

# What's the problem?



1 in 5

women in England have a common mental health problem such as anxiety, depression or self-harm.

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk) October 2021

2x

Women are twice as likely to be diagnosed with anxiety.

<https://mhfaengland.org/mhfa-centre/research-and-evaluation/mental-health-statistics/>



Mental ill health among women is on the rise

<https://www.agendaalliance.org/our-work/projects-and-campaigns/womens-mental-health-facts/>

## A solution:

To provide an opportunity for women who may be struggling financially; dealing with illness; experiencing low moods, depression, a family breakdown or bereavement; managing life as full-time carers and more.

To use a broad-range of evidence-based strategies and activities to enhance wellbeing and help prevent mental health problems arising by:

**reducing stress and anxiety;  
increasing positive emotions;  
improving individual resilience, confidence and self-worth**



Love Me  
Programme  
and follow on  
Oasis Hour & Refresh

Providing up to

60

women per year



6

weeks, plus ongoing support, to enhance their mental and physical wellbeing.

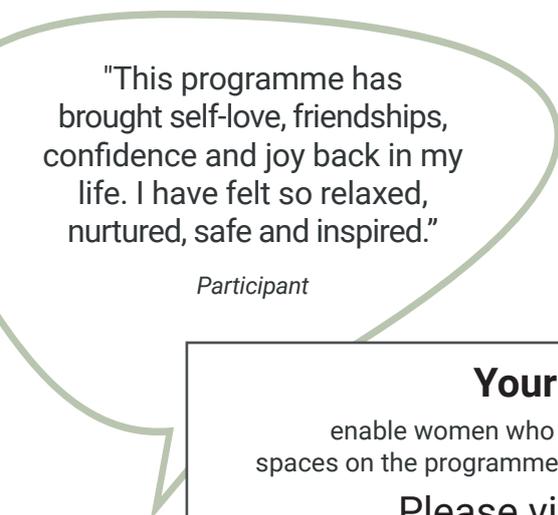
The programmes run 6x a year



over  
9+

hours with 6 facilitators, specialising in creative arts, breathing fully and physical exercise.

## The impact:



"This programme has brought self-love, friendships, confidence and joy back in my life. I have felt so relaxed, nurtured, safe and inspired."

Participant

100+ women to date have completed the programme.

The wellbeing of participants increased significantly.\*

Stress and anxiety levels reduced.\*\*

Resilience improved.\*\*\*

\*Using the Warwick Edinburgh Mental Wellbeing Scale, the average score moved from 44 to 53, an increase of 9 points. For this measure, any increase greater than 3 is deemed very good.

\*\*Measured using the Perceived Stress Scale, reduced for all participants from an average of 9 points to 6.43.

\*\*\*Using the Brief Resilience Scale, resilience improved on average from 13 points to 15.

### Your generous sponsorship would...

enable women who are struggling financially to secure free, or heavily subsidised spaces on the programme(s). Average cost £15 per hr per participant (based on attended hrs)

Please visit [lovemeprogramme.com/sowaseed](http://lovemeprogramme.com/sowaseed)

