

# Annual Report

2023 – 2024

*tyneside women's health*



# Chair's Welcome

Welcome to our 2023 – 2024 Annual Report

This has been another busy year for us and we've welcomed many new women into our services to receive the vital mental health support they need.

Most of our virtual services have now stopped with the majority returning to face to face in our Centres.

We've settled into our new Centre in Gateshead well and are used to all the space it has brought us.

We are continuing to work on our rebrand and will be developing this over the next year ready to launch to coincide with our anniversary celebrations.

We continue to keep a close eye on needs data to ensure our services continue to help women address the issues that impact them, and this is reflected in the new interventions we can offer such as the Mother & Baby group introduced this year.

Read on through the report to find out more about our work and key achievements for the year.

I wish to thank the staff team for their ongoing commitment as well as my fellow Trustees:

Maria Humphreys – Vice Chair

Elizabeth Stokes – Company Secretary

Karen Griffiths – Finance Lead

Sarah Dodds

Thanks to all our funders and supporters we look forward to working with you all next year.

Best wishes

Jeannine Hughes, Chair of the Board of Trustees

# Vision

Our vision is a society that is free from mental health stigma, in which all women and girls feel included and empowered.

# Mission

Women and girls will be supported to take control of their own mental health and emotional wellbeing and will be respected and valued for the skills and strengths they possess.

We want women and girls to flourish and reach their personal potential by having access to timely mental health support in community locations. We wish to provide inclusive, compassionate services in a safe, women only space.

Services will help women to improve their mental health, reduce social isolation, and help diverse communities of women and girls to participate no matter their mental health or circumstances.

Many of our services are focused on supporting women and girls to recover from abuse and the impact this has had on their lives and mental health.

# Values

Women led

Working in partnership

Creating meaningful recovery

Promoting equality

Everyone's opinion matters

Meeting women's diverse needs

Respect for all

Empowerment

Strengths focussed

# Women accessing our services

In total **598 women** accessed our services in 2023 - 2024.

We received **543 new referrals** which is a significant increase on the previous year.

**193 women** attended our **Welcome Sessions**.

**213 new women** attended initial assessments.

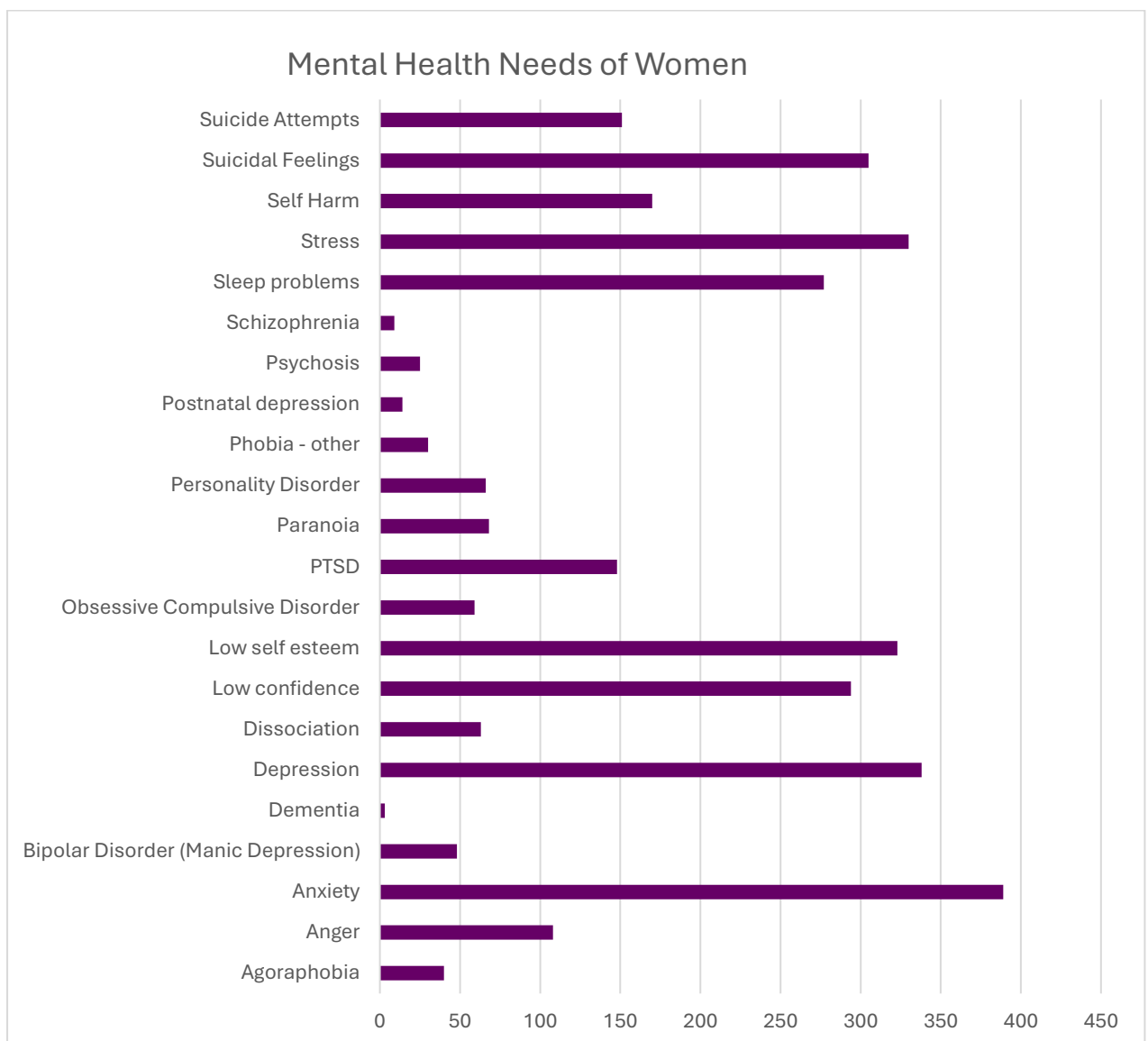
22 women who had disengaged from our services attended one to one review appointments.

Referral sources are broken down as follows:

- Criminal Justice / Victim Support Services = 9%
- Domestic Abuse Services = 20%
- Social Services = 11%
- Statutory Mental Health Services / GP / Social Prescribing = 32%
- Self-Referrals = 20%
- Other (including other VCSE, Housing, ETE, Substance Misuse) = 8%

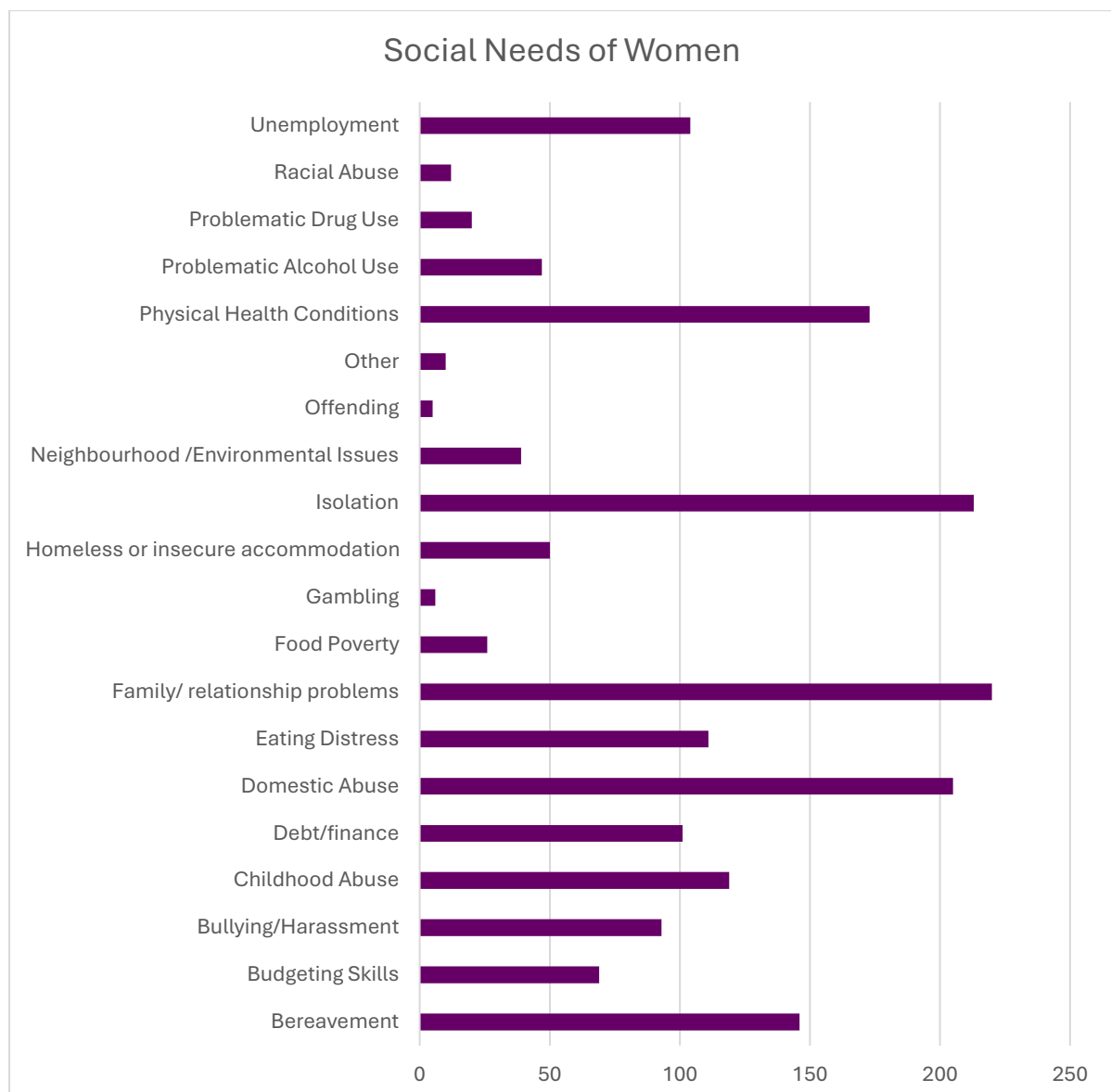
# Mental health needs of women accessing our service

Of the women accessing our services, the following mental health needs were reported:



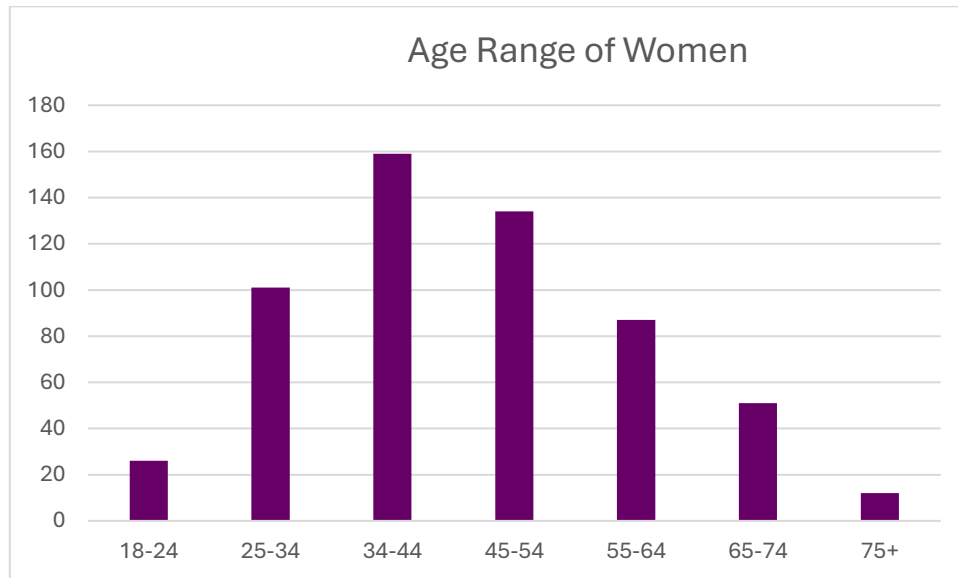
# Social needs of women accessing our service

Of the women accessing our services, the following social needs were reported:



# Demographics

Women accessing our services were in the following age categories:



Women accessing our services reported their ethnicity as follows:

White ( <i>English, Welsh, Scottish, Northern Irish, Irish, Gypsy or Irish Traveller, and any other White background</i> )	88%
Mixed/multiple ethnic groups ( <i>White and Black Caribbean, White and Black African, White and Asian, and any other mixed/multiple ethnic backgrounds</i> )	3%
Asian/Asian British ( <i>Chinese, Indian, Pakistani, Bangladeshi, and any other Asian background</i> )	5%
Black/African/Caribbean/Black British	2%
Other ethnic group (Arab and any other ethnic groups)	2%

We supported **327** women from **Gateshead**, **225** women from **Newcastle** and 46 women from neighbouring Local Authorities

# Our service offer

Throughout the year women had access to the following **Open Access Interventions** where no waiting list is in place and services have day one access:

Online Creative Writing attended by 25 women.

Weekly Drop In at the Gateshead Centre attended by 10 women.

Weekly Drop in at the Newcastle Centre attended by 26 women.

Positive Notes Singing Group attended by 11 women.

Reading Group attended by 4 women who share an enjoyment of books.

Sunday Lunch Group where women prepare and eat a meal together, attended by 10 women.

Physical Activity including Walking Group, Yoga, Mind, Body & Wellness Group attended by 17 women.

Weekly Creative Groups attended by 37 women.

Weekly Anxiety, Depression & Low Mood Groups attended by 25 women

Reiki appointments attended by 20 women

Weekly Support & Explore Groups attended by 20 women

Weekly Holistic Health Groups attended by 16 women

# Our service offer

We offered **Targeted Support Services** including support groups, mental health courses and counselling. These services are delivered based on demand. Over the year the following services were provided:

## **Outreach Services:**

- We provided Healing Together Programmes in schools across Newcastle and supported 11 children.

## **Centre Based Services:**

- Anxiety Management courses delivered to 22 women to help them develop strategies to manage anxiety.
- An Anger Management course delivered to 7 women to help them develop assertiveness skills and explore other ways to manage feelings of anger.
- Mood, Food & Me courses supported 11 women to explore the relationship between their eating and their mental health.
- 'Positive About Me' Confidence Building programmes reached 38 women to help them improve confidence and self-esteem.
- Grief & Loss programmes helped 10 women manage feelings around bereavement.
- A Safety Net group supported 6 women to manage feelings of suicide.
- Undoing the Damage of Domestic Abuse programme reached 19 women and helped them to recognise the signs of abuse and how abuse has impacted their mental health.
- Safer Women Monthly Drop In reached 6 women affected by domestic abuse.
- A new Stress Awareness programme supported 14 women.
- A new Surviving to Thriving programme was piloted to help women overcome trauma and reached 8 women.
- 249 women accessed some level of one to one support.
- 57 women accessed our counselling services in the year. We continued to offer virtual and telephone counselling; however the majority of women prefer to access face to face sessions.

# New developments and achievements

Some of our key developments this year include:

- ✓ Work has continued to develop our trading subsidiary and the website and social media channels have been launched. We hope this will help us to generate further unrestricted income in future.
- ✓ We have set up a new Mother & Baby Group where women can attend with their children when they have no access to childcare. Mams Matter is a regular weekly group with no waiting list.
- ✓ We have explored out of hours support for professional women who experience mental health difficulties and are finalising logistics before rolling this out.
- ✓ We are in the process of creating new Women's Wellbeing programmes around menstruation and menopause.
- ✓ We are leading the North East women's sector by hosting two staff as part of a regional Represent Women service to support grass roots, VCS organisations led by and for women to have their voices heard.

# Our impact

Of women accessing our services (based on 181 returned evaluations) the following outcomes

were reported:

84% felt less depressed

79% felt less anxious

88% felt more confident

78% felt less stressed

100% felt less isolated

73% felt more able to manage their mental health

71% had greater self esteem

72% felt they had a better quality of life

We supported two social work student placements providing students with valuable experiences of working in a mental health setting.

We supported over 500 volunteering hours.

We secured and filled 5 Great North Run places and 1 Great North Swim place and this raised valuable funds for us.

# Partnership working

**We sincerely thank our longstanding partners.....**

**Lindsay Hannon who facilitates Positive Notes Singing Group.**

**Sally Roach who facilitates Mindful Wellbeing.**

**Tracy Percival who provides Reiki**

Supporting female offenders by hosting a  
weekly Community Hub.

**CHANGING  
LIVES**

Supporting the women and girls' sector by  
hosting Represent Women

**Represent  
Women**

# Finance report

*This year has been a good year for Tyneside Women's Health, however not without its challenges, like most other charities.*

*We have secured some large grants and some small grants to continue our vital work. Our income has been slightly less on the year compared to the previous year due to some large grants being carried forward. We have also reduced our expenditure to ensure our operating costs are as streamlined as possible. Despite this there has been no significant reduction in the staffing levels or services provided.*

*We have worked in partnership to secure a large grant that we will be holding on behalf of Represent Women and this will come to fruition next year.*

*We have maintained our target unrestricted reserves of 3 months running costs and have a designated fund in place to for any ongoing work related to our rebrand.*

*As we move into next year, we continue to work to our 3 Year Finance Strategy. We are confident that we will secure sufficient income to meet our expenditure, and in turn this ensures we can continue to support as many women as possible.*

*We offer genuine thanks to all our partners and funders for supporting us.*

*Yours sincerely*

*The Members of the Finance Sub Group of the Board of Trustees*

# Our funders



Delivered by  
THE NATIONAL LOTTERY  
COMMUNITY FUND



Nancy  
Barbour  
Award

THE JOSEPH STRONG  
FRAZER TRUST

millerohomes

# Accounts

## Tyneside Women's Health

### Statement of Financial Activities for the year ended 31 March 2024

		Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
		2024	2024	2024	2023
		£			£
<b>Receipts</b>	Notes .				
Grants	4	1000	181661	182661	203729
Donations		6432		6432	2981
Fundraising		2157		2157	4045
Other Fees & Refunds		6369		6369	19025
Bank Interest		479		479	0
<b>Total Receipts</b>		<b>16437</b>	<b>181661</b>	<b>198098</b>	<b>229780</b>
<b>Payments</b>					
Salaries	2		170031	170031	177520
Staff Travel & Training			68	68	70
Group Work & Activities			3148	3148	15584
Counselling Work			140	140	2552
Office Expenses			12611	12611	22059
Premises Expenses		19861	40567	60428	46631
Governance Costs	3	1000	11613	12613	14575
Depreciation		135		135	45
<b>Total Payments</b>		<b>20996</b>	<b>238178</b>	<b>259174</b>	<b>279036</b>
Surplus / deficit for the year		-4559	-56517	-61076	-49256
Net Movement in Funds				0	0
Funds at 1 April 2023		176130	74645	250775	300040
<b>Funds at 31 March 2024</b>		<b>171571</b>	<b>18128</b>	<b>189699</b>	<b>250784</b>

# Meet the team



Elaine Slater  
Chief Executive Officer



Stephanie Mann  
Team leader



Katie Robinson  
MH & wellbeing worker



Sophie Burke  
MH & wellbeing worker



Rebecca Reed  
MH & wellbeing worker



Georgia Ingram  
MH & wellbeing worker



Lu Boocock  
MH & wellbeing worker



Heather Field  
MH & wellbeing worker



Laurn Thamaraksagul-Wandless  
Reception & Administration



Yulia Tykhomyrova  
Finance support officer



Chloe Milburn  
Student

# Meet the Volunteers



Saffiyah  
Counsellor



Joan  
Counsellor



Ann  
Counsellor



Mazi  
Counsellor



Bev  
Counsellor



Sally  
Counsellor / Yoga facilitator