



MONDAY.....

Start in the office plan the week, check on the phone with 3 women to see how their weekends have been ...

go to see Jane – woman at the early stages, take her a hot drink and sit with her outside Sainsbury's - where she begs, we talk about staying warm. Jane has only been talking to me the past week, so I take thing gently but do mention contraception for the first time, she tells me she has a long term physical health condition

Speak to Samira – she had English class today, it went well and we can now talk without needing an interpreter

Prep work for a session later in the week with Charlie – we are meeting to do some trauma focused work, and safety planning CADAA DASH- call her to make sure plans are in place

meet Jamie, go for a walk in local park and use this time to talk about contact with her son – due to take place on wed for first time in 15 months ... we talk about her worries and I encourage her to think about what her son and his carers might be feeling





TUESDAY.....

Looking for Stacie
- new woman,
can't find her ...
other people in
the square where
she often drinks
think maybe she
has gone to
prison?

Meet Chrissie and go
to sexual health
clinic – this is the 3rd
time we've tried to
do this – this time
she goes in and talks
to nurse. Afterwards
we meet her sister,
turns out she has
also had children
removed from her
care (a possible
Pause woman)

PAPERWORK

Call Jamie to
make sure all is
ready for contact
tomorrow and
agree when I will
pick her up, she is
nervous but
excited and we
talk through what
she would like to
say to her son –
and his carer

Meet Emily at her flat and
go to GP for CAB
appointment – told by
receptionist to wait
downstairs, check in twice,
wait 30 mins - check in
again and told we are in
wrong place and have
missed appointment !!
Emily stomps off wont
talk to me (we need to do
some more talking and
role playing about when
things dont go well)





WEDNESDAY....

Collect Jamie – take her to see her son for contact, drive there together and use the time, to talk things through and plan. Contact is taking place in a large shopping centre; the decision of special guardians who care for him. We arrive early and have a coffee

20 mins before contact is due to begin a Jamie gets a call to say her son is ill and will not be coming Spend the next 2 hours trying to calm Jamie down as she 'kicks off' She will not get back in car with me and leaves on her own

Try to call Jamie – she does not pick up, speak to her sons social worker to explain what has happened, he agrees to call Jamie and meet her next week – I offer to join if helpful

Look for Stacie on my way home ... cant find her

Meet Samaria at local furniture exchange – she is shopping for her new studio flat and we are looking at what she might be able to get for her budget – we talk about possible charity applications as well, I will help her complete

PAPERWORK





THURSDAY

Call Jamie to see how her evening was – she doesn't pick up, text her

Group supervision with colleagues, focus on transitions for women approaching 18 months – anxiety from women (and a bit from us practitioners)

Accompany Katie to housing appointment – we have been working on plans to manage her outstanding debt's and be given another chance at holding down a tenancy – we have found a friendly housing officer who is prepared to go the extra mile and argue Katie's case ... there is always one !!

Meet Emily, we go for a coffee Think about how to cope when things don't go the way you want, we do some work on feelings and behaviour focusing on anger ... Using the 'what do you think might happen if' ... And 'i wonder' approach

Call Jamie x 2 she answers second time - tells me to 'f*ck off' it's not worth it ...

Stop off to see Jane – see is not outside Sainsbury's ... spend the next 2 hours looking for her at the usual 'haunts' ... Cant find her

PAPERWORK





FRIDAY

Group activity, meet 6 women and another practitioner – we are going to a local artisan bakery who has been working with us ... we make pizzas together and then sit to eat, lots of fun and playfulness when needing the dough ... For 2 women this is the first time they been able to stay and eat in front of/with other women and there are no major fall outs between women – big progress - next group activity will be cooking on one ring, for those at hostels

Hand deliver a card for Jamie to let her know I'm thinking of her and will talk to her next week

Look for Jane in local area – find her and suggest we get something to eat for lunch, she agrees and we get a sandwich together – progress as we talk for first time inside, she tells me about her life on the streets

PAPERWORK

Speak to women and check in how their weekends will be, make sure plans are in place for next week

