

## 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  
 Hadrian Trust  
 WISE Group/BLF/European Union  
 Business Employment Skills

## 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:

Optimum Skills  
 Rape Crisis Tyneside and Northumberland  
 Workers Educational Association  
 WISE Group/BLF/European Union  
 David Gray Solicitors

Registered Charity no. 1119901  
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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

**September 2018**

Courses	Ongoing Activities
<ul style="list-style-type: none"> <li>- Aerobics</li> <li>- Pilates</li> <li>- Salsacise</li> <li>- Tai Chi (Qigong) beginners (Friday)</li> <li>- Circle Dance</li> <li>- Yoga</li> <li>- Exercise to Music</li> <li>- Drama</li> <li>- Drama Production</li> <li>- SOSA (Solo Salsa)</li> <li>- Gardening</li> <li>- Tai Chi (Oigong) progression (Thursday)</li> <li>- Anxiety, Stress and Low Moods</li> <li>- English Conversation</li> <li>- Psychology of Happiness</li> <li>- Money Matters</li> <li>- Listening Skills</li> <li>- Creative Writing</li> <li>- Introduction to Reflexology</li> <li>- Relaxation</li> </ul>	<ul style="list-style-type: none"> <li>-Counselling Services Monday to Friday</li> <li>-Book Club 1.30pm to 3pm (Thursdays) once a month</li> <li>-Healthy Living the Easy Way Drop In (Monday) 10.30am to 1pm</li> <li>-Craft Drop In (Tuesday) 10am to 12pm</li> <li>-Drop in (Tuesday) sandwiches and snacks from 10am to 12pm</li> <li>-Re-mind Memory Group (Tuesdays) 1pm to 3pm</li> <li>-Drop In (Wednesday) 10am to 1.30pm</li> <li>-Drop In (Thursday) 10am to 1.30pm</li> <li>-Library</li> <li>-Listening Ear various times</li> <li>-Living Well With Long Term Health Conditions (Wednesday Fortnightly Support Group)1.30pm 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 12.20pm prompt for half an hour )</li> <li>-Walking Group (Wednesday) 10.30am prompt—11.30am</li> <li>-Smoking Cessation—Thursday morning appointments available 10am or 11am</li> <li>-Environmental Group (first Monday of the month) once a month 12.30pm</li> <li>-Smart (Support Group) Thursday 10am to 12pm</li> </ul>
Support and Advice	
<ul style="list-style-type: none"> <li>Counselling</li> <li>Peer Support</li> <li>Listening Ear Service</li> <li>Employment Support and Coach</li> <li>Volunteering Opportunities</li> <li>Legal Advice provided by David Gray Solicitors</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](http://www.goldengiving.com/charity/whist)

*Working  
 for women's  
 wellbeing*



## Gardening

**Thursday 20/9/18**

**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 14/9/18**

**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. We are always looking for new members to come along and join us.

## Courses:

### Drama Production

**Friday 14/9/18**

**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 a long and make some new friends and have fun. We are always looking for new members. We need your help!

### SOSA—Solo Salsa

**Wednesday 12/9/18**

**10am-11.30am**

**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.

### Yoga

**Thursday 20/9/18**

**Time 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.

## 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. 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

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

**Texting 07745104524**

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

### 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 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
- 2018 PQASSO Quality Mark Award Level 2

**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 10.30am**

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 11.30am**

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.

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

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

Sandwiches and snacks prepared fresh by our Volunteers are available to purchase.

**Smoking Cessation Thursday Appointments available 10am or 11am**

Support and advice on giving up smoking and vouchers to exchange for nicotine replacement therapies.

### **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.

### **Healthy Living the Easy Way**

**Monday 10am-12pm**

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 10:30am – 2pm**

**Thursday 11am-2pm**

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).

### **Memory Group**

**Tuesday's**

**1pm-3pm**

A volunteer led group supporting women who experience memory loss due to stress and/or physical and mental health issues.

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

### **Legal Advice—David Gray Solicitors**

**30 minute appointments are available monthly on Wednesday mornings**

Legal advice sessions are now available here at WHiST.

The advice is around Family Law-Divorce and finances

Separation

Cohabitation

Domestic Abuse and Injunctions

Social Services

Contact and living arrangements for children

You can make an appointment to see a female legal representative from David Gray Solicitors.

See a member of staff who will give you the details of who to call to arrange the appointment.

### **Tai Chi (Qigong)**

**Thursday 20/9/18 Time 11.15 to 12.15 (Progression)**

**Friday 14/9/18 Time 10am to 11 (Beginners)**

**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.

### **Exercise to Music**

**Tuesday 11/9/18**

**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 20/9/18**

**Time 10am to 11am**

**Tutor: Caroline Maidment**

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

### **Pilates**

**Monday 10/9/18**

**Time 1:30pm to 2:30pm**

**Tutor: Caroline Maidment**

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

### **Aerobics**

**Tuesday 11/9/18**

**Time 11.15am to 12.15pm**

**Tutor: Caroline Maidment**

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

### **Circle Dance**

**Friday 14/9/18**

**Time 11.30am to 12.30pm**

**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.

## **Psychology of Happiness**

**Thursday**

**Tutor Meg Caygill**

**Date 20/9/18 Time 1pm to 3pm**

This is an informal and relaxed course exploring what makes us feel good and how to reinforce a positive self image.

Through discussion you can come to understand negative thinking and behaviour and explore ways to challenge it.

## **English Conversation**

**Tutor Meg Caygill**

**Wednesday**

**Date 19/9/18 Time 10am to 12pm**

For women who are learning English as a second language. We discuss film, geography and local knowledge to improve our everyday English. Come and practise with us in a small friendly group.

## **Anxiety, Stress and Low Mood**

**Tutor Jenny Orr**

**Wednesday**

**Date 5/9/18 Time 10am to 12pm**

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.

## **Listening Skills**

**Tutor Corinne Devine and Joy Nancarrow**

**Monday**

**Date 10/9/18 Time 1pm to 3pm**

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.

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.

## **Relaxation**

**Tutor Jenny Orr**

**Monday**

**Date 3/9/18 Time 1pm to 3pm**

**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

Loving Kindness Meditation

We will also use discussion, presentations, short films, poetry, music, home practice, practical exercises and internet resources to help us explore how to develop Relaxation skills.

Each session will include a short relaxation at the beginning of the session led by the Tutor.

We will have a longer guided relaxation exercise in the second half of the session.

## **Money Matters**

**Tutor Meg Caygill**

**Wed 19/9/18 Time 1pm to 3pm**

Fun activities to help you save the pennies and watch the £s look after themselves.

Advice on switching household bills, pension advice, how to make low cost, healthy meals, how to budget and have money left to treat yourself.

## **Creative Writing**

**Tutor Amanda Quinn**

**Tuesday 11/9/18 1pm-3pm**

Want to write? This course will introduce you to creative writing in a relaxed and supportive atmosphere. Come along and make new friends, feel more confident and have fun. All welcome - no previous experience necessary.

## **Introduction to Reflexology**

**Tutor Karen Burns**

**Friday 14/9/18 10am-12pm**

An introduction to reflexology. Learn practical skills and techniques, working the zones of the feet to create a relaxing treatment. Gain an awareness of health conditions that may restrict or prevent a treatment. Identify the benefits of a reflexology treatment such as relaxation, stress reduction and mood improvement.

## **Ongoing Activities**

**Living Well with Long Term Health Conditions with Jenny Orr Wednesday 1.30pm-3pm (fortnightly support group)**

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 5/9/18 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.

**Environmental Group—Women against Waste Monday—once a month 12.30pm to 3pm**

We are a group of volunteers who have chosen to try to reduce the impact that we have on the environment. We meet at 12.30 on the first Monday of the month and any woman is welcome to come along. We are looking at ways to lessen our everyday waste and at what measures we take to protect our planet. This is to improve both our lives and the lives of future generations.

## **Listening Ear**

**Monday 11am or 1pm**

**Tuesday 1pm**

**Thursday slots available between 10—2 on request**

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.

## **Smart Group**

**Thursday 10am to 12pm**

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