

With special thanks to our supporters



The Community Foundation for Merseyside helps individuals and organisations, who care about their communities, give to causes that matter to them where there is most need and where it will have greatest impact.



Community Foundation for Merseyside

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Registered Charity Number: 1068887 • Registered Company Number: 03422207



**Merseyside
Women's Fund**
Together for Women

EMPOWERMENT
CONFIDENCE
INSPIRATIONAL
UNITY
GENEROSITY
COLLECTIVENESS
FRIENDSHIPS
WELLBEING
ADVICE
SUPPORT

[CFMERSEYSIDE.ORG.UK/WOMENSFUND](https://cfmerseyside.org.uk/womensfund)

#TogetherForWomen

Together we can help women feel safe, empowered and confident when confronted by abuse, isolation, discrimination or a lack of opportunities and support.

The vision of the Merseyside Women's Fund is simple: To break down the barriers that affect girls and women in Merseyside.

This fund feeds directly into local charities and grassroots community groups who deal with issues that undermine the quality of life and futures of women in our area. Our research has highlighted key issues faced by women in Merseyside therefore the fund will address four core themes:

CONFIDENCE, ASPIRATION, SELF-BELIEF AND RESILIENCE

DOMESTIC VIOLENCE AND ABUSE

MENTAL HEALTH AND WELLBEING

SOCIAL ISOLATION

Women's support services are under extreme financial pressure. We need your help to grow the fund so that we can help more women to achieve their potential now and in the future.

Anyone can donate any amount to the fund, whether an individual, a corporate or an SME. Together we can make a difference to the lives of women in Merseyside.

To find out how you can help, please contact:

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HELP INSPIRE AND EMPOWER
WOMEN BY IMPROVING

CONFIDENCE, ASPIRATION, SELF-BELIEF AND RESILIENCE

[CFMERSEYSIDE.ORG.UK/WOMENSFUND](https://cfmerseyside.org.uk/womensfund)

We believe that no woman or girl should be held back from reaching their full potential. Help us eliminate barriers to success and inspire the next generation.

A woman's early environment and influences have a major effect on how her confidence and belief in herself develops throughout her lifetime.

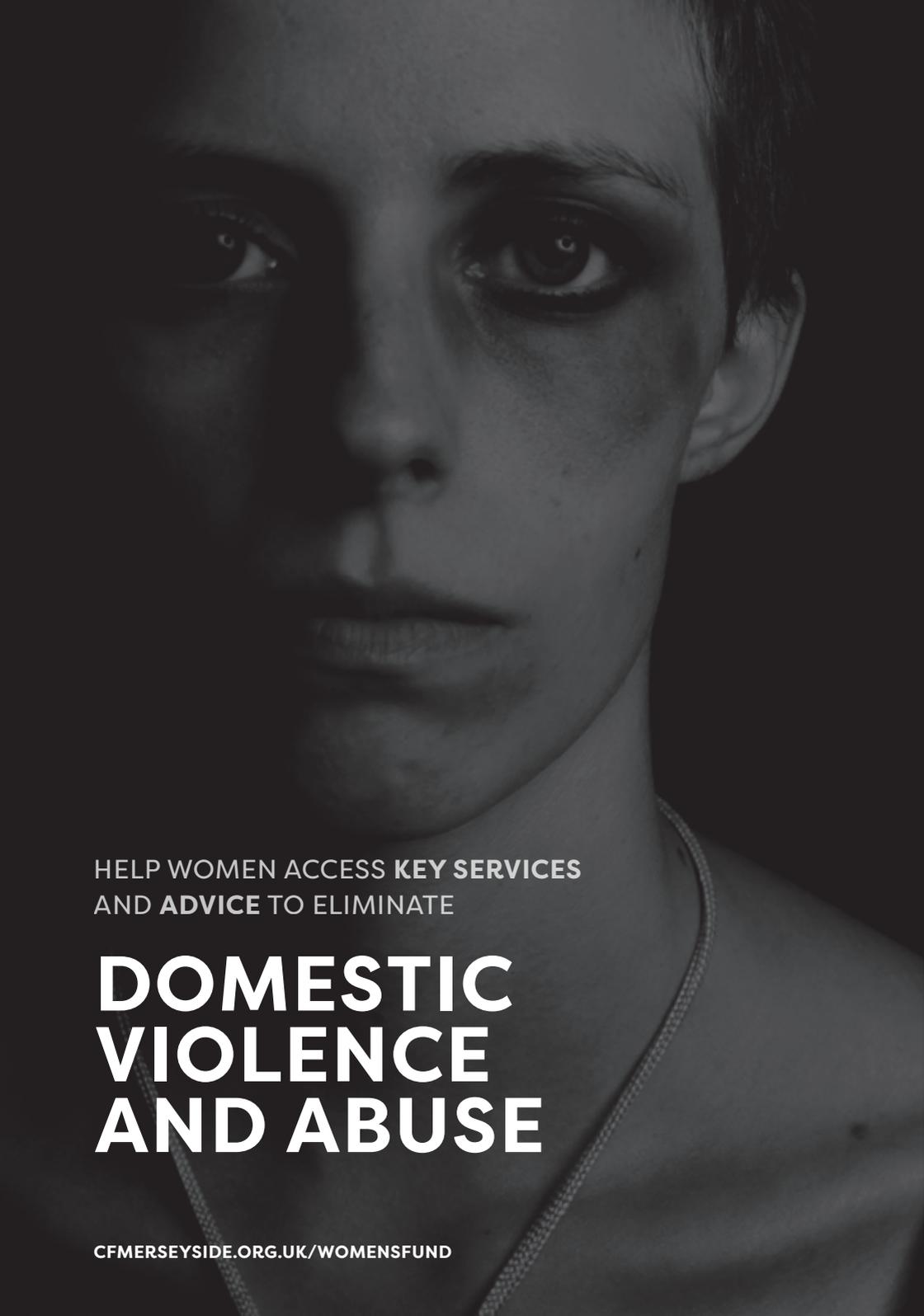
Research has found, when five-year-old girls hear this statement – “A person in my office is really, really smart—they solve problems faster and better than anyone else”, they're as likely as boys are to assume the smart person is of their own gender. But by age six to seven, they're 20%–30% less likely to assume that this brilliant individual is a woman.

The idea at a young age that brilliance is a male quality is evidence of the negative impact gender stereotypes have on young girls' views of themselves.

The impact of this is far-reaching. For instance, girls are less likely to follow study paths involving mathematics and physics. Despite women achieving higher grades, careers typically associated with high intelligence are dominated by men.

Your support can make a difference and help women and girls realise their full potential.

In the UK, we have the
fifth largest gender pay
gap in Europe and only
32% of MPs are women.



HELP WOMEN ACCESS KEY SERVICES
AND ADVICE TO ELIMINATE

DOMESTIC VIOLENCE AND ABUSE

CFMERSEYSIDE.ORG.UK/WOMENSFUND

Domestic violence and abuse destroys lives and has an adverse effect on wellbeing. It has no place in our society. Help us rebuild futures and prevent these acts against women.

Domestic abuse is an incident or pattern of incidents of controlling, coercive, threatening, degrading and violent behaviour, including sexual violence, in the majority of cases by a partner or ex-partner, but also by a family member or carer.

In Merseyside, a woman or girl is the victim of domestic violence and/or abuse approximately every 17 minutes.

The human cost of violence against women and girls is high. Experiences of abuse can have serious and severe psychological, emotional and physical consequences for the longer term.

In England and Wales, one woman in four experiences domestic violence in her lifetime and two women are killed each week by a current or former partner.

In family situations, 62% of children in households where domestic violence is happening are also directly harmed and a third of children witnessing domestic violence also experienced another form of abuse.

Women who experience domestic violence are twice as likely to experience depression and it is estimated that around three women a week commit suicide as a result of domestic violence.

Your support can make a difference to the lives of women suffering from domestic violence and abuse.

40% of homeless women state domestic violence as a contributor to their homelessness.

HELP WOMEN FEEL **UNITY** AND GAIN
CONFIDENTIAL **SUPPORT** TO IMPROVE

MENTAL HEALTH AND WELLBEING

St Helens, Knowsley and Liverpool have some of the highest numbers of people living with mental health problems in England.

(NHS Statistics)

Mental health includes our emotional, psychological, and social wellbeing. It affects how we think, feel, and act either positively or negatively. Mental health is important at every stage of life, from childhood and adolescence through to adulthood.

Positive mental health allows women to realise their full potential, cope with the stresses of life, work productively, and make meaningful contributions to their communities.

Research has shown that all types of common mental health problems are more prevalent in women than in men. In particular, women between the ages of 16 and 24 are almost three times as likely to experience a common mental health problem as their male contemporaries and have higher rates of self-harm, bipolar disorder and post-traumatic stress disorder.

Worsened mental health is often the end result of many of the issues that disproportionately affect women like: negative gender stereotyping, increased societal pressures and traumatic experiences such as domestic violence and abuse, stalking and sexual assault, and Female Genital Mutilation.

Thankfully, women and girls are more likely to have sought support, advice or treatment than men. However, higher rates of mental health issues have led to increased pressures on community groups and the mental health services they provide.

Your support can make a difference to the lives of women suffering from mental health issues.

Together we can help women and girls feel contentment and engage with the world. This is all part of mental wellbeing.

BUILD CONFIDENCE AND
CREATE FRIENDSHIPS TO BEAT

SOCIAL ISOLATION

Merseyside has an ageing population, with 1 in 10 claiming to be lonely all or most of the time.

Social isolation is defined as having little or no contact with other people. It usually lasts for extended periods of time, weeks and sometimes even months.

Lacking social connections is comparable to smoking 15 cigarettes a day, and has worse health outcomes than risk factors such as obesity and being physically inactive. It has been calculated that loneliness increases the likelihood of mortality by 26% in older people.

Experiences commonly associated with ageing, such as loss of family and friends, poor health, decreased mobility and income mean that older people are more likely to become socially isolated, potentially leading to increased loneliness.

70% of people living alone are women over 65. Of these, 11% are in contact with family, friends or neighbours less than once a month. Making them three times more likely to suffer depression and nearly twice as likely to develop dementia in the following 15 years.

Your support can make a difference to the lives of women feeling alone.

Social isolation has a major impact on the lives of many in our community. Our aim is to connect people with purpose and ensure that no woman feels alone. You can help us achieve this goal.