

Casework: What we do...

Who do we support?

We support clients who are facing a range of challenges. Our service is focused on helping women who feel overwhelmed by difficult life circumstances. Many are also struggling with their emotional wellbeing and are seeking guidance and support. Some examples of casework clients that we support:

- Survivors of Domestic abuse, and/or women who struggle with navigating healthy relationships.
- Women who need help to advocate for themselves with service involvement, such as social care, housing or other services.
- Clients who may be struggling with substances or alcohol, and the impact of this.

How do we support?

We hear your story and explore the best way to move forward. This may look like:

- Looking at goals, then finding practical solutions and steps to achieve to them.
- Completing 'psychoeducation work' on a range of topics, to help you to process, reflect and make changes.
- Supporting with service involvement and signposting to specialist services.
- We offer groups and courses that are specially created for our casework clients, such as Healthy Relationships and Boundaries, Domestic Abuse Survivor Programme and Finding Strength (for mothers apart from their children).

Where do the sessions take place?

The sessions happen at our Wood Street Venue: 8-10 Wood Street, Wakefield, WF12EF, and at outreach venues where possible. We also offer telephone sessions if required.

What does 1-1 support look like?

These are private sessions that are tailored to you. This means that there will just be you and your caseworker in the session.

We make sure you feel heard, not judged. We are here to listen to you and support you, the best way that we can.

All we ask for is commitment from you, so that we can work collaboratively towards growth and positive change.

Casework is flexible so...

Sessions may be weekly, fortnightly or they may be check in calls. This depends on what has been organised between you and your caseworker.

The sessions may be on different days, at different times. This might suit your lifestyle if you are juggling a lot of appointments, working with a range of services, or due to work.

What do casework groups look like?

These are invite only groups, and clients are invited based on their needs.

The groups usually have an average of 10 to 12 attendees.

The groups involve a mixture of psychoeducation from the facilitator, group activities and group discussions, where you can contribute as much or as little as you like.

We encourage regular attendance, as this means that you can get the most out of the experience.

How is casework different from counselling and talking therapies?

Casework is focused on supporting people with what's happening in their lives right now. It's about responding to immediate needs and offering education and guidance. It's not intended to go deeply into past trauma or experiences of historical abuse, though we can help connect people with the right kind of support for that, when you are in a place of stability and emotional/physical safety.

Caseworkers can support you to liaise with professionals and other services, however counselling cannot offer this.

Both are valuable, they just serve different purposes, and have been allocated based on your current needs from your assessment.