

Case Study

Women Empowering Women - Group Development

Date: Nov 2025



Background

Clair set up the group to help and support women within the Irlam and Cadishead area through a weekly social session where participants can chat, share stories, and take part in activities together.

Challenge

Clair was currently running the group on her own which meant huge pressures on her, when she couldn't run the group due to illness. This also meant she was spending her own money on the supplies for the group.

Written by: Emma Eastwood

Development Worker
(Wellbeing Matters)

Salford CVS support continued

I attended one of the 'Women Empowering Women' sessions with the Irlam Community Connectors to learn more about the group and to see if it was suitable and safe for us to refer into.

I gave Clair advice and resources on finding committee members and the roles and responsibilities key to the running of a constituted group. I checked back in with Clair over the next few months to offer support and guidance. She contacted me to say that she has found some women who are interested in becoming committee members. I went to meet the group and ran through some resources on constituting to help them work out what needs to be done before formally constituting.

Once the group were ready to constitute I attended a meeting with them and Jeremy to help constitute them and apply for Salford CVS membership. I worked with them to implement the relevant policies. Once accepted as a member, I have supported them and linked them up with Honor from the Grants team at Salford CVS, to apply for the Women's Mental Health Fund. I also supported them to apply for a small pot of Christmas funding

Salford CVS support



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I met Clair to talk about the Wellbeing Matters programme and the possible partnership for us to signpost and refer into her group. I also discussed the support and development opportunities available from Salford CVS through membership.

I talked Clair through the steps to develop her group and gave advice on how to recruit committee members. Clair explained that she would eventually like the group to be constituted and to be able to apply for funding.

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“I feel that Emma has been a great champion of the group. She has regularly checked in with me and encouraged me.

She has also been pivotal in helping to move the group forward to being formally constituted. I don't believe that would have happened without her guidance and encouragement.”

Women Empowering Women

Join our weekly meetings every Tuesday at
7:30 pm until 9 pm.

We provide a safe and supportive space for women to connect, share experiences, and cultivate new friendships.

Outcomes and impact

New committee

Since the group now have a committee, they can share responsibilities, support each other and help develop the group together

Access to funding

Now that they are constituted and are a member of Salford CVS, they can access many funding pots and training opportunities, plus on-going support from the development and grants team.

Signposting

Wellbeing Matters now have a strong referral partnership with them as they have been quality assured. So far, we have signposted/ referred 18 women to the group.



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How Salford CVS can help you

Contact Emma, Development Worker
(Wellbeing Matters) in the first instance on:

Emma.eastwood@salfordcvs.co.uk
07421127637



“Emma is kind, caring and enthusiastic. She is an asset to Salford CVS and I really appreciate the work she does.”