible – I couldn't get a house because I was under 25 and my 18month old wasn't living with me. I hoped someone would help me but no one did – I ended up back in prison." Debbie

One third of women on short sentences lose their accommodation

#### Short but not sweet:

A study of the impact of short custodial sentences on mothers & their children

Lucy Baldwin & Rona Epstein



#### Mothers' Experiences of Criminal Justice and Housing

I was struggling with my emotions, I just felt crap at everything especially being a mum, being arrested in front of the kids was horrific and I know most people will say I deserved it but it does affect you and it affected them too, They lost their home too, and I know I have a lot to do to make it up to them . I have no clue how to go about getting a new house when I get out — how do I even get help about that in here — everyone just says its not our role — but I can't wait till I get out to sort it or ill be going out to nothing , no home, no kids' (Tia)

My daughter was given to her dad when I was sent down, she rang me to tell me she was going to kill herself, she wants to come home, but I know I don't have a home when I get out so I have no idea what im going to do and how can I tell her, I know shell run away. I can't sleep for worrying and they just say, 'oh it will be fine, we can ask questions about housing nearer your release.... In the meantime I can barely focus. It wont be fucking fine will it ... and im here because of him . Michelle

'You go to housing and they say have you got your kids, no well sorry we cant help you, come back when you have you kids, don't they realise we cant get our kids back if we don't have housing '(Sam)

I found it really difficult once I was released, I found it hard to adjust I couldn't just slot back into my family, because my family were scattered, I didn't have a house no more so I couldn't even get them back home, they barely see each other as brothers... just awful and I can't afford to get round them all...drink was my only solace and of course as soon as I started drinking again ... but it was the only way I could cope ... but then drink , offending back to prison- what hope do any of us have now ? (Ashaya)

"I lost my house when I went in, all my stuff, kids clothes, photos, photos of me dad, everything... my whole life was in that house gone...

I was broken, man, broken. What did probation say? 'Oh we can't help with housing; you need to go the council'... how was I supposed to get my kids back without a house for them to live in... but they [Probation and Housing] were literally not interested." (Carla)

I was remanded, remember unconvicted, innocent actually as was proven later, but I lost my home couldn't get another because of rent arrears which came about because I couldn't pay because I was remanded Literally now what?

(Sally)

And so it continues – and mothers go back to substances/prison... help break these cycles...

DA - Historically - Housing Act 1996/Homelessness Act 2002/Domestic Abuse Act 2021

- Finally, provision made for women who are 'vulnerable' because of DV or imprisonment
- 'proving vulnerability' (Hall, 2020)'
- "the level of the burden of proof required before help can be offered is unprecedented, placing the burden of proof on already traumatised women who are victims of DV is troubling"
- How many incidents?
- Post 21 act improving picture but issues remain – eg local connection test – 13 week rule being inconsistently applied







# Women's Experiences of Contact with Housing Services

(Henderson and Irving Clarke in Baldwin, 2023)

I was made

to feel worthless

and

embarrassed

'Yasmin

The housing worker was kind, she got me water when I was upset telling my story, she took time and

> It was easier to go back to prison. May

I didn't think I was taken seriously or was listen to . Sarah

They found me a little flat in a quiet street for

kept in touch with me. I felt she understood me and that made a differe3nce. It felt informal and friendly not like my previous experiences with other councils'

### So.....Factor in Motherhood (Identity, Role, Practicalities, impact on children)

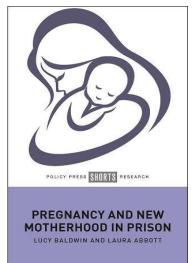
- Practice a Trauma informed Approach
- Acknowledge Motherhood
- Don't be afraid to ask status (i.e. where are children)
- Think Multi agency working
- Think How/could be housing/motherhood be linked to offending
- Think how can it link to desistance
- Think Maternal trauma
- Think support
- Think Courts- what do they need to know /do ( do courts know a consequence would be homelessness)
- What can I do? [individual & Organizationally)

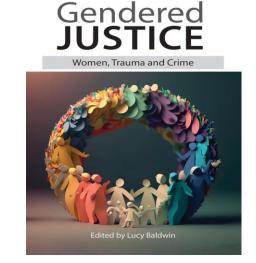


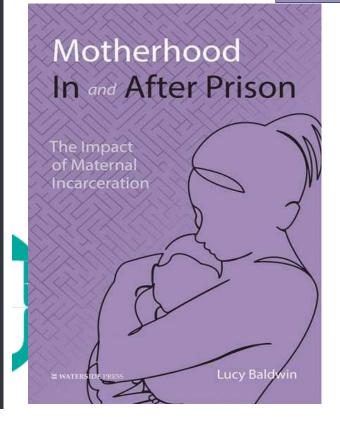
This session is evidence based is informed by my research and published papers and books and has influenced policy and practice change....

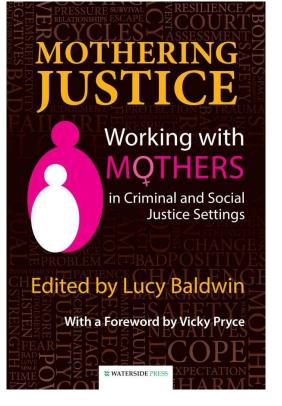
- Please e mail me for copies of papers if required. lucy.baldwin2@durham.ac.uk
- Link to *some* of my published papers and other readings
- Get in touch if I can assist in the development of services <a href="https://www.nicco.org.uk/directory-of-resources/lucy-baldwin-works-on-maternal-imprisonment">https://www.nicco.org.uk/directory-of-resources/lucy-baldwin-works-on-maternal-imprisonment</a>





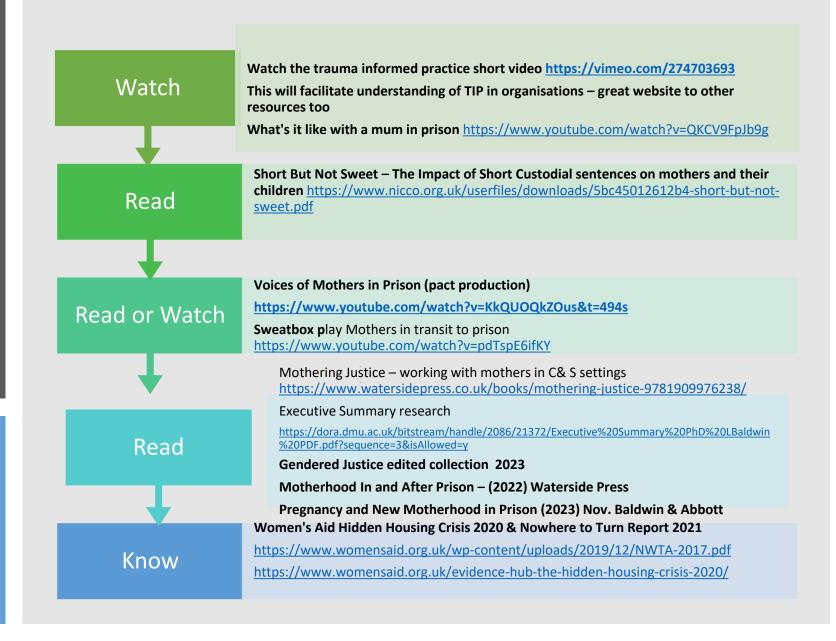






# Additional Resources

Email me with any questions/comments lucy.baldwin2@durham.ac.uk





SOURCES OF SUPPORT FOR WOMEN IN PETERBOROUGH AND CAMBRIDGE

It Takes A City
Change Grow Live (CGL)





- •It Takes a City launched in 2019 with a vision.
- •'To end rough sleeping in Cambridge, due to homelessness, making sure everyone has somewhere to call home, with the support they need'.
- •Action Groups to address key gaps in provision including Women's Homelessness Action Group (WHAG).
- Coproduction and convening conversations around women's homelessness.





- •2018-2022 WHAG raising profile & campaigning.
- Early 2022 Haven report commissioned
- April 2023 Small grant for 1 day a week to develop model, find funding and premises
- Sept 2023 Women's Homelessness Survey
- Oct 2023 Cambridge City Council recognition of need followed by their application to DLUHC for 9-12 months project funding
- •Nov 2023 Official Street Count 29% women
- •Nov 2023 onwards finding premises and staff to set up The Haven – safe overnight space



#### THE HAVEN

"A Place of Safety"

TACKLING WOMEN'S HOMELESSNESS IN CAMBRIDGE, TOGETHER.





- Women-only space for homeless & vulnerable women
- •Safe overnight space in the city centre easily accessible
- Open Monday and Wednesday night 8pm-8am
- Kitchen to provide hot food and drinks
- Showers
- Laundry
- •Clothes, toiletries, sleeping bags, pamper kits, sanitary products
- Open access (no referrals needed)
- •Support: advice, sexual health, general health, wellbeing, employment support, postal address, familiar space for appointments/interviews online or in person

#### NOT a hostel

# HOW DO WE PROMOTE THE HAVEN AND TO WHO?





# A WARM AND WELCOMING SPACE













- Location is essential central, accessible by foot.
- •Creating a welcoming and trauma-informed environment.
- •Attraction of services to draw people in mixed services don't feel safe
- Building trust, not putting lots of information/forms in people's faces.
- Security safety of staff, volunteers and guests in space (exit/entrance)
- Listening to women to learn what they want from the space
- •Coordination with local partners to ensure space is known without public advertising of address (not just for the homeless sector!).
- Space already being regularly used throughout the night (after 1 month)
- •Seasonal anticipate increase with poor weather

# THE HAVEN: WORKING WITH LOCAL AUTHORITIES



- •Ensure your Local Authority has women's information within their Target Priority Group (TPG), not just names. Include support needs, backgrounds & specifications of how they will help them.
- •Include women's rough sleeping as a priority within the Ending Rough Sleeping Plan. DLUHC puts great emphasis on this plan. If it's in plan then when funding available easier to access for women's work.
- •Local authorities can then provide funding to charities to meet stated aims, which allows the council to cross funding years. Charities are in a more trusted position for service users.





#### Peterborough Vulnerable Women's Project

**Presented by:** Luci Weir

Date: July 2024



Our mission is to help people change the direction of their lives, grow as a person and live life to its full potential.

#### 20 mins

20 mins to be able discuss achievements, challenges, positive outcomes, (of which there are so many), aims for the future, the lives that have been changed and saved and sadly those we have lost who tried their best.

Homelessness, poor physical health, poor mental health, Addiction and Sexual exploitation are just some of the issues the women face on a daily basis.

The women are exploited by perpetrators due to their vulnerabilities, and on top of this they are discriminated against and judged by communities, professionals and even their peers.

The women have feelings of hopelessness and believe they are powerless. We have witnessed increased confidence, improvement in self- esteem and empowerment.

# THIS PROJECT

SAVES LIVES



By meeting the women on their territory and where they are in their journey or experience has been a useful way to engage with the women.

We listened to the women – We built trust - We did what we said we'd do.

# Rome was not built in a day

#### Here's just some of our Interventions

#### **Weekly Evening Outreach**

- Check in with the women regarding their health and wellbeing and personal safety. Offer practical harm reduction interventions.
- Provide Naloxone, food, drinks, condoms. Fast track to drug and alcohol interventions.
- Discuss engagement/registration with GP for health problems.
- Encourage to report crimes committed against them.

#### Women's Health and Wellbeing Events.

Known as WOW days at Outside Links, combine food, activities, mental health support, and makeovers to create a welcoming and attractive event.

#### **Adult Sexual Exploitation – ASE Partnership Meetings**

3 separate strands - Safeguarding, Offenders and Communities to promote innovation and empowerment to support change.

#### **WILDFLOWERS**

# Wildflowers offers head to toe healthcare for both physical and mental health.

Sexual Health Screening

**Treat infections** 

Breast Checks/Teach

**Cervical Smear Screening** 

**Contraception - Coils and Implants.** 

**Wound Care** 

**Asthma and COPD management** 

**UTI Treatment** 

Menopause/HRT

**Flu Vaccinations** 

**Blood Tests** 

**Pregnancy Testing** 

**Covid Vaccinations** 

**Dietary Advice** 

#### Wildflowers Proudest Achievement

95%

#### Wildflowers Colposcopy Clinic

We were really pleased with the massive improvement in uptake in cervical screening for vulnerable women though the wildflowers project but realised the next challenge was that after picking up those at risk of developing cervical cancer the women them faced barriers in accessing the colposcopy service at Peterborough City Hospital.

We engaged with the service providers at NWAFT and were supported in this by NHS England. The brilliant outcome is that we have developed a dedicated clinic for our women who require colposcopy.

This clinic is female led, trauma informed and also allows for peer support.

Further to this the lab at Norwich have now engaged with us to ensure smears taken in the Wildflowers clinic are flagged so the result is picked up by the colposcopy clinic and added into the dedicated clinic.

#### **HOT OFF THE PRESS**

The National cervical screening programme has recently audited cervical cancer (2024) and shown that deprivation is associated with an increased risk of cervical cancer. It specifically mentioned the importance of initiatives to support participation in cervical screening within these populations.

The Wildflower service is an excellent example of this and the colposcopy clinic a valuable extension of this.

#### **Service User Quotes**

"I'm not sure I could have gotten this far without your support which you couldn't have done from sitting behind a desk!

Coming to a new service I was full of anxiety, but you have given me confidence. Honestly, I wouldn't be where I am today so, thank you.

Without stability in the service (support) there is no stability in life! "

"We don't always live lifestyles that are 'normal', it's not what we don't want to, but the 'lifestyles' take over and sadly the importance of going to see a doctor isn't high on our list of things to do"

"My life has changed for the better in a million ways. For starters I'm drug free.

I am healthier. I don't cough anymore.

I have redecorated my flat. I have modern gadgets and electrical appliances again. I have my driving licence back. I go out on daytrips and enjoy eating out."

"I am rebuilding the family relationships I had neglected. I have a life".

## **Next Steps**

- Establishing long term funding
- Continued Joint working with NWAFT Colposcopy Clinic
- Reaching more women!
- Spreading the word!

"I would love to see this work emulated nationally. If I could give one piece of advice it would be that this work cannot be done in isolation – effective partnership working is the key.

The possibilities are endless when we work together"

Luci Weir – CGL – Aspire

**DDN** magazine

## **STIGMA**

**Discrimination** Dishonour Shame Stain Immoral **Abnormal** Humiliation **BEKIND** Disgrace Blemish **Tarnish** Flaw **Taint** Sin Slur Blot Guilt

WE ARE **PEOPLE** WE ARE **WOMEN** WE ARE **IMPORTANT** AND WE **MATTER.** THERE'S NO JUDGEMENT, NO CLASS, WE JUST ARE It's Wonderful!

#### **EMPOWERING WOMEN EVERYWHERE**



QUESTIONS, FURTHER READING & HELPFUL CONTACTS

# FURTHER READING

- Homeless Link: The Gendered Lens Framework
- Homeless Link: Women's Housing Movement Strategic Network Events
- •Solace Women's Aid
- Street Support Cambridgeshire
- Keeping-Us-Safer-2022.pdf (mungos.org)
- Report template England (ctfassets.net)

## CONTACTS

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