

tyneside **women's health**



**Annual Report
2011/2012**



Our Aim

Tyneside Women's Health exists to support women to improve and maintain their mental health and emotional wellbeing in order to achieve their personal potential.

Our Values

- A commitment to holistic, recovery focused practice aimed at empowering women to determine their own future
- Working in a safe, women-only environment to enable women to fully explore their needs and have their needs met.
- Embracing the diversity of women and working to reduce health & social inequalities experienced by women
- Providing support that can either compliment or be an alternative to other primary and secondary mental health treatment
- A commitment to service user involvement and participation, both in the development of Tyneside Women's Health and in the wider community
- A commitment to acting in the best interests of women suffering mental distress
- Working in an open and transparent manner with all stakeholders
- Showing respect to everyone with whom we work
- Being mindful of carers' perspectives and issues
- Valuing and promoting partnership work and collaboration





Chair's Welcome

This year I will keep my welcome brief. I do so because most of this report is filled with words from our service users and I don't want to delay you reading their testimonies.

I would like however to highlight that this has been one of the busiest years for the Trustees of Tyneside Women's Health. We have continued to develop a range of working groups to look at: Finance, Staffing, Service User Development and Trustee Training & Development. We also said goodbye to Sarinder Bhandal, Jas Holburn and Nicole McKay from our Board whom we wish well.

We welcomed Tess Hudson, Sophie Mitchell, Joyce Rowden, Elaine Slater, Jess Smith and Sophie Turnbull to the staff team. We are also delighted to have been joined by a new group of sessional staff, volunteer counsellors and a volunteer clinical supervisor, Jill Smith a highly skilled and experienced Psychologist.

As ever I would like to thank the service users, volunteers, staff and Trustees of Tyneside Women's Health and everyone who has worked with us throughout the year.

Regards

Jeannine Hughes
Chair



The Needs of Our Service Users

A total of 430 individual women came to Tyneside Women's Health for support in the last year of whom 180 or 42% came to us for the first time. The issues affecting first time service users during the year are highlighted in table 1.

Table 1: Issues Affecting More than 10% of First Time Service Users

Issue Affecting Wellbeing	% of Women	Issue Affecting Wellbeing	% of Women
Depression	81.98	Anxiety	69.61
Stress	55.48	Loneliness / Isolation	49.82
Low Confidence / self esteem	41.7	Bereavement	30.74
Sleep problems	30.39	Domestic abuse	26.86
Family / relationship problems	26.50	Suicidal feelings or attempts	25.44
Bullying/ harassment	18.73	Sexual abuse	17.67
Eating distress	16.61	Unemployment	11.31
Substance misuse	10.95	Self-harm	10.00



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 68 women received counselling during 2011 to 2012, a 15% increase on the previous year.

“My counsellor was extremely skillful at identifying issues behind my depression and the unhelpful stories I fill it with; and at showing me some fundamentally different ways to approach (and challenge) myself and my life. I’m now coming off anti-depressant drugs – one of my original aims coming into counseling”

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.

“I enjoy the friendship of others and a diversion from my mental and physical health issues”



Mental Health Courses

We delivered 13 mental health courses and a whole range of follow up sessions. All courses had positive outcomes with regard to mental health symptoms.

Anxiety Management

“I feel that I have coped better with big hurdles in my life that would have previously made me very unwell”



Confidence and Self Esteem

“I’m learning to cope with things more positively. My confidence has improved a bit. Starting to learn to recognise and challenge negative thoughts”

Coping with Depression

“Now I feel much better in myself. I don’t have as many ‘downs’ as I used to. I am slightly more comfortable in social situations now and meeting new people.”

Food and Mood

"I find these sessions stimulating, informative, good atmosphere, uplifting and satisfying, supportive and life enriching."



Wellness Recovery Action Planning or WRAP

"I am thinking and aware of what I need to make/keep me well"

Mental Health Follow Up Sessions

In addition to the time limited courses we have been running regular sessions for women who have completed mental health courses so that they can sustain the progress they have made in the courses.

"I find the support of this profoundly helpful to my mental health"



Support Groups

Time for Me - for Black and Minority Ethnic women with mental health issues

"Although I am taking strong medication and feel unwell, I am always here. It is always me by myself but here we are together. This is my family."

Gateshead Women's Support Group - for women with mental health issues

"A great group, it helps me feel normal, it makes me leave home with a purpose."

Newcastle Women's Support Group - for women with mental health issues

"The group motivates me to get out of the house and socialise and feel less alone."

Safer Women Support Group - for women affected by domestic abuse

"I feel part of a group of women who understand, do not judge, experienced similar issues. Been a God send, uplifts my spirits."

Sunday Lunch Group - for women who experience isolation

"I have difficulty in cooking so doing it with others helps me. Sundays are difficult days and going to a non-threatening atmosphere is beneficial"

The Reading Group - in partnership with Gateshead Library.

“The group is really valuable socially both to meet people and to stop you feeling isolated.”

The Wellbeing Group - for older women.

“TWH has given me greater confidence. Prior to becoming a member due to growing older I was becoming more introvert but I am now overcoming that.”

Personal Growth Support

Personal growth support is provided in a range of ways from employability sessions to one to one support

“Without Personal Growth TIPS I would never have got my Open University course as I would never believe myself clever enough”



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.

Grapevine

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

“Thank you for opening my eyes to other ways to make myself feel good/help myself. I’ve learned new therapies. Also made good new friends – thanks!”

Grapevine Wellbeing Day Participant

Linked Women

Linked Women exists to ensure service user participation in Tyneside Women’s Health. Linked Women was set up this year and meetings are attended by service users, invited staff and three members of the Board of Trustees.

“I’ve found it interesting being part of Linked Women. I now understand how the organisation does things and have learned from the staff and management about their different roles. I now have a role as a service user representative and I’m able to pass on information to other service users.”

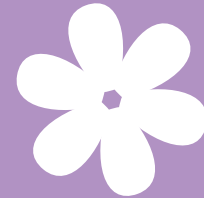




Therapeutic Activities

We provided a whole range of activities in the year.

- * Belly Dancing
- * Craft courses with the Workers Education Association
- * Exercise to Music
- * Gardening
- * Herbal Medicine
- * Relaxation sessions
- * Singing
- * Yoga
- * Zendah Dance
- * Zumba



“I’m not fantastic at the moment but this alone is fantastic and uplifting and makes a huge difference to my wellbeing”

A member of Positive Notes Singing Group

Training and Development Support

Tyneside Women’s Health provides training and development support to organisations that work with women from or in Gateshead around two themes.

- * Supporting lesbian and bisexual women
- * Supporting women from Black and Minority Ethnic Communities

During the year 74 participants from 21 services / organisations took part in training.

“Group discussions and activities enabled insights into other people’s / services perspectives on BME issues.”

“Brilliant training! A hugely complex subject tackled in a way that enabled reflection and discussion.”





Our Year in Pictures



Official Opening with Chi Onwarah MP Apr 2011



Our Fundraising Walk in Sep 2011



Service Users with the Banner They Made for White Ribbon Day Nov 2011



Grapevine Wellbeing Day Feb 2012



The Women's Fund Lunch Mar 2012

A Focus on Partnership Work for Wellbeing

We were delighted to lead the Wellbeing Champion's Project, the mental health component of Newcastle Science City. This innovative partnership project trained and supported 15 diverse women to promote wellbeing in the community using "the 5-a-day for health and happiness model". The champions in turn reached 145 community members during the short project.



Please note that 5-a-day leaflets as depicted here are available from Tyneside Women's Health in Arabic, Bengali, English, French and Urdu.

Northumbria University evaluated the project and concluded that the champions' knowledge of 5-a-day increased from 1.2 to 4.5 (1 = never used this and 5 = extensive use of this concept). The evaluation noted that women championed 5 -a -day for Health and Happiness on several levels; from sharing with family & friends through to organising large scale events in local communities.

Our valued partners were; Angelou Centre, East End Community Alliance, Millin Centre, Riverside Community Health Project, St Martin's Community Centre and Wor Hoose.



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tyneside women's health

Treasurer's Report

Once again I am pleased to report that we have managed to achieve a surplus at the end of the 2011 to 2012 financial year. This is a wonderful achievement given the economic challenges we all face at this time. The surplus reflects the great lengths to which Trustees and staff at Tyneside Women's Health go to ensure that

- sufficient funds are raised for the organisation's work, and,
- funds raised are both carefully & responsibly managed.



We would not have been able to support women's mental health and emotional wellbeing this year were it not for all our funders named below. In addition to this acknowledgement, we happily offer our funders our heartfelt thanks.

This will be my last report as Treasurer of Tyneside Women's Health as I have made the difficult decision to move on due to the demands of a new job. I wish everyone at Tyneside Women's Health every success in the future.

Rebecca Hull
Treasurer



Lloyds TSB Foundation for England and Wales

The Henry Smith Charity through the Community Foundation



Accounts – Period ended 31st March 2012

Statement of Financial Activities

	Unrestricted Funds (£)	Restricted Funds (£)	Total Funds 2012 (£)	Total Funds 2011 (£)
Incoming Resources				
Donations	2,305	-	2,305	1,261
Grants	28,978	326,550	355,528	256,531
Other Fees	6,293	-	6,293	12,609
Bank Interest	245	-	245	205
Total incoming resources	<u>37,821</u>	<u>326,550</u>	<u>364,371</u>	<u>270,606</u>
Resources Expended				
Salaries	14,068	240,229	254,297	198,799
Group work & Activities	-	14,574	14,574	12,408
Office Expenses	1,089	5,134	6,223	7,212
Premises Expenses	11,075	26,327	37,402	31,051
Room Hire	-	-	-	2,337
Depreciation	573	-	573	717
Other costs	2,782	21,511	24,292	5,623
Total Resources Expended	<u>29,587</u>	<u>307,775</u>	<u>337,362</u>	<u>258,147</u>
Net Incoming (outgoing) resources	8,234	18,775	27,009	12,459
Net Movement in Funds	16,169	(16,169)	-	-
Total Funds Brought Forward	<u>96,696</u>	<u>7,792</u>	<u>104,487</u>	<u>92,028</u>
Total Funds Carried Forward	<u><u>121,099</u></u>	<u><u>10,398</u></u>	<u><u>131,496</u></u>	<u><u>104,487</u></u>

Balance Sheet as at 31st March 2012

	2012 (£)	(£)	2011 (£)	(£)
Fixed Assets				
Tangible Assets		2,294		2,867
Current Assets				
Debtors	13,547		6,589	
Building society account	37,935		37,840	
Cash at Bank	96,062		58,686	
Cash in Hand	63		48	
Total Current Assets	<u>147,606</u>		<u>103,163</u>	
Current Liabilities				
Creditors	18,404		1,543	
Net Current Assets		<u>131,496</u>		<u>104,487</u>
Net Assets		<u><u>131,496</u></u>		<u><u>104,487</u></u>
Funds				
General Funds		93,318		80,916
Designated Funds		26,780		15,780
Restricted Funds		<u>10,398</u>		<u>7,792</u>
Total Funds		<u><u>131,496</u></u>		<u><u>104,487</u></u>



tyneside women's health

The Board of Trustees

Sarinder Bhandal (until August 2011)
Jan Carter
Jeannine Hughes
Jan Martin
Christine Sloan

Ellie Brown
Jas Holburn (until November 2011)
Rebecca Hull
Nicole McKay (until August 2011)
Kathryn Rowe

The Staff Team

Lucinda Boocock:	Mental Health Courses Development Worker
Linda Clarke:	Sessional Support Worker (until February 2012)
Leonora Hogarth:	Service User Development Worker
Tess Hudson:	Training and Development Worker (E & D)
Mandy Johnston:	Administrator
Jo McEntee:	Sessional Support Worker
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:	Office Manager

Volunteers

Linda Ainsley – Counsellor
Maria Dodds – Counsellor
Tom Fry – Database Designer
Ruth Harris- Counsellor
Varda Kruger – Counsellor
Marie Robinson – Counsellor
Jill Smith – Clinical Supervisor
Paula Walker – Counsellor
Jane Weston – Counsellor

Cathy Brady - Counsellor
Anna Ellinson - Counsellor
Louise Haillay - Counsellor
Mel Kakkar - Facilitator
Joanna Moseley - Counsellor
Dawn Rossiter – Facilitator
Ashleigh Terrell – Counsellor
Lesley Welsh – Counsellor



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

In Memory of Dorothy Urwin, former Tyneside Women's Health team member and all round gem.

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