

Annual Report 2019 – 2020

Celebrating 35 years of



1985—2020

*35 fundraising activities for each year of service,
support us at:*

<https://uk.virginmoneygiving.com/Team/TynesideWomensHealth35for35>

Chair's Welcome

Welcome to our 2019/20 Annual Report. We have had another busy year at Tyneside Women's Health, and we turned 35! Happy Birthday to us! During our 35 years of operation we have supported many thousands of women to improve their mental health and emotional wellbeing and we hope to continue to do so for another 35 years and beyond.

We supported 629 women this year, and we have increased the amount of outreach work on offer, particularly in North Tyneside, we have developed new services such as out of hours work, and we have maintained our core activities.

Read on through the report to find out more about our work and key achievements for the year.

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 (until July 2019)

Rebecca Muir

Elizabeth Stokes

Maria Humphreys

Jennifer Anderson (until July 2019)

In March, our face to face interventions were closed due to the Covid-19 pandemic and new ways of working were quickly established which we hope to build on in the coming year.

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 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



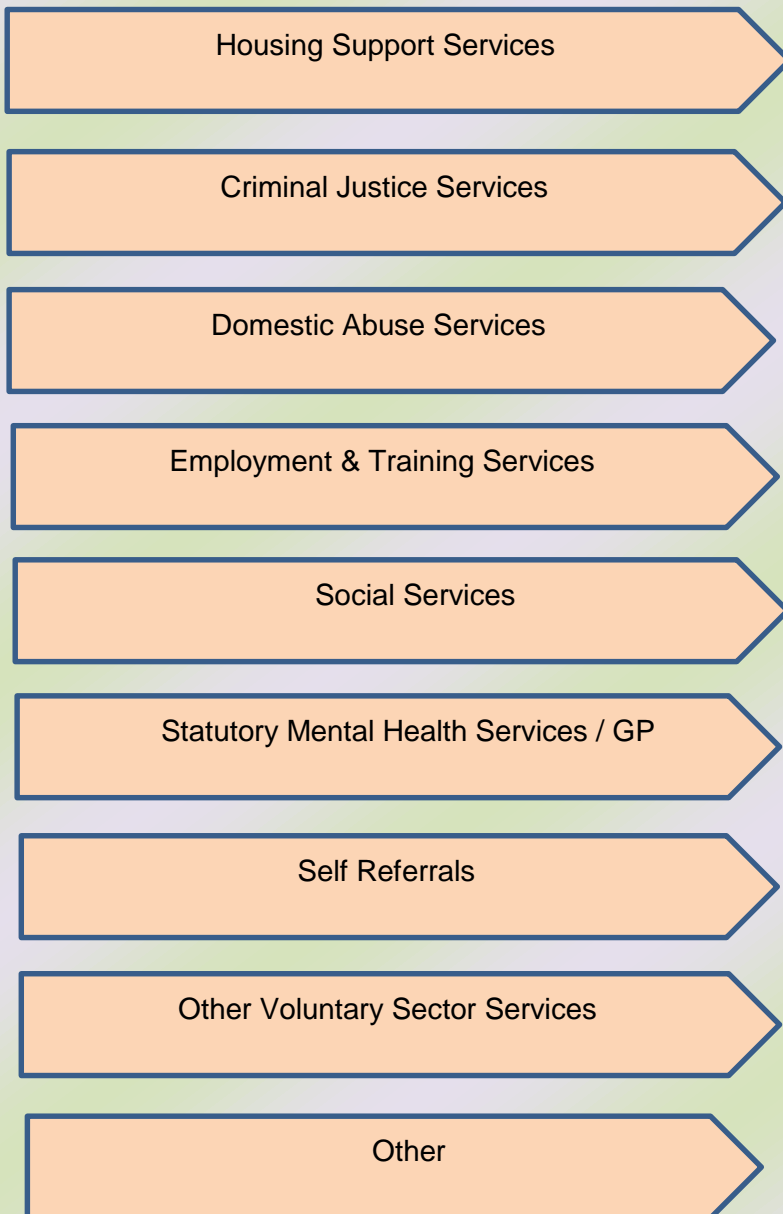
The Needs of Our Service Users

In total 629 women attended our core interventions in 19/20.

We received 285 new referrals.

124 new women attended initial assessments.

Referrals were received from.....



tyneside women's health

Our Service Offer



Open Access Support Available from Day One.....

1 x weekly Craft Group met at our Gateshead Centre reaching 26 women

A weekly drop in session was provided at our Gateshead Centre reaching 21 women

A weekly drop in session was provided at our Newcastle Centre reaching 27 women

2 x 4 week blocks of belly dance provided at the Newcastle Centre. 11 women participated.

1 x jewellery making programme delivered at our Newcastle Centre in partnership with Newcastle City Learning reaching 10 women.

1 x water colour programme delivered at our Newcastle Centre in partnership with Newcastle City Learning reaching 8 women.

A weekly rota of therapeutic activities is provided comprising Laughter Yoga, Yoga, Relaxation and Mindfulness. 8 women attended these interventions.

A weekly Make, Do & Share creative group is provided where women share skills and work on group projects. 21 women have attended this activity.

Positive Notes Singing group has been offered in 3 x 6 week blocks. 15 women attended this group.

A monthly Reading Café is offered and 7 women have attended

25 women have attended one to one Reiki healing

A new physical activity group called Stretch & Flex has been delivered at the Gateshead Centre on a weekly basis. 8 women participated.

3 x Writing for Wellbeing Workshops to help women improve their mental health through writing have been delivered reaching 7 women

A fortnightly Sunday Lunch Group has been delivered with 12 regular attendees

Our Service Offer

Targeted Support Services available include.....

1 x weekly Wellbeing Group for women over 60 has been provided to support 8 women.

3 x Safer Women Support Groups have been provided for 12 women

1 x Positive about Me Confidence Building course has been delivered reaching 7 women.

1 x Mindful Wellbeing course was delivered following a successful pilot in the previous year aimed at women affected by trauma. 7 women attended this programme.

1 x Coping with Depression course to help women learn how to manage symptoms of depression. 8 women attended this course.

1 x Ways to Wellbeing course has been delivered reaching 7 women.

4 x Undoing the Damage of Domestic Abuse courses have been delivered reaching 19 women.

1 x Better Out Than In Anger Management course has been delivered reaching 7 women.

An Integrative Counselling Service is available

The following services were delivered on an outreach basis...

1 x outreach workshop at Apna Ghar in South Tyneside was delivered to a group of women from BME backgrounds to introduce them to the concept of eating well for mental health. 5 women attended.

1 x outreach workshop was delivered to 8 volunteers at Smartworks Newcastle to raise awareness of mental health issues.

3 x belly dance workshops were delivered to a Parents Social group at Byker Sands Community Centre, 4 women attended these sessions.

3 x belly dance workshops were delivered to a Culture Exchange group, 6 women from

We were approached by a GP Surgery in North Tyneside and began to deliver an Outreach Drop in session in Killingworth on a weekly basis in January 2020. 6 women attended this.

Progression Support & New Developments



4 women attended a 6-week Level 2 accredited **Peer Mentoring** programme and are now supporting our peer networks.



We introduced an **Out of Hours Drop In** service at our Gateshead Centre by way of a pilot to gauge interest from women who could not attend during the day. 7 women attended this.



In partnership with **Digital Voice**, 4 women participated in a digital Voice project where they produced creative stories. 2 of these women Have gone on to speak at Police conferences about their experiences of domestic abuse.

<https://youtu.be/WVcl4MBKeLo>

<https://youtu.be/djWOWI-RrVM>

<https://youtu.be/i9JDWkVqeZE>



In addition, we are working with 3 service users and an external consultant to develop an action plan to set up a creative collective whereby women can sell some of the items they make to help our creative groups become self-sustaining.



Women's Words

I really appreciate the telephone/online support I've received. During times of increased anxiety I've found it very helpful to re-read the material from my 'Anxiety Management course I did at TWH a while ago. Thank you.

Understanding that how I feel is justified. Abuse is not my fault.

I come to TWH because of the support and understanding not just from staff but also my peers. It helps to know I am not alone and support offered by TWH helps.

Coming to the support group has helped me so much it gives me the opportunity to talk about my issues and receive help and guidance.'

I enjoy coming to the group, it does cause me to feel anxious and not very confident, but after I've been, I feel less isolated and that I have achieved something

629 women supported

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**

Community Support & Impact

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

880 volunteering hours delivered, representing an approximate 'in kind' value of £7,374.

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.

We would like to express our sincere thanks to the businesses that supported us this year.



While working in Gateshead, builders from the Walker Group kindly helped us out in their own time with some DIY tasks in the office. They also kept us supplied with ice lollies on hot days in exchange for a few cuppas! They supported our Great North Swim and Great North Run with donations too.



Massive thanks to the drivers and office staff at Crown Taxis for all of their donations and for sponsoring our Chief Executive Officer's Great North Swim. Almost £200 has been donated in total!



Sage in the North East donated us a significant amount of IT equipment this year, including PC's, monitors, network switches and routers which enabled us to upgrade. They even delivered! Much appreciated.



A Summary of Our Year

<p>April</p> <p>Easter Coffee Mornings</p> 	<p>May</p> 	<p>June</p> <p>Great North Swim</p> 
<p>July</p> 	<p>August</p> <p>Summer Tea Party</p> 	<p>September</p> <p>Great North Run & Burlesque Fundraiser</p> 
<p>October</p> <p>Halloween party and out of hours drop in launch</p> 	<p>November</p> 	<p>December</p> <p>Christmas Coffee Mornings</p> 
<p>January</p> 	<p>February</p> <p>Valentines Party</p> 	<p>March</p> <p>International Women's Day</p> 

Partnership Working

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

Providing water colour and jewellery making courses.



Supporting women to record digital stories of their experiences of abuse.

Digital Voice
for communities

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.

Finance Report

We have had another good year despite some funding ups and downs with some grants ending and new ones beginning.

We were delighted to receive our first ever international grant from the Hope & Grace Foundation this year, and we have enjoyed working with partners from the organization in the United States.

One of our greatest achievements this year has been setting up our subsidiary company. This is a legal entity completely separate from Tyneside Women's health with the sole purpose of generating an income through counselling services and training. All surpluses will then be donated back to Tyneside Women's Health. We are excited to turn this into a success and ensure the charity is less reliant on grant funds in future years.

We wish to also thank our service users for their ongoing hard work and who have helped to make smaller fundraising events in the Centres a success.

We have been involved in larger fundraising events this year such as the Great North Run, our first Great North Swim, and a Burlesque Fundraising evening hosted by the Kittens Collective. We hope to build on this next year as part of our 35th Birthday celebrations.

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



**NATIONAL
LOTTERY FUNDED**

LLOYDS BANK FOUNDATION
England & Wales

NHS
Alliance CCG



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.



County Durham
Community Foundation



**THE JOSEPH STRONG
FRAZER TRUST**

**THE CLOTHWORKERS'
FOUNDATION**

IMPACT
MANAGEMENT PROGRAMME



educationGateshead
raising achievement for all

The 1989 Willan Charitable Trust at the
Community
Foundation serving
Tyne & Wear and
Northumberland



newventurefund
Hope & Grace Foundation

Well Newcastle Gateshead

Tyneside Women's Health

Statement of Financial Activities
for the year ended 31 March 2020

		Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
		2020	2020	2020	2019
	Note .			£	£
Receipts					
Grants	5	3750	207091	210841	291098
Donations		753		753	3023
Fundraising		3594		3594	608
Other Fees & Refunds		8947		8947	13510
Bank Interest				0	236
Total Receipts		17044	207091	224135	308475
Payments					
Salaries	2	7723	172092	179815	177608
Staff Travel & Training		132	2004	2136	624
Group Work & Activities		2734	11781	14515	20592
Office Expenses		8364	8232	16596	12737
Premises Expenses			56386	56386	53892
Governance Costs	3	3557	2268	5825	5931
Depreciation		70	0	70	118
Total Payments		22580	252763	275343	271502
Surplus / deficit for the year		-5536	-45672	-51208	36973
Net Movement in Funds				0	0
Funds at 1 April 2019		104692	71275	175967	138994
Funds at 31 March 2020		99156	25603	124759	175967

Meet 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	Sessional Worker

The Volunteer Team

Mattie Adam – Counsellor	Marcelle Adamson – Counsellor
Ashley Brotherston – Counsellor	Sandra Coleman - Counsellor
Ruth Le Masurier – Counsellor	Genna Lima – Counselor
Kerry Moralee - Counsellor	Hedi Salanki – Counsellor
Christina Young - Counsellor	Sharon Zucker – Counsellor
Elanear James – Counselling Supervisor / Craft Volunteer	