

# tyneside women's health

*Improving women's mental health  
and emotional wellbeing*

## Annual Report 2017—2018





*We have had a busy year with our level of referrals and the numbers of women accessing the Centres remaining high.*

*We were delighted to have been recognised for our hard work with an Impact Award in May 2017, and a trip to the Science Museum in London to accept the award was very exciting.*

*We are also happy to announce our 5 year BIG Lottery Reaching Communities grant in June, however we still have much work to do to secure the services into 2020 and beyond.*

*I wish to thank the staff team for their ongoing commitment as well as my fellow Trustees:*

*Barbara King - Vice Chair*

*Diana Robertson - Company Secretary*

*Madeleine Poskitt (resigned 31 July 2017)*

*Mish Loraine (resigned 1 June 2017)*

*Christine Sloan*

*Jeanie Molyneux*

*Rebecca Muir*

*Elizabeth Stokes*

*Maria Humphreys*

*Jennifer Anderson*

*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*



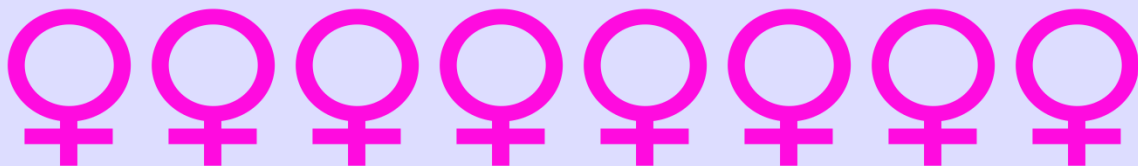
Our vision is for all women in Tyneside to flourish by having access to the right mental health and wellbeing support at the right time and place.

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

We are currently reviewing our vision, mission and values in preparation for our new Strategic Plan 2018 -2021.

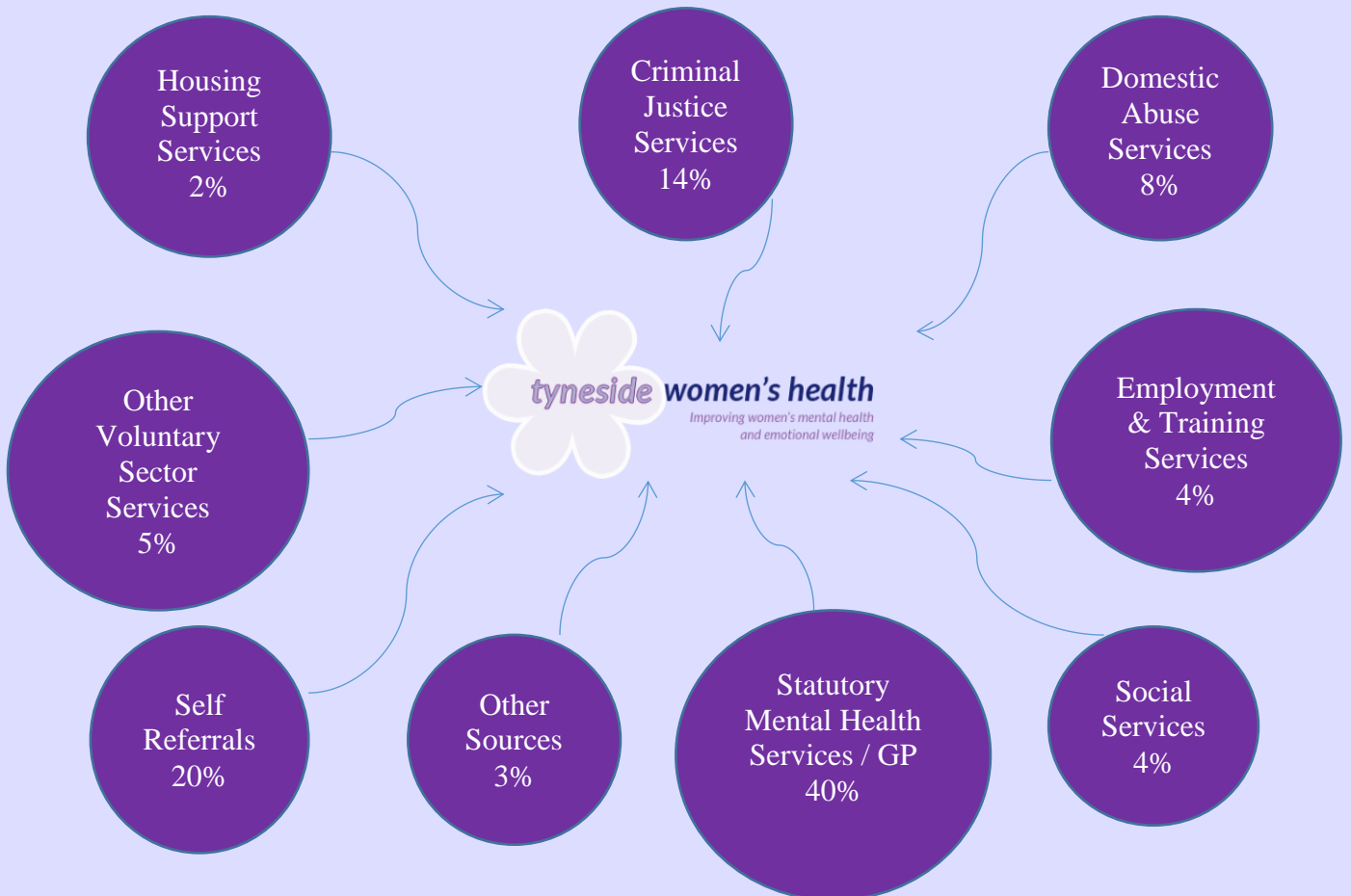




In total 651 women attended our core interventions in 17/18.

110 new women attended our services.

We received 333 new referrals. Referral sources are broken down as follows.....





The new women who accessed our services reported the following mental health needs:

Mental Health Needs	Number of Women
Anxiety	89
Depression	83
Low confidence / self esteem	75
Stress	73
Isolation	61
Sleep problems	73
Suicidal Feelings / Attempts	48
Eating distress	35
Anger Problems	34
Paranoia	26
Self Harm	25
Obsessive Compulsive Disorder	24
Personality Disorder	18
Bipolar Disorder	9
Agoraphobia	12
Phobia	6
Postnatal Depression	6
Psychosis	6
Dual Diagnosis	5
Dementia	3
Schizophrenia	2

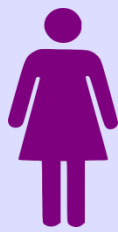




Women also reported the following social issues:



66  
Family /  
Relationship  
Problems



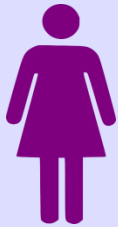
45  
Domestic  
Abuse



40  
Bereavement



36  
Sexual Abuse



33  
Unemployment



29  
Debt / Financial  
Problems



28  
Bullying /  
Harassment



28  
Childhood  
Abuse



16  
Substance Use



12  
Neighbourhood  
Issues



9  
Housing Issues



6  
Racial Abuse



Support Groups

Gateshead Women's Support Group Weekly support for women with longstanding mental health issues	14 women attended
Wellbeing Group Weekly support for women over 55 to help reduce social isolation	10 women attended
Sunday Lunch Group Fortnightly group open to any woman to help reduce social isolation	23 women attended
Safer Women Support Group Three weekly groups to help women who have been affected by domestic abuse	19 women attended



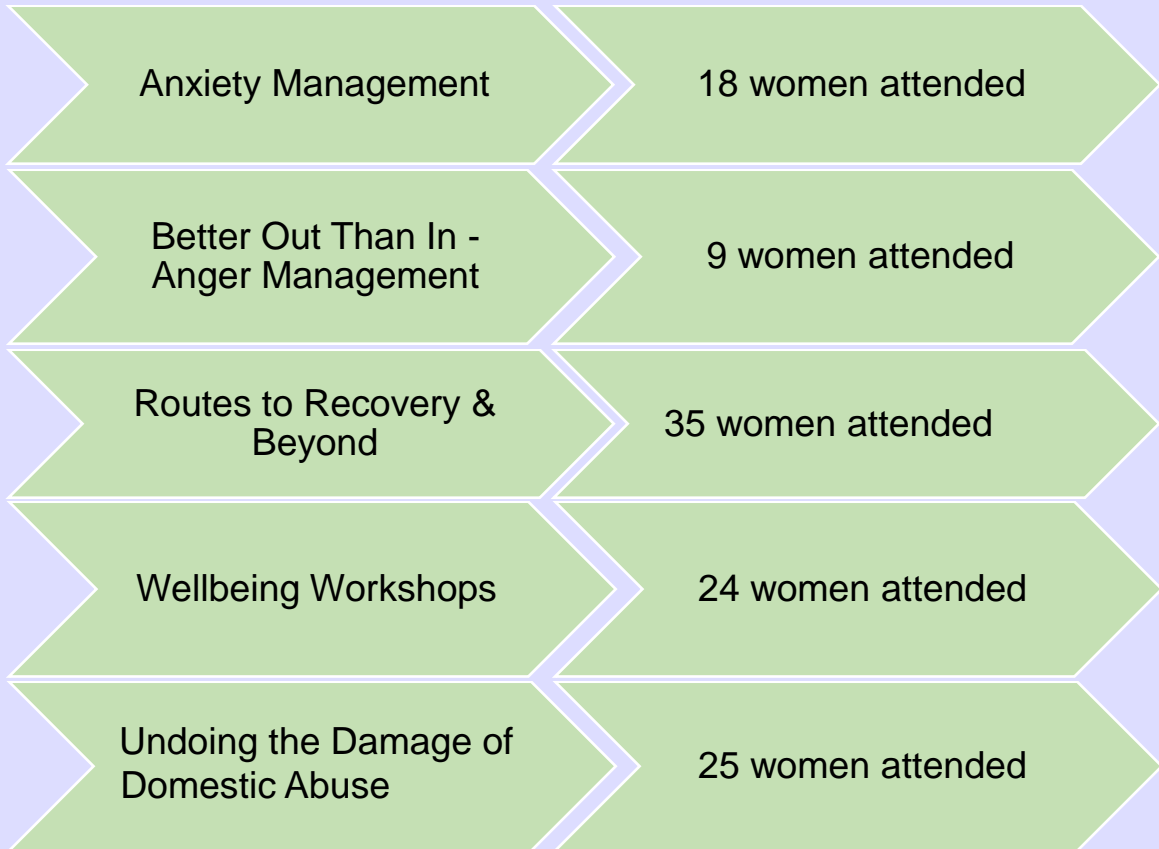
Open Access Interventions – available from day one!





## Mental Health Courses

A range of mental health courses are on offer to help women manage their mental health symptoms and develop long term coping strategies.





## Counselling Services

222 referrals were received into the counselling service and 113 initial counselling assessments have been offered this year! **Counselling was successfully completed with 49 women**, with the remaining on our waiting list. Waiting times are typically 4 months.

Our counselling service is an integrative model with counsellors practising a range of disciplines. Our service is short to medium term with a maximum of 18 sessions offered. On average women receive 8 counselling sessions.

Our counselling service is delivered by a team of 11 Volunteer Counsellors, some qualified and some completing their training.



## Progression Support



2 x Progression Fayres were held at our Centres. We invited external organisations to attend to help women explore opportunities for voluntary work, training and employment that might be available to them locally. 23 women attended these events.



1 x Women into Enterprise accredited programme has been delivered in partnership with the Millin Charity for 6 women



1 x Peer Mentoring Level 2 accredited programme has been delivered in partnership with the Northern Learning Trust to train women affected by domestic abuse as Peer Mentors. The Peer Mentors are working with us to set up a Peer Support Network for Women affected by domestic abuse.



Our creative groups have made items for sale, and our Women's Wellbeing Café operated over winter selling healthy soups!



## Women's Words

By attending I feel less isolated for a couple of hours and try not to dwell on my situation

TWH is a brilliant place and service users are very lucky to have it in Newcastle

The course is brilliant, transformational

This service has been invaluable for the DV I was referred for but also mental health support. I couldn't have come this far without you!

Thanks for the singing we really enjoy it - can be very uplifting!

Attending the mental health course has been of great benefit to me and a greater understanding about mental health

I can be myself no pressure, everyone accepts you as you are



## Community Impact & Outcomes

**651 women supported, representing 4,092 attendances.**

Of women accessing our services:

**85%** feel more **confident**

**80%** feel less **depressed**

**75%** feel less **anxious**

**73%** feel more able to take part in **meaningful activity**

**66%** have greater **self esteem**

**74%** feel more able to **manage their mental health**

**85%** feel less **isolated**

**76%** have a **better quality of life**

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

*Almost 5,000 volunteering hours delivered, representing an approximate 'in kind' value of £41,900.00.*

*4 University student placements supported & 1 Graduate Internship Provided*

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



# Our Achievements

The highlight of our year was winning a GSK Impact Award for the work we do in our communities!



We became fully fledged members of the Women First Partnership! 20 women only community based services working together to influence commissioning and win funds for the sector.



We had 4 runners in the 2017 Great North Run!



We held another successful White Ribbon Event to raise awareness about male violence against women and girls.



The Kittens Collective held their second burlesque fundraiser for us!

We amended our Articles of Association to enable us to work with women and girls across a wider geographical area!



We are committed to working in partnership to deliver our services. Over the year we have worked on the following projects with other organisations....

Working alongside Oasis Aquila Housing we support victims of domestic abuse referred for support via Gateshead Multi Agency Safeguarding Hub.



Crafty Women sessions are delivered in partnership with the WEA. Thanks to Ruth Gowland & Val Teasdale.



Working to deliver the Wor Women and Leisure project. With thanks to Alex Henry.

A multi agency programme supporting people with complex needs to navigate services.



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.



European Union  
European  
Social Fund



NATIONAL  
LOTTERY FUNDED

Supporting female offenders by hosting a weekly Community Hub.



### Thanks also to:

Lindsay Hannon who facilitates Positive Notes Singing Group.  
Pat Hanley from Families in Care who facilitates Mindfulness sessions.  
Sally Roach who facilitated Mindful Wellbeing.  
Therapists from Shanti Bee who provided complementary therapies.  
Facilitators from the Millin Charity who provided enterprise programmes.  
Facilitators from the Northern Learning Trust who provided peer support programmes.



*This year has been a successful year with two key achievements to highlight, one being the review of our Articles of Association, and the second being the GSK Impact Award we received for the work we do in our communities.*

*As with many charities, sourcing grant funding continues to be difficult however we have ended the year in a good financial position and are able to plan our income generation strategy into 2019 and beyond.*

*We have some large grants in place which allows us to plan for our future and continue our efforts to generate income through enterprise projects. We continue to explore partnership opportunities and remain committed to working with other like-minded organisations to secure the funds we need to deliver vital mental health services for women.*

*We offer genuine thanks to all our partners and funders for supporting us.*

*Yours sincerely*

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



The Henry Smith Charity, the Linden Family Trust, the Women's Fund & the Muckle LLP Fund at the Community Foundation serving Tyne & Wear and Northumberland

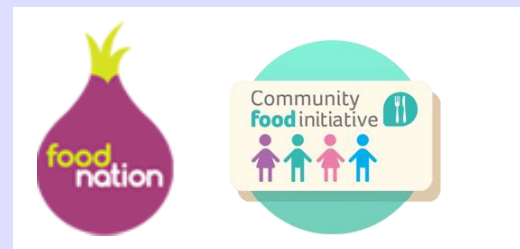


Graham Burrough  
Charitable Trust



**feminist review | TRUST**

**THE SCHUH TRUST**



**educationGateshead**  
raising achievement for all

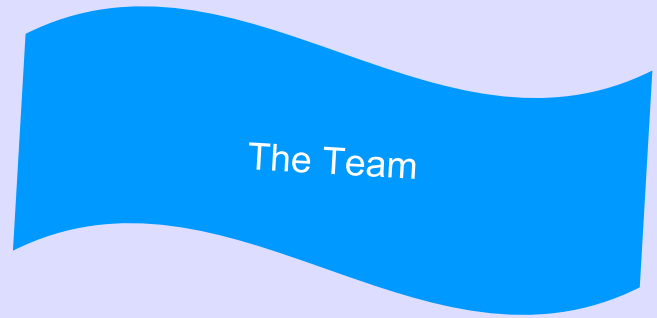


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## Tyneside Women's Health

### Statement of Financial Activities for the year ended 31 March 2018

		Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
		2018	2018	2018	2017
	Notes			£	£
<b>Receipts</b>					
Grants	5	41000	255929	296929	293188
Donations		3635		3635	1700
Fundraising		671		671	2086
Other Fees & Refunds		14927		14927	17232
Bank interest		207		207	420
<b>Total Receipts</b>		<b>60440</b>	<b>255929</b>	<b>316369</b>	<b>314626</b>
<b>Payments</b>					
Salaries	2	23792	233061	256853	253503
Staff Travel & Training		107	3437	3544	3624
Group Work & Activities		1186	6367	7553	6451
Office Expenses		9884	3118	13002	8911
Premises Expenses		17035	30937	47972	48709
Governance Costs	3	7437	980	8417	8088
Depreciation		118		118	147
Other Costs				0	175
<b>Total Payments</b>		<b>59559</b>	<b>277900</b>	<b>337459</b>	<b>329608</b>
Surplus / deficit for the year		881	-21971	-21090	-14982
Net Movement in Funds				0	0
Funds at 1 April 2017		99511	60573	160084	175066
<b>Funds at 31 March 2018</b>		<b>100392</b>	<b>38602</b>	<b>138994</b>	<b>160084</b>



## **The Staff Team**

Lucinda Boocock	Mental Health & Wellbeing Worker
Kathryn Evans	Mental Health & Wellbeing Worker
Samera Imran	Sessional Support 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
Joanne Pearson	Counselling Coordinator / Mental Health & Wellbeing Worker
Layla Priest	Mental Health & Wellbeing Worker
Joyce Rowden	Cleaner
Marlie Sagar	Receptionist & Administrator
Anita Sarkar	Sessional Support Worker
Elaine Slater	Chief Executive Officer
Vicky Smith	Service Navigator (Fulfilling Lives Programme)
Mandy Snee	Team Lead

## **The Volunteer Team**

Marcelle Adamson – Counsellor	Carol Carrington - Counsellor
Deborah Dixon - Counsellor	Rowan Horner - Counsellor
Elanear James - Counsellor	Naomi Kaufman - Counsellor
Louise Keyes - Counsellor	Kerry Moralee - Counsellor
Genna Lima - Counsellor	Hedi Salanki - Counsellor
Sharon Zucker - Counsellor	



Thank you!