



Spotlight on...



# Together for Women & Girls



Norfolk  
Community  
Foundation

#ShineBrighter

# What is Together for Women & Girls?

The Together for Women and Girls programme at Norfolk Community Foundation is a vital initiative aimed at supporting and empowering women and girls in the Norfolk area. This programme focuses on tackling gender inequality, supporting survivors of domestic abuse, improving access to education and healthcare, and expanding economic opportunities for women. Through various projects and partnerships, the programme works towards creating a more inclusive and supportive community for women and girls to thrive.

The programme is providing funding and resources to local organisations and projects that specifically benefit women and girls. By investing in targeted campaigns, the programme helps to break down barriers, build resilience, and create a more equitable Norfolk where women and girls can reach their full potential. The Together for Women and Girls programme is funded thanks to contributions from local individuals, fundraisers and businesses.

**#ShineBrighter**





# Listening to women & girls

Last year, on International Women's Day, we launched a survey that **over 300** Norfolk women and girls responded to, telling us about their experiences - both positive and negative.

We also funded local charities to run focus groups, allowing us to further explore the experiences of Norfolk women in a safe, female-only environment where trust meant that conversations flowed naturally and honestly. **Over 100** women participated in this activity. We were delighted by the positive response to our survey and focus group funding and by the richness of the insight that has emerged from this research.

From this information, we produced a report analysing the survey data and focus group feedback to discover what it's really like for women and girls in Norfolk today. Not only will this report inform our grant funding when it comes to the Together for Women and Girls programme, but we hope that it also provides a robust base for creating systems change at a countywide level.

*'One of my favourite things about my local area is the community and how strong it is'.*

*'The only place people can get together in evenings is the pub. If you don't want to drink, there is nothing to do'.*

**55%**  
of women can't access affordable childcare

**49%**  
of women did not feel safe in their local area after dark

*'As a mum in a rural area where most schools have no before and after school provision, the juggle of work, childcare and earning enough money to live is tough.'*

**57%**  
of women said they struggled with their work-life balance



Download the full report





# Hey Girls!

**Norfolk Community Foundation has joined *hey girls* to help eliminate period poverty across Norfolk**

Thanks to *hey girls*, we will now receive disposable and reusable period products for free, which will be distributed through our Nourishing Norfolk network.

The food hubs offer local people a space to shop on a budget while getting support with life's bigger challenges. The network has helped over 27,000 people access affordable choices on their doorstep since 2020, and now can help them access period products, too!

Thanks to the *hey girls* buy-one-donate-one model, all period products

will be available to food hub members for free.

Corrie Colson, Programmes Advisor at Norfolk Community Foundation, was inspired by the *hey girls* mission, so got in touch. She said:



**"I love that *hey girls* is completely barrier-free. There's such a stigma around periods and period products are really expensive, too. The mix of this means that so many girls and women go without period products. Did you know almost 50% of girls in Norfolk have missed at least one day of school because of their period?"**



After reaching out, Corrie took Tori Lewis, Supply and Logistics Manager for Nourishing Norfolk, to the *hey girls* warehouse in Diss to learn more about their fight to eradicate period poverty and the difference we could make in Norfolk if we worked together.

Tori and Corrie were excited to explain how *hey girls* products could be distributed alongside food deliveries from the central Nourishing Norfolk warehouse to help reduce carbon emissions and get products to where they were needed most.

Hannah Cooke, National Free

Period Product Provision and Donations Co-ordinator at *hey girls* said:

**“It’s great to be working with the Nourishing Norfolk programme to get free period products to those who need them most. Food hubs are friendly community spaces where conversations flow naturally, so they are great places to get people talking about reusable period products. Our missions are closely aligned, and that’s what makes this partnership so special.”**



# Supporting Women and Girls

Some of the amazing projects Norfolk Community Foundation are supporting on your doorstep through vital funding

## Supporting Women's Security **Pandora Project**



The cost of living crisis has led to a national rise in financial abuse. We awarded funding to the Pandora Project to support, advise and advocate for women affected by financial abuse. Support workers have been providing weekly sessions covering budgeting, debts, benefits, and money confidence. Over 30 women and their families have benefitted so far. The funding has empowered their clients to gain confidence and independence when it comes to managing their money.

Operating in an area of high deprivation, the Henderson Trust run youth groups just for girls. We help fund these smaller groups which provide more support than the larger, mixed sessions. They offer a safe, informal space for girls to come together and talk. Activities are led by the girls who attend, with sessions focusing on topics like creating positive body image, maintaining friendships, coping with challenges at home and school, healthy eating, exercise and mental wellbeing.

## Supporting Girl's Wellbeing **Henderson Trust**



## Supporting Women's Community Norwich Arts Centre



Norwich Arts Centre have been hosting a women's literature group, 'Tilted Women', thanks to our Community Hot-Spot funding. The group has met weekly throughout winter and engaged a community of like-minded women. Although they describe themselves as a book club, the group offers a real sense of community and intellectual stimulation. One woman said " I came back from the first one and said to my husband that I felt like it was filling a gap I wasn't even aware of. "

## How can I get involved?

**We're looking for passionate people to support and champion our work. Here's what you can do:**

### **Sign up to our newsletter and follow us on social media**

Stay up-to-date on how we're helping women and girls in Norfolk. Scan to sign up today!



[bit.ly/49IXGEG](https://bit.ly/49IXGEG)



### **Champion women with your workplace**

Support Norfolk's women and girls through Payroll Giving - the easy way to boost your giving at work. Call us to find out more.

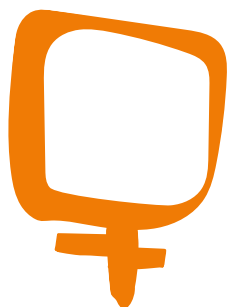
### **Donate**

Get behind amazing projects supporting women near you: [norfolkfoundation.com/women](https://norfolkfoundation.com/women)

### **Become an advocate**

Tell your friends about us!





# Together for Women & Girls

**Interested by what you've read?  
Find out more or get in touch**



[www.norfolkfoundation.com](http://www.norfolkfoundation.com)



01603 623958



[shinebrighter@norfolkfoundation.com](mailto:shinebrighter@norfolkfoundation.com)



First Floor, Carmelite House, 2 St James Court Norwich NR3 1SL

**Follow us on social media**



@NorfolkCF



@NorfolkCF



@NorfolkCF



@NorfolkCommunityFoundation



Norfolk  
Community  
Foundation

Together, Norfolk shines brighter