



Course Programme

Summer Term

Exercise Classes

- Aerobics
- Salsacise
- Pilates
- Yoga
- Family Fitness
- Exercise to Music
- Netball
- Theatrical Dance
- Zumba

Courses

- Drama
- Stage Management
- Conversational English
- Understanding Anger
- Improve your Mental Health
- Joy of Expression
- Medicinal Plants

Workshops

- Therapeutic Drumming)
- Women's Voices
- Activism
- IT Support group

Ongoing activities

- Drop Ins
 - Counselling Service
 - Book Club
 - Memory Group
 - Living Well with Long Term Health Conditions
 - Meet and Greet Service
 - Relaxation
 - Life Limiting Conditions support group
 - Gardening Volunteer Group
 - Choir
 - Creative Writing
 - Eating Together
 - Women Thrive Tuesday Drop In
- ### Support and Advice
- Counselling
 - Listening Ear
 - Women's Advocate
 - Green Tara Credit Union

External Agencies

Groundworks Wednesday
Walking Group
A Better U
Smartie Arties

WEA Courses:

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

Stage Management

Friday 29/04/2022 10 weeks

Time: 10am - 12pm

Tutor: Kelly Ness

Learners will have the opportunity to create, design and explore all aspects of stage management. Improve Confidence, communication and organisational skills. Work together as a stage crew to manage a production

Drama

Friday 29/04/2022 10 weeks

Time: 1pm -3pm

Tutor: Kelly Ness

Through drama, learners have the opportunity to be creative and experience inspiration and enjoyment. Creating and exploring a variety of dramatic disciplines. Improve confidence, communication skills and health and wellbeing

Salsacise (Improve your self confidence)

Monday 25/04/2022 10 weeks Time: 12.15

or Thursday 05/05/2022 10 weeks Time: 10am

Tutor: Caroline Maidment

Learners will develop their skills through Salsacise, becoming more self confident as well as improve their coordination, balance, cardio, suppleness and strength.

English with Music

Tuesday 10/05/2022 10 weeks

Time: 9.30am -11am

Tutor: Caroline Maidment

Cardio, strengthening and stretching to music with the opportunity to improve your English skills. This group welcomes women from Black, Asian and other Minority Ethnicities only. A good way to get to know us at WHiST and meet new friends

Aerobics (Improving your mental health)

Tuesday 10/05/2022 10 weeks Time: 11.15

Tutor: Caroline Maidment

Learners will be encouraged to recognise the benefits of regular aerobics or fitness activities, to their physical and mental health. Improve coordination, balance, cardio, suppleness and strength through a variety of exercises

Pilates (Recognising your Potential)

Monday 25/04/2022 10 weeks Time: 1.30

Tutor: Caroline Maidment

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

WHiST Courses:

WHiST courses are free for WHiST members. All donations welcome
If there is a course or subject you are interested in, that we don't have in our programme, do please let us know

Yoga and Meditation

Monday 25/04/2022 10 weeks Time: 10am

Tutor: Michelle

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

Family Fitness

Tuesday ongoing Time: 1pm

Tutor: Shirley Murray

Do you want to meet new mams, get fit, increase energy and loose weight, all while your toddlers play? Then come along and join the fun.

Netball

Tuesday 26/04/2022 10 weeks Time: 2.30

Tutor: Gemma White

This is a walking netball group suitable for women of all abilities. Be part of a team and have fun

Zumba

Monday 09/05/2022 10 weeks Time: 11am

Tutor: India Adams-Norton

Modern, high energy fun class

Yoga

Thursday 21/04/2022 10 weeks Time: 1pm

Tutor: Sara

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

Conversational English

Thursday 28/04/2022 10 weeks Time: 10am

Tutor: Asia Uddin

This course is for women who have English as a second language, who are looking to develop their English communication skills.

learn to speak more confidently, improve your vocabulary.

Improve your Mental Health with Jenny

Thursday 28/04/2022 10 weeks Time: 1pm

Tutor: Jenny Orr

Through this course, you will explore and practice a range of techniques to help improve your mental health, as well as learn how these techniques affect the way we think

Understanding Anger

Friday 29/04/2022 10 weeks Time: 1pm

Tutor: Janet

Explore why we get angry and how this impacts our mental health. Learn techniques to manage anger and improve your communication skills to get your point of view understood without losing your cool!

Medicinal Plants

Tuesday 1.30-3.30pm and Saturday 10am -12pm

Tutor: Carol Burnett

The Tuesday group is for adult women and will look at medicinal herbs in their seasons, their properties and uses. The Saturday group is for women and children and will include fun activities and things to make

Tuesday 10th & 17th May: Saturday 9th & 30th April & 7th May

Tuesday 7th & 14th June: Saturday 11th & 18th June

Tuesday 5th & 12th July: Saturday 9th & 16th July

Tuesday 6th & 13th September: Saturday 10th & 17th September

Tuesday 4th & 11th October: Saturday 8th & 15th October

Joy of Expression

Saturday 26/03/2022 Time: 1pm

Tutor: Victoria Hackett

This course looks at the feminine expression of emotions, which can often be suppressed or discouraged. Taking inspiration from female artists, the focus is for participants to tell their own stories through art. Artistic ability is **NOT** required

Therapeutic Drumming

Saturday (monthly) Time: 2pm

28/05; 25/06; 23/07; 20/08; 24/09; 22/10; 26/11

Tutor: Ali Avery

Join Ali in this feel-good group. Drumming releases endorphins, boosts your immune system and balances mind and body

Musical and Theatrical Dance

Thursday 28/04/2022 Time: 2pm

Tutor: Hildy Harland

learn dance routines from a range of musicals and films including Saturday Night Fever and Chicago. No experience necessary

Women's Voices

Wednesday (Monthly) 5pm

A series of talks by inspirational women

Tuesday Drop In (TDI)

Tuesday 10-12

Facilitator: Roweena

Wellbeing workshops, debt and income support, occasional clothing exchange and hair cuts, make delicious food for less than £1 per person

Eating Together

Thursday 5pm to 8pm

Facilitator: Roweena

Delicious 2 course meals to showcase what can be achieved by women cooking on a low budget and reduce isolation through eating together at WHiST. Booking essential

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.

Women and Activism

Monday 10am - Monthly

Want to know more about democracy and how you can have a voice? Come along and find out

Heritage Group

Monday 1.30pm

What does heritage mean to you? Come and find out more about your local heritage in this volunteer led friendly group

Creative Writing Group

Tuesday 1.30pm and

Saturday 10am

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.

Craft Group

Tuesday

10am to 12pm

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 11am

Meets fortnightly

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.

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

Young Women's Support Group

This group is aimed at 16-24 year olds but we do welcome any young women who would like to be involved. Speak to Megan about what this project could do for you and with you.

Follow on Instagram: Youngwomenofwhist

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.

Life Limiting Conditions with Jenny Orr

Wednesday 1.30pm-3pm (fortnightly support group from 4th May)

Friendly peer support group and facilitated sessions for women living with a diagnosis limiting life expectancy. Sessions will cover topics and themes suggested by the group to help women manage their condition and enjoy life

Relaxation

Wednesday 12.15pm to 12.45pm

Tutor Jenny Orr

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 (Singing for Fun)

Wednesday 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 and a toastie

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

Contact Joy if you would like more information

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.

Women's Advocate

Do you need help and support to access services like housing and debt advice? Or need someone to give you a voice? Talk to our Advocate and see how she can help and support you

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 01914546959

Or email: info@whist.org.uk

A Better U

Coming soon - dates to be confirmed

Saturday 10am

Learn how to reduce weight and enjoy life

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

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
Henry Smith Foundation
South Tyneside Public Health
South Tyneside Council
Northumbria PCC
Community Foundation for Tyne & Wear and Northumberland
Sport England (This Girl Can)
Coop
Linden Family
Smallwood Trust
Coalfields Regeneration Trust

Partnerships and Collaborative Working

We would also like to thank the following organisations who offer their services at WHiST on a gender specific basis

Wise
First Contact Clinical
Changing Lives

Did you know you could also support WHiST by cash or card donations

By text: Text ONEWOMAN followed by your donation amount to 70085 to give that amount. E.g. ONEWOMAN5 donates £5 to WHiST

Texts will cost the donation amount plus one standard network rate message, and you'll be opting into hearing more from us. If you would like to donate but don't wish to hear more from us, please text ONEWOMANNOINFO instead.

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