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Ongoing Activities

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- ◇ Walking Group
- ◇ Environmental Group
- ◇ Poverty Project—coming together in
hard times
- ◇ Library

Support and Advice

Counselling
Rape Crisis Tyneside Northumberland
Listening Ear Service
Legal Advice provided by
David Gray Solicitors

WHiST

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

Courses

WHIST courses usually run for 10 weeks from the start date on the same day each week. Each session is 2 hours. Courses are free for WHIST members. All donations welcome

To put your name down on a course or to ask any questions, please give us a call on 0191 4546959 or email info@whist.org.uk

Some courses are courtesy of the WEA and enrolment with them will be required.

Introduction to Complementary Therapies **Friday 17/01/20** **Time 10am to 12pm** **Tutor Karen Burn (WEA)**

Complementary therapies, also known as holistic therapies include a range of treatments such as massage, aromatherapy, reflexology, acupuncture and yoga. These treatments can be used as a standalone treatment or alongside orthodox medicine to aid relaxation, reduce stress, improve sleep and improve general wellbeing. On this course we will look at the uses and benefits of Indian head massage and reflexology as well as learning how to carryout these treatments for family and friends

Gardening **Monday 13/01/20 (5 weeks only)** **Time 10am to 12pm** **Tutor Amelia (WEA)**

This course is informal and friendly, based on group work, pairs and individual work. Both indoor and outdoor learning will take place dependent on the weather. This gardening related course introduces a different topic each week related to the time of year. It will enhance your gardening skills and knowledge with a view to using these in your own garden/home.

Drama Group **Friday 17/01/2020** **Time 1pm to 3pm** **Tutor: Kelly Ness (WEA)**

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 (Stage Management) **Friday 17/01/2020** **Time 10am to 12pm** **Tutor: Kelly Ness (WEA)**

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 and 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!

Creative Writing **Tuesday 14/01/20** **Time 1pm-3pm** **Tutor Amanda Quinn (WEA)**

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.

Exercise to Music
Tuesday 14/01/20
Time 10am to 11am
Tutor: Caroline Maidment (WEA)

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.

Circle Dance
Friday 17/01/20
Time 11.30am to 12.30pm
Tutor Ros Day (WEA)

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.

Salsacise
Thursday 16/01/20
Time 10am to 11am
Tutor: Caroline Maidment (WEA)

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

Pilates
Monday 13/01/20
Time 1:30pm to 2:30pm
Tutor: Caroline Maidment (WEA)

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

Money Matters
Tuesday 14/01/20
Time 1pm to 3pm
Tutor: Meg Caygill
Talk about the money issues that matter to you. Get top tips on saving more and spending less! Come and share free, home cooked meals with us. We are practising our super cheap one-pot specials!

Yoga
Monday 13/01/20
Time 10am to 11.30am
Tutor: Anne Whitehead (WEA)

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

Aerobics
Tuesday 14/01/20
Time 11.15am to 12.15pm
Tutor: Caroline Maidment (WEA)

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

Tai Chi
QiGong

Further
Tuesday 14/01/20 Time 1.30pm

Progression
Thursday 16/01/20 Time 11.15am to 12.15pm

Beginners
Friday 17/01/20 Time 10am to 11

Tutor: Ros Day (WEA)

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.

The Weekly Natter
Wednesday 15/01/20
Time 10am to 12pm
Tutor Meg Caygill

Come along to a friendly natter each week! You name it, we can talk about it: cats, climate change, loneliness, films, getting older, recipes.. ..This group will build up your confidence and ability to speak with others in a safe and friendly group.

(All women are welcome, but if English isn't your first language, we suggest you need to be at least level 2 in order to really enjoy the classes.)

The Psychology of Happiness
Thursday 16/01/20
Time 1pm to 3pm
Tutor Meg Caygill

What does science say about what makes us happy? Come and find out what happens in our bodies and brains when we are happy. Learn top tips about how to care for yourself. A great first step towards increasing confidence especially when making life changes, such as becoming employed. Please note that this course is NOT therapy. If you are in crisis please ask us about 1:1 help instead

Understanding Stress and Anxiety
Monday 13/01/20
Time 1pm to 3pm
Tutor Jenny Orr

This practical and supportive course will identify personal stressors and how we cope with stress, and then explore a range of strategies which will help us better manage stress in our lives. We will look at the connection between stress and anxiety, discuss possible factors which might start and maintain anxiety, and employ a number of approaches, including CBT and Mindfulness, to help us explore how to manage and alleviate anxiety. Strategies to manage symptoms will also be explored

Assertiveness Course
Monday 20/01/20
Time 1pm to 3pm
Tutor Joy Nancarrow

On this course you will come to understand different behaviour types including assertive, aggressive and passive behaviour. You will consider how to build your confidence through assertive behaviour. Information is given to help you improve your listening and communication skills. You will develop techniques to help you express how you feel and what you want, whilst demonstrating self respect and respect for others.

Managing Low Mood and Depression
Wednesday 15/01/20
Time 10am to 12pm
Tutor Jenny Orr

This is an informal and supportive course which will explore causes of low mood and ways to alleviate this issue. We will also discuss how depression can become a longer term difficulty and explore how approaches such as CBT and cognitive based mindfulness can help, as well as the importance of compassion in responding to these difficulties. The course will offer information, ideas and strategies to help alleviate symptoms. We will use guided exercises within sessions and home practice to help participants develop new skills.

Active Voices
Thursday 23/01/20
Time 10am to 1.30pm
Tutor Moyra Riseborough

Seven week course. This course is about active citizenship. Raise your confidence and assertiveness around speaking up on important issues, and getting change started! (Please note, we may have to prioritise applicants who are over 50 years old)

Learners Celebratory Event

Come and join us on Friday 27th March 1pm to 3pm to receive your certificates for attendance and completion of any WHiST courses.

An opportunity for you to find out about next term's courses and let us know what else you'd like to attend,

Ongoing Activities

Poverty Project—Coming together in hard times.

Project Co-ordinator: Meg Caygill.

It's all about money—or rather lack of it. From July 2019 to June 2020. Lots of things will be happening. You could:

- Join a discussion group
- Be interviewed about your own personal experiences
- Join workshops about universal credit and the DWP systems
- Get some training and start up a group of your own—such as cheap food clubs, clothes-swap or a stay warm club.

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.

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 12.20pm

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 10.30am & 11.30am

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.

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.

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.

Volunteering at WHiST

Volunteers are respected and valued at WHiST. They are fully supported by dedicated workers and become involved in many different ways to increase their confidence and skills. They deliver services and support women on a one to one basis and in groups. Each Volunteer receives support, training and experience in a variety of roles

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.

Healthy Living the Easy Way Monday 10am-12pm

Facilitated by volunteers. Come along to the WHiST coffee bar and try some healthy snacks. Share recipes and information with other women. Share your ideas for healthier living and join in with activities to get fit.

Drop in 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)**
Toasties **(Thursdays)**.

You do not need to be a WHiST member to come along to our drop-in's, so why not bring a friend?

Legal Advice—David Gray Solicitors

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.

Wise Steps Employability Programme

Wise Steps Employability Programme provides one to one tailored support to enable women to take positive steps towards work and help with accessing employment and work experience opportunities as well as support with achieving qualifications and improving their health, wellbeing and life chances.

If you are interested in signing up to the programme please contact Asia Uddin, Employment Coach

Counselling Service

We offer several different types of counselling which we discuss at an initial assessment with you. Our experienced Counsellors are able to work with you around a range of issues, including domestic abuse; sexual violence; anxiety; loss and bereavement; child protection issues; significant life changes; relationship difficulties; self esteem; mental health / depression; and many others. To enquire about Counselling you can call, text or email on the numbers below.

Booking Courses or Counselling

Or to find out more information, please give us a call on 019145104524

Or email: info@whist.org.uk

WHiST is an independent charity funded by a variety of generous people and organisations.

Did you know you could also support WHiST through your Facebook page?
<https://www.facebook.com/fundraisers>.

Or by donating through Golden Giving.

If you are a UK taxpayer, donations to UK charities could be eligible for Gift Aid

Quality marks

WHiST ensures that services are delivered to professional standards and that confidentiality and boundaries are consistently maintained.

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



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.

Changing Lives
Northumbria Police & Crime Commissioners
South Tyneside Public Health
WISE Group/BLF/European Union
Skills Service
The Ballinger Charitable Trust
Community Foundation Growth and Resilience
Coalfields Regeneration Trust
Community Foundation
Garfield Weston Foundation
Henry Smiths
Sir James Knott
The Small Wood Trust

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:

Media Savvy CIC
Northern Rights
Rape Crisis Tyneside and Northumberland
Workers Educational Association
David Gray Solicitor

Registered Charity no. 1119901
Company limited by guarantee no 6175697



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*Working
for Women's
Well-being*



You can donate to WHiST through Golden Giving

www.goldengiving.com/charity/whist



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