



Norfolk and Suffolk Health and Care Awards 2026

Treatment to Prevention Award

Mpower

Ormiston Families

Ormiston Families' Mpower service is recognised for its impactful work supporting women who have experienced the removal of a child from their care—an often overlooked group facing significant trauma, poor mental health, and unmet sexual and reproductive health needs. Without intervention, many of these women are at high risk of repeat child removals, leading to ongoing harm and increased demand on public services. Mpower addresses this through intensive, long-term support tailored to each individual's needs.

The service offers a combination of one-to-one and group support, helping women work towards goals such as improving wellbeing, addressing trauma, managing sexual and reproductive health, and stabilising practical factors like housing and finances. Delivered through a "professional friendship" approach, staff build trusting relationships, often becoming the only consistent and trusted support in women's lives. Strong collaboration with partners, including iCash, midwives, and social workers, ensures holistic, joined-up care. Mpower also leads system improvement through initiatives such as the Norfolk Recurrent Care Forum and has been recognised with the Trauma-Informed Quality Mark.

The impact is significant and measurable. In the past year, 97 women were supported through 1,744 sessions. Among these, 80% had no further pregnancies during engagement, and contraception use increased from 43% at referral to 67%. Additionally, 92% achieved goals related to sexual health, 81% improved emotional stability, and 71% improved practical stability. Feedback highlights increased trust, confidence, and wellbeing. Overall, Mpower breaks cycles of trauma, improves outcomes for women, and reduces long-term system pressures.