

Pause

creating space
for change

What is Pause?

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for change

www.pause.org.uk

Pause Creating Space for Change is a registered charity in England and Wales (1170310) and Scotland (SC049817). We are a company limited by guarantee, with company number 09703298, and our registered office is Ground Floor, 209-211 City Road, London EC1V 1JN.

Artwork by Emily

Find out more

We will work with you on the things that are important to you. Asking for help can be difficult. We know it is a big step. If you are interested in taking part in Pause, want to have a chat or meet for a tea or coffee please let us know by getting in touch below.

My name is

I am a Pause Practitioner working with Pause



You can call or text me on



You can email me on



You can come and see me at



What is Pause?

Pause is a charity that works with women who no longer have their children in their care. We know that sometimes families cannot stay together and how hard that can be. We are here to help.

- ▶ Pause is voluntary
- ▶ Pause works at your pace, on the things that are important to you. This can be the practical support like housing and getting the support you need from mental health services or just having someone you can talk to.
- ▶ Pause will work with you to help understand your emotions, past experiences and set your own goals.
- ▶ Pause will work with you one-to-one and in groups if you want to. You can meet women with similar experiences to you.
- ▶ We promise to listen and learn from you to make sure we give you the best support we can.
- ▶ It is not all serious, fun is important too!

Women working with Pause are supported for 18-months by one Pause Practitioner and a small team. We will build a relationship together, work with you to take a pause and focus on what is important to you.

"Pause helps you to be the best version of yourself"

Woman working with Pause

Health

We can support you to access the health services like mental health, the dentist, sexual health and the GP.



Fun and happiness

We can have fun and activities that you enjoy together.

Relationships with children, friends, and family.

We can work with you to improve relationships with your children, friends, and family.



Managing loss

We can support you to talk about, understand and cope with grief and loss.



Drug and alcohol issues

We can support you with drug and alcohol issues and support you to access specialist support.



Learning and work

We can help you to move closer to education and employment goals.



Housing

We can help you get support with your housing issues and accessing other support you need.

WHAT ARE SOME OF THE WAYS WE CAN SUPPORT YOU?

Every woman that works with Pause is different. These are just some of the ways we support women