

*tyneside women's health*

# Annual Report 2013 - 2014





## Chair's Welcome

Welcome to our annual report, the first to have been completely created in-house. Well done to administration team members, Mandy and Joanna, for developing desktop publishing skills and for innovatively designing this report. This flexible approach represents the many positive attributes of Tyneside Women's Health's team of staff, volunteers and trustees, all of whom regularly show they are willing to go the extra mile to ensure that women's mental health services are delivered as effectively as possible.

The year has been an emotional one for Tyneside Women's Health, which can be highlighted by two contrasting events. We were delighted to welcome Vera Baird QC to officially open our Gateshead Centre in November 2013. On that day we were honoured to host a visit of the pop-group, Little Mix, as part of their role as ambassadors of Comic Relief. The following month was one of the saddest for us though as we lost our beloved Trustee and former staff member Ellie Brown who passed away after a battle with illness. We dedicate this record of 2013/14 to Ellie, who has made a lasting impact on Tyneside Women's Health.

In closing, please let me thank everyone who has contributed to our work throughout the year.

Warmest regards

*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





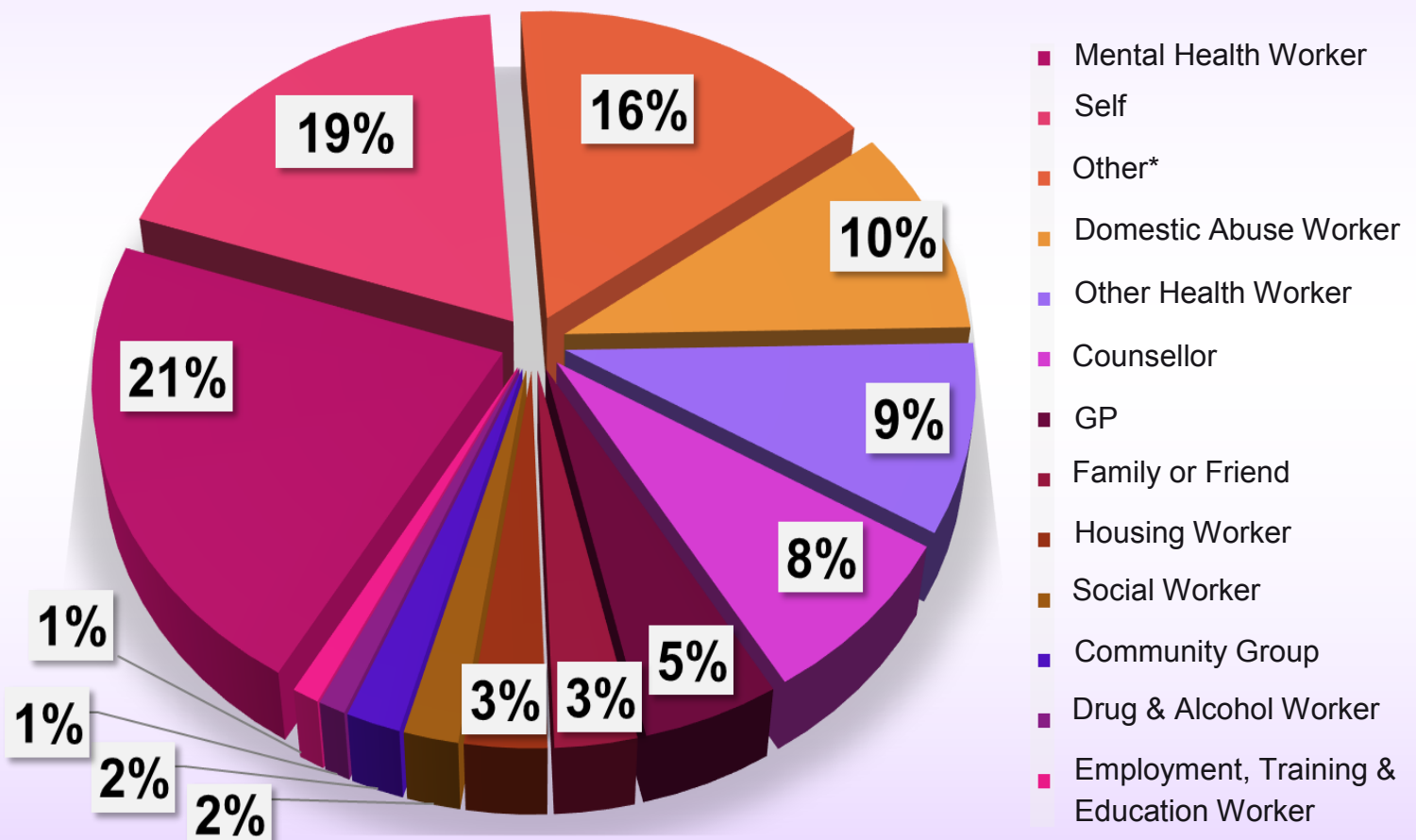
## Focusing on the Needs of our Service Users

A total of 482 individual women came to Tyneside Women's Health for support during 2013 / 14. This represents an increase on the previous year as has been a continual year on year trend.

Of the 482 individual women, 54% were Gateshead residents, 38% were Newcastle residents, 7% were from the surrounding areas and 1% were North Tyneside residents.

First time service users accounted for 35% of the total number of women who came 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. The main referral and signposting sources are provided in the chart below.

**Chart 1: Referral / Signposting source during 2013 - 2014**



\*Other refers to support services for children, learning disability support services and advice services.

During the initial one to one session we discuss the issues affecting first time service users. Table 1, overleaf, shows the issues affecting first time service users during 13 - 14 with data included from the previous two years to aid comparison .





**Table 1: Issues affecting first-time service users (10% of women and above)**



2013 to 2014		2012 to 2013		2011 to 2012	
Issue Affecting Wellbeing	% of SUs	Issue Affecting Wellbeing	% of SUs	Issue Affecting Wellbeing	% of SUs
Depression	81	Depression	76	Depression	82
Anxiety	76	Anxiety	72	Anxiety	70
Low Confidence	78	Low Confidence	54	Low Confidence	42
Stress	58	Stress	59	Stress	55
Loneliness / Isolation	58	Loneliness / Isolation	52	Loneliness / Isolation	50
Sleep problems	57	Sleep problems	38	Sleep problems	30
Family/ relationship problems	46	Family/ relationship problems	31	Family/ relationship problems	27
Bereavement	35	Bereavement	32	Bereavement	31
Domestic abuse	30	Domestic abuse	26	Domestic abuse	27
Anger	28	Anger	19	Anger	<10
Unemployment	31	Unemployment	17	Unemployment	11
Eating distress	27	Eating distress	18	Eating distress	17
Suicidal feelings or attempts	46	Suicidal feelings or attempts	32	Suicidal feelings or attempts	25
Bullying/harassment	22	Bullying/harassment	19	Bullying/harassment	19
Debt	21	Debt	13	Debt	10
Sexual abuse	20	Sexual abuse	14	Sexual abuse	18
Self-harm	18	Self-harm	15	Self-harm	10
Substance misuse	11	Substance misuse	10	Substance misuse	11
Childhood Abuse	23	Childhood Abuse	14	Childhood Abuse	<10
Paranoia	19	Paranoia	<10	Paranoia	<10
Obsessive Compulsive Disorder	10	Obsessive Compulsive Disorder	<10	Obsessive Compulsive Disorder	<10
Bi Polar Disorder	14				
Agoraphobia	11				
Neighborhood Problems	10				

The figures show an increase in women reporting sleep problems, family/ relationship problems, anger, unemployment, eating distress, suicidal feelings / attempts, debt and childhood abuse. Issues impacting on 10% of women or more for the first time are; paranoia, obsessive compulsive disorder, bi polar disorder, agoraphobia and problems with neighbours / neighbourhood. There is a 1% reduction in the number of women reporting stress.



## Our Services: Open Access Support

Our open access support includes: weekly drop-in sessions; weekly craft sessions; a monthly reading group; singing sessions with Positive Notes, our Sunday lunch group and belly dancing. We also developed an open access programme of mental health sessions and workshops during the year. These “Beginner’s Guides to Tyneside Women’s Health” enable women to experience talking and learning about mental health in a group setting, before going onto one of our longer mental health courses.

Drop In Sessions  
111 Women

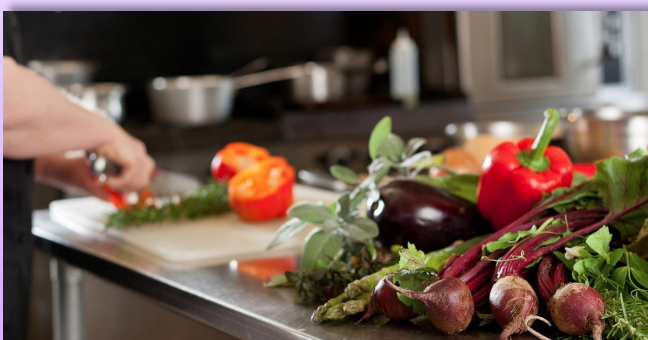
I simply love going  
and meeting up  
with all my friends

Crafts  
40 Women



Sunday Lunch Group  
19 Women

Reading Group  
9 Women



I really enjoy meeting with  
others and discussing  
books which I love

**Our Services:  
Open Access Support**

**Positive Notes  
57 Women**



**Service User Led  
Activity  
47 Women**

**Bellydancing &  
Zumba  
11 Women**

**Beginner's Guides to  
Tyneside Women's  
Health  
23 Women**



# Our Services: Mental Health Courses

We delivered 8 mental health courses throughout the year, with a total of 66 women in attendance. \*Women may have attended more than one course during the year.

First Steps to Confidence



Next Steps to Confidence  
& Assertiveness

Anxiety Management

I have thoroughly  
enjoyed the course -  
didn't want it to end!



Have learnt a lot  
about how the food  
you eat affects your  
mental health.

Mood & Food

Coping with Depression

## Our Services: Counselling

Counselling is provided by volunteers who are trained and registered with a recognised professional body. In total 60 women received Counselling during 2013—2014. Services provided include:

- ✿ Person Centred Therapy
- ✿ Cognitive Behavioural Therapy (CBT)
- ✿ Psychodynamic Therapy
- ✿ Eye Movement Desensitisation and Reprocessing



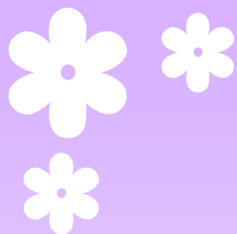
## Our Services: Support Groups

Tyneside Women's Health facilitated a range of support groups in Newcastle and Gateshead during the year:

- ✿ Gateshead Women's Support Group - for women with enduring mental health issues
- ✿ Newcastle Women's Support Group - for women with enduring mental health problems
- ✿ Safer Women Support Group - for women affected by domestic abuse
- ✿ The Wellbeing Group - for women aged 55 and over
- ✿ Women from Black, Asian and Minority Ethnic Communities



**In total 54 women attended these groups**



**Our Services:  
Progression Support**

Progression support is provided through workshops and one to one sessions to help women identify and achieve their goals. In total 44 women availed themselves of this support. \*Women may have attended more than one intervention in the year.

**\*Routes to Recovery**

Setting achievable goals and using self help tools at home to help progress in areas such as voluntary work or paid employment

**\*Wellness Recovery Action Planning (WRAP)**

Innovative self help tools which enable people with mental health issues to be more in control of managing their own mental health



**Our Services:  
Facilitating Service User Participation**

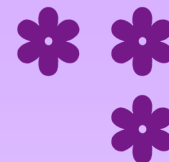
**\* Grapevine**

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. These events included a Coffee Morning, a Halloween party held at the Newcastle centre and a trip to Morpeth. 53 women benefitted from these trips. Grapevine and Linked Women plan to merge their participation efforts in the future.

**\* Linked Women**

Linked Women exists to enable service user participation in the development of Tyneside Women's Health. The group meets every six weeks to ensure positive, ongoing communication between service users, staff and Trustees





## Notable Achievements during 2013/14

It is so difficult to pick out only a few achievements but it is all that space allows. Some of the things that made 2013 / 2014 significant are:

### Service User's Outcomes

Out Come Area	Open Access Support	Mental Health courses	Support Groups
Women who felt less isolated	85%	87%	94%
Women who felt more confident	75%	76%	76%
Women who felt less depressed	74%	68%	67%
Women who felt less anxious	74%	69%	77%
Women who had a better quality of life	75%	59%	68%

Women in counselling and progression support also provided detailed, individualised feedback about their positive outcomes.

### Official Opening of Gateshead Centre

We were honoured when Vera Baird QC, Police and Crime Commissioner for Northumbria officially opened our Gateshead Centre and spoke so supportively of the importance of the work of Tyneside Women's Health, particularly in relation to supporting women affected by violence.

#### Little Mix joined our singing group for the day



Mixing it up with Positive Notes!

#### Service users excelled in our photography competition



'My antidote to the winter blues' by Claire Wheatley, 1st place



## Finance Report 2013/14

In my funding report last year I predicted that 13 / 14 was going to be a very tight year for us. I also stated we needed to attract significant funding for the 14 / 15 financial year in order to ensure the sustainability of Tyneside Women's Health. I am pleased to report that through very prudent financial management, we ended the 13 / 14 financial year in surplus. Although the accounts show a surplus of £14, 918 much of that figure reflects restricted funding to be used in the incoming financial year. The actual surplus at the end of March is £2001.

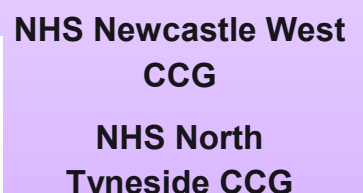
I can also confirm that fundraising for 14 / 15 is well underway. That said, there are no grounds for complacency as there is still much to do to survive this climate of austerity. I know how hard the staff team is working to ensure expenditure is kept to a minimum and that they are securing the very best prices for goods and services. I am very thankful to them.

On behalf of Tyneside Women's Health, I offer genuine thanks to the funders listed below and the partner organisations with whom we have delivered jointly funded projects. Without your input we could not provide much needed mental health and wellbeing services

Yours sincerely

*Sharon Kelly*

Chair of Finance Group



# Accounts 2014

## Statement of Financial Activities

Period ended 31 March 2014

	Note	Unrestricted Funds (£)	Restricted Funds (£)	Total Funds 2014 (£)	Total Funds 2013 (£)
<b>Incoming resources</b>					
Donations		2,082	-	2,082	1,404
Grants	3	-	277,563	277,563	304,012
Fundraising		-	-	-	2,495
Other fees	4	3,922	-	3,922	22,659
Bank interest		1,041	-	1,041	588
<b>Total incoming resources</b>		<u>7,045</u>	<u>277,563</u>	<u>284,608</u>	<u>331,158</u>
<b>Resources expended</b>					
Salaries	5	282	195,236	195,518	246,016
Group work & activities		5	5,332	5,337	22,135
Office expenses		620	2,763	3,383	14,859
Premises expenses		6517	44,154	50,671	50,535
Room hire		-	-	-	200
Depreciation		573	-	573	573
Other costs	7	6,864	7,323	14,207	7,559
<b>Total resources expended</b>		<u>14,881</u>	<u>254,808</u>	<u>269,690</u>	<u>341,877</u>
<b>Net incoming/(outgoing) resources before transfers</b>		(7,836)	22,755	14,918	(10,719)
<b>Gross transfers between funds</b>		1,874	(1,874)	-	-
<b>Net movement in funds</b>		(5,962)	20,881	14,918	(10,719)
<b>Total funds brought forward</b>		112,320	8,457	120,777	131,496
<b>Total funds carried forward</b>		<u>106,358</u>	<u>29,338</u>	<u>135,695</u>	<u>120,777</u>

## Balance Sheet

As at 31 March 2014

	Note	2014 (£)	(£)	2013 (£)	(£)
<b>Fixed assets</b>					
Tangible assets	10		1,148		1,721
<b>Current assets</b>					
Debtors	11	22,974		8,779	
Building Society account		39,366		38,411	
Cash at bank (com dir plus)		75,514		72,099	
Cash in hand		355		17	
<b>Total current assets</b>		<u>138,210</u>		<u>119,306</u>	
<b>Current liabilities</b>					
Creditors	12	<u>3,662</u>		<u>250</u>	
<b>Net current assets</b>	14		134,548		119,056
<b>Net assets</b>			<u>135,695</u>		<u>120,777</u>
<b>Funds</b>					
General funds			88,669		96,540
Designated funds	15		17,689		15,780
Restricted funds	13		29,338		8,457
<b>Total funds</b>			<u>135,695</u>		<u>120,777</u>



## Meet the Team

### The Staff Team



Joanna Blizycka	Administration Assistant
Lucinda Boocock	Mental Health Courses Development Worker
Leonora Hogarth	Service User Development Worker
Mandy Johnston	Finance & Project Administrator
Suzy Jones	Sessional Support Worker
Lesley Martin	Finance & Administration Manager (until April 2013)
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
Elaine Slater	Project Manager
Jess Smith	Community Mental Health Worker, E & D (until April 2013)
Mandy Snee	Community Mental Health Worker
Sophie Turnbull	Sessional Support Worker / Administration Worker
Mary Wight	Finance & Administration Manager

### The Volunteer Team

Jane Buckley—Counsellor	Tom Fry—Database Designer
Fiona Gray—Counsellor	Gillian Hewitt—Counsellor
Deborah Hillary—Counsellor	Agnieszka Jazdyk— Counsellor
Mel Kakkar—EMDR Therapist	Sarah Knapper — Reiki Therapist
Claire Limmer—Counsellor	Debbie Mather—Counsellor
Carolyn Moir—Counsellor	Jill Smith—Clinical Supervisor
Francesca Wray - Administrative Assistant	Lesley Welsh—Counsellor (until May 2013)
Alison Warren—Counsellor (until January 2014)	

**Meet the  
Team**

**The Board of Trustees**

Jeannine Hughes (Chair)  
Sharon Kelly  
Christine Sloan  
Christine Shrubbs (until March 2014)

Alyson Learmonth  
Kathryn Rowe  
Kimberley Smith (until March 2014)



In memory of Ellie Brown, much loved Trustee of Tyneside Women's Health, who sadly past away in December 2013.



@tynesideWH



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