



Annual Report 2018—2019





Chair's Welcome

We continue to be busy at both our Centres and continue to welcome new women into our services.

We have written a new Strategic Plan this year taking us up to 2021. We have refreshed our vision and mission and created a new set of strategic objectives to develop the organisation.

We have said good bye to some long standing staff members and have welcomed three new members of the team who are now established in their roles and bring a new dynamic to the services we offer.

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

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

Vision, Mission & Values

‘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.

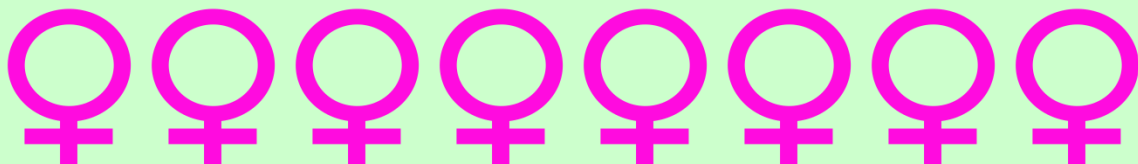
We want women and girls to flourish and reach their personal potential by having access to timely mental health support in community locations. We wish to provide inclusive, compassionate services in a safe, women only space.

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.

Helping women and girls to improve their mental health and emotional wellbeing

All our activities are underpinned by our **values**:

- Women led
- Creating meaningful recovery
- Everyone’s opinion matters
- Respect for all
- Working in partnership
- Promoting equality
- Meeting women’s diverse needs
- Empowerment
- Strengths focussed



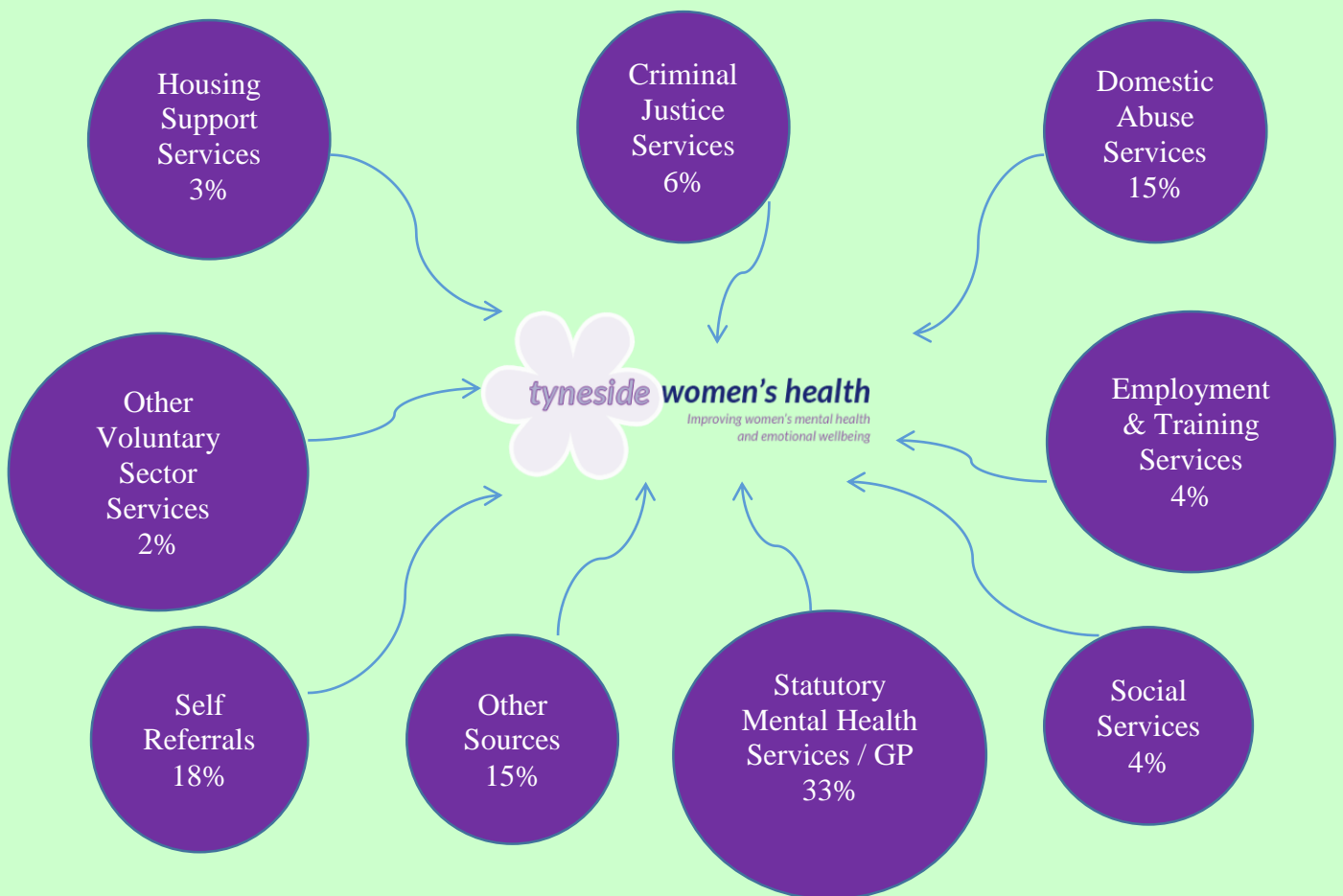
The Needs of our Service Users

In total 643 women attended our core interventions in 18/19.

We received 398 new referrals.

264 women attended our Welcome Sessions and 115 new women attended initial assessments. 30 women who had disengaged from our services attended one to one review appointments.

Referral sources are broken down as follows.....

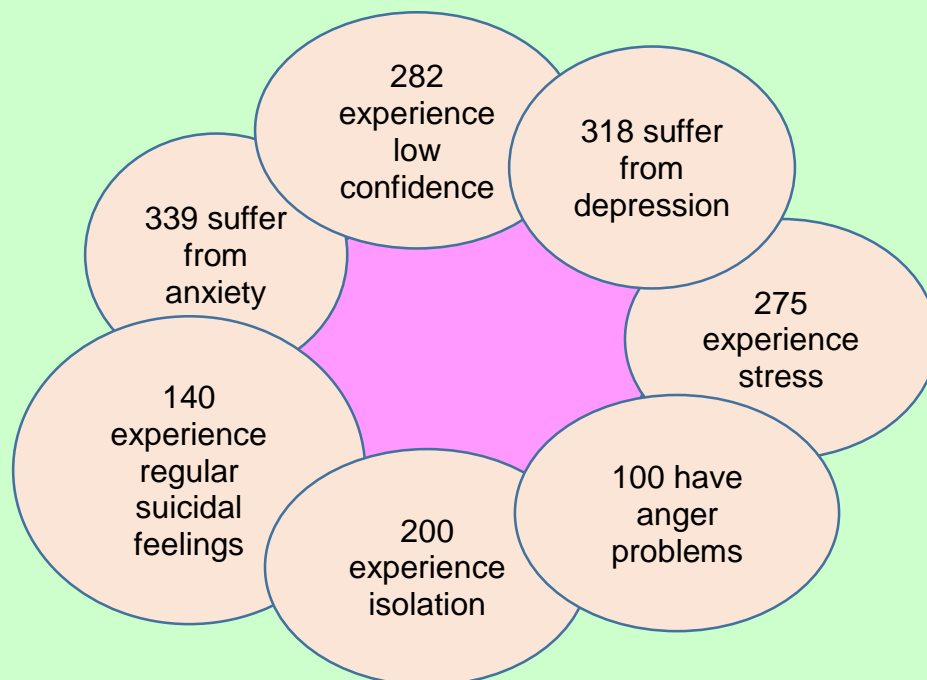


The Needs of our Service Users

The 115 new women who accessed our services reported the following mental health & social needs:

Mental Health Needs	% of New Women
Anxiety	80
Depression	76
Low confidence / self esteem	66
Stress	64
Isolation	40
Suicidal Feelings / Attempts	31
Eating distress	23
Anger Problems	23
Paranoia	16
Self Harm	11
Obsessive Compulsive Disorder	13
Personality Disorder	16
Bipolar Disorder	11
Bereavement	26
Childhood Abuse	30
Domestic Abuse	24
Family / Relationship Problems	45
Isolation	40
Sexual Abuse	9

Of the 643 Active Women in the Year:

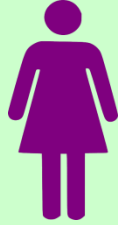


The Needs of our Service Users

The 643 Active Women also reported the following social issues:



201
Family /
Relationship
Problems



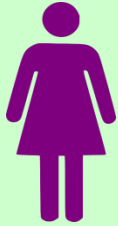
119
Domestic
Abuse



120
Bereavement



58
Sexual Abuse



107
Unemployment



82
Debt / Financial
Problems



83
Bullying /
Harassment



98
Childhood
Abuse



26
Substance Use



28
Neighbourhood
Issues



32
Housing Issues



11
Racial Abuse



Services Provided



Support Groups

Gateshead Women's Support Group
Weekly support for women with
longstanding mental health issues

6 women
attended

Wellbeing Group
Weekly support for women over 55 to
help reduce social isolation

8 women
attended

Sunday Lunch Group
Fortnightly group open to any woman to
help reduce social isolation

17 women
attended

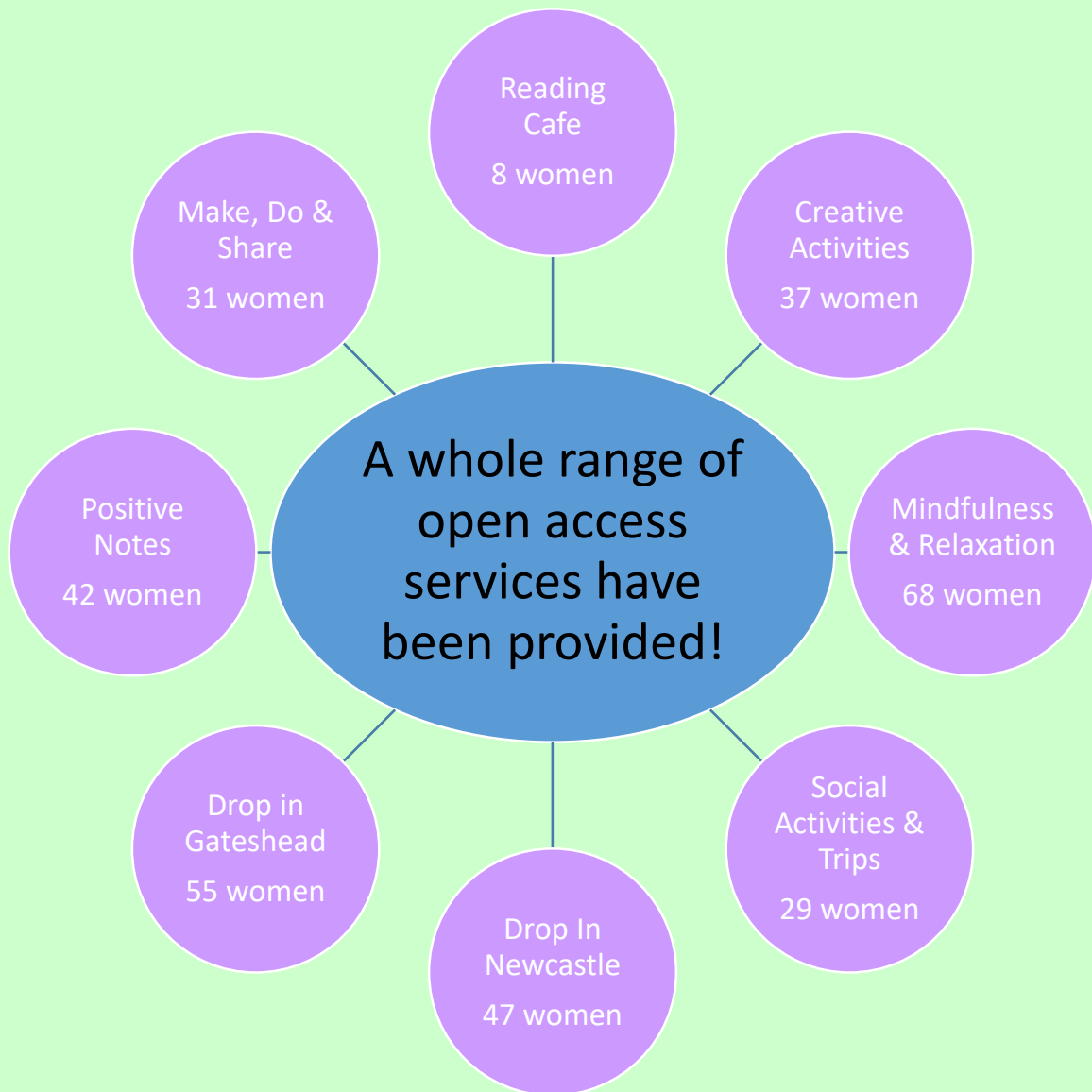
Safer Women Support Group
Three weekly groups to help women
who have been affected by domestic
abuse

26 women
attended

A review of our Support Groups has been undertaken and we hope to be able to introduce new groups in the coming year!

Services Provided

Open Access Interventions – available from day one!



Services Provided

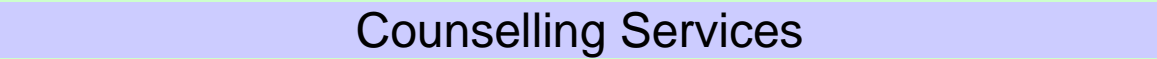
Mental Health Courses

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

Anxiety Management	22 women attended
Coping with Depression	12 women attended
Routes to Recovery & Beyond	15 women attended
Wellbeing Workshops	17 women attended
Undoing the Damage of Domestic Abuse	12 women attended
Positive About Me Confidence Building	18 women attended
Creative Approaches to Self Care	7 women attended



Services Provided



Counselling Services

114 referrals were received into the counselling service and 93 initial counselling assessments have been offered this year! **Counselling was successfully completed with 57 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 was delivered by a team of **13 Volunteer Counsellors** this year, some qualified and some completing their training.

Services Provided

Progression Support & New Developments



Following the delivery of an accredited training programme in partnership with the Northern Learning Trust last year to train 5 Peer Mentors, we were able to pilot a monthly Peer Support Network.



An existing service user has trained as a Reiki Practitioner and is now providing 1:1 Reiki therapy for other women on a weekly basis.



We worked in Heaton Manor School with a group of 6 year 11 girls to support them around mental health and social issues.



We have introduced 1:1 support as part of our service offer for women affected by domestic abuse who are not ready to engage in group support.



We have been developing a physical activity strand to our work and have delivered a Stretch & Flex pilot programme in partnership with Sportworks as well as providing more opportunities for women to get active such as a regular walk and gardening activity as part of drop in sessions.

Women's Words

The atmosphere of respect and non judgement has been really important in improving my mental health. Having a safe space to talk feely means the world to me.

The support group has / is really helping me to come to terms with my situation and know I'm not personally to blame and other people are understanding and want to help.

I get comfort from the support I get.

TWH is a great organisation who have helped me use my voice for positive things. I always come out of the groups feeling empowered and ready to face a new day! Thanks!

I look forward to going every time!

Thoroughly enjoyed and gained so much which has enabled me to make positive changes. Transformative. The skills gained here enabled me to cope with challenging situations and difficult emotions

Enjoyed meeting new people and learning techniques to cope and learning from others.

Community Impact & Outcomes

643 women supported, representing 3,287 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 3,000 volunteering hours delivered, representing an approximate 'in kind' value of £25,140.00.

4 University student placements supported.

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

Our Achievements

We gratefully accepted our invitation back to the GSK Impact Awards as we received a nomination for their Employee Vote. This year women's organisations were recognised to commemorate 100 years since women were given the right to vote! Although we didn't win, we were awarded £1,000 and had a fantastic time catching up!



Santa visited the Christmas Coffee Mornings!



We held small scale White Ribbon awareness sessions in our Centres to promote understanding of the international day to illuminate violence against women and girls. Women also completed work on a group white ribbon project for display.



We had 4 runners in the 2018 Great North Run!



Wor Women & Leisure in WW1 book was published!



The Kittens Collective held their third burlesque fundraiser for us!

We began work to set up a trading subsidiary to help us fund our charitable activity!

Working in Partnership

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 (until June 2018).



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.



Working on the Impact Management programme, we have been supported by Simon Penhall of HelmePark.



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.



Supporting female offenders by hosting a weekly Community Hub.

CHANGING LIVES

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 Kimochi Glass who facilitated a glass fusion programme.



Finance Report

We have had a successful year having secured a 5 year grant from Reaching Communities BIG Lottery Fund, which will help to stabilise our financial position for the near future. We have another large, long term grant in place from Lloyds Bank Foundation and several other large annual grants.

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 2020 and beyond.

We have been progressing plans to set up a trading subsidiary, which will come to fruition next year, and which will help us to diversify our income streams. 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

Our Funders

LLOYDS BANK FOUNDATION

England & Wales



Alliance CCG



VERA BAIRD_{QC}
POLICE & CRIME COMMISSIONER

The Henry Smith Charity & the Linden Family Trust at the Community Foundation serving Tyne & Wear and Northumberland



Newcastle
City Council



education**Gateshead**
raising achievement for all

Making Every Contact Count



Women Side by Side uses peer support to improve the mental health of women facing disadvantage. The project is supported by Mind and Agenda, the alliance for women and girls at risk.



**NATIONAL
LOTTERY FUNDED**



feminist review | TRUST



LOTTERY FUNDED



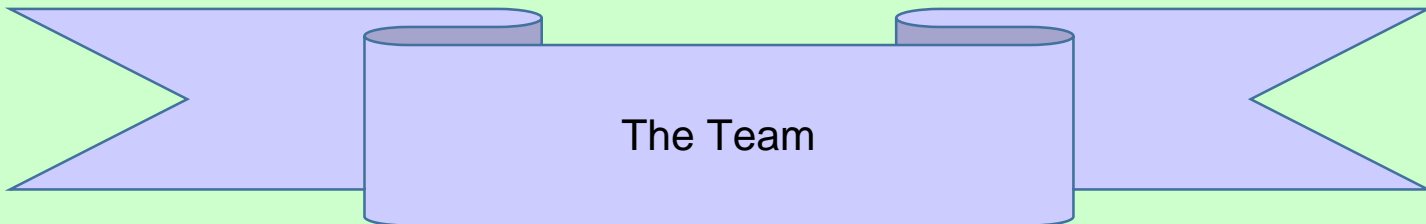
County Durham
Community Foundation

Accounts 18 / 19

Tyneside Women's Health

Statement of Financial Activities for the year ended 31 March 2019

		Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
		2019	2019	2019	2018
				£	£
Receipts					
Grants	Note . 5	2500	288598	291098	296929
Donations		3023		3023	3635
Fundraising		608		608	671
Other Fees & Refunds		13510		13510	14927
Bank interest		236		236	207
Total Receipts		19877	288598	308475	316369
Payments					
Salaries	2		177608	177608	256853
Staff Travel & Training		231	393	624	3544
Group Work & Activities		223	20369	20592	7553
Office Expenses		1453	11284	12737	13002
Premises Expenses		10976	42916	53892	47972
Governance Costs	3	2576	3355	5931	8417
Depreciation		118		118	118
Total Payments		15577	255925	271502	337459
Surplus / deficit for the year		4300	32673	36973	-21090
Net Movement in Funds				0	0
Funds at 1 April 2018		100392	38602	138994	160084
Funds at 31 March 2019		104692	71275	175967	138994



The Team

The Staff Team

Clare Armstrong	Receptionist & Administrator
Lucinda Boocock	Mental Health & Wellbeing Worker
Amy Burns	Mental Health & Wellbeing Worker
Samera Imran	Sessional Worker
Mandy Johnston	Business Administrator
Laura Maddocks	Mental Health & Wellbeing Worker
Sophie Mitchell	Sessional Worker
Joanne Pearson	Counselling Coordinator / Mental Health & Wellbeing Worker
Layla Priest	Mental Health & Wellbeing Worker
Maria Raun	Sessional Worker
Elaine Slater	Chief Executive Officer
Mandy Snee	Team Lead

The Volunteer Team

Mattie Adam – Counsellor	Marcelle Adamson – Counsellor
Ashley Brotherston – Counsellor	Sandra Coleman - Counsellor
Rowan Horner - Counsellor	Eleanor James - Counsellor
Naomi Kaufman - Counsellor	Ruth Le Masurier – Counsellor
Genna Lima – Counselor	Kerry Moralee - Counsellor
Hedi Salanki – Counsellor	Christina Young - Counsellor
Sharon Zucker - Counsellor	

Thank you!

We look forward to
celebrating our 35th
Birthday in 2020!