The Widows Empowerment Trust

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Founder/CEO
Being widowed can be one of the most overwhelming traumatic experience that women and men face in their lives. Losing the closest person to you, the one you trust, are for and who is your closest friend, all in one go, leaves you feeling desperate and on your own.

Widows & widowers can become some of the most marginalised group in society, yet are often those in greatest need, whether in terms of physical or mental, emotional or practical adjustments to their lives. Even if the death of your spouse was expected, you go through a period of shock, grief and loss.
Overview

• In 2017 we conducted semi-structure interviews with thirty bereaved spouse, who identified themselves as widows & widowers to explore their experiences and challenges. We asked what could help or would have helped them cope better. Five major themes were identified such as social isolation, depression, poor wellbeing, loneliness, and financial impact. Also they highlighted the need of social support to engage their mental and physical state.

• We are guided by a firm belief that our love and empathy can connect us all together despite age, religion, sexual orientation, race or culture.

• We are open to of all faiths, social backgrounds and ability
Voices of our women (feedbacks)
Rehabilitation in context of Bereavement:

Peer to Peer Support Empowerment
The Widows Empowerment Trust is a diverse organisation. Formed 25th January 2017 for 2 Good reasons

Empathy and compassion

Bereavement can have a major impact on people’s mental health, wellbeing and social isolation.

Formed with three board members

The video about to show illustrate one of the reason’s the organisation was formed. The overview and fundamental reason of establishing this cause
6 Core Values

- Integrity
- Compassion
- Empathy
- Respect
- Diversity
- Empowerment
Our Services

Well being session (Tuesday/Thursday’s) including Art & Craft, sewing, knitting, crochet, cook & Taste, food Hamper, Karaoke

Befriending (Face to face/Telephone)

Pampering session (Spa)

Meal out/day out trip

Celebrating Key dates: Valentine’s day, Mother’s day and Christmas Party

Sign posting
Our Support through Grief and Loneliness

• The death of a love one and the grieving process is different for everyone, but people who experience loss all have something in common. Their world is turned upside down and completely, both emotionally, physically and sometimes economically.

• Pictures below is going to illustrate the ways we connect with bereaved individual’s (Widows etc).

• Creativities engagement (Social connections)
Our activities during the week
Our workshops.
Art and craft sessions for our Bereaved Dementia Clients

Knitting, sewing, and crochet session
Thursday workshops for individuals with Dementia/Alzheimer
Empowerment session
Workshops (Well being sessions)

Tuesday

Tuesday well being
Meal out/day out
Pampering session
Spa
Empowerment session clip
Befriending – Face to face & Telephone

- Befriending is another way to address the isolation & loneliness felt by our client is a relationship between our befriender (volunteer and befriended)
- This help to promote social interaction and sense of being part of a community.

- Not everyone has the support that they can rely on to help them get through difficult times & major life change. Our outreach befriending volunteer can help fill this gap by providing a support relationship, helping build trust, raise confidence, combat social isolation & enhancing the quality of a client life.

- Our volunteer could help out of the house, going for a walk, talking about shared interests/hobbies having a cup of tea at a café etc.
OUR SERVICES
Befriending/Face to face

• https://www.facebook.com/1808501819410943/posts/2530846827176435/
Telephone befriending

• Telephone befriending

• Call in time, telephone befriending is another way to keeping touch. It is a fun, safe and easy way to get to know our client from the comfort of your home

• Your volunteer (befriender will make the calls and usually it last for appropriately 30- 60 minutes once a week. You can call your befriender when
Christmas party/ time to socialize and celebrate our volunteers
Recruiting and selecting volunteers

• Carry out DBS
• Referencing
• Induction
• Training
• Supervision
• Monitoring & Evaluation:
  • Questionnaire
  • Focus Group
• Feedback
• Attendance Register
Referral process

• Professionals
• Self referral
• Family & friends
• Agencies

Referral Process:
Go through our website to fill out the form or send us an email detailing the information via info@widowsempowerment.com
Multi Award Winning Charity

- Honoured ‘Points of Light by Prime Minister Theresa May in 2019
- Special Recognition Award by ITV (Good Morning Britain) in 2020 for combating Loneliness Across The country
- Compassion and Most caring Person in BME in Manchester in 2019
- Community Cohesion Award Winner –Spirit of Manchester Award
- Nominated Across The Country and shortlisted among 28,000 as a Life Time Achiever Award
Thank you all for listening

For further information, please visit our website:

- www.Widowsempowerment.com
- www.facebook.com/Widowsempowerment.com
- Twitter/ WidowsEmpTRUST