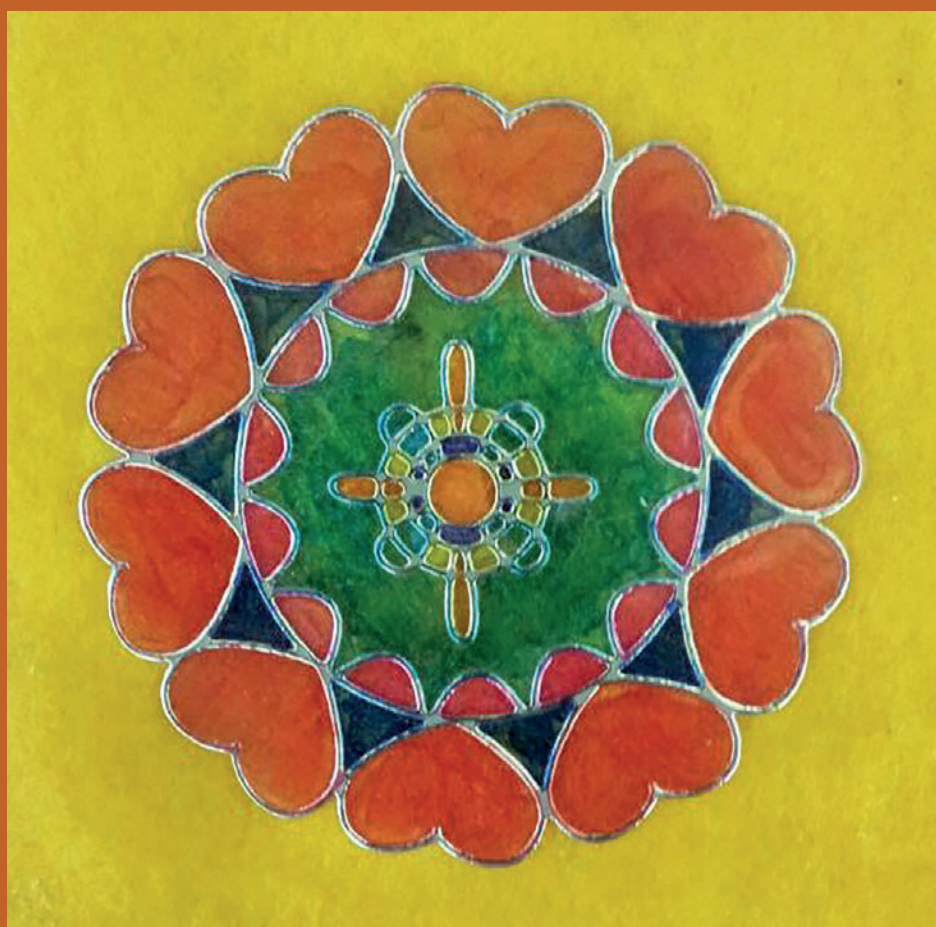


# *tyneside women's health*



**Annual Report  
2012/2013**

## Chair's Welcome

Welcome to the report of what was a momentous year for Tyneside Women's Health. It was a year of challenge and, I am pleased to say, achievement. The headline is that after basing our Head Office and Gateshead Centre in Swinburne House from over two decades, we made the huge decision to move to new premises. Although only a few streets away the move to Half Moon Lane was a major change for Tyneside Women's Health. Whilst we were sad to leave so many memories behind, we are now in a space that has been designed around our needs. We are therefore confident it was the right move for the long term future.

Other exciting news is that we were awarded Level 2 in Practical Quality Assurance for Small Organisations PQASSO. We also received really positive feedback about our overall approach to quality assurance so well done us. Lastly, in a development which is very exciting for me, we underwent an open recruitment drive for new Trustees last year and brought several new Trustees onto the Board. The marvellous mix of skills and experience that we have is enabling us to go from strength to strength.

As ever I would like to thank all service users, volunteers, staff and Trustees and indeed, everyone who worked with us throughout the year.

Best Wishes

Jeannine Hughes  
Chair

## Tyneside Women's Health's Vision, Aim and Values

Our vision is for all women in Tyneside to flourish by having access to the right mental health and wellbeing support at the right time and place.

Our aim is to enable women to reach personal potential by improving their mental health and emotional wellbeing.

Our values are to:

- \* Be women-led
- \* Be recovery focused
- \* Enable active involvement
- \* Show respect for all
- \* Work in partnership
- \* Promote equality
- \* Meet women's diverse needs

## A Focus on the Needs of Our Service Users

A total of 449 individual women came to Tyneside Women's Health for support in the last year, which continues the trend of increasing numbers using our services year on year.

First time service users accounted for 32% of the total number of women during the year. Women can be directly referred by a third party or they can make a self-referral having been signposted by a worker. Both the referral and signposting sources are provided in table 1.

**Table 1: Referral / Signposting Source during 2012- 2013**

<b>Referrer / Signposter</b>	<b>%</b>
Mental Health Worker (including MH Social Workers)	27%
Self	15%
GP	10%
Other Health Workers	9%
Domestic Abuse Worker	7%
Drug and Alcohol Worker	7%
Family or Friends	7%
Social Worker	6%
Counsellor	4%
* Other	4%
Housing Worker	2%
Education, Training or Employment Worker	2%

\* Other includes a range of roles reported by service users including, Support Worker and Project Worker. The services involved range from services to support women involved in sex work to services supporting people with multiple needs.

During the initial one to one session we discuss the issues affecting first time service users. Table 2, shows the issues affecting first time service users during 2012 to 2013. We have also included data from the previous two years to enable comparison of changing trends of women's need. The prevalence of some issues, such as domestic abuse, appear to have remained constant over the three years, whereas others, such as, suicidal thoughts, feelings or attempts, have increased significantly in the last two years.

**Table 2: Issues Affecting First Time Service Users  
(10% and above)**

<b>Issue 2012 to 2013</b>	<b>% of Women</b>	<b>Issue 2011 to 2012</b>	<b>% of Women</b>	<b>Issue 2010 to 2011</b>	<b>% of women</b>
Depression	<b>76.42</b>	Depression	<b>81.98</b>	Depression	<b>84.70</b>
Anxiety	<b>72.01</b>	Anxiety	<b>69.61</b>	Anxiety	<b>71.04</b>
Low Confidence	<b>54.09</b>	Low Confidence	<b>41.7</b>	Low Confidence	<b>58.47</b>
Stress	<b>59.12</b>	Stress	<b>55.48</b>	Stress	<b>56.28</b>
Loneliness / Isolation	<b>51.89</b>	Loneliness / Isolation	<b>49.82</b>	Loneliness / Isolation	<b>45.90</b>
Sleep problems	<b>38.36</b>	Sleep problems	<b>30.39</b>	Sleep problems	<b>44.81</b>
Family/ relationship problems	<b>31.13</b>	Family/ relationship problems	<b>26.50</b>	Family/ relationship problems	<b>40.98</b>
Bereavement	<b>31.76</b>	Bereavement	<b>30.74</b>	Bereavement	<b>25.14</b>
Domestic abuse	<b>25.79</b>	Domestic abuse	<b>26.86</b>	Domestic abuse	<b>25.14</b>
Anger	<b>18.55</b>	Anger	<b>8.48</b>	Anger	<b>22.40</b>
Unemployment	<b>17.30</b>	Unemployment	<b>11.31</b>	Unemployment	<b>21.31</b>
Eating distress	<b>17.92</b>	Eating distress	<b>16.61</b>	Eating distress	<b>19.13</b>
Suicidal thoughts, feelings or attempts	<b>31.76</b>	Suicidal thoughts, feelings or attempts	<b>25.44</b>	Suicidal thoughts, feelings or attempts	<b>19.13</b>
Bullying/harassment	<b>18.55</b>	Bullying/harassment	<b>18.73</b>	Bullying/harassment	<b>17.49</b>
Debt	<b>13.21</b>	Debt	<b>10</b>	Debt	<b>16.94</b>
Sexual abuse	<b>14.15</b>	Sexual abuse	<b>17.67</b>	Sexual abuse	<b>16.94</b>
Self-harm	<b>15.09</b>	Self-harm	<b>10</b>	Self-harm	<b>16.39</b>
Substance misuse	<b>9.43</b>	Substance misuse	<b>10.95</b>	Substance misuse	<b>15.85</b>
Childhood Abuse	<b>14.15</b>	Childhood Abuse	<b>7.77</b>	Childhood Abuse	<b>13.66</b>
Paranoia	<b>9.75</b>	Paranoia	<b>3.18</b>	Paranoia	<b>10.93</b>
Obsessive Compulsive Disorder	<b>7.23</b>	Obsessive Compulsive Disorder	<b>5.65</b>	Obsessive Compulsive Disorder	<b>10.38</b>

# Our Services in the Words of Service Users

## Counselling

Counselling is provided by volunteers who are trained and registered with a recognised professional body. In total 46 women received counselling during 2012 to 2013.

*"It helped me to realise loads of things, feel encouraged. The main thing is that it helped me to understand that power to make things better for myself is in my own hands."*

## Drop In Sessions

We provide weekly drop-in sessions in both our Gateshead and Newcastle Centres. The first half hour of each session is set aside to welcome women coming to the drop-in for the first time which is supported by existing service users. A massive 116 women have accessed these sessions over the year.

*"I just love going"*

*"Helping new women settle into the group has boosted my confidence and I enjoy it very much"*

## Mental Health Courses

We delivered 13 mental health courses and a whole range of one off mental health workshops. All courses had positive outcomes with regard to mental health symptoms.

### Anxiety Management

*"I have used this course to prove to myself that I want to be well and that I'm taking positive steps to regain my mental wellbeing. I wouldn't have been able to do this without TWH's support"*

### Confidence and Self Esteem

*"I feel a lot better about myself I feel more confident and people are noticing. Enjoyed this course - glad I have the folder at the end as I can look at it and read through it when I want to. Just need to keep going and be prepared for the set backs I'm going to face. I came every week when I've cancelled some of my other things."*

## Coping with Depression

*“At the end of the course I am feeling more content and settled.  
I have both more acceptance of myself and more hope”*

## Mood and Food

*“By attending the course it has given me a better understanding of the foods  
I eat and what small changes I may be able to achieve.”*

## Wellness Recovery Action Planning or WRAP

*“I have enjoyed the WRAP group, I feel more positive and confident  
about the future”*

## Undoing the Damage of Domestic Abuse

*“I have found the course very helpful, very useful to have learned about it and  
will hopefully stand me in good stead in the future”*

## Mental Health Workshops

We introduced weekly Mental Health Workshops this year to facilitate quicker access to our services for women. These workshops have covered a range of topics such as stress and bereavement.

*“These are really good and informative sessions extremely helpful. Well  
researched and informed”*

## Support Groups

**Time for Me** – for Black, Asian and Minority Ethnic women with mental health issues

*“I am happy to join this group - I love it!”*

**Gateshead Women’s Support Group** – for women with enduring mental health issues

*“This group has been so supportive”*

**Newcastle Women’s Support Group** – for women with enduring mental health issues

*“TWH has enabled me to become more confident and progress into  
employment”*

**Safer Women Support Group** – for women affected by domestic abuse

*“Tyneside Women’s Health has been a lifeline for myself I have gained fabulous new friends and fantastic help and support”*

**Sunday Lunch Group** – for women who experience isolation

*“It is good to share food and company”*

**The Reading Group** – in partnership with Gateshead Library

*“I really enjoy meeting with other people, talking about books and things generally and getting out*

**The Wellbeing Group** – for older women

*“This group means a lot to me. It’s a wonderful start to the week should the group be cancelled for any reason I feel down and miss the interaction with the other members”*

## Progression Support

Progression support is provided through workshops and one to one support to help women identify and achieve their goals.

*“It enables us to take part in intelligent learning, using, exercising and expanding our brain power and ability”*

## Service User Participation

Throughout the year service users have been supported to participate in the development of Tyneside Women’s Health and wider community issues.

### Service User Led Activities

This weekly group was established in May 2012 and has been hugely successful. It provides an opportunity for service users to lead creative sessions for other women, while improving their own confidence. Sessions provided so far include painting, card making, baking, decorating bags, knitting and many more.

*“I was surprised at how I managed to cope with teaching others how to knit and would like to do it again”*

### Grapevine

Grapevine is a service user led group at Tyneside Women’s Health, which has organised a range of social events for the benefit of service users.

*“I particularly enjoyed an outing to Durham where I had the opportunity to share a relaxed and enjoyable time!”*

Grapevine Christmas Market Trip Participant

## Linked Women

Linked Women exists to ensure service user participation in Tyneside Women's Health. Following the set-up of Linked Women last year it has gone from strength to strength. The group meets every six weeks and ensures positive and ongoing communication between service users, staff and Trustees.

*"Linked Women has enabled women to air their views, raise concerns and ask questions knowing information will be presented to Trustees and will be responded to"*

## Therapeutic Activities

We provided a whole range of activities in the year.

- \* Belly Dancing
- \* Craft courses with the Workers Education Association
- \* Exercise to Music
- \* Gardening
- \* Singing
- \* Zendah Dance
- \* Reiki

*"By attending Positive Notes I find it uplifting and doing something I never thought I could do, and helps me to feel good about myself"*

A member of Positive Notes Singing Group

## Support to Organisations

Tyneside Women's Health provided guidance to organisations this year around effectively supporting service users and employees / volunteers who are; lesbian and bisexual women, and, women from Black and Minority Ethnic Communities. Support included

- \* Training sessions
- \* Policy and practice development support
- \* Workplace wellbeing sessions for employees

Tyneside Women's Health also worked with partners across the region to organise training for 14 counsellors by Pink Therapy, who in turn will roll information out to 110 colleagues.

*"You have really helped in our planning for LGBT engagement"*

## Our Year in Pictures



*Nature lovers*



*An intrepid zip-sliding fundraiser*



*Creating and crafting together on International Women's Day*



*More creative crafting women*



*Expressive belly-dancing women*

# *tyneside women's health*

## Finance Report

I became a Trustee in September 2012 and have been Chair of the Finance Sub Group since February 2013. I am delighted to report that through diligent control of expenditure and effective fundraising / business development, we have managed to end the year in surplus.....although only just!

Tyneside Women's Health was fortunate to have several grants and contracts in place going into the year. Indeed it was this reality that enabled Trustees to have the confidence to make such a big decision to move premises.

We offer genuine thanks to the funders listed below who awarded us funds throughout the year, without which we would not be able to support women's mental health and emotional wellbeing. A special mention goes out to our wonderful community fundraisers who participated in a fundraising zip slide. We thank you so much for your generosity of spirit not to mention your bravery!

Based on the funding we have in place, we know next year will be a tight one for us. We also know that we must attract significant funding and new contracts before the 14/15 financial year in order to continue with our work. Ensuring sustainability will require significant input from all of us at Tyneside Women's Health and we resolve to rise to the challenge.

Yours sincerely

Sharon Kelly  
Chair of Tyneside Women's Health Finance Group

The Lily Matthews Fund through the Community Foundation

The Henry Smith Charity through the Community Foundation



## Accounts – Period ended 31<sup>st</sup> March 2013

### Statement of Financial Activities

	Note	Unrestricted Funds (£)	Restricted Funds (£)	Total Funds 2013 (£)	Total Funds 2012 (£)
<b>Incoming resources</b>					
Donations		1,404	-	1,404	2,305
Grants	3	-	304,012	304,012	355,528
Fundraising		2,495	-	2,495	-
Other fees	4	22,659	-	22,659	6,293
Bank interest		588	-	588	245
<b>Total incoming resources</b>		<u>27,147</u>	<u>304,012</u>	<u>331,159</u>	<u>364,371</u>
<b>Resources expended</b>					
Salaries	5	10,627	235,389	246,016	254,297
Group work & activities		232	21,903	22,135	14,574
Office expenses		7,457	7,401	14,859	6,223
Premises expenses		14,780	35,755	50,535	37,402
Room hire		200	-	200	-
Depreciation		573	-	573	573
Other costs	7	2,055	5,504	7,559	24,293
<b>Total resources expended</b>		<u>35,925</u>	<u>305,953</u>	<u>341,878</u>	<u>337,362</u>
<b>Net incoming/(outgoing) resources before transfers</b>		(8,778)	(1,941)	(10,719)	27,009
<b>Gross transfers between funds</b>		-	-	-	-
<b>Net movement in funds</b>		(8,778)	(1,941)	(10,719)	27,009
<b>Total funds brought forward</b>		121,098	10,398	131,496	104,487
<b>Total funds carried forward</b>		<u>112,320</u>	<u>8,457</u>	<u>120,777</u>	<u>131,496</u>

### Balance Sheet as at 31<sup>st</sup> March 2013

	Note	2013 (£)	(£)	2012 (£)	(£)
<b>Fixed assets</b>					
Tangible assets	10		1,721		2,294
<b>Current assets</b>					
Debtors	11	8,779		13,547	
Building Society account		38,411		37,935	
Cash at bank (com dir plus)		72,099		96,062	
Cash in hand		17		62	
<b>Total current assets</b>		<u>119,306</u>		<u>147,606</u>	
<b>Current liabilities</b>					
Creditors	12	<u>250</u>		<u>18,404</u>	
<b>Net current assets</b>	14		119,056		129,202
<b>Net assets</b>			<u>120,777</u>		<u>131,496</u>
<b>Funds</b>					
General funds			96,540		94,318
Designated funds	15		15,780		26,780
Restricted funds	13		8,457		10,398
<b>Total funds</b>			<u>120,777</u>		<u>131,496</u>

# *tyneside women's health*

## The Board of Trustees

Ellie Brown	Jan Carter (until Sep 2012)
Lindsay Henderson (until Mar 2013)	Jeannine Hughes
Rebecca Hull (until June 2012)	Sharon Kelly
Alyson Learmonth	Kathryn Rowe
Christine Shrubbs	Christine Sloan
Kimberley Smith	

## The Staff Team

Lucinda Boocock:	Mental Health Courses Development Worker
Louise Haillay:	Sessional Support Worker (until December 2012)
Leonora Hogarth:	Service User Development Worker
Tess Hudson:	Training and Development Worker, E & D (until January 2013)
Mandy Johnston:	Administrator
Lesley Martin:	Finance & Administration Manager
Jo McEntee:	Sessional Support Worker (until October 2012)
Kathleen McIntyre:	Sessional Support Worker
Sophie Mitchell:	Sunday Lunch Facilitator
Kate Mukungu:	Chief Executive Officer
Jo Pearson:	Community Mental Health Worker
Joyce Rowden:	Cleaner
Anita Sarkar:	Sessional Support Worker and Temporary Project Worker
Elaine Slater:	Project Manager
Jess Smith:	Community Mental Health Worker, E & D
Mandy Snee:	Community Mental Health Worker
Sophie Turnbull:	Administration and Centre Support Worker
Mary Wight:	Finance & Administration Manager

## Volunteers

Linda Ainsley – Counsellor	Tom Fry – Database Designer
Louise Haillay - Counsellor	Ruth Harris- Counsellor
Gillian Hewitt – Counsellor	Deborah Hillary - Counsellor
Suzy Jones – Counsellor	Sarah Knapper – Reiki Therapist
Varda Kruger – Counsellor	Carolyn Moir – Facilitator
Joanna Moseley – Counsellor	Helen Mowbray - Counsellor
Fiona Parmley - Researcher	Dawn Rossiter – Facilitator
Jill Smith – Clinical Supervisor	Ashleigh Terrell – Counsellor
Alison Warren – Counsellor	Lesley Welsh – Counsellor

Thanks to all our community fundraisers, external facilitators and partner organisations too numerous to mention here.

Tyneside Women's Health, 30 Half Moon Lane, Gateshead. NE8 2AN  
Tel: 0191 477 7898 Fax: 0191 478 2356 Email: [enquiries@tynesidewomenshealth.org.uk](mailto:enquiries@tynesidewomenshealth.org.uk)

[www.tynesidewomenshealth.org.uk](http://www.tynesidewomenshealth.org.uk)

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