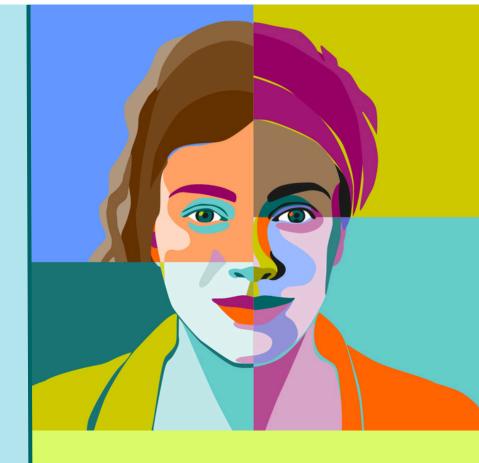
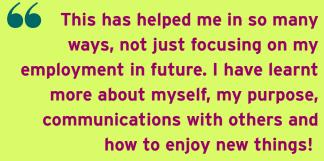
SOPHIE HAYES FOUNDATION

Sustainable freedom from modern slavery

Founded in 2011 by Sophie Hayes, a British woman trafficked into sexual exploitation overseas, Sophie Hayes Foundation's work has always been centred around sustainable freedom. Sustainable freedom means freedom from exploitation, slavery, and trafficking; and freedom to look to the future with renewed confidence, rebuilt skills, and a sense of purpose for survivors.







Sophie Hayes Foundation is based on the following values: We are BOLD, INQUISITIVE, INCLUSIVE, CREATIVE and HOEPFUL. These values underpin our work and the environment we create within our programmes.





Creative Resilient Empowered Women

CREW is founded and led by survivors, it is a community of support and strength. CREW brings together women several times a year, online and inperson with events and activities to learn new skills, share things that bring us happiness, meet new people, make news friends and just be ourselves. By joining CREW you join the Sophie Hayes family on your own terms. Our Lived Experience Advisory Group are also helping shape our services and our research project.

You can refer a Woman to CREW at any point in their journey, if they are not quite ready for one of our Programmes but are seeking a community and activities then please refer. There is no time limit of how long a survivor can be part of CREW - they are welcome as long as they need and can join events when it suits them.

When you refer a survivor to a Programme they will also join CREW unless they choose to opt-out.



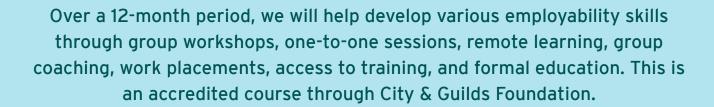


We host a range of events, including a book club, cinema trips, online forums, inspirational panels, in person meet ups and are always opens to suggestions of new session we can run!









- This programme is FREE for participants
- Women can pause and re-enrol if they need to.
- All sessions are delivered by a dedicated Employability Programme team.
- We help with access to data, tablets/laptops and travel expenses.
- The first session will be delivered in person in London, the Midlands and the North.
- All other session are remote via Microsoft Teams.

We ask Referral Partners to remain engaged with us whilst the participant is within the programme so we can work collaboratively on Safeguarding. If they need to exit your service please inform us so we can work around this.

Module 1

Workshops for
Emotional Growth
3 months of Weekly
group workshops that
aim to rebuild
confidence, purpose,
strength, and resilience.

Module 2

Coaching to access
employment & education
3 months of group and
one-to-one coaching
session to develop
employability skills

Module 3

Up to 6 months of monthly group sessions for support into your future, developing specific skills needed for work, volunteering or education.



CEFI - Conversational English for Independence is a course which focusses on confidence and conversational practice rather than traditional ESOL Grammar based learning. A basic level of English is needed for the course.

A device and data to join the session is provided.



6 Week Course

6 sessions: In Person taught content based on themes of 'My Life, skills, wellbeing, plans and next chapter'
6 sessions: Online Conversational Practice

We accept all women over the age of 18 who are survivors of modern slavery onto either of our programmes or within our Network. We ask that they are in a place where they are able to start thinking about their future.

Referral partners should remain in contact with SHF in case of safeguarding matters.

Any questions, please reach out to:

employabilityprogramme@sophiehayesfoundation.org



Next Cohort:

CEFI Programme: October 2025

Employability Programme: September 2025

Referral Link

