

Supporting women for 30 years

*tyneside women's health*

**Annual Report  
2015—2016**



## Chair's Welcome

Welcome to Tyneside Women's Health Annual Report in recognition of our 30th year! We have had a year of celebration with our 30th Anniversary event being held in July and I wish to express my thanks to all the staff, service users, and guests who helped make the day special.

Unfortunately, we said goodbye to Leonora Hogarth, a long standing staff member who retired in July. We wish her all the best for her retirement. We have seen other changes within the staff team with our former Chief Executive Officer, Kate Mukungu moving on to pastures new, and we wish her every success. We appointed Elaine Slater to take over this role and have restructured the management team, which has helped the organisation to develop. We have welcomed new staff to the team too.

We held a second successful White Ribbon event in November with over 100 guests. This was covered by Made in Tyne & Wear television. We also welcomed Vicky Pattison from 'I'm a Celebrity, get me out of here' to our Centre in March as part of the Sport Relief campaign.

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*

## 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

***30 years of supporting women,  
a summary of our journey.....***

1985	Tyneside Women's Health was established.
1987	We became a registered charity.
2008	We became a Company Limited by Guarantee.
2009	Winner of North East Women and Mental Health Awards for Recovery Focused Practice and Reducing Health Inequalities.
2011	Premises in Byker, Newcastle upon Tyne open.
2012	We said goodbye to Swinburne House and moved into new Gateshead premises on Half Moon Lane.
2013	Awarded Practical Quality Assurance Systems for Small Organisations (PQASSO) Level 2 & Little Mix sing with Positive Notes!
2014	Outreach delivery begins in North Tyneside.
2015	30 Year Anniversary Celebrations!
2016	Accredited as a National Living Wage and Positive about Disability Employer, Vicky Pattison helps us raise awareness about domestic abuse issues.
2017	Future plans to expand our geographic boundaries and the age range of women and girls we can support.

***Thousands of women supported to improve their mental health and emotional wellbeing, thank you for sharing our journey.***





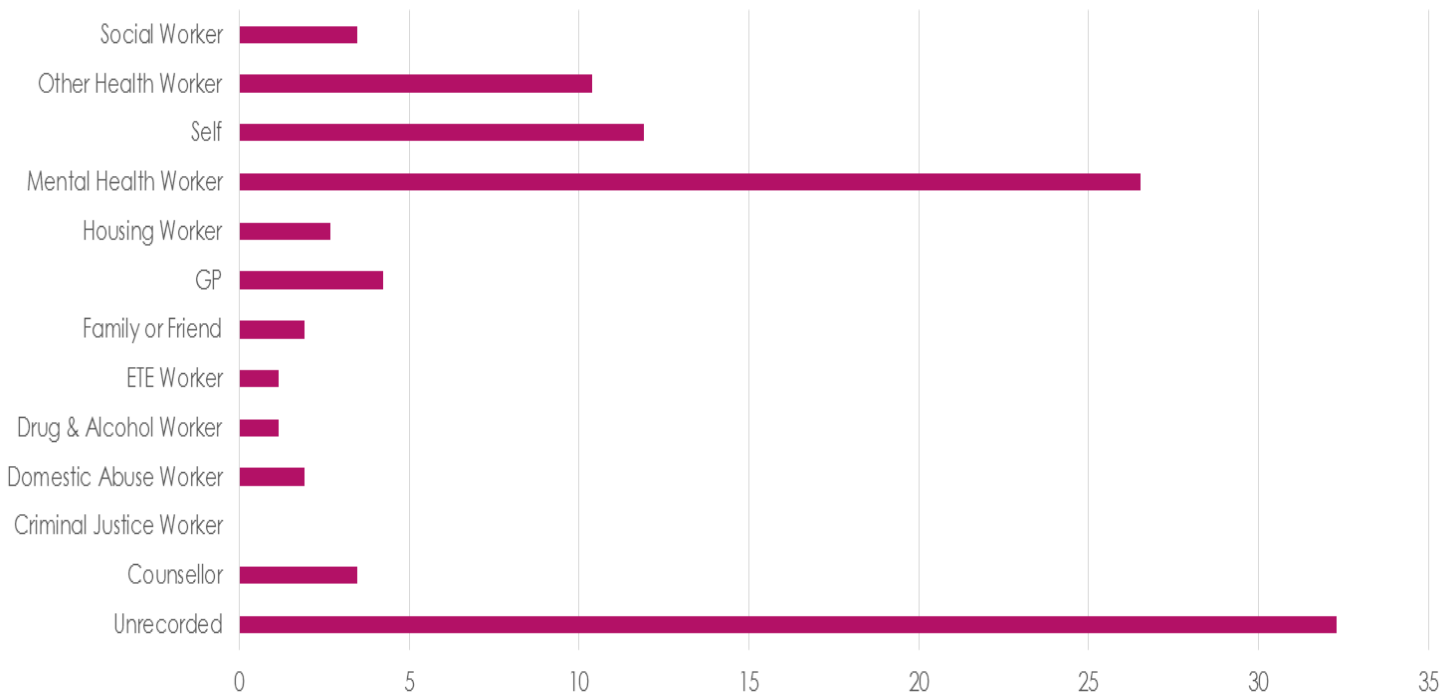
## Focusing on the Needs of our Service Users

A total of 553 individual women came to Tyneside Women's Health for support during 2015 / 16. This represents a significant increase in comparison to the previous year.

Of the 553 individual women, 48% were Gateshead residents, 45% were Newcastle residents, 4% were from the surrounding areas and 3% were North Tyneside residents.

First time service users accounted for 47% 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.

1 2: Referral Sources (% of New Active Women)



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 15 - 16 with data included from the previous two years to aid comparison .





## Table 1: Key issues affecting first-time service users



Table 1: Mental Health & Social Needs of Women 2013-2016					
2015 to 2016		2014 to 2015		2013 to 2014	
Issue Affecting Wellbeing	% of SUs	Issue Affecting Wellbeing	% of SUs	Issue Affecting Wellbeing	% of SUs
Depression	66.91	Depression	72.55	Depression	81.07
Anxiety	65.10	Anxiety	68.63	Anxiety	75.74
Low Confidence	60.40	Low Confidence	67.16	Low Confidence	78.11
Stress	60.40	Stress	62.25	Stress	57.99
Loneliness / Isolation	44.85	Loneliness / Isolation	53.92	Loneliness / Isolation	57.99
Sleep problems	49.55	Sleep problems	55.88	Sleep problems	56.80
Family/ relationship problems	39.96	Family/ relationship problems	50.49	Family/ relationship problems	46.15
Bereavement	29.66	Bereavement	35.78	Bereavement	34.91
Domestic abuse	25.32	Domestic abuse	26.47	Domestic abuse	30.18
Anger	24.41	Anger	35.29	Anger	27.81
Unemployment	23.51	Unemployment	23.53	Unemployment	31.36
Eating distress	18.81	Eating distress	23.04	Eating distress	27.28
Suicidal feelings or attempts	31.10	Suicidal feelings or attempts	35.29	Suicidal feelings or attempts	46.15
Bullying/harassment	12.84	Bullying/harassment	16.67	Bullying/harassment	21.89
Debt	18.81	Debt	26.96	Debt	20.71
Sexual abuse	18.44	Sexual abuse	15.20	Sexual abuse	20.12
Self-harm	14.29	Self-harm	14.71	Self-harm	18.34
Substance misuse	8.68	Substance misuse	11.76	Substance misuse	11.24
Childhood Abuse	20.61	Childhood Abuse	21.08	Childhood Abuse	23.08
Paranoia	16.82	Paranoia	16.18	Paranoia	18.93
Obsessive Compulsive Disorder	11.03	Obsessive Compulsive Disorder	9.31	Obsessive Compulsive Disorder	10.06



## Open Access Support

Drop In Sessions  
72 Women

A range of open access services are available from day one! A few are highlighted here.

Creative Writing  
16 Women

Sunday Lunch Group  
16 Women

Crafts  
39 Women

Mindfulness  
26 Women

Dance Fitness  
18 Women

Positive Notes  
16 Women

Service User Led Activity  
32 Women

Glass Fusion  
13 Women

Reading Group  
9 Women

Laughter Yoga  
14 Women

# Mental Health Courses

We delivered 11 mental health courses throughout the year, with a total of 118 women in attendance. \*Women may have attended more than one course during the year.

Positive about Me  
Confidence Building

Anxiety Management

Undoing the Damage  
of Domestic Abuse

Ways to Wellbeing

Content really interesting - what  
we can do to make us better  
made me feel motivated.

Better Out Than In Anger  
Management

Mood, Food & Me

*Enjoyed this course.  
Helped me enormously.*

Coping with Depression



## Counselling

Counselling is provided by volunteers who are trained and registered with a recognised professional body. 179 referrals were received for the counselling service. 56 women have completed counselling. Services provided include:

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



## 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
- ✿ Safer Women Support Group North Tyneside - for women affected by domestic abuse
- ✿ The Wellbeing Group - for women aged 55 and over



**61 women  
attended Support  
Groups**





## Progression Support



Progression support is provided through workshops and one to one sessions to help women identify and achieve their goals. In total 31 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



## Fulfilling Lives

This is a multi-partnership programme funded by the Big Lottery and is a long-term project working with multiple and complex needs individuals who have tried and tested the system, but for a number of reasons, have been unable to progress.

The aim of the programme is to enhance the system; allow a client to engage in existing service provision whilst also learning where the system may need to change and being directly involved in facilitating that change.

Service Navigators employed by Tyneside Women's Health supported 22 women with drug/alcohol, homelessness, mental health and offending issues across Newcastle & Gateshead.



## 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.

This year there have been two successful coffee mornings, a sponsored walk, and a Halloween Fish & Chip Supper. These events have helped raise funds for Tyneside Women's Health.





# Notable Achievements during 2015/16

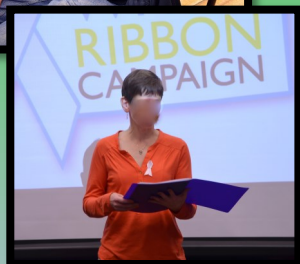
We have had some great achievements over the year! Just a few are mentioned here.....

## Service User Outcomes

Outcome Area	Open Access Support	Mental Health courses	Support Groups
Women who feel less isolated	93%	88%	81%
Women who feel more confident	91%	88%	79%
Women who feel less depressed	81%	81%	66%
Women who feel less anxious	76%	82%	73%
Women who have a better quality of life	74%	72%	62%



## White Ribbon Event November 2015



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. Over 100 people attended. In the run up to the event we worked with local companies to produce a White Ribbon Calendar. Thanks to all the men who posed for photos and were featured in the calendar!



## The Wor Women exhibition toured the North East!



**Visit from Vicky Pattison in March 2016 to promote the Sport Relief Campaign and the UK projects funded.**

## Finance Report 2015/16

Fundraising in 2015/16 has been an ongoing task, with some small short term grants coming to fruition. We have developed new partnerships this year and look forward to submitting some joint funding applications next year.

We have worked closely with our Independent Auditor to finalise our accounts, and we are pleased to say we have ended the year in a strong position. Although the accounts look like we have a large surplus, most of these sums are restricted grant funds which will be spent on bespoke projects in 16/17.

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 16/17, we have business development plans in place to secure future grant funds as well as turning our enterprise ideas into reality, thereby ensuring Tyneside Women's Health becomes less reliant on funding in the future.

On behalf of Tyneside Women's Health, we 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 for women across Tyneside.

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  
Rothley Trust  
The 1989 Willan Charitable Trust



**FULLING LIVES**



# Accounts 2016

## Tyneside Women's Health

### Statement of Financial Activities for the year ended 31 March 2016

		Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
		2016	2016	2016	2015
	Notes			£	£
<b>Receipts</b>					
Grants	4	125	372854	372979	281886
Donations		184		184	0
Fundraising		1300		1300	1147
Other Fees & Refunds		13093	3685	16778	12314
Bank Interest		584		584	805
<b>Total Receipts</b>		<b>15286</b>	<b>376539</b>	<b>391825</b>	<b>296152</b>
<b>Payments</b>					
Salaries	2	404	252072	252476	213995
Group Work & Activities		100	7073	7173	21522
Office Expenses			14240	14240	19929
Premises Expenses		52	39950	40002	38684
Governance Costs			6120	6120	
Depreciation		184		184	230
Other Costs					2766
<b>Total Payments</b>		<b>740</b>	<b>319455</b>	<b>320195</b>	<b>297127</b>
<b>Surplus / deficit for the year</b>		<b>14546</b>	<b>57084</b>	<b>71630</b>	<b>-974</b>
<b>Net Movement in Funds</b>				<b>0</b>	<b>0</b>
<b>Funds at 1 April 2015</b>		<b>83504</b>	<b>19932</b>	<b>103436</b>	<b>104410</b>
<b>Funds at 31 March 2016</b>		<b>98050</b>	<b>77016</b>	<b>175066</b>	<b>103436</b>

### Balance Sheet as at 31 March 2016

		2016 £	2015 £
<b>Fixed Assets</b>	8	734	918
<b>Current Assets</b>			
Debtors	8	4529	575
Cash at Bank & in Hand		172975	101943
<b>Total Cash Balances</b>		<b>177504</b>	<b>102518</b>
<b>Current Liabilities</b>	7	8172	0
<b>Net Current Assets</b>		<b>174332</b>	<b>102518</b>
<b>Net Assets at 31 March 2016</b>		<b>175066</b>	<b>103436</b>
<b>Represented By:</b>	6		
Restricted Funds		77016	19932
Designated Funds		17071	17626
Unrestricted Funds		80979	65878
		<b>175066</b>	<b>103436</b>



## Meet the Team

### The Staff Team



Joanna Blizycka	Receptionist & Administrator
Lucinda Boocock	Mental Health & Wellbeing Worker
Kathryn Evans	Mental Health & Wellbeing Worker / Volunteer Counsellor
Leonora Hogarth	Mental Health & Wellbeing Worker
Mandy Johnston	Business Administrator
Suzy Jones	Mental Health & Wellbeing Worker / Volunteer Counsellor
Stephanie Mann	Service Navigator (Fulfilling Lives Programme)
Debbie Mather	Mental Health & Wellbeing Worker / Volunteer Counsellor
Sophie Mitchell	Team Lead / Mental Health & Wellbeing Worker
Kate Mukungu	Chief Executive Officer (until August 2015)
Eleanor Pattison	Sessional Support Worker
Joanne Pearson	Counselling Coordinator / Mental Health & Wellbeing Worker
Joyce Rowden	Cleaner
Anita Sarkar	Sessional Support Worker
Elaine Slater	Operational Manager / Chief Executive Officer
Vicky Smith	Service Navigator (Fulfilling Lives Programme)
Mandy Snee	Team Lead / Mental Health & Wellbeing Worker
Sophie Turnbull	Sessional Support Worker



### The Volunteer Team

Katherine Barker—Counsellor	Jane Buckley—Counsellor
Nancy Burn—Counsellor	Carol Carrington—Counsellor
Deborah Dixon—Counsellor	Tom Fry—Database Designer
Eleanor James—Counsellor	Naomi Kaufman—Counsellor
Louise Keyes—Counsellor	Gabrielle Landric—Counsellor
Caz Moir—Counsellor	Hedi Salanki—Counsellor
Jill Smith—Clinical Supervisor	Sharon Zucker—Counsellor

### 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 assisted with Wor Women on the Home Front exhibition  
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  
Jeanie Molyneux



Congratulations and thanks to Leonora Hogarth who retired from Tyneside Women's Health in July 2015 after 10 years of dedicated service.



@tynesideWH



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