



Derry Well Women
At the forefront of womens' health



ENROLMENT ONTO COURSES

Will take place on Tuesday

10th January 2017

From 9.30am - 4.30pm

Derry Well Women welcomes you to our January—April 2017 programmes.

Derry Well Women is committed to providing a welcoming, relaxed, safe and confidential space for you to meet your health and well-being needs. Our new programmes offer ways for you to have individual support through counselling, listening ear, one-to-one clinics and medical signposting. We also offer support groups for women who are experiencing health issues with cancer and M.S. these provide excellent support and understanding. They also provide you with the chance to meet other women with similar health and lifestyle issues.

All of our courses and classes are designed in line with what you told us you want, they include complementary therapies, confidence and self-esteem building classes, assertiveness, life coaching for positive change, developing skills to cope with depression, anxiety and stress and practical supports for women in later life and support for women living with Dementia .

Derry Well Women is committed to working with mothers and children together and we offer a range of programmes suited to supporting the mother/baby relationship; these include baby reflexology, baby massage, breastfeeding support, children's nutrition, sleep management and child development programmes.

Derry Well Women is committed to supporting women who have been directly affected by the Troubles through our Harmony Programme. We now have both knowledge and recognition of the impact of the Troubles on women's lives. Overall an estimated 53% of people who experienced a conflict related event had a mental health disorder at some point in their life with women more likely to experience post traumatic stress disorder than men and their symptoms can be more complex and enduring. There is now recognition that women react differently to men in relation to trauma.

Over the years Derry Well Women has led the development of programmes for women living with life threatening illnesses. Our support to women living with a cancer diagnosis includes cancer counselling, a fortnightly cancer support group, a two-day complementary therapy programme and an 8 week 36 hour behaviour management programme—The Well Programme

Derry Well Women values highly the women who use their services and their health and well-being is our utmost concern. We are committed to delivering the best service possible and to ensure this, we listen to what you tell us, and deliver a service that meets the needs of you and your family,

A Crèche is available daily from 9.30a.m.—3.30p.m for users of the centre - just contact Monica to secure a place

You may not always need us but we are here when you do.

Susan Gibson
on behalf of the Derry Well Women Team



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*SOMETIMES THE SMALLEST STEP
IN THE RIGHT DIRECTION
ENDS UP BEING THE BIGGEST STEP OF YOUR LIFE.
TIP TOE IF YOU MUST.
BUT TAKE THE STEP*

"Given the right support, each individual has the capacity to heal and grow"
Carl Rogers

GENERIC COUNSELLING

The Counselling Service is available for women wishing to explore and clarify personal issues in a safe and non-judgemental environment. Counselling is a one-to-one service which can help women deal with a range of issues including relationships, sexual abuse, eating disorders, depression and anxiety. Access to the service is by self-referral only. All women referring themselves for counselling will be assessed by a counsellor prior to commencing their counselling. The Derry Well Women Counselling Service runs in accordance with best practice as described by the BACP. The service is delivered by a team of 18 qualified and experienced counsellors.

LISTENING EAR

The Listening Ear Service provides an opportunity to explore and search for direction in relation to a current problem or crisis in a friendly, relaxed, neutral and confidential environment. Listening Ear is a confidential service for women who feel they need someone to talk to. The service is available to help women deal with and explore a wide range of issues which will enable them to manage their life more effectively.

The volunteers who work within the Listening Ear Service hold a 'Certificate in Counselling.' Certificate. In addition they have undertaken specific training in listening skills and continue to update their training regularly.

"How are you?"

Broken. Useless. Alone. Clueless.
Confused. Betrayed. Fragile. On the verge
of tears. Depressed. Anxious. About to
break down. Really. Give up. Pathetic.
Annoying. I'm just a burden. Distant.
Lonely. Bitter. Jealous. Lonely.
Rejected. Crushed. I feel like I'm going to
just fall apart at any moment. Empty.
Defeated. Never good enough.

Fine.

Counselling and One to One Services

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*"The greatest gift that one can give is to listen with respect and acceptance."
Wanda Nash*

MISCARRIAGE SUPPORT

We offer women who have had a miscarriage the opportunity to talk to one of our trained counsellors on a one-to-one basis.

To make an appointment please contact
Ann on: 02871 360777.



MENOPAUSE CLINIC— Last Friday of the month

This is the only nurse led clinic in the North West which aims to provide women with the opportunity to discuss any concerns relating to the menopause with an experienced health professional. The Clinic runs on the last Friday of every month.

Appointments are available from 10am and last for approximately 45 minutes.

Follow up appointments are available.

For an appointment please contact the centre on: 02871360777

PODIATRY FOOTCARE — Last Thursday of the month

This service is offered to women only



Cancer Services

THE WELL PROGRAMME

The Well Programme is a 36 hour programme which you can attend over eight weeks to assist you in your life after a cancer diagnosis. The Programme aims to restore your confidence and give you a feeling of control at a time when you may be struggling with the effects of the illness on your psychological and physical well-being.

On the Programme we help you to:

Enhance your immune system

Better handle stress

Safely use complementary therapies that

may be good for you

Make up your own nourishing eating plans

Value exercise, music, spirituality

Harness your creativity

Make fun a priority in your life



The Well Programme is free. The benefits are priceless.

The next Well Programme will begin **Saturday TBC** from 10.00am—4.00pm for the first and last week of the programme. It will continue in between on a **Monday morning TBC** from 10am—1.30pm for 8 weeks

Contact Patricia Villa for more details on: Tel: 02871360777

ACTION CANCER

for female Carers, Relatives and Friends who wish to speak to someone are located in Derry Well Women on Monday evenings.

For appointment please contact Action Cancer on: 02871277123

CANCER COUNSELLING

There is a counselling service available, in Centre, for anyone who has been given a cancer diagnosis. The service is provided by a specifically trained team who have completed a Certificate in Cancer Counselling.

To make an appointment please contact the Centre.

It is available to both men and women. The team is also available to see the friends, family and carers of those with a cancer diagnosis. Anyone wishing to make an appointment for any of the above services please contact the centre on: 02871360777

CANCER SUPPORT GROUP

The Cancer Support Group meets every Friday fortnight from 11.00am—1.00pm.

This group is supported qualified facilitator.

Please contact Patricia Villa on 02871360777 for any further details



COMPLEMENTARY THERAPIES

Within the Cancer Counselling service, you can also avail of a referral to our one to one complementary therapy sessions.

Contact Patricia at Derry Well Women on 02871 360777.



ASSERTIVENESS A GUIDE TO PERSONAL EFFECTIVENESS

Course duration—6 weeks

Have you ever found yourself saying yes when you wanted to say no or you knew what you wanted to say but just couldn't or were unable to say it? Have you ever said or done something in an aggressive manner that you regretted afterwards and felt annoyed?

This six week course will help you to:

Handle these types of situations in an assertive way and be more effective in your personal work and social life. Assertiveness is the ability to express your feelings, wants, opinions and beliefs in a manner that is neither threatening nor punishing to others and enables you to stay calm, focused and respectful when communicating.

The course will cover the following areas:

- ◆ Recognition of passive, aggressive and assertive behaviour
- ◆ Identification of the short and long term effects of each type of behaviour on self and others
- ◆ Rights and responsibilities
- ◆ How our thoughts and emotions can influence our behaviour
- ◆ How to say no and mean it
- ◆ How to ask for what you want without feeling guilty
- ◆ How to handle 'put downs'
- ◆ How to identify what you want out of life and how to get there



CONFIDENCE BUILDING - Course duration—8 weeks

This course, offered on a Wednesday evening, 7.00p.m.—9.00p.m, is designed to support you in the following areas:

- ◆ Building confidence and self esteem
- ◆ Exploring what stops you from getting the best out of life in order to reach your full potential
- ◆ Addressing life's setbacks head on

This programme is action oriented and solution focused.

It concentrates on the here and now and supports you to take forward action.

MINDING YOUR MIND

A 10 week programme for women aged 60+
Running on a Tuesday afternoon 2.00pm - 4.00pm This is a holistic health and wellbeing programme, facilitated by a Pharmacist and Physiotherapist and is designed to support older women and their carers.

It will support women's preservation of cognitive mental health and social wellbeing

through their acquisition of coping abilities related to: medicine management, diet, physical activity, risk avoidance, preventative measures, lifestyle and activity management, social participation and wellness. This programme will run in partnership with: GPs, complementary therapists, partner agencies including the Alzheimer's Society, British Red Cross, The Memory Assessment Service Altnagelvin, local Dentist, Diabetes UK, Fold Housing and a Nutritionist.



There are limited number of places available on this programme. If you would like to put your name forward for this please contact Patricia or Oonagh on: 02871360777

SELF ESTEEM Course duration—10 weeks

Offered on Friday mornings this programme encourages participants to look at themselves in a reflective way, to examine their beliefs and attitudes about themselves and their abilities and has three overall objectives: to help individuals become independent, self directive and fully accountable.

Facilitator: Frances O Kane





COPING WITH DEPRESSION AND ANXIETY

Course duration—6 weeks

This course is designed to support women who may be experiencing depression or underlying anxiety. Its aim is to teach coping skills which women affected by depression/anxiety can employ to help deal with the symptoms that affect them personally.

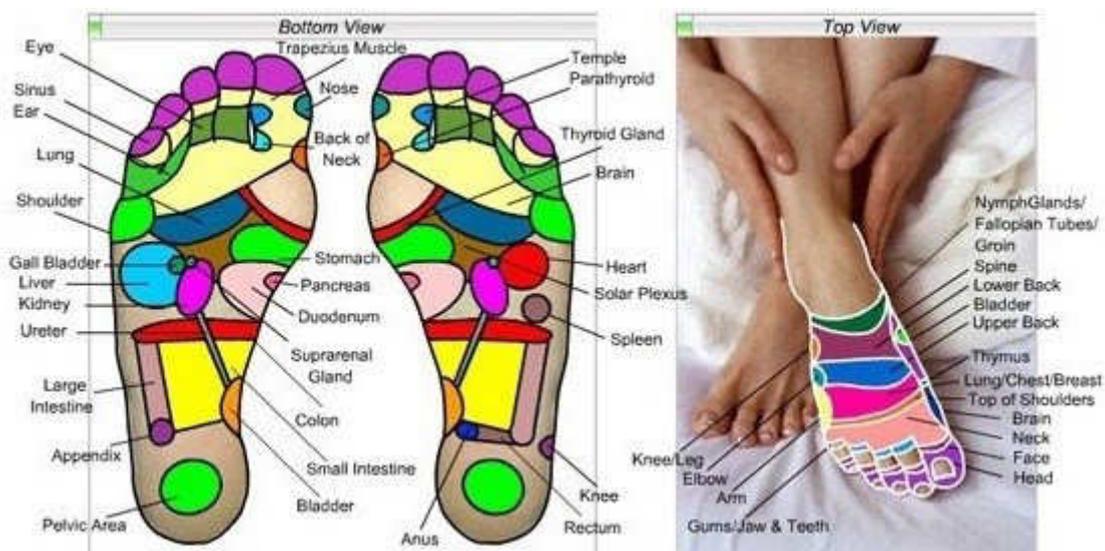
Information regarding complementary therapies, diet and sleep will also be given.

The facilitator will also be able to discuss the use of prescribed drugs.

REFLEXOLOGY

Course duration—6 weeks

Available on a Monday evening, 7.00pm—9.00pm., this popular course introduces reflexology as a relaxation therapy. The course aims to teach the sequence of reflexology for use on family and friends; to inform on the history of reflexology; to help understand how reflexology affects the systems of the body and to alert to the contraindications of using reflexology.



YOGA

Course duration— 10 weeks

Derry Well Women offers weekly yoga classes on Mondays from 1p.m.—2.30p.m.

This class must be booked.

Some benefits of Yoga include:

- ◆ Better flexibility and posture
- ◆ Stress Relief
- ◆ Helps with sleeping
- ◆ Improved immunity
- ◆ Increased energy

Facilitator—Aileen Mulhern



ANTENATAL CLASSES

The classes for women who are 30 weeks plus are facilitated by a District Midwife and run on a Tuesday evening from 7.00pm-9.00pm for 4 weeks

Fathers are welcome to attend.

Week 1 Understanding signs and symptoms of labour.

Week 2 Understanding methods of pain relief

Week 3 Infant feeding making informed choice.

Week 4 Baby bathing and preparing for early days with babe!

Facilitator: Dympna Rodgers

Next Class—Tuesday 10th January 2017



Contact Patricia on: 02871360777 to register your name

Courses and Classes – January–March 2017

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Class	Tutor	Day	Time	Duration (weeks)	Start Date	Fee
Post Natal Depression Programme (Minding Mammy)	Niki Cross	Monday	10.00am—12Noon	8	23rd Jan 17'	Funded
Tonicity	Siobhan Heaney	Monday	10.00am—12Noon	8	23rd Jan 17'	
Journey to Inner Peace	Marina Sweeney	Monday	10.00am—12.00pm	8	30th Jan 17'	Funded
Yoga	Aileen Mulheron	Monday	1.00pm—2.30pm	10	16th Jan 17'	£35.00
Coping with Depression and Anxiety	Anne Brown	Monday	7.00pm—9.00pm	6	16th Jan 17'	Funded
Reflexology	Nolene Mc Auley	Monday	7.00pm—10.00pm	6	30th Jan 17'	£25.00
Baby Massage	Sheila Mc Nabb	Monday	1.00pm—2.00pm	4	16th Jan 17	Funded
Baby Reflexology	Marie Hone	Tuesday	1.00pm—2.00pm	4	31st Jan 17'	Funded
Mindfulness	Madeline Callaghan	Tuesday	10.30am 12.30pm	8	24th Jan 17'	Funded
Assertiveness: A guide to personal effectiveness	Nuala Doherty	Tuesday	10.00am—12noon	6	7th March 17'	Free
Ante-Natal	Dympna Rodgers	Tuesday	7.00pm—9.00pm	4	10th Jan 17'	Free

FEE PAYING COURSES MUST BE PAID IN

Courses and Classes — January-March 2017

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Class	Tutor	Day	Time	Duration (weeks)	Start Date	Fee
M.S Support Group	Catherine Doran	Tuesday	11.00am— 1.00pm	Monthly		N/A
Sleep Management	Emma Heaney	Wednesday	10.00am— 12Noon	4	25th Jan 17'	Free
Actions for Happiness	Karen Baldwin	Wednesday	10.00am— 12 Noon	8	25th Jan 17'	Funded
Young at Heart	Carmel Mulrine	Wednesday	2.00pm— 4.00pm	8	25th January 2017	Funded
Cognitive Behavioural Therapy (CBT)	Nicki Cross	Wednesday	7.00pm— 9.00pm	8	25th Jan 17'	Funded
The Well Programme		Thursday	10am— 1.30pm		January 2017	Funded
Breast Feeding Support Group	Deirdre Mc Gonagle	Thursday	10.00am— 12Noon	ongoing		Funded
Podiatry Footcare	Nigel Nutt	Thursday	By Appoint- ment Only	N/A	Thursday	Free
Self Esteem	Frances O Kane	Friday	10.30am— 12.30pm	10	27th Jan 17'	£2.50 weekly
Menopause Clinic	Audrey Parke	Friday	10.00am— 12.30pm	N/A	Monthly by Appt	Free
Cycling Made Easy	Monica Downey	N/A	N/A	4	Spring 2017	Free

FULL ON ENROLMENT DAY

EATING DISORDERS GROUP

This is a 8 week programme designed to benefit women who have difficult relationships with food including women with diagnosis of anorexia nervosa and bulimia but also including women who overeat or binge. This group focuses on the person rather than the disorder. It is hoped that as personal growth and development takes place there will be increased physical, mental, emotional and spiritual resilience overcoming negative behaviours that have been serving as coping strategies.

**For further information please contact:
Ann Mc Donald on: 02871360777 or
Email: counselling@derrywellwoman.org**



BREASTFEEDING SUPPORT GROUP

This group meets weekly on Thursday mornings at 10a.m to 12Noon. The group is for women who either are, or are planning to, breastfeed. Women are welcome to join the group at any time. Group sessions are facilitated by a Health Visitor from the Western Health and Social Care Trust. Women are welcome to drop in at group meetings.

Contact Person: Deirdre Mc Gonagle



CRÈCHE

Crèche facilities are available for pre school children from 8 weeks to 4 years, whose parents, guardians or carers are using the services offered by Derry Well Women. The crèche offers your child the opportunity:

To learn through play in a safe, stimulating environment; to enjoy the company of other children; to be part of a group which values each individual regardless of age; race; gender; religion; language; cultural background or disability; to develop at their own pace; with support from adults to grow in self-confidence by learning to choose from a range of activities; to gain independence by managing apart from parent or carers for a time. If you wish to avail of this facility please ensure that you read the crèche leaflet which is available from the Centre. **Contact Monica— Crèche Co-ordinator for further information.**

Derry Well Women Crèche is subject to Annual Inspections from the Early Years Team of the Western Health & Social Care Trust.



Western Health
and Social Care Trust

early years
the organisation for young children



MINDING MAMMY—Post Natal Depression Programme



Course duration—8 weeks

This is an 8 week course for mothers (with children under the age of five) based on Cognitive Behaviour Therapy (CBT). This programme will cover topics such as stress, anxiety, relaxation methods, the causes of low mood and tips on how to deal with them.

BABY MASSAGE

This course is offered on a Monday afternoon from 1.00pm - 2.00pm. The course is for parents of babies 2-6 months. It teaches the safe technique of baby massage.

Baby Massage is an ancient tradition in many cultures which has been rediscovered in the

West. Every parent can learn and practice baby massage. It aids digestion, relieves colic, eases tension and regulates breathing.

Course Duration: 4 weeks



BABY REFLEXOLOGY

Baby reflexology is specially adapted reflexology for babies. The techniques

originally were developed for bonding and over the years have helped to ease relief, and eliminate many baby discomforts proving to be very popular and successful with parents. It can be used from the age of 4 weeks to 2 years and is offered on a Tuesday from 1.00pm—2.00pm.



Course Duration: 4 weeks

SLEEP MANAGEMENT PROGRAMME FOR MUMS WITH YOUNG CHILDREN

Course Duration—4 weeks

The aim of this programme is to promote a self-reliant child sleep behaviour and calm parenting.



Topics Covered

- ♦ The cycle of sleep
- ♦ The impact of sleep deprivation on a family
- ♦ Benefits to both child and parents from effective sleep management
- ♦ Bedtime routines
- ♦ Identifying individual sleep issues
- ♦ Promoting positive behaviours
- ♦ Identify self-help strategies to address the individual sleep issues within the group
- ♦ Explore various sleep management techniques and their effective implementation

BEHAVIOUR MANAGEMENT PROGRAMME FOR MOTHERS OF YOUNG CHILDREN



Course Duration—6 weeks

The aim of the programme is: -

To equip parents with the skills to teach their child self control and help their children learn how to handle their frustrations, desires and anger.

Whilst encouraging this self control, which regulates the child's behaviour

Internally, parents can be supported by external sources such as rules, consequences and positive reinforcement.

Cycling Made Easy



Derry Well Women promote & provide cycle training for women of all ages & abilities which can help to improve over-all physical as well

as mental health by an insured and qualified Cycle Trainer.

If you don't have your own equipment Derry Well Women can provide you with:

- ♦ Helmet
- ♦ High visibility Jacket
- ♦ Bike adjustable to size

Your training will take place in a safe training venue & area

The cycle training consists of 4 x 2 Hr Sessions

Level 1

Basic skills to build confidence safely

2 Hrs

Cycling Path -

Awareness of shared space on a cycle path

2 Hrs

Level 2

Learning to cycle safely on roads

2 Hrs

Maintenance Session on How to Maintain your Bike

Including a Cycling Proficiency Certificate on completion of training

CERTIFICATE IN COUNSELLING IN THE COMMUNITY—This course provides Access to further Higher Education in Counselling

This is a 20 week course accredited at Level III by the Open College Network, Northern Ireland. The aim of the course is to train participants in a solution focussed model of helping. The course is based on the De Shazer model of Solution Focussed Brief Therapy and is informed by the teachings of Egan and the Carl Rogers person-centred approach to helping and educating.

Emphasis is placed on the personal development of the trainee helper and participants are required to attend a residential weekend designed specifically to enable each participant to examine their own personal strengths and weaknesses.

This process encourages appreciation of the need and the value of personal growth and develops the skills required for self development as appropriate to the role of the helper.

On completion of this training, participants should have acquired the necessary skills to support a client to find solutions to difficulties in their present day lives. These skills, used over a five session period, will enable the client to explore their own strengths and identify existing resources in their lives of which they may not be aware. Participants will also learn the skills involved in referral and therapeutic support.

Next Course begins October 2017



Our Harmony Programme supports women who have been directly affected by the Troubles through our Counselling, Listening Ear and Complementary Therapies.

COUNSELLING

Counselling is at the core of listening to your lived experiences of the Troubles. In telling of your stories you changed and in the listening we changed. You told us what you needed and so our Counselling Service to

victims developed to create conditions that enables you to feel trusted and heard.

Our counsellors do not judge nor do they interpret the emotions.

LISTENING EAR SERVICE

The Listening Ear Service provides an opportunity to explore and search for direction in relation to a current problem or crisis in a friendly, relaxed, neutral and confidential environment. Listening Ear is a confidential service for women who feel they need someone to talk to. The service is available to help women deal with and explore a wide range of issues which will enable them to manage their life more effectively.

The volunteers who work within the Listening Ear Service hold a 'Certificate in Counselling.' Certificate. In addition they have undertaken specific training in listening skills and continue to update their training regularly.

Tel: Ann: 02871360777



HARMONY PROGRAMME

For Victims of the Troubles

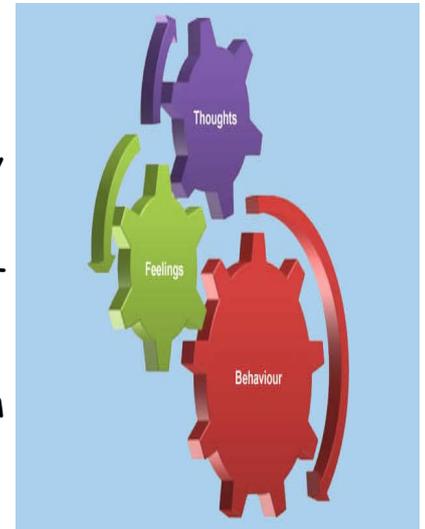
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COGNITIVE BEHAVIOUR THERAPY

Course Duration—8 weeks

This course is ideal for anyone who has difficulty with stress, anxiety or depression.

Participants will be given an introduction to CBT techniques and will be supported to challenge negative thinking resulting in improved self esteem and mood.



TONICITY

Course Duration—8 weeks

This course, running on a Monday morning 10a.m.—12 noon, is an innovative approach (developed in Sweden) which deals with trauma and hurt. It acknowledges that the voice is part of our physicality and that it becomes small, lacking in confidence and sometimes silent when we are traumatised, hurt or prevented from speaking out. It is a non-threatening, powerful way of helping people connect with feelings, find expression and develop confidence. It is also a method of looking after your health and wellbeing. It's where your breath, voice and sound all coming together to give you practical techniques that you can use and take away with you, to help you in times of stress, to help you whenever you're feeling tired or just physically to give you a tonic, to give you a boost.

HARMONY PROGRAMME

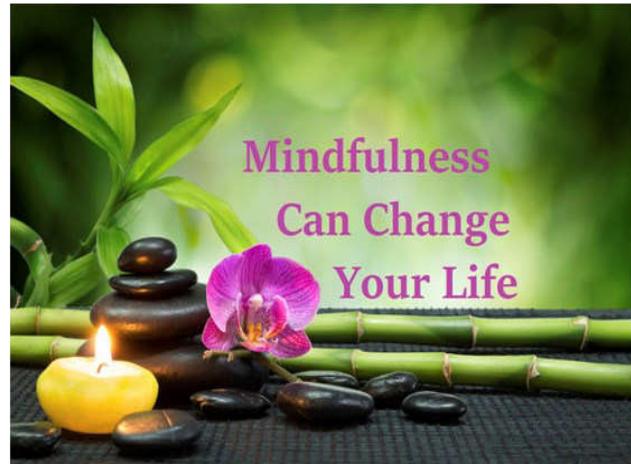
For Victims of the Troubles

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MINDFULNESS

Course duration—8 weeks

This course, offered on a Tuesday morning can bring many benefits to your emotional and physical health. Mindfulness is the practice of becoming more fully aware of the present moment rather than dwelling on the past or projecting into the future.



Mindfulness is an amazing tool for stress management and overall wellness as it can be used at virtually any time and can quickly bring long lasting results. Mindfulness can be helpful in stopping ruminations over things that cause stress and helps to stop dwelling on negative thoughts.

COMPLEMENTARY THERAPIES

You can book a 6 week package of Complementary Therapy treatments through our Counselling Co-ordinator, the choice of therapies are: Reflexology, Head and Neck Massage, Aromatherapy Back Massage. This service is offered to women who are direct victims of the Troubles in Northern Ireland.



HARMONY PROGRAMME

For Victims of the Troubles

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ACTIONS FOR HAPPINESS

Course duration—8 weeks

Action for Happiness is an 8 week programme based on teaching people the ten keys to happier living based on the latest scientific research relating to happiness. The programme teaches a range of CBT techniques to help people be able to put the 10 key areas into practice in their own lives. The theory is based on the fact that people who are happy and fulfilled in their lives are content and not suffering from distress, anxiety or depression. If we can learn how to promote and apply happiness in our own lives then the quality of our lives will improve.

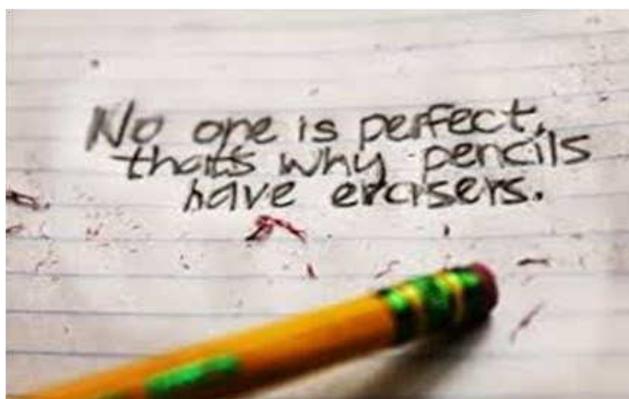
The Action for Happiness programme teaches a range of CBT techniques including: becoming more active, fitness, mindfulness, setting goals, changing our perception on events and situations, addressing anxiety, improving confidence, assertiveness training, controlling anger, improving self-esteem, changing habits and taking risks to make positive changes to our lives.

JOURNEY TO INNER PEACE

This **8 week course** will assist you in understanding the value of exploring ways of dealing with personal conflict so you can gain a degree of insight into the value of your self awareness leading to personal growth.

You will explore the concept of the real self and the dysfunctional self, improving positive expectation, self-responsibility, self esteem while learning the value of compassionate communication and the power of speaking the language of peace.

Next Course January 2017



ALL WOMEN USING THE CENTRE SHOULD BECOME 26
FAMILIAR WITH OUR **EVACUATION PROCEDURE**.

(Reference should be made to the Fire Action Notices displayed throughout the building)

AIM

To ensure the safe evacuation of all persons from the premises in the event of fire or otherwise and to ensure that all personnel and users of the centre are accounted for.

RESPONSIBILITIES

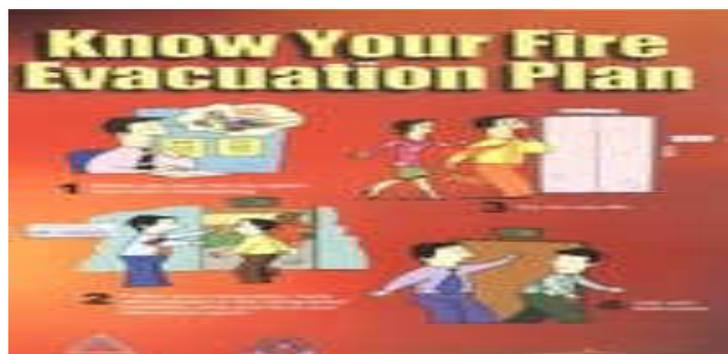
All members of staff, group facilitators, tutors, counsellors, clinical staff and listening ear members are responsible for ensuring that they themselves and users of the Centre evacuate the premises in an orderly and safe manner on hearing the alarm.

METHOD

Should a fire be identified by any person stated above the appropriate action as laid out on the Fire Action Notice is to be followed.

ON HEARING THE ALARM

1. Leave the building by the nearest exit route. Class facilitators / tutors should ensure that they have their group attendance sheet/register with them.
2. Close all doors behind you.
3. Report to the main assembly point at the Church corner.
4. Group facilitators/tutors will conduct a role check to ensure that all users have been evacuated and are safe.
5. The administrator will conduct a roll check to account for staff and any visitors to the Centre.



COMPLAINTS POLICY

Derry Well Women endeavours at all times to deliver a professional, caring and courteous service to our users.

However, we recognise that there may be occasions when you may not be happy with the service you have received from us. In such circumstances we believe you have the right to complain. Your views are very important and such complaints give us valuable information about the way we provide our service and how we can improve it.

PRINCIPLES OF PROCEDURES

If you make a complaint you can expect:

1. To be treated fairly and with respect
2. The complaint to be taken seriously and handled according to the correct procedures
3. The information to be stored securely and only shared with those who need to be involved in the complaint
4. That there will be a resolution within a specific time frame
5. That we will learn from the complaint to improve our service and use it to provide a mechanism for positive change

If you wish to make a complaint you can do so by contacting the Manager of Derry Well Women within 28 days from the date of the issue in question.

A copy of our full Complaints Procedure is available on request

