

**Funders**

We would like to extend our thanks to the following funders as their grants, contracts and service level agreements enable the services to be offered to women.

- Big Lottery Fund
- Coalfields Regeneration Trust
- Community Foundation Women's Fund
- A Better U
- The Cultural Spring
- Changing Lives
- Northumbria Police & Crime Commissioners
- South Tyneside Public Health
- WISE Group/BLF/European Union

**Partnerships and collaborative working**

We would also like to thank the following organisations who are offering their services from WHiST on a gender specific basis:

- Bridges Bank
- First Contact Clinical
- Rape Crisis Tyneside and Northumberland
- Workers Educational Association
- WISE Group/BLF/European Union

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**A woman only charitable organisation  
run by and for women living and working  
in South Tyneside**

**Working for women's wellbeing**

**January 2018**

Courses	Ongoing Activities
<p>Find out about Women's Health course:-</p> <ul style="list-style-type: none"> <li>-Aerobics</li> <li>-Pilates</li> <li>-Salsacise</li> <li>-Tai Chi (Qigong)</li> <li>-Circle Dance</li> <li>-Everyday Maths</li> <li>-Yoga</li> <li>-Exercise to Music</li> <li>-English Conversation</li> <li>-Gardening</li> <li>-Drama</li> <li>-Drama Production</li> <li>-SOSA Solo Salsa</li> <li>-Kindness Within</li> <li>-Emotional Resilience</li> <li>-Volunteer Skills</li> <li>-Listening Skills</li> <li>-Anxiety Stress and Low Moods</li> <li>-Relaxation</li> <li>-Talking Photos</li> <li>-Massage Therapies</li> <li>- Self care</li> </ul>	<ul style="list-style-type: none"> <li>-Counselling Services Monday to Friday</li> <li>-Book Club 1.30 to 3pm Thursdays once a month</li> <li>-Healthy Living the Easy Way Drop In (Monday) 10 to 12</li> <li>-Craft Drop In (Tuesday) 10 to 12</li> <li>-Memory Group (Tuesdays) 1pm to 3pm</li> <li>-Drop In (Wednesday) 10 to 1.30pm</li> <li>-Drop In (Thursday) 10 to 1.30pm</li> <li>-Inspire Women's Group 10 to 12</li> <li>-Library</li> <li>-Listening Ear various times</li> <li>-Living Well With Long Term Health Conditions (Fortnightly Support Group) 1.30 to 3pm</li> <li>-Meet and Greet Service Thurs 10.30 to 11 by appointment</li> <li>-Meet and Greet Service for Professionals only 11.30 by appointment</li> <li>-Relaxation Weekly Group (Wednesday 12.20 for half an hour )</li> </ul>
<p style="text-align: center;"><b>Support and Advice</b></p> <ul style="list-style-type: none"> <li>Counselling</li> <li>Rape Crisis Tyneside Northumberland (Wed evenings)</li> <li>Peer Support</li> <li>Listening Ear Service</li> <li>Employment Support and Coach</li> <li>Volunteering Opportunities</li> </ul>	<ul style="list-style-type: none"> <li>-Savings Club - Bridges Wednesday 11.30am to 1pm</li> <li>-Walking Group (Wednesday) 10.30 prompt</li> </ul>



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0191 454 6959 | info@whist.org.uk | www.whist.org.uk  
You can donate to WHiST through Golden Giving  
www.goldengiving.com/charity/whist

*Working  
for women's  
wellbeing*



## Courses:

### **Gardening**

**Thursday 11/1/18**

**Time 10am to 12**

**Tutor: Jan Hodgson**

The sessions follow the Gardening calendar and are developed to teach learners what is necessary to do in the garden at each stage of the year. The course is developed so we can work indoors or outdoors depending on the weather. This is a great opportunity to learn a new skill or meet new people. The learners share their own knowledge, and support each other to work as part of a team and are encouraged to put what they have learned into practice in the WHIST garden and at home.

Some of the things we cover: Planting bulbs for spring summer displays, making hanging baskets, germinating seeds, making basic garden equipment e.g. paper plant pots and encouraging garden wildlife.

### **Drama**

**Friday 12/1/18**

**Time 1 to 3**

**Tutor: Kelly Ness**

Have you ever wanted to tread the boards?

"Then keep calm and get Dramatic" The Drama Queenies need you! We are a drama group exploring acting, singing, dance, developing confidence and producing annual productions. But most importantly we enjoy having fun and making new friends.

### **Everyday Maths**

**Monday 10am-2pm 8th January**

Work in a supportive group to gain a qualification in Maths. Work at your own level and receive 1-2-1 support in this friendly group. This is a five week course.

### **Drama Production**

**Friday 12/1/18**

**Time 10 to 12**

**Tutor: Kelly Ness**

If you don't want to tread the boards then why not help build them?

"Keep calm and get creative" Have you ever wondered what goes on behind the stage? As a group we explore art & design, costume making, set building painting, organisational skill, time management and much more. Come along and make some new friends and have fun. We are always looking for new members. We need your help!

### **SOSA—Solo Salsa**

**Monday 08/1/18**

**10am-11am**

**Tutor: Teresa Wright**

A class for all abilities.

SOSA Dance Fitness adapts traditional dance such as Salsa, Rumba & Ballroom styles to make them SOLO, so you can learn to dance without the need for a partner.

The fabulous dance fitness workout enables women to learn beautiful dance steps and keep fit at the same time with low impact aerobic fitness.

### **English Conversation**

**Wednesday 10/1/18**

**Time 10—12**

**Tutor: Meg Caygill**

For women who are learning English as a second language. Come and practise with us in a small friendly group.

### **Child care support**

Our crèche is well equipped including a variety of resources for children with disabilities. It is Ofsted registered and run by fully qualified staff. It is available for children from 3 months to 4yrs 11mths. To book a place in the crèche you should ring the crèche two days in advance every week you need to attend WHIST. Please contact us if you would like to see the crèche before attending services.

### **Booking Courses**

You can now do more than one course at a time.

**To put your name down on a course or ask any questions please give us a call on 0191 4546959.**

**Coming to the hatch**

**Texting 07745104524**

**Emailing: info@whist.org.uk**

### **Employment progression Support**

If you are looking for work you will be offered opportunities to receive help around employment, improving your employability skills, CV writing etc. This is offered at the end of each course and you can decide if you want to join in. You can also speak to our Employability Coach, Ann Cowey, to see if you are eligible for one to one support.

### **Volunteering Opportunities**

Volunteering can build your confidence and widen your social networks as well as giving you the chance to try new things and develop your skills. If you would like to consider volunteering at WHIST there is an information session the last Friday of every month at 10am. Book a place at the office.

### **Quality marks**

WHIST ensures that services are delivered to professional standards and that confidentiality and boundaries are consistently maintained. Our crèche is Ofsted registered. Courses operate to Ofsted standards. We are working to level 2 of PQASSO (Practical Quality Assurance System for Small Organisations) and we have received the following awards

- 2009 the Queens Award for voluntary services
- 2012 the Voluntary Sector Provider of the Year by Adult Community Learning
- 2013 won the UK inaugural Bevan Prize for delivering 'outstanding health and wellbeing services'.
- 2014 runners up for the national GlaxoSmithKline award in recognition of excellence in delivery of services.
- 2015 NIACE North of England Award winner 2015 in recognition of outstanding learning achievement
- 2016 Change 4 Life South Tyneside Quality Standard

**You do not need to be a member of WHIST to come along to our drop in services.**



**LOTTERY FUNDED**

**Book Club****Every third Thursday of the month at 1.30pm**

Come along to a friendly and fun group where you will be given a book to read and a chance to chat about it with other women. Books are supplied by South Tyneside Libraries

**Meet and Greet for New Women****Thursdays from 10.30**

This is a service for new women. It is run by volunteers who have accessed services themselves and know how nerve wracking the first visit can be. You will be made welcome and shown around the building to get a feel of what we do and what it is like. You can then have time to think it through and decide if you want to do anything here.

**Meet and Greet for Professionals****Thursdays from 11.30**

Run for professionals who may refer/advise women to come to WHiST. Facilitated by experienced and trained volunteers at a different time to the session for new women.

**Inspire Women's Group****Thursday 10-12****Tutor: First Contact Clinical**

Support and advice for women who are living with addictions including alcohol, drugs, food, gambling and smoking

**Craft Drop in 10am-12pm****Tuesday**

Facilitated by volunteers. Come along and have a go at various arts and crafts in WHiST coffee bar.

**Savings Club – Bridges.****Wednesday 11.30-1**

Our Credit union is run by volunteers to serve the financial needs of our members on a not-for-profit basis. We provide members with help in managing their financial affairs, we encourage saving and provide loans at reasonable interest rates.

**Healthy Living the Easy Way****Monday 10-12**

Facilitated by volunteers. Come along to the WHiST coffee bar and try some healthy soup and snacks. Share recipes and information with other women. Try relaxation or have fun and get fit with hula hoops. Share your ideas for healthier living.

**Drop in Wednesday and Thursday****Wednesday 10:30 – 2****Thursday 11-2**

Come along to our drop in sessions where you can meet up for a chat and enjoy some delicious homemade cakes, pies and quiches. (Wednesday)  
Bacon sandwiches and jam and fresh cream scones available on (Thursdays).

**Library**

Come along and have a look at some of the fantastic titles we have on offer. There is a vast array of books to borrow and to buy.

**Memory Group****Tuesday 9/1/17****1pm-3pm**

WHiST volunteers are developing a new group to help women keep their mind active. The group will support women who might be struggling with memory loss due to stress and/or physical and mental health issues.

The group will provide activities that stimulate the mind and exercise the brain, as well as providing a social space that breaks down isolation and provides support.

**Tai Chi (Qigong)****Friday 12/1/18 Time****10am to 11****Tutor: Ros Day**

Tai Chi is a series of slow and gentle movements. Qigong means 'energy work' During this course you will learn a sequence of simple exercises that can improve your physical and mental wellbeing. The theory of 'chi' or energy flow will be used, with visualisations of energy moving through our system, with greater strength and vitality. As your breathing becomes slower and deeper, you may feel more relaxed and better able to cope with life's challenges. All the movements and techniques can be adapted to your own needs, thus giving you a basic routine that you could do daily, to support your physical and mental health

**Yoga****Thursday 11/01/18****2pm to 3.30pm****Tutor: Patricia Uttridge**

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical wellbeing.

**Exercise to Music****Tuesday 9/1/18 Time****9.45am to 11am****Tutor: Caroline Maidment**

Cardio, strengthening and stretching to music. This group is for women from Black, Asian, Minority Ethnic and Refugee communities. It is a great way to start off at WHiST to get to know us and to feel comfortable joining other groups.

**Salsacise****Thursday 11/1/18 Time****10am to 11am****Tutor: Caroline Maidment**

Latin dance steps to great music. A great workout that exercises and tones the body.

**Pilates****Monday 8/1/18****Time 1:30- 2:30****Tutor: Caroline Maidment**

Stretching exercises to improve posture, breathing and strength. Exercises can relieve aches and pains and de-stress the mind, body and soul.

**Aerobics****Tuesday 09/1/18****Time 11.15 12.15****Tutor: Caroline Maidment**

A fun work out to music including cardio, strengthening and stretching to help you feel full of energy.

**Circle Dance****Friday 12/1/18****Time 11.30****Tutor Ros Day**

Circle Dance uses traditional folk dances and beautiful music from many cultures. We hold hands and learn simple steps. The movement, music and support can help us relax, revive and revitalise.

### **Kindness Within**

**Tuesday 16/01/18**

**Time 10-12.30**

**Tutor Margaret Bird**

#### **A 6 week course at WHiST about Self Care**

This 6 weeks course is a chance to have some time to explore and support us in being kinder to ourselves—especially when life gets in the way. In this space, we can also dare to think more about what we would like for ourselves, our hopes and ideas for the future and maybe take some new steps forward!

**Priority for this particular course will be given to participants of the Wise Steps Programme.**

#### **Emotional Resilience**

**Thursday 11/1/18**

**Time 1– 3**

**Tutor Meg Caygill**

This course helps you to identify ways of handling difficult situations or how to “bounce back” after stressful events. Sessions examine limiting behaviour that might hold you back. You will be encouraged to develop skills and techniques that will help you to cope better and to make positive changes in your life.

#### **Self Care Course**

**Wednesday 10/01/17**

**1pm-3pm**

**Tutor Jo Kirtley**

A three-week Self-Care course to improve your wellbeing and make positive life choices. Learn new ways to lift your mood, boost your confidence and increase your self-esteem. Manage stress and cope with anxiety. Learn about the benefits of healthy eating and exercise. Discuss body image, healthy relationships and women’s issues in relation to your wellbeing.

### **Volunteer Skills**

**Wednesday 10/1/17**

**Time 1–3**

**Tutor Corinne and Joy**

Explore the benefits to you of volunteering. Learn useful skills that can help you to volunteer and/or move toward employment. Sessions cover assertive and confident behaviour, mental health issues, improving communication, women’s issues, handling difficult situations, understanding community work and considering equal opportunities. Volunteering can help you feel part of something, make new friends and feel valued in your community.

#### **Listening Skills**

**Tuesday 9/1/18**

**Time 10–12**

**Tutor Corinne Devine**

An introductory course for anyone wanting to improve their listening skills, to think about how communication style can improve relationships and to understand the basics of counselling techniques.

The course could lead to you becoming a Listening Ear volunteer at WHiST but is equally useful to anyone wanting to improve the way they communicate with others.

#### **Massage Therapies**

**Friday 12/1/17**

**Time 10am-12pm**

Develop your knowledge of Indian Head Massage and Body Massage on this introductory 10 week course.

### **Anxiety, Stress and Low Moods**

**Wednesday 10/1/17**

**Time 10–12**

**Tutor Jenny Orr**

Within the course we will explore the following: What are your personal stressors? How do you know you are stressed and how do you currently manage it? Developing additional coping skills for stress relief. When might anxiety become a problem? What maintains anxiety? Strategies and techniques for promoting calm. What is low mood and depression? Exploring the cycle that maintains depression. How we can combat depression? Exploring thoughts and emotions including replacing negative thoughts with more balanced alternatives.

#### **Talking Photos**

**Monday 8/1/17**

**Time 10–12**

**Tutor Roweena Russell**

A creative photography course for women who think they are not creative. A brilliant course looking at how to take and edit photos and feel more confident with using computers creatively.

#### **Relaxation Course**

**Tuesday 9/1/17**

**Time 1–3**

**Tutor Jenny Orr**

Within the course we will explore and experience a range of Relaxation techniques. We will do this through guided practice and this will include Breathing exercises, Progressive Muscle Relaxation, Visualisation and Guided Imagery, Relaxation through Movement, The use of Positive Suggestion/Self-hypnosis, Mindfulness Meditation, Meditation with music/candles and Loving Kindness Meditation

### **Ongoing Activities**

**Living Well with Long Term Health Conditions with Jenny Orr**  
**Wednesday 1.30pm - 3pm**  
**(fortnightly support group)**  
**Starting back on 10/01/18**

Ongoing support for women living with Long-term Health Conditions. 1 hour structured session, sharing information and strategies to help you manage your health. Followed by informal peer-led support. Topics include diet and nutrition, coping with pain, exercise, managing medication, pacing skills, relaxation, communication and anxiety and stress.

#### **Relaxation**

**Wednesdays—weekly from 10/1/18**

**Time 12:20-12.50pm**

**Tutor: Jenny Orr**

Come along to our weekly guided relaxation session. Different types of relaxation techniques such as guided body scans, and mindfulness.

#### **Listening Ear**

**Times available:**

**Monday 1pm**

**Tuesday 1pm**

**Wednesday 10am and 11am**

**Thursday slots available between 10–2**

Do you ever feel overwhelmed and wish you had someone to talk to? You can book in or just turn up to an appointment with a trained listening ear volunteer. You will have 30 minutes to talk and be listened to. The volunteer will then offer to signpost you to other services in the Borough that might help you.