

Project 1125 Annual Report

WomenCentre Ltd

31st December 2025

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WomenCentre



Executive Summary

Project 1125 is a WomenCentre initiative funded by the National Lottery Community Fund, supporting girls and young women aged 11–25 across Kirklees and Calderdale. The project delivers vital emotional wellbeing support for those assessed as low to moderate risk, whose needs do not meet the thresholds for crisis or statutory mental health services.

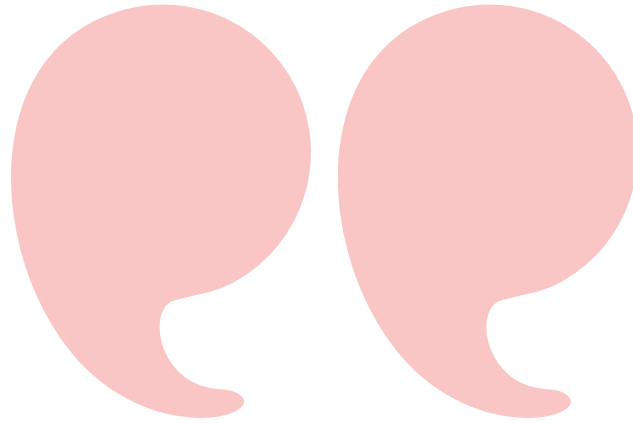
Following a successful first year we experienced some challenges in Year 2, which have been laid out in this report. Year 2 has seen a period of ongoing learning, reflection and a small amount of growth which we will draw upon as we enter Year 3.

As a result of these challenges we have been able to focus our efforts on Voice and Influence work across both districts, being a part of the youth movement empowering young people to have their voices heard by leaders nationally and locally. This work will continue in Year 3.



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**Thank you for supporting
my daughter.**

**She has found you to be
the most helpful person to
have come into her life at a
time when she needed it
the most.**

Parent

Introduction

Project 1125 is a WomenCentre initiative, funded by the National Lottery Community Fund, dedicated to supporting the lives of girls and young women (GYW) across Calderdale and Kirklees, West Yorkshire.

The project provides a **vital support service** for GYW who are low to moderate risk and have emotional wellbeing needs that would not meet the higher thresholds required for crisis or statutory mental health interventions.

The project aims to **empower and upskill** GYW to develop better emotional health and wellbeing. In doing so, it addresses a significant gap in local support services for GYW who are at low to moderate risk (see page 13).

Project 1125 delivers **holistic, person-centred** and empowering support, focusing on **early intervention and prevention**, and uses a strategy and strengths-based approach, to help GYW to find better emotional health and wellbeing. Support is provided through a structured, short-term (12 week) programme of **one-to-one sessions**, and is tailored to each GYW's needs. The project also aims to amplify the voices of GYW in service development and **advocacy** and to work across the sector to enhance support for girls and young women.

The project supports GYW to achieve several positive outcomes, including:

- **Developing resilience, confidence, and improved emotional wellbeing**
 - **Building healthier relationships and developing positive coping strategies**
- **Managing risky behaviours, regulating emotions, and addressing trauma**

The project offers a **safe** and empowering space to GYW aged 11 to 25 to support them to articulate, understand, and address the issues in their lives, utilising a strengths and strategy-based approach that recognises that GYW are experts by experience in their own lives.

As the project enters its final phase, this report underscores the unique support Project 1125 provides in the local area, as well as the challenges it faces, particularly around capacity, funding and its ongoing commitment in amplifying the voices of GYW in service development and advocacy.



Challenges

Project 1125 has faced substantial challenges in its journey this year:

Capacity and remit: The project is run by a small team and is able to support only GYW with low to moderate risk needs. However, it continues to receive referrals for higher-risk cases that fall outside the project's remit. Cuts to other services and raised thresholds in mental health services mean that Project 1125 often has to 'hold' cases that it cannot fully support until more appropriate provision is found, and retain cases where risk has escalated because there is a lack of alternative provision. Otherwise, GYW in need of support may be left unsupported in the local area.

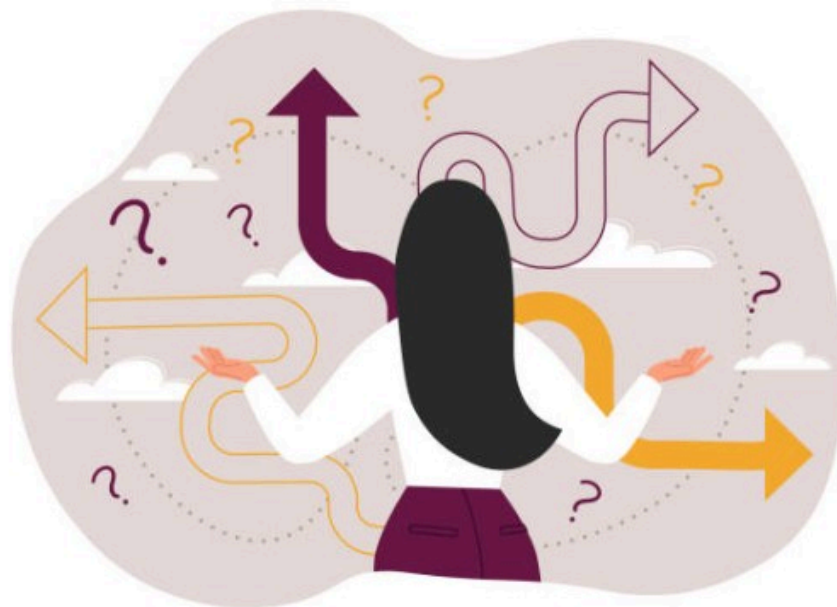
Voice and influence: Amplifying the voices of GYW in service development (in WomenCentre and in the wider sector) and collaborating strategically and effectively with partner organisations are key aspects of the project. However, engaging GYW collectively and utilising their perspectives to work towards improvements in services has been difficult, partly due to a mistrust in professionals. In addition, collaborating with other organisations has been limited because of differing remits, approaches and support priorities across services, cuts across the sector, and a default to supporting 'young people' in general.

Funding is a persistent concern, where short-term grants and the need for matched funding make it difficult to sustain staffing and support. Furthermore, without continuation funding, the project's future is uncertain.

Nonetheless, Project 1125 is exploring new models to enhance sustainability, including developing income-generating programmes and 'train the trainer' initiatives, and seeking additional funding. The project remains committed to ongoing learning, reflective practice, and adapting its delivery model to meet the evolving needs of GYW.

Strengthening partnerships and advocacy efforts will be key to ensuring the continued impact and sustainability of this vital service.

Until August 2025, two engagement workers delivered Project 1125 – one in Calderdale and one in Kirklees. Now, one project worker covers both areas. The project set out to work with 150 GYW over 3 years through a core programme of one-to-one bespoke support. During Years 1 and 2, the two initial caseworkers provided wrap around support for up to 30 GYW at an given time; the current engagement worker supports approximately 10 to twelve GYW.



Wrap Around Support

Project 1125 decided early on in its rollout, based on previous project learning, that in order to provide a service , and because of the limited capacity of Project 1125, criteria for accepting GYW for support on the project would be limited to those presenting with low to moderate risk.

Project 1125 therefore set out to provide **early intervention, preventative and emotional support**. Empowering and upskilling GYW in areas such as self-esteem, confidence, body image, healthy relationships, and emotional regulation.

Part of the purpose of Project 1125's work is also to co-produce with GYW, as far as is possible, support for their emotional and wellbeing needs, providing a platform for GYW to share their experiences and influence the development of support. This part of the project works to ensure that GYW's specific needs are understood and addressed by professionals and policymakers. Here the project recognises that GYW have particular and often **intersecting experiences** that affect their lives in myriad ways that differ to other groups of people in need of support.

The nature of wrap around support is about **enhancing support** through identifying and working in collaboration with professionals, for example, schools and social care services, to ensure the very best outcomes for GYW.

Spotlight - Outcome 1		
What	Who	Outcome
Continued wrap around support for vulnerable GYW	38+ GYW across Calderdale and Kirklees.	During 2025 we supported 52 GYW

Schools Taster Session

We were asked to run interactive taster sessions at two schools looking at Healthy Relationships. We delivered these sessions exclusively for girls in Year 7 during **Violence Against Women and Girls Awareness Week**.

Each session lasted one hour, had approximately 10 attendees selected by the schools and drew upon our previous experience of delivering group work.

Our aim was to empower girls to recognise unhealthy and abusive behaviours and session activities reflected this.

We used visual aids to help promote the message of **staying safe** whilst also discussing what is ok, and what is not (level of acceptability).

We asked the girls to complete an activity on risk; with a focus on varying risk levels from low to high and asked them to group together particular behaviours with a risk rating. This allowed us to have better insight and understanding of the impacts of abusive behaviours at this early age.

This was a unique opportunity to work alongside the Police in delivering key messages to young girls in an educational setting.



Learning and Research

Over the course of the year we have continued to run an anonymous digital research questionnaire receiving 25 responses from GYW across Calderdale and Kirklees. The research follows the same format as 2024 with closed and open questions aimed at understanding lived experiences and includes the following areas;

Challenges, Support, Social Media, Experiences, Diversity

GYW are asked to complete the survey in their own time, although support to access the survey is given. The results have been interesting, although not surprising. This information was shared during the Partnership Fora with partner organisations across Kirklees and Calderdale. Professionals have also been invited to reflect on the feedback.

We asked: In the past 12 months have you accessed any support services or groups?

- 28% stated they had approached their school/college
- 32% stated they had been referred to CAMHS
- 28% used local services such as Project 1125
- 40% remained on waiting lists

We asked: What challenges have you faced?

- 80% said their mental health had negatively impacted them
- 64% and 68% had sleeping and eating problems
- 72% had poor body image and self esteem
- 56% reported education related stress
- 52% struggled with relationships and negative social media influences
- 16% had a diagnosis of neurodivergence, or were waiting assessment

Perceptions of community were mixed with an average response of 3.08/5 for the question: Girls and young women are valued in my community.

A similar response, 3.44/5 was given for: Girls and young women support each other.

Partnership Fora

In June 2025 we hosted a Partnership Fora inviting 120 key professionals from 68 organisations across Calderdale including mental health specialists, LGBTQ+ specialists, social care, youth provision, Youth Commissioners, education, family hubs, housing providers, NEET engagement, police, and drug and alcohol recovery teams. The Fora was well attended and was an opportunity to share the work of Project 1125, our research findings and also an opportunity to share the voices of our GYW across a wider network.

We asked professionals to respond to our research and tasked them with identifying gaps in provision and what could we, as a collective, do about it. 9 core elements were highlighted as primary issues, see below.

Discussions were varied, from period poverty and use of toilets in schools through to the need for non-judgmental support for young mums and timely and flexible support for adopted children. It was largely agreed that support in these areas were too little, too late and in the case of support for mental health there were long waiting times and complex referral pathways.

Barriers to Accessing Services	Inclusivity & Diversity	Support for Marginalised Groups
Delays & waiting lists	LGBTQ+ inclusivity	Adopted children
Limited pathways	Gender & identity fluidity	Young mums
Format & availability	Intersectionality	Invisible children
Rigid service models	Fostering inclusivity & equity	Provision of flexible services tailored to diverse needs

Mental Health & Emotional Support	Access to Basic Needs	Service Delivery & Flexibility
Social medias impact - body image and self esteem issues	Menstuation-related issues - period poverty, access to toilets	Rigid service models - lack of flexibility and formats
Bereavement support - lack of bereavement services for under-18's	Weight management support for people under 18	Limited service time - 12 week limits not addressing long term issues
Healthy relationships education - young people lacking proper relationships education	Transitional safeguarding as standard	Providing flexible services tailored to diverse needs

Education & Awareness	Systemic Issues	Broader Issues
Early intervention - educating parents on recognising the need for support, especially around mental health	Staffing shortages and resource allocation - increasing staff and resources to reduce waiting times	Equity & fostering inclusivity
Awareness of available resources - raising awareness of the support available for young people	High thresholds for access to services - eligibility criteria that prevents access to support	Supporting mental health at a young age

The overarching theme - **make services more accessible, inclusive and supportive for girls and young women, regardless of their background or situation.**

Voice and Influence

Project 1125 joined up with existing fora boards and attends partnership events that focus specifically on support services for GYW, ensuring that GYW's specific needs are understood and addressed by professionals and policymakers. This aims to ensure that 'girls and young women's voices will be better heard by communities and the services designed to support them' (Initial bid to the NLCF).

Kirklees Youth Development Partnership Board (KYD)

KYD is a membership organisation for VCSE youth organisations across Kirklees. It supports the development of good quality community youth services and positive activities for young people. Chairing the Community Offer Workstream meetings to ensure gaps in provision are plugged and funding opportunities are identified. Encompassing Kirklees Youth Alliance (KYA) who have become a founding member of the new Youth Council UK.

Calderdale Youth Collective (CYC)

CYC serves as a consistent and long standing group of professionals and organisations, committed to ensuring continuity and stability of the youth sector in Calderdale. It exists to provide a collective voice for youth organisations and advocate for sustained investment in positive activities and specialist services.

Both KYD and CYC work closely with Young Commissioners (Calderdale) and Young Advisors Group (Kirklees) ensuring that the voices of young people are central to work taking place across the region. In Calderdale this has included attending the VoCalderdale Launch, a peer led event, promoting the young peoples voices, influencing decision making, improving services and strengthening participation for young people.

Social Media Campaign

This year saw a re-launch of Project 1125 social media campaign following a similar format to previous years.

Template 1 - quote



Template 2 - statistic/fact



Example - health & wellbeing



Example - staff

Social media - grid template

Our social media has continued with the 9-grid template as in the previous year - this is a strategic layout with posts curated to work visually and thematically. It helps us to streamline content, create visual flow and is updated regularly.



Frequency

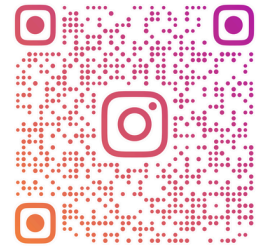
A new post is scheduled for every working day at 8am. This enables maximum impact when users are most active on Instagram and Facebook. Posts are scheduled using Meta Business Suite and cross posted on both Instagram and Facebook. Further to scheduled posts Instagram is checked daily for new services from across the region and activities targeted at GYW are shared as stories.

Social media demographics

Across both platforms we have a higher number of adult women following us with the majority being aged between 25-34 on Instagram (22.3%) and 45-54 Facebook (29.6%).

In terms of location both Instagram and Facebook differ here too. Huddersfield has a higher number of followers (27.1%) on Facebook where Instagram see's more interaction from Halifax based followers (19.6%)

Social media - insights



WE_ARE_PROJECT_1125

Instagram

Over the last 12 months we have seen an increase in views - particularly in the latter half of the year when views hit more than **12,000** and our reach extended to **979** accounts. Content interactions has increased by **100%**, we have gained **35** new followers and had over **180** profile visits.

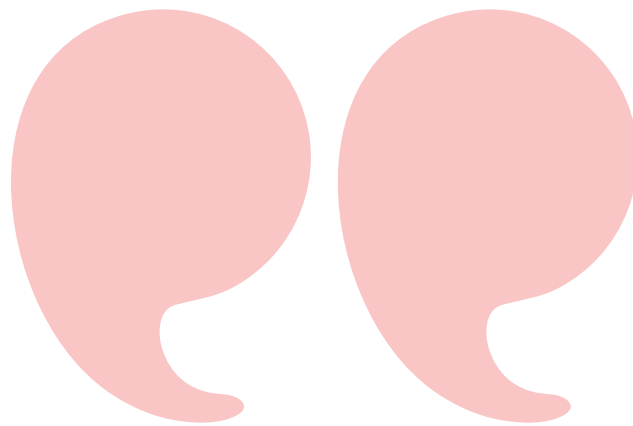
According to Meta Analysis our top content format is in the form of stories, this is likely due to ad-hoc sharing of events and activities from organisations across both Calderdale and Kirklees.

Facebook

In total we have had 479 views on Facebook with a similarly lower number of interactions, 6. Whilst this figure is a 100% increase on the previous year it is evident we are not seeing the same level of engagement on this platform.

This appears to follow what we know about the use of social media. Instagram tends to lend it self to high engagement, younger audiences, excelling at visual content and rapid interactions.

Spotlight - Outcome 7		
What	Who	Outcome
Engagement activity including; annual social media campaign	GYW across Calderdale and Kirklees.	We aimed for 750 GYW indirectly benefitting from our social media campaign - we have reached 1,458 individual accounts



“Since journaling I have learnt to express my thoughts and feelings”

“Talking to someone who is nonjudgmental has made me feel better about my past”

“I’ve been able to get back into mainstream school with your support”

“I finally feel heard by a professional”

“I’m learning to manage my emotions through strategies you have shown me”

Girls and Young Women

Case Study - H

Referral Source:

Referral from maternal parent.

Overview of Support Needs:

Low confidence and self-esteem. Recently went to a party and ended up taking a recreational drug – unusual behaviour for her. Needs support around boundaries and assertiveness, being able to say no to peer pressure.

Challenges:

Due to having had other interventions at school, they were not accommodating enough for her to access support in school. Therefore, early evening appointments were made at home.

Intervention Offered:

Explored emotion cards: H chose introvert, paranoid, judged and insecure, we were able to explore these in depth and create some positive affirmations.

We also completed the confidence and self-esteem booklet which covered many aspects including strengths, core beliefs, assertiveness, boundaries, social media and created some positive coping strategies including journaling.

Impact:

H engaged very well. Insightful, self-aware and completed the tasks asked of her. H was determined to have a different mindset which enabled her to create boundaries between her friends, and especially with her Dad. She pushed herself out of her comfort zone, and developed social skills and a wider network of social support. Became much more confident and accepting of herself so she didn't feel that she needed to change to fit in – she just needed to find her people.

What does the data say?

Across 2025 we received a total of 68 referrals

Calderdale	22
Kirklees	46

16 referrals were declined as being considered too high risk and were referred into alternative services, for example CAMHS. As of 31st December, 3 new referrals were accepted and are on the waiting list - these cases will be picked up in 2026.

Client age range	Kirklees	Calderdale
0-15	20	10
16-20	22	8
21-25	4	4

Client Disability	Kirklees	Calderdale
None disclosed	46	22
Learning	1	5
Mental Health	1	4
Physical	2	2
Long Term Disability	-	1

Ethnicity	Kirklees	Calderdale
British	36	20
Caribbean	1	-
Indian	1	-
Irish	1	-
Pakistani	4	2
White & Asian	1	-
White & Black African	1	-
White & Black Caribbean	1	-

Client Sexuality	Kirklees	Calderdale
Heterosexual	40	18
Bisexual	2	1
Don't know	3	1
Not asked	1	1



Relationship Status	Kirklees	Calderdale
Single	32	15
In a relationship	8	3
Don't know	6	4

Support Needs	Kirklees	Calderdale
Drug support	2	-
Alcohol support	1	1
Mental Health support	20	8
Physical Health support	4	1
Offending support	1	1

Vulnerabilities	Kirklees	Calderdale
Anxiety	6	1
Family Issues	7	1
Isolation / Loneliness	2	1
Relationship issues	4	2
Self esteem	6	-
Stress	4	2
Trauma / PTSD	3	-
Childhood Trauma	5	5
Eating Distress	-	1
Suicidal Ideation	1	1
Self-harm	1	2
Social Care	-	1
NEET	1	2
Domestic Abuse	3	-
Sexual Abuse	2	1
Housing Support	1	-

It is evident from the data that in many instances we do not know the whole story at the point of referral. In many cases we find out what disadvantages or issues are being experienced as the work progresses, but in many cases GYW do not always see these issues as being problematic.

This is particularly the case with substance misuse, disordered eating and sleeping and unhealthy relationships.

In instances of domestic abuse, girls do not see themselves as victims when the abuse is directed towards adults in the household. They lean more toward being lonely and keepers of secrets when they view abuse as not directly affecting them. One girl reported being sad about the thought her parents would separate but was unable to see this was as a result of dad's abuse towards mum.

Moreover, her focus was on dad being lonely. It can easily be argued that our wider work in schools and colleges will promote healthy relationships, particularly in the context of domestic abuse, and reduce the harm experienced by GYW who feel the burden.

Independent Evaluation

Project 1125 has been working with Dr Grainne McMahon to compile 2 independent evaluations to date. The first, an Early Evaluation, set out to summarise early learning to enhance project development both within the projects lifetime and beyond.

Early Evaluation (May 2025)

This evaluation highlighted two main issues; Firstly, the project criteria and lack of services for GYW and secondly, the uniqueness of the project and the support provided.

The evaluation highlights *'it became clear that while most existing support services are targeted at high-risk, crisis intervention rather than early intervention, the threshold for access to those services seems to have increased in recent years, so Project 1125 receives a large volume of referrals for work with GYW that present a higher risk than the projects criteria'*

As a result of this, Project 1125 saw a large number of referrals and long waiting lists, and the referral pathway was closed for some time to allow for capacity to meet demand.

The evaluation went on to highlight the successes within the project and its uniqueness. *'Characterised by its strategy-based, evidence-based interventions that are person-centred, bespoke, adaptable, empowering and holistic'*.

The report concluded by recognising that support will continue for GYW with a view to ensuring wrap around support is identified and enabled. This is a key element to ensure we are not working in a silo and enhancing the voices of the GYW we support.

The second, and most recent report, recognised the challenges and pitfalls of the project and what we were doing to mitigate the issues.

Interim Evaluation (Dec 2025)

This evaluation showcased the challenges of Project 1125 in more detail, and aimed to evidence the wider scope of the project outside of its remit to support GYW. Dr McMahon addresses the ongoing problems of capacity but also our voice and influence work and growing concerns surrounding funding and sustainability.

Four case studies were considered and illustrated how outcomes are achieved, notably;

- supporting GYW to manage risky behaviours
- helping GYW to identify, challenge and regulate their emotions
- enabling GYW to understand and develop healthier relationships
- supporting GYW to improve confidence and self-esteem
- empowering GYW to verbalise their needs
- addressing trauma and steps to recovery
- enhancing general wellbeing.

This evaluation centred its focus on the Theory of Change and how Project 1125s *‘core strengths lay in its personalised, person-centred approach to supporting GYW’s emotional needs that embraces wrap around support, including family support and family liaison’*.

The evaluation also noted difficulties in voice and influence work *‘maintaining collaboration outside of the events, and utilising the events to develop support services, were limited’... ‘It can be difficult for partners to focus solely upon GYW specific needs’* and tended to default to ‘young people’ framing without specific and clear boundaries.

And finally, the evaluation explicitly highlighted the precarious position of the Projects funding constraints leaving a vital service with an uncertain future.

Income and Expenditure

Project 1125 Income and Expenditure Report for year ended 31 December 2025

	Actuals Yr 1	Actuals Yr 2	Forecast Yr 3	Total
Balance brought forward		-12,216	20,342	
Income	84,518	120,398	51,018	255,934
Expenditure				
Salaries	75,419	71,386	51,876	
Other Direct Costs	2,445	2,284	9,109	
Overheads	18,870	14,170	10,375	
	96,734	87,840	71,360	255,934
Balance carried forward	-12,216	20,342	0	0

During the year a review was carried out on the project as WomenCentre had been unable to secure the match funding required to continue the project at the same level. A revised budget based on one project worker and reduced outcomes was approved. This created a balanced budget at the end of year 3 of the project. The underspend at year 2 is needed to cover anticipated year 3 costs. Please note other direct costs in year 3 includes evaluation budget.

Future Funding and Sustainability

Our ambition is to have a more sustainable schools and colleges offer which we can grow and sell, providing a better future for GYW. We know from previous work that schools are interested in our offer but are unable to fund the work themselves. We also have testimonials from girls who have benefitted from this work.

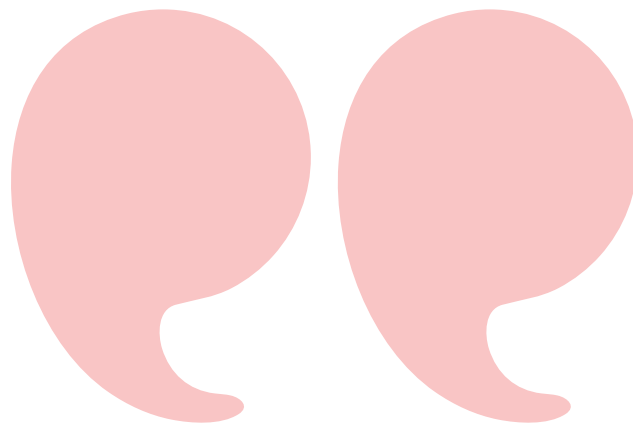
We want to use incoming fund generation to provide the capacity to develop our schools and colleges offer with a sales and marketing plan to show the benefits. This is a new priority approach for WomenCentre, **driven by our passion around the need for support** for GYW at this critical time of transition into adulthood.

We must be able to present a professional offer to schools and colleges that demonstrates benefit to their students and to them. We want to generate funds to pay for capacity to develop the product and “pitch”, research target schools and colleges and make contact to talk about our offer.

The programme will be based on an iteration of our existing 1:1 offer supporting GYW around confidence and self-esteem, healthy relationships, family conflict, coping strategies for school/college, and staying safe.

Funding is regularly identified and bids are being submitted.





Thank you for all the support you have given me and the students over the years. My job is made all that much better by meeting people like yourself who are so talented at what you do and want to make a difference.

Project 1125 will be sadly missed if it stopped, it is a valuable source of support for young people.

Pastoral Lead

Outcomes at a glance

What	Who	Outcome Progress
Continued wrap around 1:1 support for GYW	38+ GYW	We stated over the course of 3 years that 120 GYW would receive intensive 1:1 support. This year we have supported 52 GYW and our referral pathway successfully reopened in November.
2 GYW Forums	GYW	<p>We said we would target 15 community groups and 25 services and agencies through our forums - we reached over 120 key professionals and 68 organisations including community led services, services and agencies delivering work to GYW ensuring the voices of GYW are heard by the communities and services designed to support them.</p> <p>We delivered 2 Healthy Relationships taster sessions in schools, using peer to peer feedback to understand the worries and risk posed to girls aged 11-12.</p>
Continued delivery of engagement, communications & influence plans	Calderdale, Kirklees and wider	Themes from the Calderdale Fora have been communicated across various networks, including Calderdale Youth Collective (members were invited) and Kirklees Youth Development Partnership Board and will continue to feed into the wider influence of Project 1125 and WomenCentre.

Development of new options for ongoing funding	WomenCentre & Partner Organisations	We have submitted applications to The Weavers Company, The Health Lottery Foundation, The Leathersellers' Foundation, Charles Hayward Foundation to secure funding for the future of Project 1125, in particular a Schools and Colleges Programme. Feedback has also been given to Calderdale Youth Collective during the scoping phase of potential funding from West Yorkshire Combined Authority.
Quarterly and Annual reporting	WomenCentre Board NLCF	Quarterly reports are carried out internally and reported to the WomenCentre Voice & Influence sub-committee providing strategic oversight alongside WomenCentres wider areas of work. Annual reports are produced for both WomenCentre Board and NLCF.
Evaluation / Learning	WomenCentre NLCF Stakeholders	An Early Evaluation (May 2025) and Interim Evaluation (Dec 2025) has been conducted by Dr Grainne McMahon, Research Consultant. The ongoing use of digital research questionnaire provides us with key information that supports our evaluation.
Engagement activity including; annual social media campaign and peer-led stakeholder events	GYW across Calderdale and Kirklees	Annual Social Media campaign; This year has seen an increase of followers and interactions on Instagram and Facebook. Posts have included strategies on managing healthy sleep patterns, anxiety, healthy relationships and promoted local community led services alongside national services such as Samaritans, Papyrus and The Children's Society. Peer-led events; 2 events have been run at schools to promote discussions of healthy relationships.

Conclusion

In all, Project 1125 is needed to fill a critical gap in support for GYW by:

- Offering **early intervention**, preventative support to lower-risk GYW who do not meet the threshold for other, more intensive services, by addressing the needs of GYW who would otherwise ‘fall through the cracks’
- Providing a bespoke, **strategy-based** intervention that aims to empower and upskill GYW to find better self-esteem, confidence, body image, healthy relationships, emotional regulation, and emotional wellbeing
- Reducing the risk of GYW reaching crisis point by intervening earlier and **preventing escalation** and deterioration
- Amplifying the voices of GYW to advocate for greater recognition and understanding of their specific and intersecting needs, and promoting **better support** for GYW in the sector

Project 1125 has also made progress in amplifying the voices of GYW and collaborating with other organisations to enhance support, though this area remains less developed than its direct support work.

Early intervention and prevention are central strengths of Project 1125. By focusing on shorter-term support, the project helps GYW to develop coping strategies and resilience before issues escalate, reducing the risk of crisis and of issues becoming entrenched.

Despite the challenges of 2025 Project 1125 remain committed to supporting GYW in the local area and staff are thinking creatively about how to generate income streams and enhance funding potential. WomenCentre is committed to reflective practice, exploring alternative delivery models, strengthening partnerships, and seeking accreditation to enhance sustainability, and in advocating to ensure that the needs of GYW remain central in local provision.



PROJECT 1125

Project 1125 offers confidential, one-to-one support for girls and young women aged 11–25 who are experiencing life challenges.

Our support is trauma-informed, non-judgmental, and strengths-based, tailored to each young woman's needs.

We help young women build resilience, develop healthy coping strategies, and feel heard, supported, and empowered.

For more Information please contact
Project1125@womencentre.org.uk





WomenCentre

