



creating space  
for change

# What is Pause?



**Easy Read Leaflet**

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Pause is a charity that supports women who have had their children taken into care.



We want to help you look at your life, what is important to you and work out plans for the future.



We will work with you over one and a half years to help you reach your goals and enjoy life.



Relationships are important so you will work with the same person from Pause the whole time.

# How can Pause support me?



Every woman that Pause works with is different.

Here are some of the things Pause could help you with.



Pause can help you feel happier and more confident.



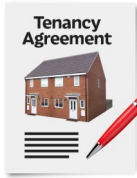
Pause can help find activities that you enjoy.



Pause can help you work on your relationships with your children, family, friends and partners.



Pause can help protect you from violence and abuse.



Pause can help you with access to housing and other support you might need.



Pause can help you to get good health care and support.



Pause can help you get the right help for any drug or alcohol problems.



Pause can support you to get a job or get into education.

# Ways to get in touch



Asking for help can be hard but we are here to help with things that are important to you.



Pause is **free** to join and is voluntary.



If you are interested in taking part in Pause, please get in touch.



Call us on tel:



Email us at:



Or go on our website:  
[www.pause.org.uk](http://www.pause.org.uk)



**“Pause helps  
you to be the  
best version of  
yourself.”**

## **Contact Us**



Go to our website:  
[www.Pause.org.uk](http://www.Pause.org.uk)



Find us on Twitter: @PauseOrg



Registered charity in England and Wales  
(1170310) and Scotland (SC049817).