Soroptimist International King's Lynn – Ormiston Families Talk



On Monday 2nd November 2026, George Gorringe, a Fundraising Officer from Ormiston Families gave an inspiring talk on the charities work. George's brief was to increase awareness of this lesser known charity and its work.

The charity was first established in 1981 to cover the East of England, providing intervention strategies to help families experiencing mental health and wellbeing difficulties before a crisis point is reached.

They work across 5 counties: Bedfordshire, Cambridgeshire, Essex, Norfolk and Suffolk.

The organisation has several distinct strands – and is independent of the Ormiston Academies Trust which runs 42 local schools.

- The Prison and Probation Family Services delivering the Breaking Barriers Programme
- A General strand that covers: Stars Bereavement, Supporting Smiles, YOUnited
- A Community strand covering: Stronger together and MPower

George focused on telling members more about MPower and Breaking Barriers.

MPower focuses on the forgotten story when a child is taken into care: the mother!

Their loss is real, but almost entirely unrecognised by traditional support systems. Often brought on by their own abuse and neglect, without targeted support the cycle continues.

The subject is ugly and carries stigma. It feels like their children have been stolen by the care system, so, these mothers often repeat the cycle, becoming pregnant again, often to replace the child they have lost.

MPower supports these women on a 1:1 basis for a period of 24 months, encouraging them to take a pause in the pregnancy cycle.

As they gain trust and confidence, they can become involved in group sessions and share and support other women in similar circumstances to themselves.

Currently there are 212 open cases being supported. There have been 441 successfully supported cases since 2016 and outcomes are remarkably good, with 81.9% having no further pregnancies. 56.5% of women report feeling a stronger sense of progression to long term goals.

Of the women supported - 88% of referrals were abuse survivors themselves, 40% were teenage parents and 75% suffer from a recorded mental health disorder.

Breaking Barriers is about supporting children who have been impacted by having an imprisoned love one, be it father, mother, sibling or extended family member.

There is a real sense of stigma, isolation and vulnerability with these children. Often, it is school that first becomes aware that a child is in this situation. They are rarely picked up as part of the judicial process. They are often invisible victims.

George's main intention for speaking was to spread the word about the work that is going on to support these vulnerable groups and to encourage members to consider making donations or buying merchandise such as their Christmas cards. This can be done through the Ormiston Families website. This website is also well worth a visit to read further information including case studies of families and individuals who have received their support.



A new member, Julie Moses, was also welcomed to the club during the meeting.