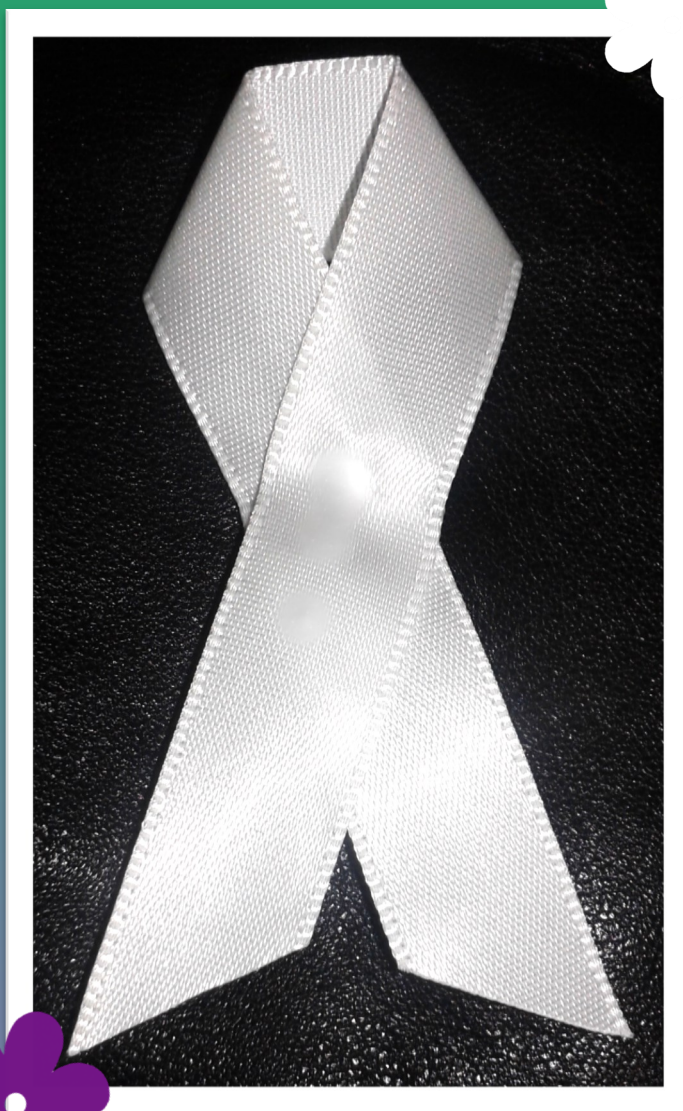


*tyneside women's health*

# Annual Report 2014—2015





## Chair's Welcome

Welcome to Tyneside Women's Health Annual Report. After last year's successful 'in house' production, we have decided to follow a similar format for this year's report.

We have had an excellent overall year in 14/15 with service users remaining at the forefront of delivery. We have launched a new website, and have embarked upon a journey towards setting up a subsidiary company. I am excited to see where this takes us.

Unfortunately, we also said goodbye to Mary Wight, a long standing staff member who retired in August. We wish her all the best for her retirement.

As reflected on the front cover, domestic abuse work has become more of a focus this year, with a successful Comic Relief application meaning our support groups for women affected by domestic abuse have been extended into North Tyneside.

We have exciting changes coming up in the next year, as well as the challenge ahead to ensure adequate funds are raised, however I know the management team will continue to work hard to achieve this.

Finally, I wish to say a big thank you to the staff team, my fellow Trustees, and the service users who make Tyneside Women's Health the fantastic organisation that it is.

Warmest regards

*Jeannine Hughes*








Chair of the Board of Trustees

## 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





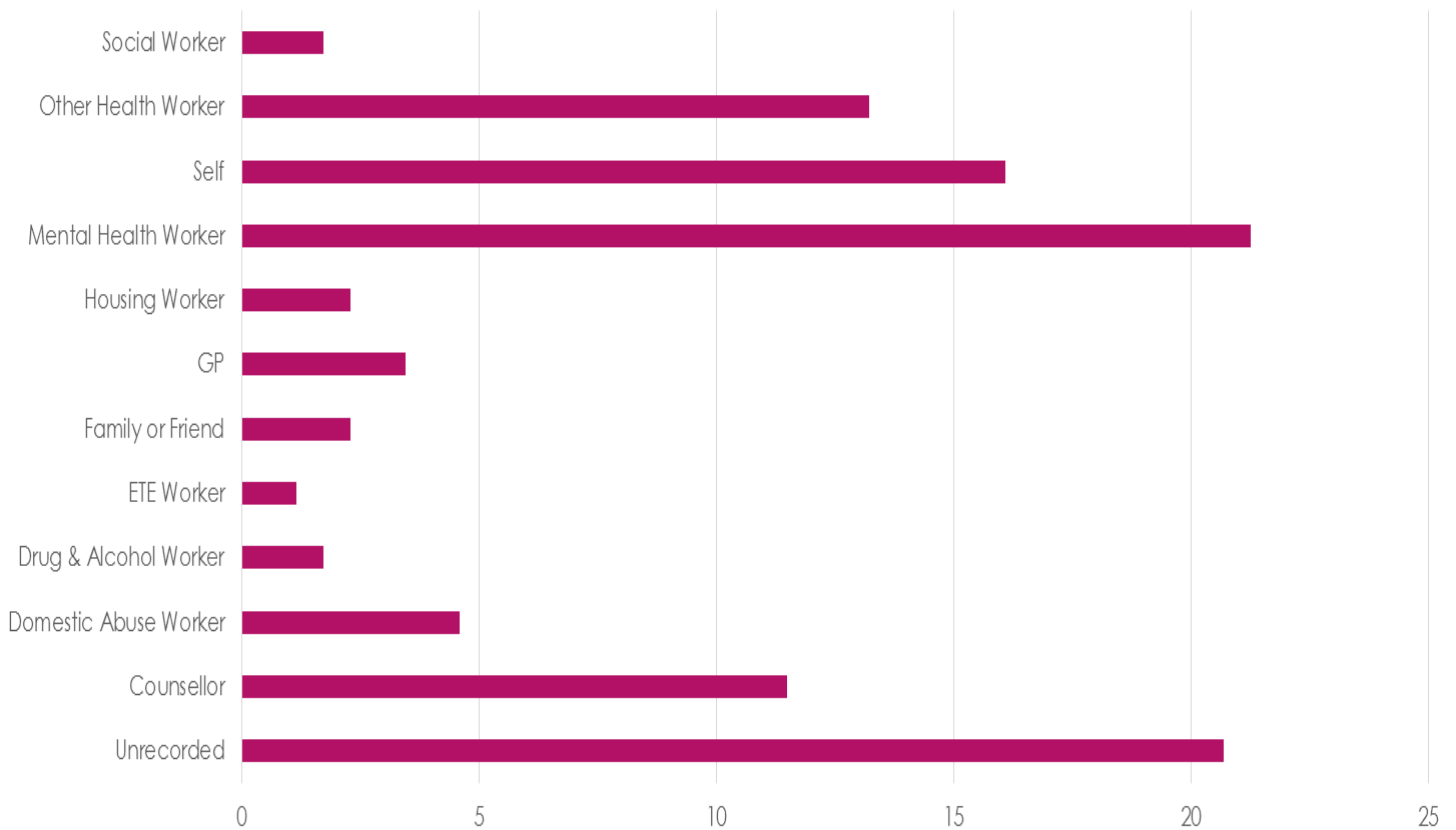
## Focusing on the Needs of our Service Users

A total of 471 individual women came to Tyneside Women's Health for support during 2014 / 15. This represents a slight decrease in comparison to the previous year.

Of the 471 individual women, 57% were Gateshead residents, 37% were Newcastle residents, 3% were from the surrounding areas and 3% were North Tyneside residents.

First time service users accounted for 43% 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.

Graph 1: Referral Sources (% of New Active Women)



\*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 14 - 15 with data included from the previous two years to aid comparison .



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

<b>Table 1: Mental Health &amp; Social Needs of Women 2012-2015</b>					
<b>2014 to 2015</b>		<b>2013 to 2014</b>		<b>2012 to 2013</b>	
<b>Issue Affecting Wellbeing</b>	<b>% of SUs</b>	<b>Issue Affecting Wellbeing</b>	<b>% of SUs</b>	<b>Issue Affecting Wellbeing</b>	<b>% of SUs</b>
Depression	72.55	Depression	81.07	Depression	76.42
Anxiety	68.63	Anxiety	75.74	Anxiety	72.01
Low Confidence	67.16	Low Confidence	78.11	Low Confidence	54.09
Stress	62.25	Stress	57.99	Stress	59.12
Loneliness / Isolation	53.92	Loneliness / Isolation	57.99	Loneliness / Isolation	51.89
Sleep problems	55.88	Sleep problems	56.80	Sleep problems	38.36
Family/ relationship problems	50.49	Family/ relationship problems	46.15	Family/ relationship problems	31.13
Bereavement	35.78	Bereavement	34.91	Bereavement	31.76
Domestic abuse	26.47	Domestic abuse	30.18	Domestic abuse	25.79
Anger	35.29	Anger	27.81	Anger	18.55
Unemployment	23.53	Unemployment	31.36	Unemployment	17.30
Eating distress	23.04	Eating distress	27.28	Eating distress	17.92
Suicidal feelings or attempts	35.29	Suicidal feelings or attempts	46.15	Suicidal feelings or attempts	31.76
Bullying/harassment	16.67	Bullying/harassment	21.89	Bullying/harassment	18.55
Debt	26.96	Debt	20.71	Debt	13.21
Sexual abuse	15.20	Sexual abuse	20.12	Sexual abuse	14.15
Self-harm	14.71	Self-harm	18.34	Self-harm	15.09
Substance misuse	11.76	Substance misuse	11.24	Substance misuse	9.43
Childhood Abuse	21.08	Childhood Abuse	23.08	Childhood Abuse	14.15
Paranoia	16.18	Paranoia	18.93	Paranoia	9.75
Obsessive Compulsive Disorder	9.31	Obsessive Compulsive Disorder	10.06	Obsessive Compulsive Disorder	7.23

In many areas, the figures show a decrease in the number of women reporting specific issues as a concern to them such as confidence, depression, anxiety, and isolation. Debt and anger, however, are two areas where there have been an increase. In response, Tyneside Women’s Health has developed an anger management programme to help women understand and safely express their anger.



## 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 Introductory Sessions for women who are new to Tyneside Women's Health to help them settle in and receive support while they may be waiting for a place on a course or support group.

Drop In Sessions  
78 Women

Happy to be  
part of the  
group

Crafts  
56 Women



Sunday Lunch Group  
14 Women

Reading Group  
20 Women



TWH has given me a new  
lease of life

**Our Services:  
Open Access Support**

Service User Led  
Activity  
50 Women

Positive Notes  
39 Women



Dance Fitness  
13 Women

Mindfulness  
26 Women



## Our Services: Mental Health Courses

We delivered 7 mental health courses throughout the year, with a total of 107 women in attendance. \*Women may have attended more than one course during the year.

Positive about Me  
Confidence Building

Anxiety Management



I would recommend  
this course to other  
service users

Ways to Wellbeing

Better Out Than In Anger  
Management

Mood, Food & Me

It has been a privilege  
to be part of the first  
delivery of this course  
and hope many more  
can benefit

Coping with Depression

## Our Services: Counselling

Counselling is provided by volunteers who are trained and registered with a recognised professional body. In total 53 women received Counselling during 2014—2015  
Services provided include:

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

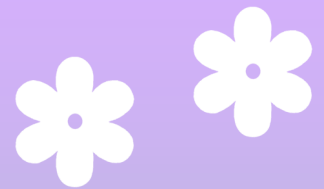
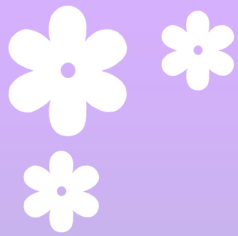
## Our Services: Support Groups

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 Gateshead - for women affected by domestic abuse
- ✿ Safer Women Support Group Newcastle - for women affected by domestic abuse
- ✿ The Wellbeing Group - for women aged 55 and over

**In total 80 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 34 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

### 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. Linked Women has taken over some of the functions of the Grapevine group which no longer runs. This year there have been two successful coffee mornings and a Halloween Fish & Chip Supper. These events have helped raise funds for Tyneside Women's Health.





# Notable Achievements during 2013/14

We have had some great achievements over the year! Just a few are mentioned here.....

## Service User Outcomes

Out Come Area	Open Access Support	Mental Health courses	Support Groups
Women who felt less isolated	86%	82%	84%
Women who felt more confident	85%	81%	77%
Women who felt less depressed	76%	41%	64%
Women who felt less anxious	81%	65%	57%
Women who had a better quality of life	73%	59%	68%

## White Ribbon Event November 2014



We hosted an event to raise awareness of domestic abuse in Gateshead to coincide with White Ribbon, the campaign to end male violence against women. There were several speakers, including Ian Mearns MP, and Vera Baird, Police & Crime Commissioner for Northumbria. Over 100 people attended the event and feedback was extremely positive.



**Wor Women on the Home Front**  
launched its exhibition at Beamish  
Museum on International Women's Day

## Finance Report 2014/15

Fundraising in 2014/15 has been an ongoing task, which thankfully was rewarded with many small grants coming to fruition. The majority of these small grants were spent on designing and developing our website, and work on this will continue in 15/16 as we develop online services. In addition, we were successful with a three year grant from Comic Relief which commenced in September and funds domestic abuse services.

We have worked closely with a new Independent Auditor this year to finalise our accounts, and I am pleased to say we have almost broken even as reflected in the Statement of Financial Activities on page 13.

We continue to prepare for changes to the way charities prepare their accounts to ensure we are up to date and compliant. As we look ahead to 15/16, we have a plan in place to apply for continuation funds to replace a large grant coming to an end. We are also in the process of setting up a subsidiary trading company which will support the work of the charity and ensure Tyneside Women's Health becomes less reliant on funding in the future.

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

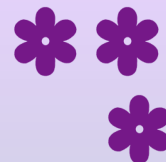
Yours sincerely

*The Members of the Resources & Compliance Sub Group of the Board of Trustees*





## Our Partners



We wish to say thank you to all of our funders and partners, without whom our work would not be possible.



The Henry Smith Charity through the Community Foundation  
North East Business Support Fund through NBSL  
Rothley Trust  
Soul Food Spaces  
The 1989 Willan Charitable Trust  
William Webster Charitable Trust



# FULFILLING LIVES



## Accounts 2015

### Tyneside Women's Health

#### Statement of Financial Activities for the year ended 31 March 2015

		Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
		2015	2015	2015	2014
	Notes			£	£
<b>Receipts</b>					
Grants	5	75	281811	281886	277563
Donations				0	2082
Fundraising		1147		1147	0
Other Fees		8042	4272	12314	3922
Bank Interest		805		805	1041
<b>Total Receipts</b>		<b>10069</b>	<b>286083</b>	<b>296152</b>	<b>284608</b>
<b>Payments</b>					
Salaries	3	1940	212055	213995	195518
Group Work & Activities		87	21435	21522	5337
Office Expenses		4992	14937	19929	3383
Premises Expenses		1811	36873	38684	50671
Depreciation		230		230	573
Other Costs		2766		2766	14207
<b>Total Payments</b>		<b>11826</b>	<b>285301</b>	<b>297127</b>	<b>269689</b>
Surplus / deficit for the year		-1757	783	-974	14919
Net Movement In Funds		10189	-10189	0	0
Funds at 1 April 2014	2	82584	29338	104410	89491
<b>Funds at 31 March 2015</b>		<b>91016</b>	<b>19932</b>	<b>103436</b>	<b>104410</b>



## Meet the Team

### The Staff Team

Joanna Blizycka	Receptionist and Administrator
Lucinda Boocock	Mental Health Courses Development Worker
Leonora Hogarth	Service User Development Worker
Mandy Johnston	Finance & Project Administrator
Suzy Jones	Sessional Support Worker
Stephanie Mann	Service Navigator (Fulfilling Lives Programme)
Debbie Mather	Mental Health & Wellbeing Worker
Kathleen McIntyre	Sessional Support Worker
Sophie Mitchell	Sunday Lunch Facilitator
Kate Mukungu	Chief Executive Officer
Joanne Pearson	Community Mental Health Worker
Joyce Rowden	Cleaner
Anita Sarkar	Sessional Support Worker
Elaine Slater	Operational Manager
Vicky Smith	Service Navigator (Fulfilling Lives Programme)
Mandy Snee	Community Mental Health Worker
Mary Wight	Organisational Administrator



### The Volunteer Team

Katherine Barker—Counsellor	Nancy Burn—Counsellor
Jane Buckley—Counsellor	Tom Fry—Database Designer
Fiona Gray—Counsellor	Gillian Hewitt—Counsellor
Deborah Hillary—Counsellor	Agnieszka Jazdyk—Counsellor
Mel Kakkar—EMDR Therapist	Louise Keyes—Counsellor
Claire Limmer—Counsellor	Carolyn Moir—Counsellor
Jill Smith—Clinical Supervisor	Francesca Wray - Administrative Assistant

### Thanks also to the core group of facilitators from our partner organisations

Ruth Gowland & Val Teasdale from the Worker's Education Association who facilitate Crafty Women  
Alex Henry from Curiosity Creative Ltd who facilitated the Wor Women on the Home Front project  
Lindsay Hannon who facilitates Positive Notes Singing Group  
Pat Hanley from Families in Care who facilitates Mindfulness sessions

**Meet the Team**

**The Board of Trustees**

Jeannine Hughes (Chair)  
Sharon Kelly  
Christine Sloan  
Barbara King

Alyson Learmonth  
Mish Loraine  
Madeleine Poskitt



Congratulations to Mary Wight who retired from Tyneside Women's Health in August 2014 after almost 10 years of dedicated service.



@tynesideWH



[www.facebook.com/tynesidewomenshealth](http://www.facebook.com/tynesidewomenshealth)

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