

WHIST - WHAT WE OFFER



Monday 9.30am to 4.30pm

Tuesday 9.30am to 4.30pm

Wednesday 9.30am to 4.30pm

Thursday 9.30am to 4.30pm

Friday 9.30am to 4.30pm

Saturday Hours subject to change



Telephone: 01914546959

Email: info@whist.org.uk



This is available by appointment on Thursday's 10.30am or 12pm this is for women new to WHiST or who would like to know more about our current services. If interested in this service just call or email the office.

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 on our programme, do please let us know:

Yoga and Meditation Exercise Class

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

Zumberlesque Exercise Class

Get ready to get those hips moving and that pulse pumping in this fun, relaxed exercise class. Beginners welcome and the class is suitable for all abilities. Using dance for fitness this fun class combines dance, exercise and cardio, suitable for all abilities and no need for any prior dance experience.

Family Fitness Exercise Class Do you want to meet other mams, get fit, increase energy and lose weight, all while your toddlers play? Then come along and join in the fun.

Medicinal Plants

Look's at Medicinal herbs in their seasons, their properties and uses.

Choir Singing for Fun

Love to sing but only at home? Think you can't 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?

Mindfulness and Relaxation.

This is a gentle, supportive course, helping you become familiar with a range of Relaxation and Mindfulness techniques to use in everyday life. The course will introduce strategies to enable you to work on feeling calmer, balanced, and more able to respond to daily challenges. Each session will include information, discussion, and guided relaxation or meditation exercises.

Dancerise with Hildy.

Join this fun class which combines dance with exercise. Come along and release the dancer in you. All abilities well.

Therapeutic Drumming. Saturday once a month @ 2pm for 1 hour. Tutor Ali Avery

Check Facebook for sessions

Health and Happiness: Support group for plus size and bigger bodied women

Health and Happiness is a safe space for plus size and bigger bodied women to share, learn and support each other to live a healthy lifestyle and if they wish, to make lifestyle changes.

The focus of this group is not fat loss however we do welcome and provide support for those on that journey. Enjoy sharing cooking sessions, exercising, socializing and a range of different guest speakers in a fun, relaxed and safe environment.

WEA CLASSES that run here:

Intermediate Sewing

This is a face-to-face class on sewing for those who know how to use the sewing machine. Sewing at WHIST will develop and build on techniques learned previously including different fastenings and pockets. You will gain confidence in working more independently from a pattern or altering an existing garment. You will improve your sewing skills and learn new ones in a friendly and supportive environment.

Stage Management

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

Drama Friday

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

Come along to our creative groups.

Tuesday 10am to 12pm (Weekly) our *Craft group* meets in the Coffee Bar. This group is facilitated by volunteers. Come along and have a go at various arts and crafts.

Thursday 1pm to 3pm (Weekly) *Creative Arts Group*. Come along and join a group of beginners in art and creative activities. Learn from each other and share skills and experiences.

Thursday 1pm (Every third Thursday of the month) *Book Club*. 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.

COFFEE BAR

Monday 10am to 12pm. Healthy Living Drop in (Weekly). Facilitated by volunteers serving healthy food and snacks. Occasional guest speakers.

Monday 10am to 12pm. Breakfasts served today. Come along and enjoy eggs, beans and toast

Tuesday and Thursday 10.30am to 12.30pm (Weekly). Drop in Come along and enjoy a cuppa and toasties.

Wednesday 10.30 to 1pm Drop in Come along to our sessions where you can meet up for a chat and enjoy some delicious homemade cakes, pies and quiches.

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

Support Group Sessions

Memory Group 11am to 1pm. (Weekly). 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.

Relaxation with Jenny Orr. Wednesday 12.30pm to 12.45pm (Fortnightly) A guided 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.

Living Well with Long Term Health Conditions with Jenny Orr. (Fortnightly) Returns 19th April. Ongoing support for women living with Long Term Health Conditions. 1 hour is a 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.

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

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, relationships difficulties, self-esteem, mental health/depression, and many others. To enquire about Counselling you can call, text or email the office.

Listening Ear

Do you ever feel overwhelmed and wish you had someone to talk to? You can book in 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.

Tuesday Drop In

Here for when not having enough is becoming too much.

Wellbeing workshops, debt and income support, occasional clothing exchange.

Financial wellbeing team. Support with signposting and information to other organisations and services that can help you with anything from debt, housing, energy and food bills. If domestic violence or substance use is affecting your financial wellbeing we can support and signpost you.

Volunteering @ 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 via email: joy@whist.org.uk

Whilst being friendly and welcoming WHiST services are delivered to professional standards and that confidentiality and boundaries are consistently maintained. We have received the following awards over the years:

- The Queens Award for Voluntary Services
- The Voluntary Sector Provider of the Year by Adult Community Learning

- won the UK inaugural Bevan Price for delivering 'outstanding health and wellbeing services
- runners up for the national GlaxoSmithKline award in recognition of excellence on delivery of services
- 2 NIACE North of England Award in Recognition of outstanding learning achievement
- Change4life South Tyneside - Quality Standard
- Trusted Charity Quality Mark Level 2

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

First Contact Clinical

Changing Lives

ACTS

South Tyneside Homes

Northern Rights

Hannay Solicitors

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:

Kellet, National Lottery Community Fund, PCC Northumbria, Virgin Money Foundation, Ballinger Trust, South Tyneside ICB, South Tyneside Joint Commissioning Team, Public Health, Money Saving Expert, Sir James Knott, Women's Fund, Community Foundation

Registered Charity no. 1119901

Company Limited by Guarantee no. 6175697

Fundraising

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.