

Case study

saffron

Sheffield Women's Counselling
and Therapy Service



[Saffron Sheffield](#) offers free specialist counselling and psychotherapy to women in Sheffield who have experienced trauma or abuse in childhood or adulthood.

Having received a grant from The Co-operative Bank's Customer Donation Fund, Saffron Sheffield have been able to provide a dedicated safe space to deliver long-term therapy to some of Sheffield's most vulnerable women. From receiving the donation between April 2022 and March 2023, 175 women benefited from 2,485 hours of 1:1 therapy, of those who completed therapy, 92 % had a significant reduction in any one trauma symptom, 94 % are looking after themselves better and 86 % have improved relationships with other people (e.g. family, friends).

One of the women supported by Saffron Sheffield said,

"I started therapy feeling really depressed, and now my sessions have given me the strength, the confidence and the right way to go about things, which is amazing, thank you. There should be more places like Saffron for people like me."

Apply for the Customer Donation Fund

All existing Community Directplus account holders can apply for up to £1,000 from the Customer Donation Fund to support special projects and fundraising activities. The closing dates for applications are end of March and end of September, and they will then be assessed in April and October. We will notify you of the outcome of your application. Apply using the form below.

Apply now



The **co-operative** bank

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