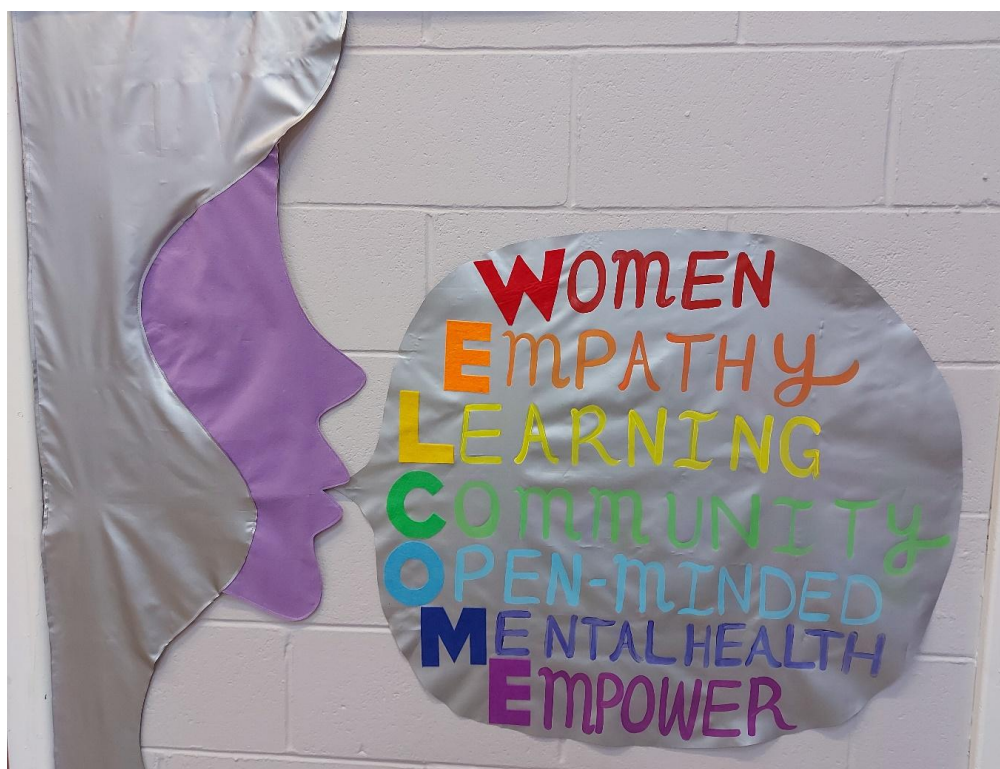


Annual Report

2024 – 2025

tyneside women's health



Chair's Welcome

Welcome to our 2024 – 2025 Annual Report

We've had another busy year at Tyneside Women's Health, and I thank the staff team wholeheartedly for their ongoing commitment to supporting women to improve their lives and mental wellbeing. We have supported more women than ever this year and have shaped and adapted services to meet their needs.

We continue to be leaders within the Women and Girls' Voluntary Sector and host two staff as part of Represent Women and exciting new organisation set to strengthen the sector.

I wish to thank my fellow Trustees who have continued to work hard behind the scenes to ensure Tyneside Women's Health is in a strong position. Thank you Maria, Liz, Karen and Sarah.

We look forward to celebrating our 40th Anniversary in 2025 and alongside this we are planning a rebrand and refresh so watch this space for developments.

Sadly, this will be my last Annual Report as I have taken the decision to stand down as Chair of the Board of Trustees. After more than 16 years, I feel it is time to hand over the reins to our Vice Chair, Maria who will be stepping up. I leave the organisation in a stable and exciting phase of development and will remain in contact and will support where I can.

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

1078 women were in contact with our services.

192 women attended our **Welcome Sessions**.

188 new women attended initial **needs assessments**.

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

We received **474** new **referrals**.

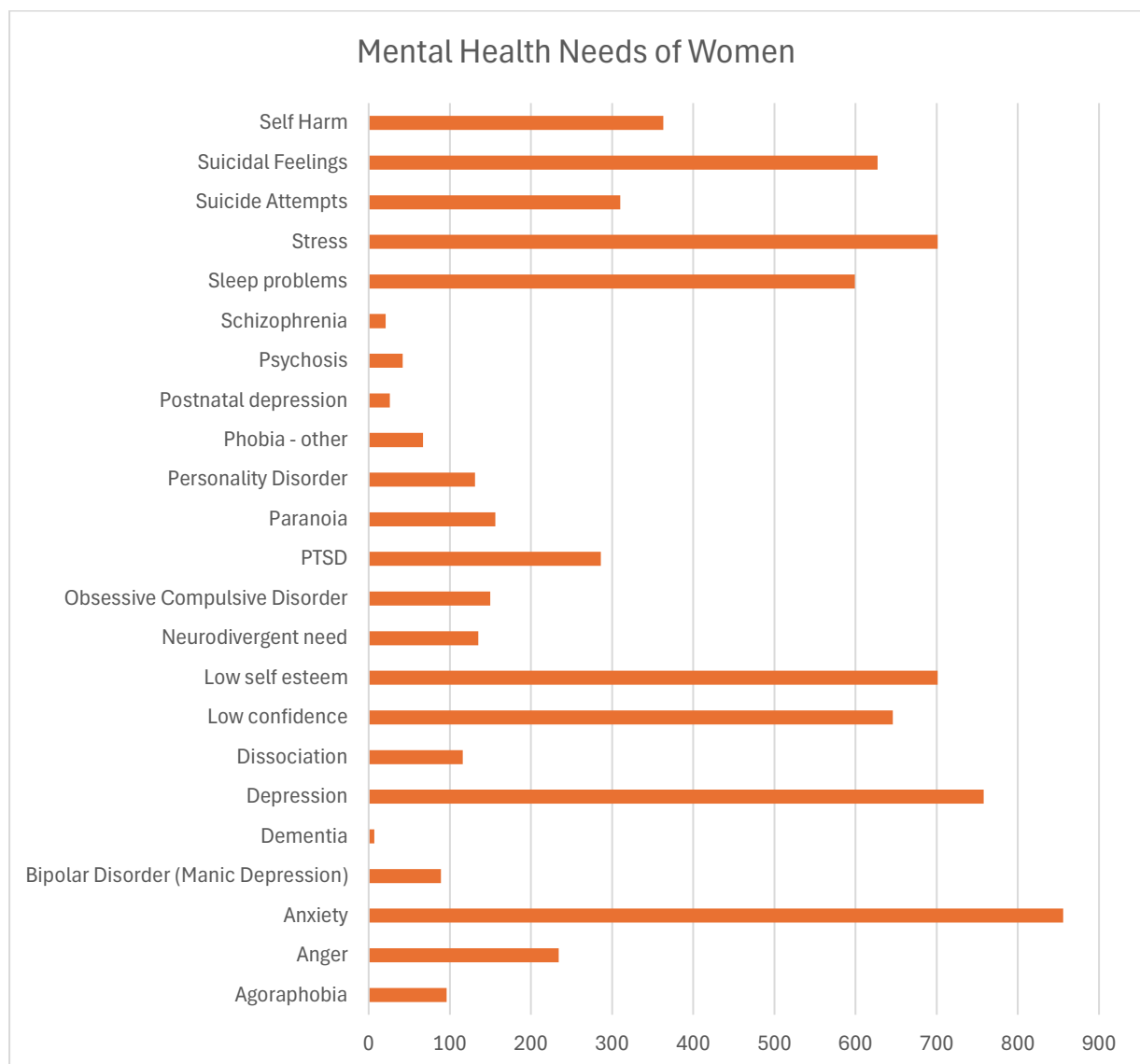
Referral sources are broken down as follows:

- Criminal Justice / Victim Support Services = 11%
- Domestic Abuse Services = 18%
- Social Services = 8%
- Statutory Mental Health Services / GP / Social Prescribing = 36%
- Self-Referrals = 21%
- Other (including other VCSE, Housing, ETE, Substance Misuse = 6%



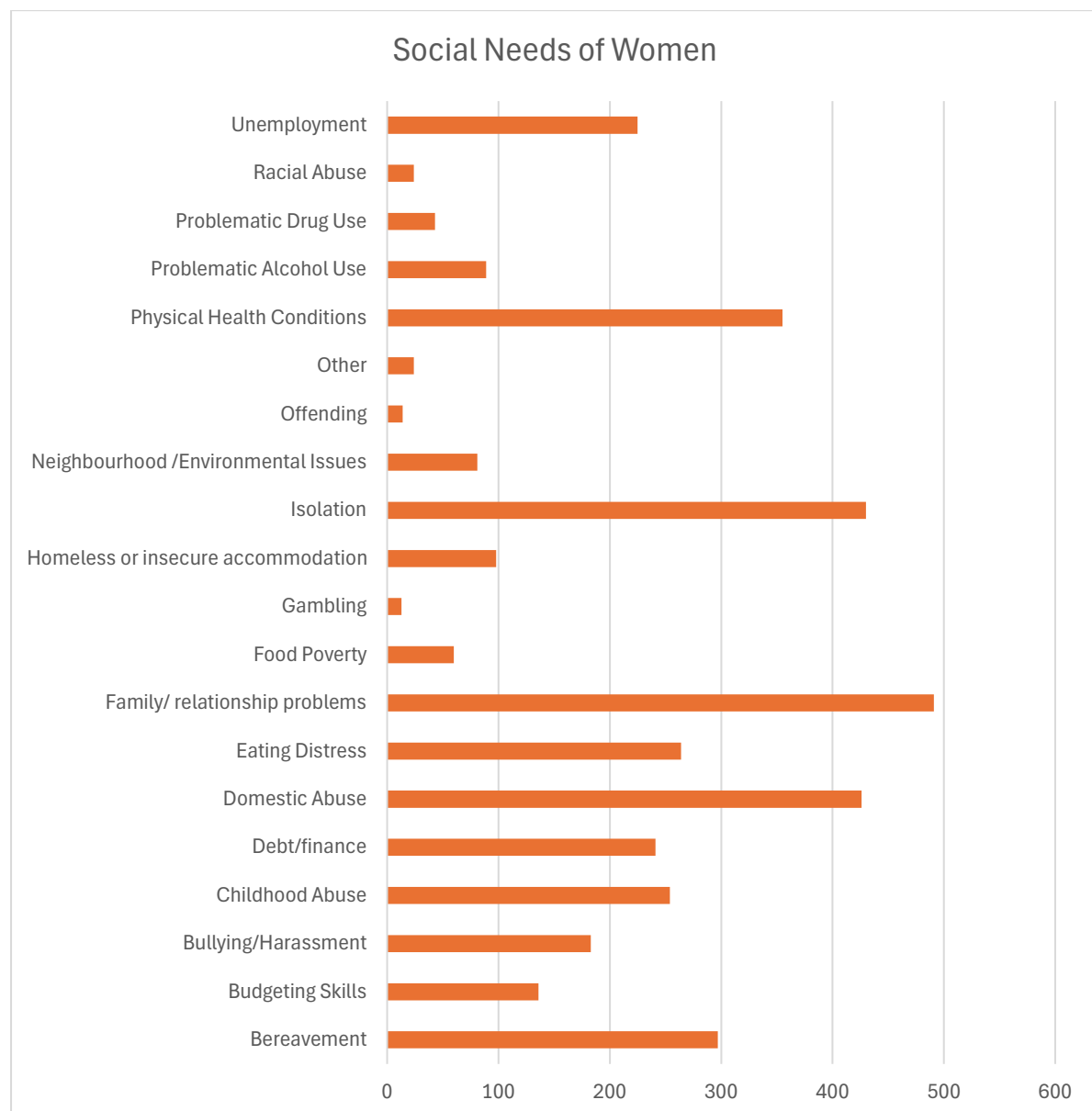
Mental health needs of women accessing our service

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



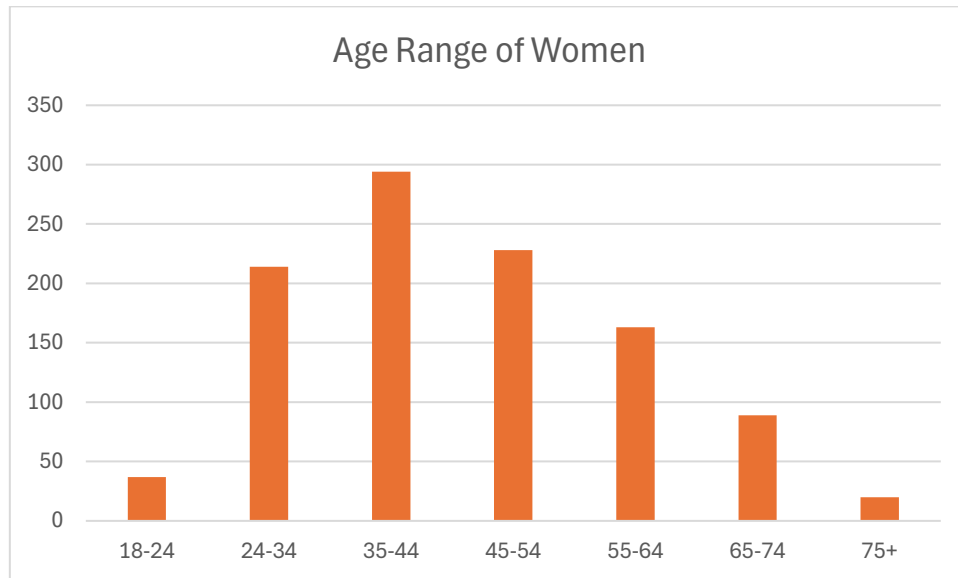
Social needs of women accessing our service

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



Demographics

Women accessing our services were in the following age categories:



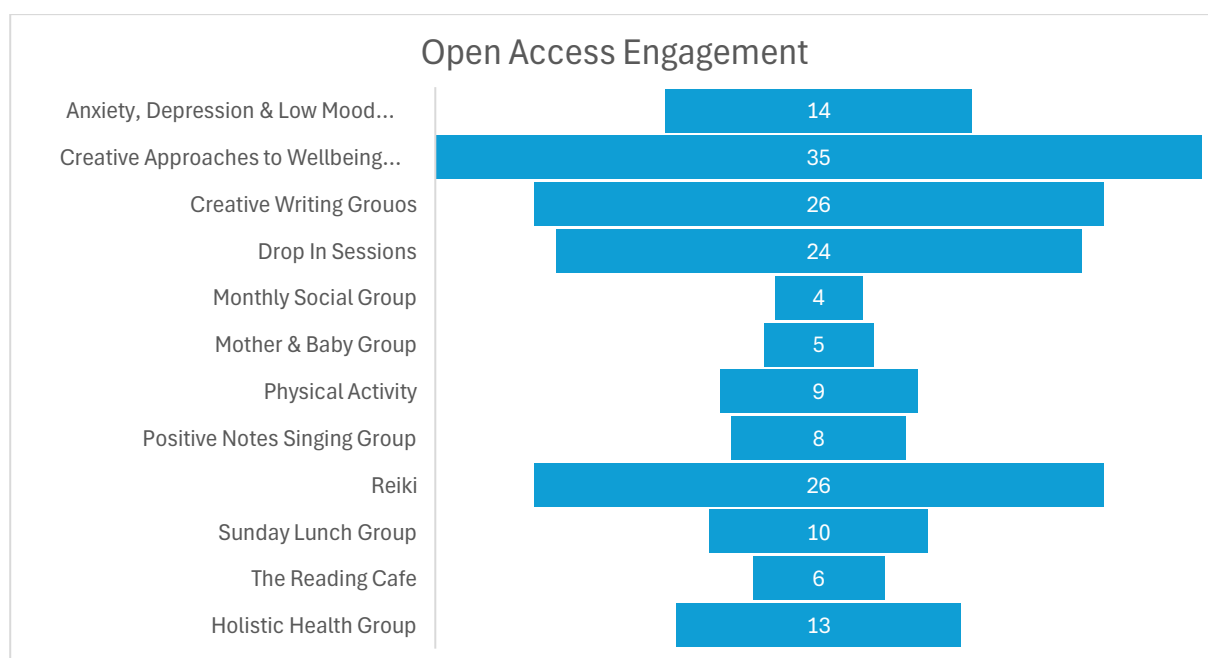
Women accessing our services reported their ethnicity as follows:

White (<i>English, Welsh, Scottish, Northern Irish, Irish, Gypsy or Irish Traveller, and any other White background</i>)	82%
Mixed/multiple ethnic groups (<i>White and Black Caribbean, White and Black African, White and Asian, and any other mixed/multiple ethnic backgrounds</i>)	2%
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%
Unknown	8%

We supported **540** women from **Gateshead**, **445** women from **Newcastle**, **56** women from **North Tyneside**, and 22 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:



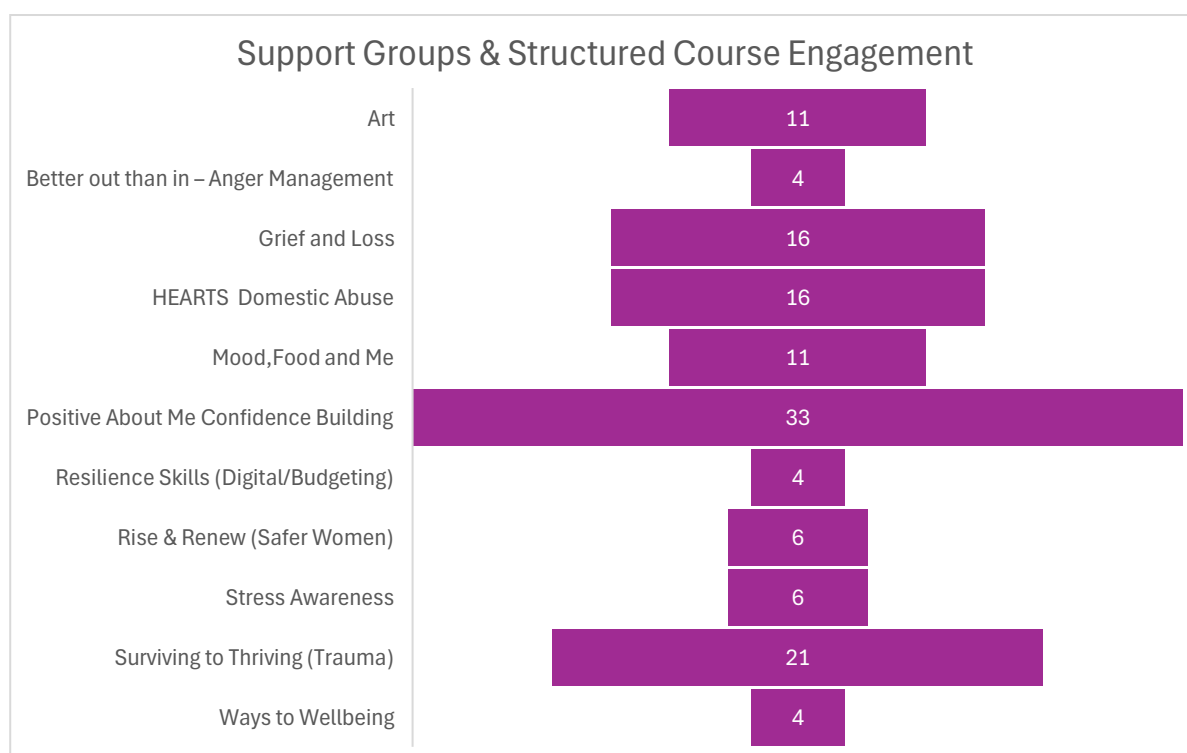
303 women also received **1:1 support** to address needs and barriers to engagement.



'I have found TWH very supportive with a variety of support and creative activities which have helped me a lot to move forward I feel it's imperative for women's mental health.'

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 in our Centres:



90 women engaged in **counselling**



'Counselling has helped me through the lowest I have felt in my life and I could be able to move forwards even on hard days.'

New developments and achievements

Some of our key developments this year include:

- ✓ We are working on a rebrand in the coming year which will involve a new website and more streamlined referral processes.
- ✓ We have secured funding to deliver mental health support to young women aged 16-25 over the next three years and a new worker is in post who will lead this work.
- ✓ We are developing a new service strand aimed at women from ethnically marginalised communities and this work will begin in the coming months.
- ✓ We continue to host 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.
- ✓ We had five Great North Runners and one Great North Swimmer this year!



Our impact

Of women accessing our services (based on 129 returned evaluations) the following outcomes

were reported:

98% felt less depressed

88% felt less anxious

96% felt more confident

88% felt less stressed

100% felt less isolated

84% felt more able to manage their mental health

82% had greater self esteem

74% felt they had a better quality of life

We supported one social work student placement and worked with three marketing students from Northumbria University.

We supported over 400 volunteering hours.



'I know even if I'm struggling with mental health, TWH will be there to support me.'

'The courses I have attended have been amazing and helpful something to look forward to and encourages me to be more around people.'

'Thank you so much for this wonderful space in which to grow and thrive again.'

Partnership working

We sincerely thank our longstanding partners.....

Lindsay Hannon who facilitated Positive Notes Singing Group.

Sally Roach who facilitated Mindful Wellbeing.

Tracy Percival who provided 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

We have worked hard this year to ensure sufficient income has been secured to enable us to continue our vital service delivery for vulnerable women. While our overall in year income has exceeded expenditure, we carried forward several grants from the previous financial year to ensure we had the sums required to meet the demands of service delivery.

We have continued to maintain our relationship with long term, multi year grant funders and look forward to working with them again in the coming year. We also secured various smaller grant funds for specific projects.

We employed two staff members this year, working as part of Represent Women and we continue to hold the grant to enable this. We look forward to supporting Represent Women to become an independent charity.

As we look towards next year, our 40th year as a charity, we will use our Finance Strategy to ensure our work is sustained for many more years to come. We have new project ideas and a plan to generate additional unrestricted income.

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



**HENRY SMITH
FOUNDATION**



Seven Friends Foundation



**WOMEN'S URGENT
SUPPORT FUND**



**THE JOSEPH STRONG
FRAZER TRUST**



Accounts

Tyneside Women's Health

Statement of Financial Activities for the year ended 31 March 2025

		Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
		2025	2025	2025	2024
	Notes			£	£
Receipts					
Grants	4	1000	269474	270474	182661
Donations		17049		17049	6432
Fundraising		448		448	2157
Other Fees & Refunds		8446		8446	6369
Bank Interest		498		498	479
Total Receipts		27441	269474	296915	198098
Payments					
Salaries	2	60439	185759	246198	170031
Staff Travel & Training		172	4110	4282	68
Group Work & Activities		469	1198	1667	3148
Counselling Work			1300	1300	140
Office Expenses		690	21154	21844	12611
Premises Expenses		20708	31821	52529	60428
Governance Costs	3	9598	4252	13850	12613
Depreciation				0	135
Total Payments		92076	249594	341670	259174
Surplus / deficit for the year		-64635	19880	-44755	-61076
Net Movement in Funds				0	0
Funds at 1 April 2024		171571	18128	189699	300040
Funds at 31 March 2025		106936	38008	144944	238964

Thank you to the Team

Ann Mabire	Counsellor
Bev Lawrie	Counsellor
Chloe Milburn	Mental Health & Wellbeing Worker
Deborah Dixon	Counselling Supervisor
Elaine Slater	Chief Executive Officer
Emma Smith	Counsellor
Erin Parker Leonard	Represent Women
Georgia Ingram	Mental Health & Wellbeing Worker
Harsimran Kaur	Counsellor
Heather Field	Mental Health & Wellbeing Worker
Jayden Bookout	Administrator
Joan Davis	Counsellor
Joanne Armstrong	Represent Women
Katie Robinson	Mental Health & Wellbeing Worker
Lauryn Thamaraksagul-Wandless	Administrator
Lu Boocock	Mental Health & Wellbeing Worker
Maddy Calvert	Student Placement
Marzena Dziecielska	Counsellor
Natalie Harvey	Mental Health & Wellbeing Worker
Rebecca Hutchinson	Mental Health & Wellbeing Worker
Saffiyah Khatun	Mental Health & Wellbeing Worker
Sophie Burke	Mental Health & Wellbeing Worker
Stephanie Mann	Team Lead
Umayya Latif	Mental Health & Wellbeing Worker
Yuliia Tykhomyrova	Finance Officer

We dedicate our 2024 – 2025 to the memory of Sally Roach who sadly passed away this year. Sally provided Yoga sessions at Tyneside Women's Health for several years and will be greatly missed.

Sally Roach 1964 - 2025