

How do I get involved?

To access any of our services simply contact us! We will arrange for you to attend a Welcome Session where we will tell you about all of our services. If you decide to access these services, we will arrange a one off meeting with a worker, to plan your future support. Feel free to bring another female with you on the first meeting, if that helps.

What our service users say:



“it has brought me back from feeling hopeless and isolated”

“My partner and my GP have both noticed an improvement in my confidence and can see I’m less depressed”



Contact Us

tyneside women's health

**Gateshead Centre
Tyneside Women's Health
30 Half Moon Lane
Gateshead
NE8 2AN**

**Newcastle Centre
Tyneside Women's Health
Corner of Wilfred Street
and Claypath Street
Byker
Newcastle upon Tyne
NE6 1JQ**

**Tel: 0191 477 7898
Email:
enquiries@tynesidewomenshealth.org.uk
Website:
www.tynesidewomenshealth.org.uk**

For donations go to
www.everyclick.com
or www.giveasyoulive.com



@TynesideWH

www.facebook.com/Tyneside-Womens-Health

Welcome to...

tyneside women's health



**...helping women
improve their
mental health
and emotional
wellbeing**

See inside for more information

What do we have to offer?

Tailored mental health and emotional wellbeing support for women.



Our main services...

Drop In Sessions

We provide drop-in sessions in Gateshead and Newcastle for new and regular service users

Mental Health Courses

Our courses will help you to:

- ✿ Improve confidence
- ✿ Manage anxiety
- ✿ Cope with depression
- ✿ Improve your relationship with food
- ✿ Understand your anger

Therapeutic Activities

Activities to promote wellbeing such as:

- ✿ Craft sessions
- ✿ Singing
- ✿ Belly dance

Ongoing Support Groups

We facilitate peer support groups to meet the needs of:

- ✿ Women affected by domestic abuse
- ✿ Women with enduring mental health issues
- ✿ Women who feel isolated

Beginner's Guide

To help you settle in and feel welcome we have a range of one off workshops and taster sessions for you to access from day one!

Counselling

Counselling is provided by volunteers who are trained and registered with a recognised professional body.

It is a good idea to discuss your counselling needs with your GP first so you and your GP can decide on the therapy that is right for you.

Service User Participation

Service Users play an important role at Tyneside Women's Health and help to organise social activities and fundraising events.

You can also join **Linked Women**, which is a group made up of service users, staff and Trustees, all working together to make improvements to our services.

Routes to Recovery & Beyond

Progression support is available in workshops and one to one settings. This is to help you set goals and move forward.