



**WHiST**  
WOMEN'S HEALTH IN SOUTH TYNESIDE

## Working for women's wellbeing

<b>PROGRAMME April – July 2010</b>	
<b>COURSES</b>	<b>ONGOING ACTIVITIES</b>
Assertiveness and Confidence Building	Coffee Bar Drop In Wednesday
Anxiety, Stress & Low Moods	Coffee Bar Drop in Breakfast Snack & Chat Thursday
Improving Health & Wellbeing	Individual Complementary Therapies
Full Of Life	Counselling
Creative Writing	Gardening
Specifically Women	Salus Savers Credit Union
Reflexology	Yoga
Bach Flower	Dancercise
Relaxation	Active for Life
Arts & Wellbeing	Aerobics
Pilates	Library
Salsacise	Child care and support
Tai Chi	Volunteering Opportunities
Boxercise	



## COFFEE BAR DROP IN

### **Mondays**

#### **Luncheon Club 12.30pm first Monday of each month.**

The chance to share a low cost meal with other members of WHiST. Places need to be booked in advance.

#### **Different Cultures drop in last Monday of the month starting on 24<sup>th</sup> May.**

Each month will have a different focus looking at other cultures. Iran will be the focus on June 25th

### **Wednesdays**

#### **Drop - In 11am – 3pm**

Home cooked food and drinks served by volunteers, Linda Lilley and Olive Pyle.

#### **Employment Support**

Lyndsey Gwyer from Tedco are available on Wednesdays for a confidential session to discuss a way forward into work.

#### **Mental Health Advocate**

Sharon Horne offers confidential support & advice relating to mental health. Sharon attends the drop-in fortnightly.

#### **Salus Savers Credit Union 11.30 -1.30**

Cathy Seago & Janice Hall run the Credit Union collection point for savings and low cost loans.

### **Thursdays**

#### **Breakfast Boost 10am – 12pm**

Come along to try healthy, tasty breakfasts that set you up for the day

#### **Snack & Chat 12pm – 2pm**

Soup and snacks served by volunteers Janice Hall & Avril Pollard

#### **Health Advice 10am – 12.30pm**

Providing support, advice, encouragement and motivation to help you improve your health.

#### **Victim Support services**

Kayleigh from Victim Support can talk to in confidence offering emotional and practical help. Information on the police, court and the criminal justice system. Support and information when attending court. Help with criminal injuries compensation and insurance claims .

## OTHER INDIVIDUAL SERVICES

### **COUNSELLING SERVICES**

Women can make an appointment to see a trained counsellor to discuss any issue. We can also arrange specialist counselling at WHIST from Tyneside Rape Crisis Centre staff. Our counsellors offer person centred counselling and one volunteer offers cognitive behavioural therapy.

### **COMPLEMENTARY THERAPIES**

Trained volunteers offer individual therapies including Indian Head Massage, Reflexology, Reiki, Body Massage and Hypnotherapy.

### **LEGAL ADVICE**

WHIST now offers women access to confidential legal advice in all areas of family law. Ask in the office if you would like to arrange an appointment.

### **CHILDCARE & SUPPORT**

High quality childcare for children from 12 weeks to 4years 11months is available for any mother/carer who is taking up an activity or accessing the drop ins. Places in the crèche must be booked 2 days in advance.

### **LIBRARY SERVICE**

Books to borrow are available on fiction, non- fiction, information on health issues and a children's service are available from our library, situated by the crèche.

Services are funded by grants from:



**LOTTERY FUNDED**

Adult Community Learning  
Big Lottery Fund  
Coalfields Regeneration Trust  
South Tyneside Council Social Services  
South Tyneside Council Community Safety Fund  
South Tyneside PCT  
The Co-operative Community Fund  
Women's Sports and Fitness Foundation  
Workers Educational Association

# COURSES COURSES COURSES

## **FULL OF LIFE**

### **Wellbeing in later years (over 65's)**

This new course aims to improve important life skills that can enable you to deal with difficulties and challenges in your life. If you are feeling isolated, losing your independence, or have more time to get involved in different things or want to make changes, this course may be of help to you.

## **ARTS & WELLBEING**

### **Tutor: Brenda Cavanagh**

It is not about producing nice pictures. Arts & Wellbeing is about experimenting in different ways, without using words, to express our feelings. It is about play, creativity and fun.

## **GARDENING**

### **Tutor: Amelia Luffrum**

Cover the basics of gardening from growing from seed and planting to making bird boxes. This course involves some time in the classroom and time in our garden.

## **REFLEXOLOGY**

### **Tutor: Sarah Wayt**

This 12 week course will give you an introduction to reflexology for safe use in self help and in the home. Over the weeks you will learn some of the background to reflexology, basic techniques, the reflexes related to various parts of the body, the anatomy of the foot, when to use and when not to use certain techniques.

## **BACH FLOWER**

### **Tutor: Pat Russell**

Dr Bach discovered 38 safe and gentle flower remedies, each for a specific emotional state. The purpose of the remedies is to support the fight against illness by addressing the emotional factors, like depression, anxiety and trauma, that are thought to impede physical healing. This short course will introduce you to the remedies and their use in everyday life.

## **RELAXATION**

### **Tutor: Pat Russell**

This 10 week course gives you time to practice relaxation techniques designed to improve your well-being.

## **ASSERTIVENESS & CONFIDENCE BUILDING**

### **Tutor: Sarah Wayt**

Do you find yourself saying 'yes' when you wanted to say 'no', saying nothing when you had something to say or agreeing with things when you'd like to disagree? This course will help you to understand different types of behaviour and how to get your point over in a more effective way. A friendly, informal course to improve your confidence and help you find different ways of doing things.

## **ANXIETY, STRESS & LOW MOODS**

### **Tutor: Jenny Orr**

A 10 week course looking at how it feels to experience anxiety, stress and low moods and the causes of these issues. This friendly, informal and confidential course enables you to learn different ways of dealing with the difficulties in your life.

## **SPECIFICALLY WOMEN**

### **Tutors: Joy Nancarrow Angela Oxberry**

This new 10 week course looks at how women's roles are changing and how you can increase awareness of gender issues.

How we can feel positive

How we can take action

How we can make services easier for women to access.

## **IMPROVING HEALTH & WELLBEING**

This course provides you with an understanding of factors personally affecting your physical and emotional health. It's designed to motivate and empower you to improve your general health and well being using topics which will include colour therapy, stress management, meditation, breathe work and relaxation.

## **CREATIVE WRITING**

### **Tutor: Linda Parvin**

This is a progression from the previous course. If you would like to join you must have some writing skills. It runs for 10 weeks.

## EXERCISES EXERCISES EXERCISES

### YOGA (Hatha Yoga)

**Tuesday 10am-11.30am**

**Thursday 3.15pm-4.30pm**

Tutor: Joan Judd

There are many different types of postures in Yoga, each with specific beneficial effects on body and mind. They enable both the physically fit and unfit alike, giving vitality and energy to those who practise. Minor physical and mental disorders can be helped or corrected by the practice of specific yoga programmes.

### TAI CHI (Taiji Qigong)

**Thursday 10.00 – 11.00 10 weeks**

Tutor: Ros Day

A system of energy enhancing exercises that co-ordinates movement with breathing and inner concentration. If practised regularly, it will give you more energy, improve health and help prevent illness.

### ACTIVE FOR LIFE

Is ongoing and currently full.

### SALSACISE

**Friday 11.45 – 12.45 10 weeks**

Tutor: Caroline Maidment

A fun and energetic exercise class using salsa style dance moves. Suitable for all fitness levels. Salsacise is offered as a 10 week course.

### PILATES

**Wednesday 2pm-3pm 10 weeks**

Tutor: Gemma Sleightholme-Kilbride

Pilates is a gentle, relaxing and non aerobic exercise to strengthen posture, balance and breathing. Pilates is performed through a variety of floor based positions.

### BOXERFIT

**Tuesday 1.30 - 2.30 pm**

Tutor: Caroline Maidment

Physically Active exercise using boxing gloves and pads with fitness routines.

### DANCERCISE

Is ongoing and currently full

## HOW TO CONTACT US

Women's Health in South Tyneside  
Salus House 33 Mile End Road  
South Shields  
Tyne and Wear  
NE33 1TA

Tel 0191 4546959

[info@whist.org.uk](mailto:info@whist.org.uk)

[www.whist.org.uk](http://www.whist.org.uk)

Charity no. 1119901

Company ltd by guarantee

No. 6175697

## VOLUNTEERING OPPORTUNITIES

Volunteering offers many rewards. It can help you to feel more confident and lead to other opportunities such as training courses, helping other women, sharing skills, realising your strengths, meeting new people, and improving your employment chances.

You do not need any previous experience to become involved with us.

If you do have existing skills and qualifications and are thinking of volunteering we would be pleased to hear from you.

Our volunteers are greatly valued and respected. If you would like to find out more about volunteering with us simply get in touch.