

# SOPHIE HAYES

F O U N D A T I O N

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.



“ This has helped me in so many ways, not just focusing on my employment in future. I have learnt more about myself, my purpose, communications with others and how to enjoy new things! ”

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.



# THE CREW

## 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 in-person with events and activities to learn new skills, share things that bring us happiness, meet new people, make new 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 open to suggestions of new sessions we can run!



# EMPLOYABILITY PROGRAMME

SOPHIE HAYES FOUNDATION



CITY & GUILDS  
FOUNDATION

Over a 12-month period, we will help develop various employability skills through group workshops, one-to-one sessions, remote learning, group coaching, work placements, access to training, and formal education. This is an accredited course through City & Guilds Foundation.

- 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](mailto:employabilityprogramme@sophiehayesfoundation.org)



### **Next Cohort:**

CEFI Programme: October 2025

Employability Programme: September 2025

**Referral Link**

