

January 2022

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.

- The Ballinger Trust
- Virgin Money Foundation
- Henry Smith Foundation
- South Tyneside Public Health
- South Tyneside Council
- Northumbria PCC
- Rise
- Awards for All
- Independent Age

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:

- WM Leech
- Ringtons
- Women's Fund
- Newcastle Building Society
- WEA
- Tailored Leisure

Courses provided by WEA

- Aerobics
- Salsacise
- Pilates
- Drama (Production)
- Drama (Stage Management)
- Exercise to Music (BAME)

Courses

- Activism (once a month)
- NetBall
- Yoga
- Family Fitness
- Conversational English
- Psychology of Happiness
- Emotional Resilience
- Confidence Building
- Joy of Expression

Workshops

- Therapeutic Drumming

Ongoing Activities

- Drop ins
- Counselling Services
- Wise Steps Employability Programme
- Monthly Book Club
- Memory Group
- Living Well With Long Term Health Conditions Support Group
- Meet and Greet Service
- Library
- Relaxation
- Gardening (Volunteer Group)
- Choir
- Creative Writing

Support and Advice

- Counselling
- Listening Ear Service

External Agencies

- Groundworks Wednesday Walking Group



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 www.whist.org.uk

*Working
 for Women's
 Well-being*



You can donate to WHIST through Golden Giving
www.goldengiving.com/charity/whist

Find us on Facebook & Twitter,
 Search WHIST SouthShields

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WEA COURSES:

To join any of these course you must contact WEA either via telephone on 03003033464 or online www.wea.org.uk

Drama (Stage Management)

Friday 14/01/2022 - 25/03/2022

Time 10am

Tutor: Kelly Ness (WEA)

Through Drama Production, learners have the opportunity to be creative and experience inspiration and enjoyment. Creating, designing and exploring all aspects of stage management. Improving confidence, communication skills, organisation skills. Learners will have the opportunity to work together as a stage crew to stage manage stage production.

Drama Group

Friday 14/01/2022 - 25/03/2022

Time 10am to 12pm

Tutor: Kelly Ness (WEA)

Through drama learners have opportunities to be creative and experience inspiration and enjoyment. Creating and exploring a variety of dramatic disciplines. Improving confidence, communication skills and health & well being.

Salsacise

Monday 10/01/2022 –21/03/2022

Time 12.15pm

Tutor: Caroline Maidment (WEA)

This is a face-to-face course which supports learners to develop their skills in Salsacise. Learners will improve their coordination, balance, cardio, suppleness and strength through a variety of movements and exercises.

Exercise to Music

Tuesday 11/01/22—22/03/22

Time 9.30am 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.

Aerobics

Tuesday 11/01/2022 - 22/03/2022

Time 11.15am to 12.45pm

Tutor: Caroline Maidment (WEA)

This is a face-to-face course which supports learners to develop their skills in Aerobics. Learners will be encouraged to recognise the benefits of regular practice of aerobics or fitness activities, to their physical and mental well-being. Learners will improve their coordination, balance, cardio, suppleness and strength through a variety of movements and exercises.

Salsacise

Thursday 13/01/2022 - /0/2022

Time 10am to 11.30am

Tutor: Caroline Maidment (WEA)

This is a face-to-face course which supports learners to develop their skills in Salsacise. Learners will improve their coordination, balance, cardio, suppleness and strength through a variety of movements and exercises.

Pilates

Monday 10/01/2022 - 21/03/2022

Time 1:30pm

Tutor: Caroline Maidment (WEA)

You will learn the basics from how to correct your posture, improve balance, learn breathing techniques through stretching and strengthening activities

Wise Steps

Employability Programme

CLOSING DATE TO JOIN IS 31ST JANUARY 2022

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 on 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 01914546959

Or email: info@whist.org.uk

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 over the years:

- 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

Young Women's Support Group

Date TBC

Time TBC

This group is aimed at 16-24 year olds but we do welcome any young women who would like to be involved. Meet up with other young women to share your thoughts. We will also have workshops for you to try.

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.

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

Relaxation

Wednesday

Time 12.15pm to 12.45pm

Tutor Jenny

A weekly guided relaxation session. Jenny is a highly experienced practitioner who will demonstrate and share with you a range of different techniques and guide you to use them effectively

Choir

Wednesday

Time 2pm to 4pm

Tutor Jude

Love to sing but only at home?

Think you can't sing but would like to?

Haven't sung for years?

Enjoy singing with others?

No auditions, no need to read music, no experience necessary.

Come along and surprise yourself – have fun and find your voice!

Drop in

Wednesday 10.30 to 1pm

Come along to our drop in sessions where you can meet up for a chat and enjoy some delicious homemade cakes, pies and quiches.

Drop in

Tuesday and Thursday 11am to 1pm

Pop in for a chat and a cuppa

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

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

Listening Ear

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.

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.

If you are interested in attending a course but would like to take part via Zoom let us know and we can see if that would be possible.

Is there a course you are interested in and we don't have that on our program let us know.

Yoga and Meditation

Date Monday 17/01/22

Time 10am to 11am

Tutor Michelle

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

Introduction to Dance

Thursday 20/01/22

Time 2pm to 3pm

Tutor Hildy Harland

Learn new routines in a fun friendly group. Why not join this fun, friendly sessions Jazz, Ballet, Tap and more!

Family Fitness

Date Tuesday 18/01/2022

Time 1pm to 2pm

Tutor Shirley Murray

Do you want to meet new mums, get fit, increase energy and loose weight, all while toddlers play? Then come along and join the fun. Also included is Saturday morning Zoom session

Conversational English

Date Thursday 20/01/2022

Time 10am to 12pm

Tutor Asia Uddin

This course is suitable for those whom English is a second language and looking to develop their English communication skills

Learn to speak more confidently
Improve your vocabulary and general English skills

Learners will take part in small group and whole group activities
Learn about your local area
How to meet people and make new friends

Use English in everyday life - at the shops, on the bus, on the telephone
Practise writing forms, reading leaflets, sending emails and texts
Asia will work to establish prior knowledge, help to extend vocabulary and work on building relationships within the group

Netball

Date Tuesday 18/01/2022

Time 2.30pm to 3.30pm

Tutor Gemma White

Netball based fitness for women of all abilities. Be part of a team and have fun

Yoga

Date Thursday 20/01/22

Time 1pm to 2pm

Tutor Sara

Suitable for beginners and improvers.
Improve your strength and flexibility

Psychology of Happiness

Date Thursday 20/01/2022

Time 1pm to 3pm

Tutor Jenny Orr

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.

6 weeks course

Assertiveness and Confidence Building

Date Friday 21/01/2022

Time 1pm to 3pm

Tutor Janet Cresswell

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

10 week course

Emotional resilience

Date Thursday 10/03/2022

Time 1pm to 3pm

Tutor Jenny Orr

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.

4 week course

Joy of Expression

Date Saturday 29/01/2022

Time 1pm to 3pm

Tutor Victoria Hackett

This course will look at the feminine expression of emotions, which are often suppressed or discouraged. We will take inspiration from a selection of artists, such as, Frida Kahlo, Nikki De Saint Phalle and a few others (mainly female artists). The focus will be on the women telling their own story through their art- through use of, line figure, colour and gestural work. Artistic ability is NOT required—all women welcome

10 week course

Memory Group

Monday

11am-1pm

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.



Creative Writing Group

Tuesday 1.30pm and

Saturday 12.30

Facilitated by volunteers. Come along and take part in our creative writing group. Learn different forms of writing as well as how to put together stories from different genres.. This group is also available remotely via Zoom.



Creative Arts Group

Thursday
1pm to 3pm

Come along and join a group of beginners in art and creative activities. Learn from each other and share skills and experiences.

Craft Group

Tuesday

11am

Facilitated by volunteers. Come along and have a go at various arts and crafts in WHIST.



Sewing Group

Tuesday

10am to 12pm

Facilitated by Debra Metcalfe

Would you like to learn how to sew?

No experience needed.

Just come along to the sessions and

learn something new each week.

IT Support Group

Needing help to get online?

We run an informal support group on Wednesday 1-3pm.

