

Annual Report 2022 - 2023

tyneside women's health



Chair's Welcome

Welcome to our 2022/23 Annual Report

We've had another busy year with all of our face to face services now open after the pandemic. Women tell us they are pleased that things are 'getting back to normal'.

We've continued to offer some virtual services and will monitor take up of these on an ongoing basis. We've introduced new services such as the Healing Together work in Newcastle schools.

The most significant development of the year for us has been our office move. After 10 years at Half Moon Lane, we took the decision to move to a bigger and more central location in Gateshead. We're now based right in the town Centre, close to public transport links, and have space over two floors so we can offer more services to local women.

Over the coming year we will be continuing to work on our rebrand and continuing to understand the needs of the women that access our services so that we can improve our service offer. 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:

Christine Sloan (until June 2022)

Elizabeth Stokes - Company Secretary

Joanne McGrath (until January 2023)

Julie Pichler (until June 2022)

Karen Griffiths - Finance Lead

Maria Humphreys - Vice Chair

Sarah Dodds

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

Best wishes

Jeannine Hughes, Chair of the Board of Trustees

Vision, Mission & Values

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

Mission:

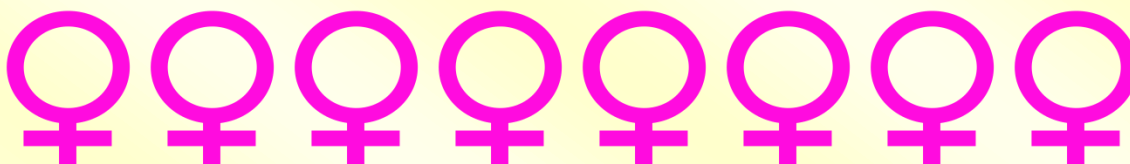
Women and girls will be supported to take control of their own mental health and emotional wellbeing and will be respected and valued for the skills and strengths they possess.

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.

***Helping women and girls to improve their mental health and
emotional wellbeing***

All our activities are underpinned by our values:

- Women led
- Creating meaningful recovery
- Everyone's opinion matters
- Respect for all
- Working in partnership
- Promoting equality
- Meeting women's diverse needs
- Empowerment
- Strengths focussed





The Needs of Our Service Users

In total 555 women accessed our services in 2022 - 2023.

We received 458 new referrals.

183 women attended our Welcome Sessions and 179 new women attended initial assessments. 23 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 = 8%

Domestic Abuse Services = 17%

Social Services = 6%

Statutory Mental Health Services / GP = 41%

Self-Referrals = 22%

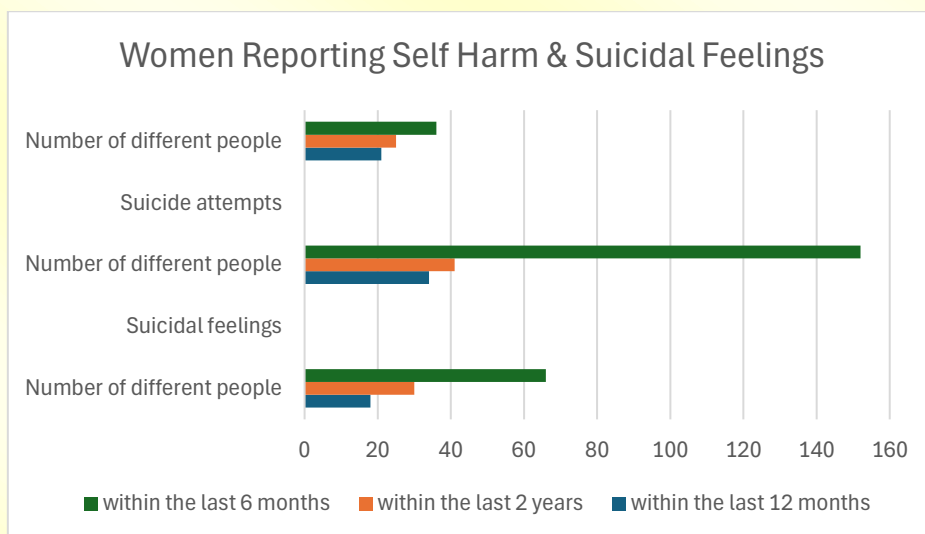
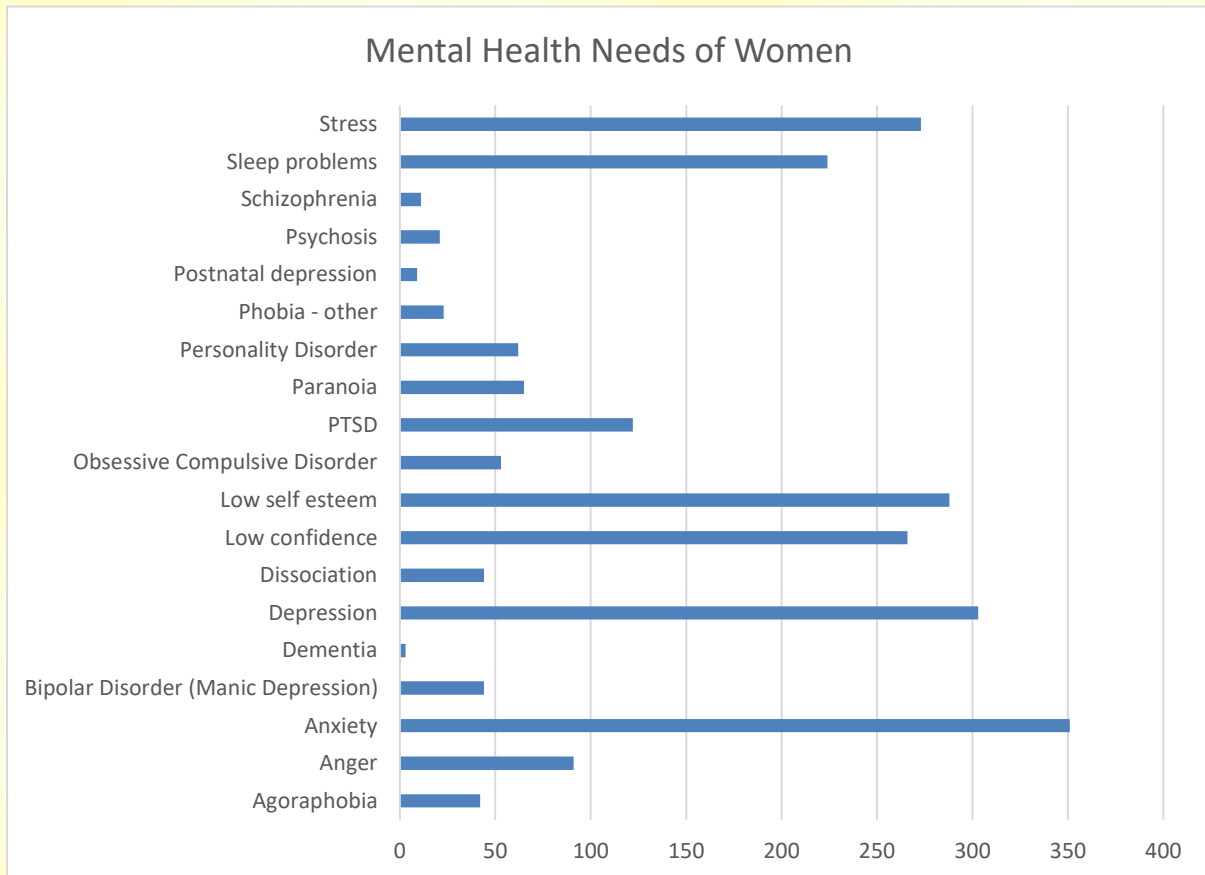
Other = 6%





The Mental Health Needs of Our Service Users

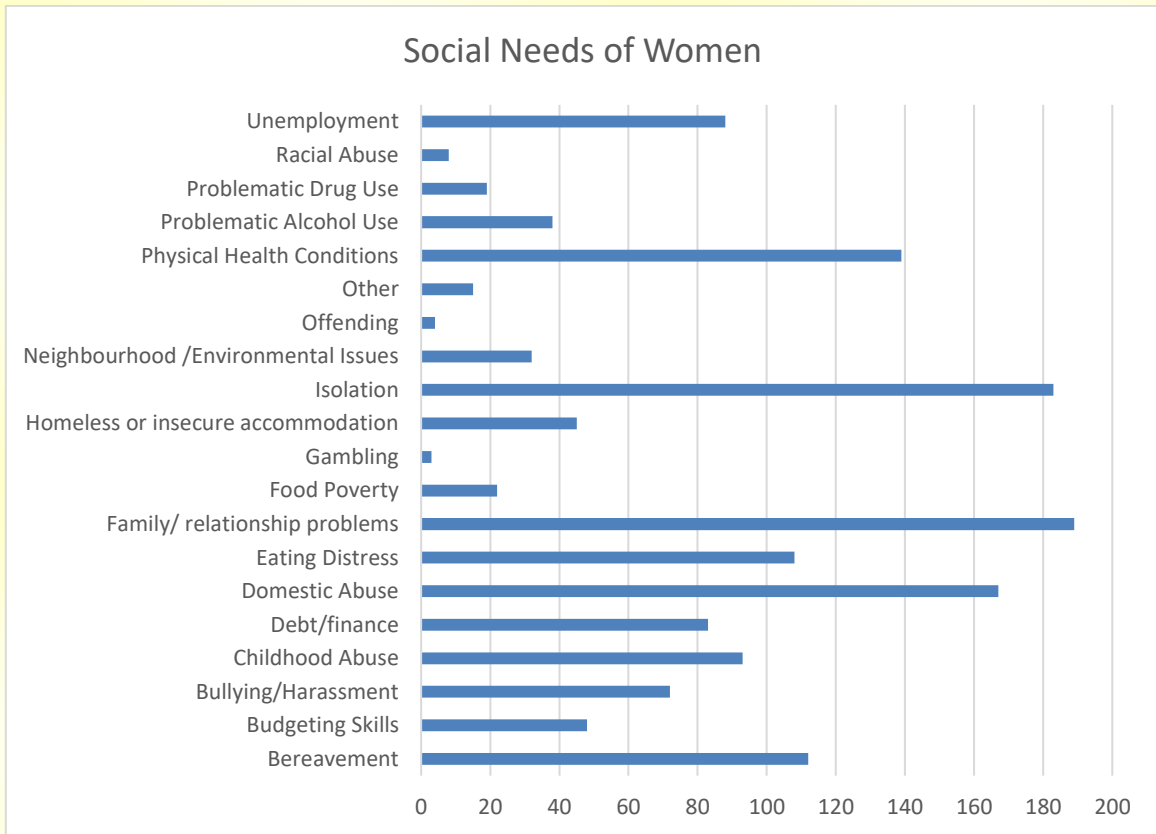
Of the women accessing our services, the following mental health needs were reported:



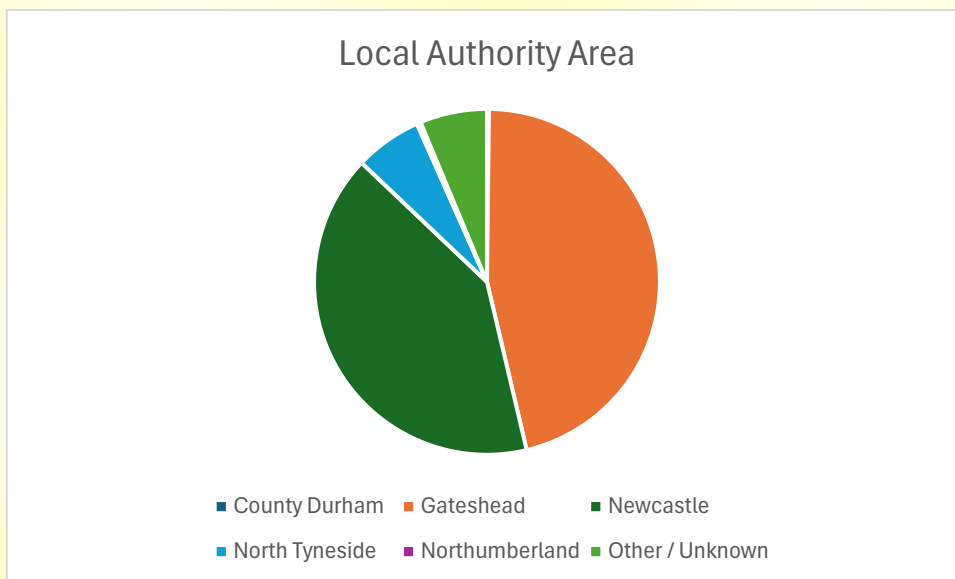


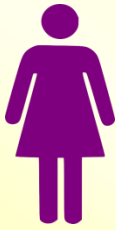
The Social Needs of Our Service Users

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



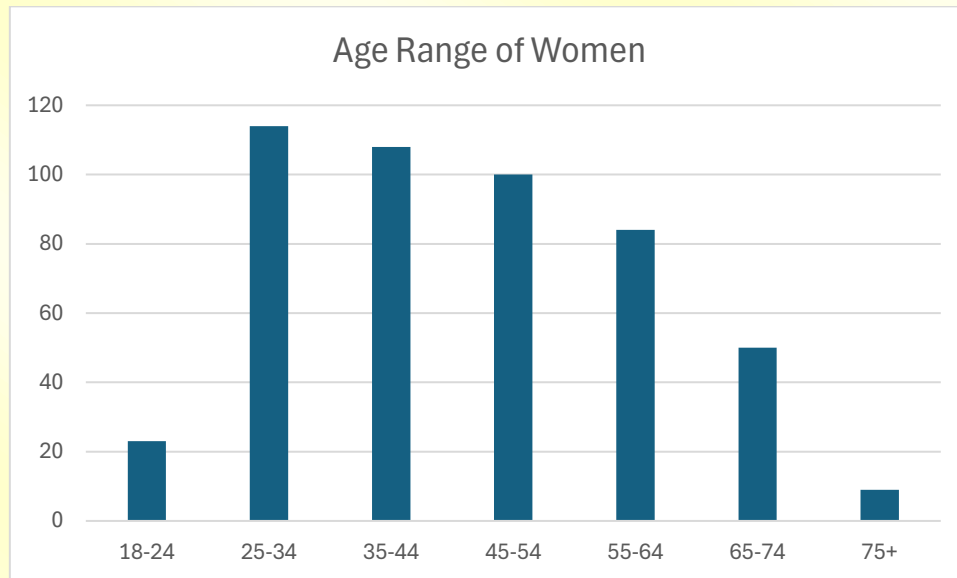
Women accessing our services came from the following Local Authority areas:





Service User 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>)	89%
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>)	4%
Black/African/Caribbean/Black British	2%
Other ethnic group (Arab and any other ethnic groups)	2%

All face to face interventions were fully reopened and the majority of virtual services ceased apart from a small number of mental health courses. Throughout the year women had access to the following **Open Access Interventions** where no waiting list is in place:

Virtual Services.....

Fortnightly Creative Writing Group delivered via zoom attended by 19 women

Centre Based Services.....

Weekly Drop In at the Gateshead Centre attended by 19 women.

Weekly Drop in at the Newcastle Centre attended by 46 women.

Positive Notes Singing Group attended by 12 women.

Reading Group attended by 8 women who share an enjoyment of books.

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

Holistic Health, including walking group, yoga, mindfulness attended by 17 women.

Individual Reiki appointments accessed by 7 women.

Make, Do & Share creative group attended by 28 women each week.

Targeted Support

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.....

Weekly Group at North Shields Library aimed at women impacted by domestic abuse reached 5 women.

Healing Together programmes were offered in Newcastle schools reaching 36 children.

Centre Based Services.....

Anxiety Management courses delivered to 29 women to help them develop strategies to manage anxiety.

An Anger Management course delivered to 14 women to help them develop assertiveness skills and explore other ways to manage feelings of anger.

Coping with Depression course helped 8 women better manage their mental health.

Mood, Food & Me course supported 16 women to explore the relationship between their eating and their mental health.

A 'Positive About Me' Confidence Building programme reached 27 women to help them improve confidence and self-esteem.

Undoing the Damage of Domestic Abuse programme reached 34 women and helped them to recognise the signs of abuse and how abuse has impacted their mental health.

Safer Women Support Groups reached 11 women affected by domestic abuse.

Wellbeing Groups for women aged 55+ helped 13 women feel less isolated.

A new Grief & Loss programme helped 13 women manage feelings around bereavement.

New Developments & Achievements



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.



Thanks to a small grant from the Sir James Knott Trust, we celebrated the Queen's Platinum Jubilee with tea parties, bunting and singing in our Centres.



We began an exciting piece of work as a team to develop a new brand logo and name for the organisation. We look forward to sharing updates soon.



We have developed new programmes such as support for women experiencing menopause and for women struggling to cope with loss.



We changed some of our core programmes to create rolling courses to reduce waiting times for women.



69 women accessed our counselling services in the year. We continued to offer virtual and telephone counselling as well as face to face sessions.



We moved our Gateshead Office to a bigger and more central location.

Women's Words & Impact

I feel more relaxed, less stressed. I like the people. It helps me feel better. It makes me forget my troubles.

I feel I have learnt a lot from the courses. They are very important to me.

It has been a life saver for me, the care support and knowing I could access this at any time. Even if I didn't need to come in, knowing it was there was an enormous support, being alongside other women and being accepted for who I was in my darkest time, celebrating with developing friendships in my journey and feeling I can give care, value and motivation to other women. Finding myself —emotionally and mentally more balanced and now in a position to make positive decisions for me

First time here and really enjoyed it. Feel so relaxed and welcome. Really enjoyed it and looking forward to next week and other courses!

I'm so glad I have recently found out about TWH from my counsellor at Talking Therapies

I am managing to relate to people better, I am joining groups, I am finding a creative outlet for my emotions, I am loving myself and others I am excited to join

555 women supported, representing 4,644 attendances.

Of women accessing our services:

88% feel more **confident**

84% feel less **depressed**

88% feel less **anxious**

85% feel less **stressed**

73% have greater **self esteem**

78% feel more able to **manage their mental health**

100% feel less **isolated**

77% have a **better quality of life**

Community Support

Local businesses, trades and suppliers are used to support the North East economy.

528 volunteering hours delivered, representing an approximate 'in kind' value of £7,619

2 Social Work student placements supported and 1 Guidance & Counselling Skills student placement supported

For every £1 invested in Tyneside Women's Health, this represents £16.69 worth of value savings to the NHS.

We would like to express our sincere thanks to the businesses, donors and fundraisers who supported us this year.



We had five runners in the Great North Run and four swimmers in the Great North Swim this year.



We took part in our second Big Give Match Fund Campaign to coincide with International Women's Day. All donations were match funded to make the double the impact.



Bespoke Financial Group made a one of donation to support our services.

A Poet in the City young producers' event in Newcastle raised £262.70 which was donated to Tyneside Women's Health

Pictures from the Year




Keystone

Partnership Working

Supporting female offenders by hosting a weekly Community Hub.

CHANGING LIVES

The Pulse Rooms who continue to support us on our rebranding journey.



As a Specialist Provider, we work within the Wise Steps partnership to help women improve their mental health and move closer to the labour market.



NATIONAL LOTTERY FUNDED



European Union
European Social Fund



We sincerely thank our longstanding partners.....

Lindsay Hannon who facilitates Positive Notes Singing Group.

Sally Roach who facilitates Mindful Wellbeing.

Finance Report

As we emerged from the Covid-19 pandemic we worked hard to secure ongoing funds to ensure our services could continue when we faced greater demand. Our in-year income for 2022/23 is significantly lower than last year due to the large number of emergency grants we received during the pandemic; however we will be carrying forward our National Lottery Community Fund Reaching Communities grant into next year as part of our restricted reserves.

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 office move and rebrand.

As we move into next year, we have our 3 Year Finance Strategy in place which includes plans to diversify our income streams and generate additional income through our new trading subsidiary. We are confident that our plans will ensure we 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



The 29th May 1961
Charitable Trust



THE JOSEPH STRONG FRAZER TRUST



Accounts 22/23

Tyneside Women's Health

Statement of Financial Activities for the year ended 31 March 2023

		Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
		2023	2023	2023	2022
	Notes			£	£
Receipts					
Grants	4	4000	199729	203729	314403
Donations		2981		2981	1225
Fundraising		4045		4045	3459
Other Fees & Refunds		19025		19025	3952
Bank Interest				0	582
Total Receipts		30051	199729	229780	323621
Payments					
Salaries	2	19340	158180	177520	169849
Staff Travel & Training			70	70	360
Group Work & Activities			15584	15584	12793
Counselling Work			2552	2552	
Office Expenses		7	22052	22059	13786
Premises Expenses		5650	40981	46631	55827
Governance Costs	3		14575	14575	9065
Depreciation		45		45	45
Total Payments		25042	253994	279036	261725
Surplus / deficit for the year		5009	-54265	-49256	61896
Net Movement in Funds				0	0
Funds at 1 April 2022		171602	128438	300040	238142
Funds at 31 March 2023		176611	74173	250784	300038

Meet the Team

The Staff Team

Clare Armstrong	Sessional Worker
Lucinda Boocock	Mental Health & Wellbeing Worker
Sophie Burke	Mental Health & Wellbeing Worker
Amy Burns	Mental Health & Wellbeing Worker
Heather Field	Mental Health & Wellbeing Worker
Bailey Hillman	Mental Health & Wellbeing Worker (until June 2022)
Georgia Ingram	Mental Health & Wellbeing Worker
Mandy Johnston	Business Administrator
Charlotte Lowery	Mental Health & Wellbeing Worker (until July 2022)
Ann Mabire	Mental Health & Wellbeing Worker
Stephanie Mann	Team Lead
Haadiyah Rashid	Mental Health & Wellbeing Worker
Maria Raun	Sessional Worker
Katie Robinson	Mental Health & Wellbeing Worker
Elaine Slater	Chief Executive Officer
Megan Steele	Sessional Worker (until November 2022)

The Volunteer Team

Sandra Coleman - Counsellor
Juliana Da Cunha – Counsellor
Joan Davis – Counsellor
Saffiyah Khatun – Counsellor
Ann Mabire - Counsellor
Anna McCall – Counsellor
Katie Robinson – Counsellor
Alice Roth – Counsellor

Sincere thanks to our service user who has provided Reiki sessions and to Deb Dixon who provides counselling supervision.