

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

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:

- First for Money—Your Credit Union
- Optimum Skills
- First Contact Clinical
- Rape Crisis Tyneside and Northumberland
- Workers Educational Association
- WISE Group/BLF/European Union



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

Working for women’s wellbeing

April 2018

Courses	Ongoing Activities
<p>Find out about Women’s Health course:-</p> <ul style="list-style-type: none"> - Aerobics - Pilates - Salsacise - Tai Chi (Qigong) beginners (Friday) - Circle Dance - Yoga - Exercise to Music - Drama - Drama Production - SOSA Solo Salsa - Creative Writing - Self esteem - Health, Exercise and Nutrition Level 1 - Assertiveness - Mindfulness - Gardening - Tai Chi (Oigong) progression (Thursday) - Wrap -English/Maths Skills details to be confirmed 	<ul style="list-style-type: none"> -Counselling Services Monday to Friday -Book Club 1.30 to 3pm Thursdays once a month -Healthy Living the Easy Way Drop In (Monday) 10.30am to 1pm -Craft Drop In (Tuesday) 10 to 12 -Re-mind Memory Group (Tuesdays) 1pm to 3pm -Drop In (Wednesday) 10 to 1.30pm -Drop In (Thursday) 10 to 1.30pm -Inspire Women’s Group 10 to 12 -Library -Listening Ear various times -Living Well With Long Term Health Conditions (Wednesday Fortnightly Support Group)1.30 to 3pm -Meet and Greet Service Thurs 10.30 to 11 by appointment -Meet and Greet Service for Professionals only 11.30 by appointment -Relaxation Weekly Group (Wednesday 12.20 prompt for half an hour)
Support and Advice	
<ul style="list-style-type: none"> Counselling Rape Crisis Tyneside Northumberland (Wed evenings) Peer Support Listening Ear Service Employment Support and Coach 	<ul style="list-style-type: none"> -First for Money credit union Wednesday 11.30am to 1pm -Walking Group (Wednesday) 10.30 prompt—11.30am Smoking Cessation—Thursday morning appointments available 10am or 11am

Courses:

Gardening

Thursday 26/4/18

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 27/4/18

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.

Drama Production

Friday 27/4/18

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 23/4/18

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 25/4/18

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.

Smoking Cessation Thursday Appointments available 10am or 11am

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

First for Money—Your Credit Union

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

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.

Tai Chi (Qigong)

Thursday 26/4/18 Time 11.15 to 12.15 (Progression)

Friday 27/4/18 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

Yoga

Thursday 26/4/18

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.

Exercise to Music

Tuesday 24/4/18

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 26/4/18

Time 10am to 11am

Tutor: Caroline Maidment

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

Pilates

Monday 23/4/18

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 24/4/18

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 27/4/18

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.

Creative Writing

Tuesday 24/4/18 Time 1pm to 3pm

Tutor Amanda Quinn

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.

Self Esteem

Thursday 26/3/18 Time 1pm to 3pm

Tutor Meg Caygill

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

Wrap

Wednesday 25/4/18

Time 10am to 12pm

Tutor Jenny Orr

Wellness Recovery Action Planning is a way of helping you maintain or work towards good mental and physical health.

It is an individual, personal plan which can be used to enable you to put helpful things in place to make you feel better.

You can use your WRAP plan whether you are feeling good at the minute or whether you are going through a difficult time.

The course will guide you through the process of making a WRAP for yourself, and help you gain greater knowledge of the mental health issues that affect you.

Mindfulness

Monday 23/4/18

Time 1pm to 3pm

Tutor Jenny Orr

Within the course we will develop an understanding of how to bring Mindfulness into our lives:

Informal practice, which can be integrated into much of our daily activities.

Gaining an appreciation of the attitude or approach which informs the practice of Mindfulness.

Exploring how Mindfulness might be helpful in reducing Stress.

Considering how this approach can be used to respond to Depression.

Health, Exercise and Nutrition Level 1

Thursday 1/3/18

Time 10am to 4pm

Tutor Mel Brewis

The course is a mixture of health and nutrition info mixed with participation in exercise. It will boost your knowledge of the subjects and also look at how to run a group with other women.

Assertiveness

Tuesday 24/4/18 Time 10am to 12pm

Tutor Corinne Devine

Understand the difference between assertive, aggressive and passive behaviour. Look at how practising assertive behaviour can help us to feel more confident, say what we think and feel and improve our relationships.

Maths and English Course— Optimum Training

Monday 10th April Time 10am to 3pm

**We have the opportunity
to run either English or
Maths, please show your
interest at the office.**

Everyday English

- Gives students practical skills for the modern world and helps them get the most from life, learning and work.
- The aims are to ensure students have good communication skills in reading, writing, speaking and listening.
- During this course you will be giving the opportunity to gain a qualification.

Everyday Maths

- Provides an individual with essential knowledge, skills and understanding that will enable them to operate confidently, effectively and independently in life and work.
- During this course you will be giving the opportunity to gain a qualification.

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
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

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.