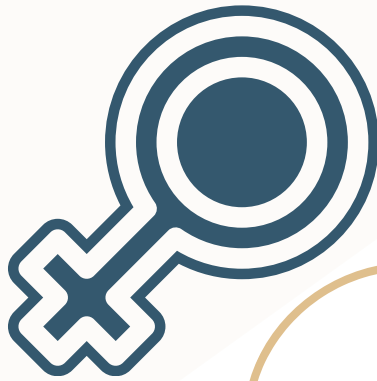




# CFO In Numbers Women



Since the start of CFO delivery

# 13,935

women have engaged with CFO programmes!

Women represent

# 11%

of CFO participants

Women generally start the programme with more varied and complex challenges than males. Women are less likely to have had an education with 29% never having been employed. Women also faced significant challenges around mental health, finances, family ties, physical health and substance misuse. Support received was person focused, due to the complex and varied barriers faced.

## Participants have been supported with:



**Gained personal skills**

1,788 attended confidence building workshops

# 6,772

set SMART goals

1,312 improved problem solving

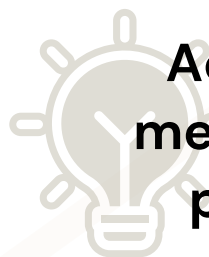


**Addressing substance misuse**

4% of CFO Activity Hub participants attended substitute opiate therapy

# 1 in 4

CFO Activity Hub participants accessed health improvement services

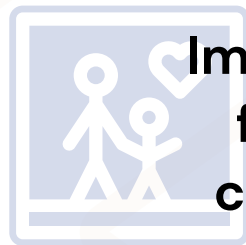


**Addressing mental health problems**

# 2,623

learnt about motivational skills and techniques

1 in 5 attended mindfulness activities at CFO Activity Hubs



**Improving family contact**

987 improved effective communication techniques

# 21%

attended family days or received relationship coaching at CFO Activity Hubs



**Resettling in the community**

# 3,052

financial management sessions

42% educational training

1,426 CVs created

1,053 supported with accommodation



**Developing a pro-social identity**

1 in 5 supported to increase motivation

# 1,788

improved confidence

7% did volunteering to support community or peers at CFO Activity Hubs

All stats and figures provided by CFO Stats and Research Team.

For more information about CFO services, please visit:

**[CreatingFutureOpportunities.gov.uk](https://www.creatingfutureopportunities.gov.uk)**