

Derry Well Women

28th Annual Report

Hygeia was the ancient Greek goddess of health, daughter and chief attendant to Asklepios, the god of medicine.

In classical sculpture she was often shown holding or feeding a large snake (the symbol of medicine healing and longevity) in her arms.

'Hygeia' means "soundness" or "wholeness" and is about maintaining the 'wholeness' of the body and keeping it fit in every possible aspect of health – mind, body and environment."

“Women’s longer lives are not necessarily healthy lives”

Our Strategic Aims

Derry Well Women identifies and addresses the health and social care needs of women from Derry and throughout the Western Trust and border areas.

We:

- Provide women with a woman centred health service which will improve the health and wellbeing of women, families and communities.

- Help to reduce social exclusion and improve the health and social status of vulnerable women by working with targeted groups.
- Support women who have been directly affected by the “Troubles” to rebuild their confidence and their lives around those specific conflict related issues which directly affect them, to help them engage fully in the new post conflict era
- Deliver, in partnership with other agencies, a range of community based health improvement programmes.
- Strive to improve skills, knowledge and capacity of groups to participate in the decision – making processes on service provision and development.
- Promote understanding of the gender specific health needs of women and advocate for policy change.



Management Committee and Staff 2015 - 2016

Front Row (left to right):

Carrie Jain; Philly Melaugh (Chairperson); Maeve Mc Laughlin MLA (Guest Speaker) Susan Gibson;

Back Row (left to right):

Nuala Doherty; Mary Diamond ; Grainne Mc Laughlin; Joan Noble; Julie Ward; Patricia Villa; Fiona Walker; Patricia Mc Adams; Monica Downey; Karen Meehan; Anne Mc Donald.

Attendees at the 27th Annual General Meeting



Chairperson's Report 2015-2016

It is with great pleasure that I present the 28th Annual Report on behalf of Derry Well Women. An organisation like ours does not go from strength to strength each year without a huge amount of dedication from many different contributors.

a wider pool of charities in Northern Ireland. This is not only very prestigious personally for Susan but is also vicariously very good for our reputation and on behalf of the committee and staff may I congratulate her. Next I would like to acknowledge the excellent work of those who deliver and facilitate our very extensive programmes.

A substantial number of these are delivered by unpaid volunteers and much of this work is both intense and challenging and we owe them a very big debt of gratitude. We are very fortunate in the quality of the work that they carry



Anne McWilliams, Lady Captain Foyle Ladies Golf Club with Christopher McWilliams presenting the proceeds of her Ladies Captains' Day to Derry Well Women

Of these the lynchpin is our permanent staff who give way beyond their contractual obligations to make DWW function so effectively and efficiently. Guided so ably by our Manager Susan Gibson the staff provide our clients with the most welcoming and professional of service. So may I say a very sincere thank you on behalf of the committee to Susan, Ann, Fiona, Monica and the two Patricia's for their wonderful work throughout the year. I also extend a very warm welcome to Oonagh who has joined the team this year and I can testify that she is already proving a great asset.

Susan's experience and expertise was given public recognition recently when she was appointed as a leader on The King's Fund "Cascading Leadership" Programme. She was chosen because she is acknowledged as a high performing charity manager and she will mentor and share her skill with

out and we know from client's feedback that they benefit greatly and are very appreciative of their commitment to them. Also essential to our continued success and development is our committee. Each member gives very willingly of both her time and expertise to the organisation despite her own major family and work commitments. Good governance is paramount, if our organisation is to maintain its reputation of upholding the highest standards of integrity and probity. We are always on guard against being complacent and constantly strive to improve on our due diligence and compliance. We are very fortunate in this task being made as manageable as possible by the very detailed updates provided to committee at our monthly meetings by Susan and her team.

Another indispensable part of the jigsaw that is Derry Well Women is those who provide us with the funds to run the organisation. Unfortunately it is not possible to report that the cuts by our statutory funders are at an end and we are constantly seeking new sources of funding and endeavouring to trim, wherever possible, without impacting upon the quality of our services to women. The continued support from our funders, therefore, is much appreciated and for us, is an endorsement of their faith in us and our ability to be a centre of excellence in our field.

This year we have been very fortunate to have had some amazing fundraising events organised by the Nelson family and on behalf of DWW I would like to express our sincere thanks to them. We stand or fall on an ability to give women what we claim to do i.e., to help them be well. The testimonies and feedback that we receive from women who avail of our services are very heartening and affirming of us and are an endorsement that we are, for the most part, on the right track. Seeing women flourish and grow through being with us makes it all worthwhile.

This is my last year as Chair – a role I would not have been able to carry out had it not been for the support of the committee and staff and I thank them from the bottom of my heart for that support and goodwill extended to me throughout. I am handing the reins to the very capable and experienced Carrie Jain who, as well as having been a very supportive Vice Chair for the past three years, also gives a lot of time as a volunteer on our Well Programme. I end in a way similar to my past reports by urging you to have a good read of this our excellent 2016 Annual Report. It is here you will get the full picture of the stunning range and breadth of the work carried out by the wonderful Well Women team and long may it continue.



Philly Melaugh
Chairperson

Secretary's Report 2015-2016

and Procedures, the Data Protection Policy and Procedures, the Counselling Referral Policy Procedures and the Publicity Strategy and Policy and the Environmental Policy. The team also introduced a new policy on Managing Internal Conflict.

Committee members attended training sessions on recruitment and selection and continued to provide supervision and line management to centre staff that included the successful piloting of a new supervision template for counsellors. Members also continued to make important contributions to service delivery both directly and through steering group activities.

The fact that Derry Well Women has such an active and supportive committee has been recognised by partners and funding bodies. The diligence and commitment of the Derry Well Women committee reflects that of Centre management and staff. On behalf of my committee colleagues I thank you all for your continued dedication to our shared goals.

Derry Well Women Committee has met, in committee, on 10 occasions since the last AGM in June 2015. Philly Melaugh is retiring as chair at this AGM and the position will be taken up by Vice Chairperson, Carrie Jain.

On behalf of my colleagues on the committee, I thank Philly for all her hard work over the last three years. She has given inspirational and committed leadership to Derry Well Women and her efforts and commitment are much appreciated by her committee colleagues and by Centre staff. We welcome Carrie Jain as our new chair and look forward to working with her to continue to advance the Derry Well Women ethos and mission. I take this opportunity to also thank Maeve O'Neill for her work on the committee over the last year. Maeve is stepping down as a committee member in order to focus on her work on the DWW "Minding Your Mind" programme.

The Derry Well Women committee is a very active one. We aim to provide Derry Well Women, the Chief Executive and centre's staff with the highest level of good governance, supervision and support. This year, at the suggestion of Phil Mahon, each committee member completed a self-assessment exercise which prompted members to reflect on and assess their role and performance in committee. The results of this exercise confirmed that committee members: have a good working knowledge of Derry Well Women, its aims and objectives; understand and are aware of the day-to-day financial status of the organisation; have a good working relationship with the Centre Manager; are actively engaged in the governance of the organization; are prepared to participate in events

relevant to the DWW mission both within and outside the centre and act as Goodwill Ambassadors for the organisation.

Members this year, for example, attended the Kinds Fund Event at Stormont, hosted visitors to the Centre including Judith Thompson, the Victims Commissioner, participated in fund raising events, took presentations at committee meetings, including a presentation on the Compassionate Communities Project made by Linda Morris and a presentation by one of our own committee members, Aine Abbot, on 'Frailty'. This later presentation, and the discussions at the Seminar event which followed it, may well further strengthen the theoretical base informing what we aim to achieve at Derry Well Women.

Committee members are also directly involved in strategic planning and development, reviewing, updating and amending centre policies and practices, the supervision and line management of staff and involved in programme delivery, as well as undertaking training aimed at raising and expanding the committee's skills base.

This year the committee reviewed and updated the Child Protection Policy and Procedures, including Child Minding and Day Care Vetting Procedures, the Recruitment and Selection Policy



Pauline McClenaghan
Secretary



Staff and committee attend recruitment training Jim McCarter LRA

Treasurer's Report 2015-2016

2015/16 has been another challenging year for Derry Well Women with further reductions in funding. The Manager, with support from staff and the Board, has worked hard to absorb these cuts through prudent expenditure and sound financial controls whilst at the same time ensuring that we continue to deliver our core programmes within the limitations of reduced funding.

This year our contracts with the Western Health and Social Care Trust (£113.9k) and Derry City Council (£12k) have been maintained to cover our core running costs. We

also maintained our funding from the Victim and Survivors Service (£87.3k) to support a number of projects including counselling, complementary therapies and support programmes. Other funding which has enabled us to deliver specific programmes and projects includes: Community Development and Health Network (£5.3k) to roll out the Building Community Pharmacy Project; funding from CLEAR (£4.7k) towards the continuation of the eating disorders programme; Children in Need (£19.5k) have continued to provide funding for the post of Childcare Co-ordinator with support funding from DENI through Early Years (£7.4k) towards the post of Crèche Assistant. Our fund raising efforts (£12.6k) and donations (£8.9k) increased significantly. These included a Pop up Boutique, Foyle Golf Club Ladies Captain's Day, sponsored football event organised by the Irwin Family, Flag Day, Christmas Fair and Coffee Morning and the generosity through these donations and fundraising activities is greatly acknowledged and appreciated. We continue to look for creative ways to raise funds where possible to help maintain a reasonably sound financial position in these challenging times.

Total income for 2015/16 was £283.2k, a reduction of £23.3k on the previous year reflecting the loss of the PHA funded Women's Social Inclusion Project. We have, however, been able to reduce overall expenditure by £28.6k from £307.8k in 2014/15 to £279.2k. Although some expenditure was unavoidable (repairs and maintenance increased by £4.2k and rent and room hire by £1.78k) through controlling other expenditures we were able to offset this increase against other spending areas including wages and salaries costs (reduction of £22.8k) as well as some running costs (cleaning, light and heat), general administration costs, training and facilitation and programme costs. As a result, Derry Well Women recorded a surplus of £3.98k for the year meaning that we were able to add slightly to our overall reserves.

It is pleasing to see the strength in Derry Well Women's financial position. We, however, need to remain mindful of the likelihood of further cuts in future as well as looking for new funding opportunities as they arise. Scrutiny and accountability remain key priorities for funders and the role of the Auditors in supporting Derry Well Women and conducting the audit efficiently and effectively helps to ensure that we are well placed to meet the financial requirements of current and potential funders. Finally, we wish to acknowledge the role of the Financial Administrator in maintaining the day to day administration of the financial activities of the organisation and the dedication and leadership of Susan in ensuring that robust financial procedures and controls are in place.



Judith O'Brien, MetaCompliance, presenting a donation to Derry Well Women



Sinead Callan
Treasurer

New Members Report 2015-2016

It was a great privilege to have been asked to join the Management Committee of Derry Well Women in 2015.

Throughout my career as a mental health nurse, Derry Well Women has provided an avenue for positive change in women's lives on their journey through recovery. The delivery of high quality and innovative programmes has enhanced the lives of many. The opportunity to support the work of this organisation through my role as a committee member has been a privilege. I remain motivated to support the aims and objectives of this special place. My experience through committee meetings and having met with women using the centre has been of a nurturing and loving environment bringing out the best in people. It is with this knowledge that I look forward to working with a team of dedicated, professional, highly driven and fun women, working to improve the lives of women, their families and community. I thank you for this opportunity, to be part of a wonderfully inspiring place.



Grainne McLaughlin

I was delighted this year to have the opportunity to join the Derry Well Women Committee and contribute to the great work being done by this organisation.

After having trained and worked in Glasgow as a physiotherapist, I was able to bring my knowledge from working in NHS Scotland and my passion for working with older people and people with long term conditions. I was working with the 'Keeping Young at Heart Group' before joining the committee and so had a great insight to the holistic approach to health Derry Well Women brings to the women of this area. The work the committee have done this year has been fantastic to see, and it was great to contribute to the various policies and procedures of the organisation, input into the creation of the 'Well' CD, the creation of a wellbeing Z-card, work towards becoming a dementia friendly organisation, as well as bringing a young women's voice to the team. The committee continues to recognise the multiple identities of women who access support from this organisation and work towards ensuring equal rights for all women, regardless of age, community background, race, sexual orientation, transgender history, religious belief and any other identity which bring the diversity which enriches Derry Well Woman's fabric, to ensure good health and wellbeing. I would like to thank the committee, the wider staff team and the members of Keeping Young at Heart for all their support, passion, love and for all I have learnt from these great women.

Peace and solidarity,

Maeve O'Neill



Committee Working Group



Manager's Report 2015-2016

I look back on 2015/2016 as a year when the organization from Committee to staff to volunteers mobilized all resources and energies to deliver an unprecedented level of programmes, to ensure sustainability, to enhance our capacity to respond to increased demand and to develop new effective and efficient ways of working.

Our Committee with our voluntary fundraising team secured valuable resources at a time when we faced cutbacks to income and losses of programmes. Much energy was also invested in applying for funding meeting both disappointment and success, Derry Well Women is a network of teams each working to the core goal of creating better life opportunities and improved health chances for the women and children who come to us. This report is an outline of the huge effort of all the teams this year- our generic counsellors, listening ear team, facilitators, cancer workers, health visitors, complementary therapists, creche staff and clinicians.

In 2015/2016 we delivered 59 services both in house and Outreach to 2108 women and 110 children within the following three categories of work; Supporting Women and Children, Gender Specific Interventions and Local Expressed Need.

1. Supporting Women and Children

Derry Well Women delivered a range of programmes aimed at building the mother/baby relationship.

Derry Well Women invested in the provision of services supporting mother's and children's social physical and emotional wellbeing under the one roof.

Evidence is compelling that children's life experiences in early years directly impact upon their mental, physical and emotional wellbeing in later years.

Derry Well Women, therefore helped to provide children with the best start in life by providing a number of mother and baby programmes. Within our Crèche provision we delivered a range of programmes aimed at improving child development



Mother and Baby Programmes

We delivered a wide range of programmes which support the mother and baby as an emotional unit. These programmes promote the development of positive relationships within family, create opportunities for bonding and attachment as well as providing parenting skills including communication, boundary setting and role modelling. These programmes aim to improve levels of self esteem, confidence, coping skills, and parental capacity leading to an improved ability for disadvantaged mothers to deal with life's adversities. These programmes also aim to reduce the level of damaging family cycles, so improving intergenerational life outcomes leading to fewer children and families at risk.

This year Derry Well Women continued to build an evidence base supporting the validity of our work with women and children:

1. In 2015/16 we continued psychometric testing in all of our Emotional Health and Wellbeing programmes.
2. We continued the measurement of children's outcomes for each child attending the creche completed by staff, parents and children themselves. Of those completed to date, the scores show the positive impact of the creche programme on children's nutrition, personal care, ability to respect difference and enhance emotional, social and physical skills.

Intervention	Number of sessions per year	Average Attendance per session	Numbers of women/children	
Breast Feeding Support Group	1 per week x 48 weeks	48	12	46
Breast Feeding Network	1 x month x 8 months	8	5	8
Baby Massage	1 per week x 4 weeks x 3 per year	12	6	28
Attachment Programmes	1 x 6 weeks x 3 per year	18	7	19
Paediatric First Aid	1 x 10 weeks	10	20	23
Supporting Hard to Reach Families Focus Groups	1 x 8 sessions	8	7	52
Minding Mammy Group	3 x 8 weeks x 3 per year	24	6	21
Sleep Management	1 per week x 6 weeks x 1 per year	6	4	4
Behaviour Management	1 per week x 4 weeks x 1 per year	6	7	19
Managing Children's Anxiety for Children and Parents	3 x 1 day	3	30	90
Family Time	2 x One Day x 4 weeks	4	20	78
Care Leavers Parenting Programme	1 x 4 weeks	4	6	6
Ante Natal Classes	1 x 4 weeks x 6 per year	24	6	49
Crèche	10 per week x 48 weeks per year	472	6	110
Total:		647		553

Supporting the Health and Wellbeing of Children through our Crèche

Our Crèche exists to provide quality child care services for children of 0-4 years in a women's community health setting through the provision of early intervention programmes which address children's social, emotional, mental and physical developmental needs and link closely with the WHSCT Infant Mental Health Strategy. Provision includes: quality play sessions, 2 hours per session twice daily, five days per week; free access for 6 children 0-4 years per session; structured daily programmes covering all areas of learning for children in this age range and stages of development with provision of age appropriate and creative equipment; provision of play activities for babies, floor/table, imaginary play, music and sound, treasure baskets, nature and the environment, healthy eating, seasonal activities including Christmas, Easter; outings and significant events; dedicated worker appointed to children with additional needs; ongoing review of service in partnership with mums and children. Additional programmes supporting mother and baby as an emotional unit include; Nutrition, Weaning and Healthy Eating, Getting to Know Your Baby, Baby Massage/Reflexology, Behaviour and Sleep Management Programmes.



Making a Difference to Children's Lives

The 3 most important differences that we want to make to the lives of children are to support:

1. Their emotional development. The key activities ensuring this outcome are; a supportive settling in process, use of Media Initiative activities, skills gained through messy play, sensory play in the sensory garden and with natural and recycled materials (Heuristic Play).
2. Their social development and their early journey towards empathy. The key activities ensuring this outcome are activities promoting social interaction, 'Turn-taking games' (Rhyme and Music) free play, family time through annual trips to local play trails and parks and celebrating social occasions e.g., birthdays.
3. Their physical development. The key activities ensuring this outcome are both indoor and robust outdoor activity. Music, dance, movement, sensory play and healthy eating.

Derry Well Women provides quality childcare provision to ensure that children

- gain life enhancing experiences, which contribute to a positive start in their lives
- develop an early sense of their own identity and positive self regard and
- reach their full potential in all areas of development, social, physical, emotional and intellectual.

Supporting Families

Our children come from vulnerable and marginalised families with additional needs categorised under Hardiker Levels 1, 2 and 3. Women attending our services require support in relation to the everyday needs of parenting but also require additional support due to unforeseen issues - PND, difficulty attaching, isolation, bereavement. Women require support related to critical life circumstances involving domestic violence, acrimonious separation and divorce the development of depression, anxiety and low self esteem, economic pressures. We work also with vulnerable at risk families including young men and women care leavers who are now themselves parents and most recently teenage homeless mums who struggle with the impact of damaging transgenerational life cycles. We take referrals from the Psychological Hub and Social Services. Our programmes are designed to provide children with the most positive start they can have in early life to overcome disadvantage. This we achieve through positive role playing, supporting good quality early attachments, programmes that allow children to express and demonstrate empathy, opportunities to acquire early skills and interests, access to books, toys and play, opportunities to develop a positive sense of self, the provision of basic learning skills, of dressing, feeding and being independent, developing stable relations with their parent/carer and other children. DWW uniquely offers a wrap-around service promoting the mental health and wellbeing of mother and child together.

Supporting Children with Additional Needs

Of the 110 children who used our creche, 37 children had additional needs and challenges in order to meet their full potential and development. These children experience specific developmental challenges arising out of disadvantage – including poor self esteem, poor opportunities to develop language and communication skills particularly in relation to emotions. Our children have restricted access to a range of indoor and outdoor play and have few opportunities to meet, interact and socialise with other children. This leads to challenges in relation to behaviour and positive socialising. Creche staff work in consultation with mums in order to ensure that we understand their child's developmental needs and that we are meeting them. Activities which support the children's emotional development include; respecting difference through the use of persona dolls, "This is Me" identity activity, behaviour management, imaginary play, "My Emotions and Me". For children with additional needs we also focus on sensory play, messy play and play with natural and re-cycled materials. In relation to children's speech and language difficulties we engage children in storytelling, rhyme time and group time.



Derry Well Women ensures access for children with additional needs in 2 ways:

- Providing an accessible and adaptive physical environment
- Creating a welcoming and accessible culture, ethos and practice

1. Physical Environment

DWW has made a number of adaptations, maximising access for children with additional needs. We have a specifically designed disabled toilet area, cushioned flooring, soft seating areas. For children with sensory impairment we have a fitted sensory area with lighting. We have installed 2 long mirrors to reflect light for children to look at themselves enabling development of their sense of identity. We have created a sensory garden which enables children to explore all of their senses. For children with hearing impairment we introduce musical instruments exploration of touch through use of different materials, particularly re-cycled materials. Every session includes sensory play and messy play. To meet any deficit in our provision we regularly take children with additional needs to local sensory play areas.



2. Welcoming Ethos and Practice

Our staff is trained to work with children with additional needs. In the past year we have implemented pre and post creche child development assessment in partnership with the parents. Through this we are able to focus on each child's specific additional need. We have also introduced a Child Development booklet which promotes a child-centred developmental approach. We have worked in partnership with Destined and MENCAP to provide a placement to a young volunteer.

Inspectorate Report: Early Years Western Health and Social Care Trust commented:

"The Relationship between staff and children was very warm and child centred, the interactions were positive and caring. Staff demonstrated that children's well being is promoted and their care needs are met"



Mother and Baby Programmes

Derry Well Women ran a number of very well attended programmes to support mothers and babies as an emotional unit. This year we introduced Paediatric First Aid in addition to a range of programmes to promote attachment and support mothers through each stage of their early journey with baby.



Primary Schools Programme

In response to teachers and school principals who have identified increased anxiety among children of primary school age coupled with a need to address issues related to puberty, we ran a number of Schools Based Programmes in the Strabane area.

"After speaking to my daughter about the recent growing up talk for Primary 7 children at Saint Catherine's Primary school I was pleased to hear how much she actually gained from this valuable talk. She was able to relay the information to me in a confident, knowledgeable manner. She said she really enjoyed the session and the facilitator was very good. A very valuable session on growing up and the changes that happen to young people. I would highly recommend to all Primary 7 parents. Thank you for helping with a difficult subject" **Parent**

"I really enjoyed the talk on growing up and learned so much about my body and how it is going to change as I get older. Dympna had a gentle voice and this helped me to understand." **A young female pupil**

"I enjoyed the talk. I liked learning about how my body will change." **A young male pupil**

"Even though I've been here such a long time this was the first time I've heard this talk for the boys. Pity it didn't happen years ago as it was most beneficial for them." **Class teacher**

"Thank you to the staff at Derry Well Woman Clinic for enabling us to facilitate this important talk to our Primary 7 pupils. It has been a pleasure working with you."
Yvonne McGowan RE/ PDMU Co-ordinator

Breastfeeding Support

This year our Breastfeeding Support Group was commended for the work it does in supporting the work of primary care and hospital based care to breastfeeding mums. The work carried out by the Breast Feeding Lactation consultant in Derry Well Woman not only addresses breast feeding problems but all range of children's issues, parent issues, health issues, social and clinical issues. It acts as a referral source for her health visiting colleagues across the sector and provides an invaluable education resource for student health visitors, midwives and breast feeding peer volunteers. The group has regular attendance of between 10 and 16 mothers and women travel from all over the Northern sector to the group because they know there is a specialist easily available to them and they don't have to wait for appointments or delays in their care which would increase their risk of stopping breastfeeding. The Support Group is also well supported by the provision of a creche which supports sibling development whilst baby and mum are being supported.



Unicef Visit to Breastfeeding Support Group

unicef 
UNITED KINGDOM

Report on Breastfeeding Group 2015-2016

Breastfeeding rates are recognised by the government as a public health indicator and N Ireland has the lowest breastfeeding rates in the whole of the UK. Raising breastfeeding rates plays a large part in addressing health inequalities.

The longer a woman breastfeeds the greater the protection against breast, ovarian and hip fractures and reduces menopausal risk factors for cardiovascular disease. All of these illnesses represent the greatest threats to women's health across all ages. The World Cancer Research Fund includes breastfeeding as one of the ten recommendations to reduce the risk of cancers in women.

Breastfeeding has positive influence on mother baby relationships and is conducive to babies emotional, social and physical well being.

Research has indicated that increasing breastfeeding duration has long term benefits for child and adolescent mental health. The Derry Well Women breastfeeding group is held weekly and lasts for two hours. The atmosphere is warm and welcoming and is open to a wide variety of women and even the occasional man has been known to drop in. We encourage women to attend before their baby is born and provide them with information to make an informed choice. Granny's and friends are always welcome.

We have women attending from a variety of cultures who find the peer support networks very supportive. Some of our mothers have recently moved to the area and can be socially isolated. The breastfeeding group is often the first step to finding social networks and new friends. Three of our peer support mothers regularly attend and help to support mothers in the group. They offer telephone support and hospital visits to the postnatal ward. They make a valuable contribution to a very busy group and help ensure new women are always welcomed and supported. I am a lactation consultant and offer help and advice in all aspects

of breastfeeding, helping and encouraging mothers to overcome difficulties along their breastfeeding journey. I often link in with the hospital breastfeeding co ordinator which ensures a quick efficient service for babies who may need to be seen at the hospital with for example tongue tie.

As a health visitor I offer a wide variety of advice on all aspects of child and maternal health. We have many women with postnatal depression who get great support on a weekly basis and over the past months we have supported one of our group who suffered a close bereavement. The benefits of attending the group are impossible to quantify as they encompass so many aspects of health. During the last year I organised a coffee morning and invited Debbie Hunter from the health promotion department to talk about infant mental health and organised a study day for the peer supporters in St Columbs Park House. For breastfeeding awareness week in June we will link in with local cafes to join the "Breastfeeding Welcome Here" scheme and hopefully go as a group to one of the local cafes to promote breastfeeding.

The crèche plays a central part in supporting new mothers with toddlers and is valued by our members who take part in the various social events throughout the year.

The ethos of the group is to support and welcome any woman who comes through the door and support her on her breastfeeding journey.



Deirdre McGonagle
Lactation Consultant



Post Natal Depression Programme Minding Mammy

The Post Natal Depression Group in Derry Well Women is for women who have experienced post natal depression within the first year.

Mothers have also come to us who have experienced post natal depression up until their child is aged 5. Post natal depression is triggered by the birth of a baby and it can onset within the first year of giving birth. Women who attend the group experienced mild to moderate anxiety and depression. Mothers feel sad have low energy, are unable to sleep or eat properly, irritable unable to focus and concentrate and have feelings of guilt, worry. These symptoms are not usual to having a baby and last most of the day every day. Many women feel isolated and alone. In the post natal depression group we use the five areas model of CBT to help mothers to understand their post natal depression, to help them overcome negative self talk and to reduce their sense of isolation and support them back to enjoying motherhood.

The group is easily accessible, has a creche, is confidential and is run by experienced and clinically trained staff who fully understand the emotional and clinical needs of the women who attend.

Here is a sample of the feedback we received from three of the 21 women who attended the Minding Mammy Programme this year.

One woman said "I have been looking for help with post natal depression for a while and had become increasingly desperate as I realized that my depression was not going away after the birth of my second child. I had heard about the course from seeing a leaflet advertising it in the G.P surgery. I felt as if I was the only person with this problem. This had made me feel inadequate, like a failure and isolated. The course helped me to realize that my feelings were quite normal, it was my thoughts about my inadequacy that was not normal. From attending this course I realized that I had good qualities and strengths as a mother and as a person and that I could look forward to the future with more confidence"

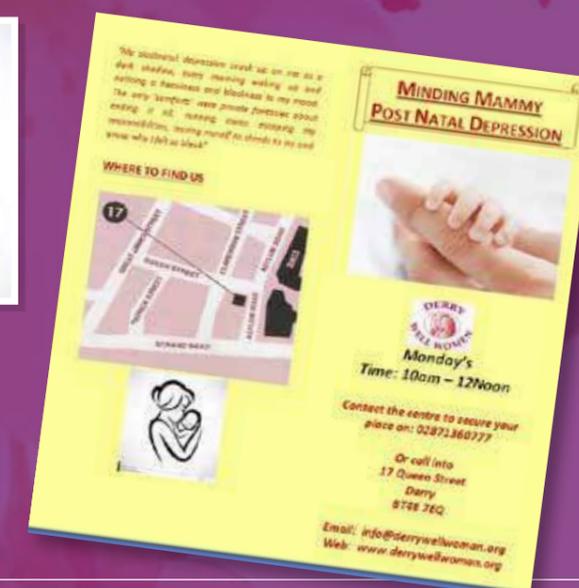
A Second woman said "I had been depressed for a long time and had been advised to attend the course by my G.P. I had not been going out of the house and talked about being in the house with the curtains drawn for days on end. I was on a high level of medication and was becoming agoraphobic. After the first session of the course I began to feel more hopeful and normal. I understood that it was my thoughts and behavior that were maintaining the problem and that it was possible for me to begin to change these. After attending the course for two more sessions I began to go out walking with the baby in the pram. I got up every morning and told myself that the day was going to be good because I was going to make sure it was.

Another woman said "I had found the course helpful and was able to feel normal again from attending the course. I found the sessions on challenging negative thoughts and low self esteem most helpful I was able to look forward to the future knowing that I am able to be a good mother to my baby. My baby had colic and screamed a lot. Before attending the course I had found this problem hard to cope with. After attending the course I was able to deal with my feelings of inadequacy much better and felt more confident about how to cope. I had also been worrying about returning to work as I didn't feel ready. After attending the course I was able to negotiate a phased return with my employer."

The course gave women skills and knowledge which they were able to apply to their own lives. This stopped the negative spiral of depression and low self esteem from spiraling further. They turned the spiral around and are now much happier and more confident as mothers, being able to enjoy their time with their babies much more.



N. Cross
(Facilitator)



2. Gender Specific Interventions

There is much evidence to indicate the determining influence of women on family and community health status. We maintain and develop gender specific work which recognizes the role of women in terms of community well-being. We particularly focus on issues peculiar to women including PMS, peri - natal support (both ante- and post-natal), miscarriage, menopause and sexual health. This year we were delighted to introduce Arvigo Techniques of MAYA Abdominal Therapy which supports women's reproductive and digestive wellness. We piloted this programme with 5 women all of whom were experiencing difficulty in conceiving. We are delighted to report that one woman who had been trying to conceive for

2 years is now pregnant without the aid or intervention of any medicine.

This year we delivered 18 sessions on Sexual Health, Confidence Building, Nutrition and CBT to a total of 156 students from St. Cecelia's College.

This year we are reporting a slight decrease in the number of women coming to us for miscarriage support this is a change from last year when we reported an increase and reflects the difficulty in predicting the projected use of the service.

Table to demonstrate levels of activity associated with Gender Specific Interventions 2015/2016

Intervention	Number of sessions per year	Average Attendance per session	Numbers of women/children
Arvigo Techniques of MAYA Abdominal Therapy	Pilot programme cycle of 4 weeks	20	5
Schools Enrichment Programmes for 16-18 year olds		18	30
Menopause Clinic	1 per month x 9 months	27	1
Miscarriage counselling	20	20	1
Total:		85	196

Chronic Illness Management

Within this we addressed Chronic Diseases (Cancer, Respiratory, Cardiovascular, Diabetes), Mental Health (treatment and prevention of Stress/Depression/Anxiety) and Accidents and Pain Management.

This year we ran a very successful Community Pharmacy Project funded by The Community Development and Health Network.

The provision made by Derry Well Women in respect of these issues is complementary to a range of other statutory and voluntary sector services available to women for prevention, detection and treatment of illnesses categorized under these three broad headings. Our specific interventions across each of the three causes of Mortality/Morbidity fall into five



broad strands. Delivery within this category 2015/2016 was as follows.

Tables to demonstrate levels of activity associated with Mortality, Morbidity and Chronic Disease Management 2015/2016

Cancer

Intervention	Number of sessions per year	Average Attendance per session	Numbers of women/children
Cancer Support Group	Fortnightly	22	18
1 x 1 day Cancer Programme	1 x 1 days	4	16
Complementary Therapy Treatments		41	1
Cancer Counselling		106	1
Action Cancer		15	1
Cancer Counselling supervision		10	4
Expert Patient Groups		4	12
The Well Programme for Women Living with Cancer	3 programmes delivered in Derry	30	8-10
Total:		232	173

Cancer Services

Derry Well Women continues to provide community based support and care to women with a cancer diagnosis. Working in a variety of ways we offer an Integrative Medicine Programme (the Well Programme), we offer one to one counselling and complementary therapies for women and their families, we run an ongoing drop-in support programme for women with cancer and we have frequent one or two day events for women with cancer. Our services aim to provide women with the ability to maximise their wellbeing and to make the best possible choices for their own health and the health of their families. Peer support is at the heart of all of our programmes.

Our Cancer services have been developed to help women achieve their optimum level of health and well-being while living with a cancer diagnosis.

This year Derry Well Women delivered cancer counselling to 29 women new to this service. We delivered three Well Programmes to 31 women in Derry. We continued to facilitate a fortnightly support group for a membership of 50 women with 37 attending for the first time and ran one One Day Cancer Programme for 18 women. We continued our partnership with Action.

Cancer whereby 12 women relatives and carers of people affected by cancer received a cancer counselling service

Cancer Support Group

The Cancer Support group continued to meet fortnightly in Well Women. It has a membership of 50 women, with 37 attending for the first time in the last year. 22 is the average attendance at each meeting. The group is open to woman of any age who has had a cancer diagnosis. It offers women an opportunity to share with others, who understand and have experienced the array of emotions and difficulties that come with a cancer diagnosis, surgeries and numerous treatments

Sessions held in the past year included:

- Living Life to the Full
- Healing Meditation
- CBT
- Mindfulness
- Bach Flowers
- Acknowledging Fear
- Preparing for Appointments
- Importance of Exercise and Healthy Eating
- Accepting Change
- Work-life Balance
- Sourcing Financial Advice and Support
- Information on Medication.

We were delighted in partnership with other community based cancer groups, within the Western Locality Partnership, to develop a DVD of community services available for cancer clients to be screened in the Sperrin Room and GP Practices and also available on YOUTUBE. This DVD signposts cancer clients to access a range of community based services and is the first of its kind in Northern Ireland. The DVD will be launched later in the year.

Derry Well Women is currently working in partnership with facilitators, local artists and the Nerve Centre to produce a double CD of Well Women specific guided meditations, visualisations, affirmations and guided exercises for Christmas 2016.



Martha Magee Macmillan Information and Support Manager meets Well Programme Participants



Cancer Support Group

The Well Programme

The Well Programme is a practical, holistic programme for anyone dealing with a cancer diagnosis.

When a woman receives a cancer diagnosis, the world as she has known it changes, and amidst the shock, fear and confusion there is the realisation that it has in many ways changed forever. For whatever the outcome, this woman will view her world differently in the future.

In the initial stages, women tell us it feels like stepping on a train bound for an unfamiliar destination. The train leaves the station and there is what can feel like an overwhelming loss of control as the train sets off down the track, stopping for investigations and treatment and visiting strange and perhaps scary places. This is not a journey of her choosing. Then when treatment is finished, further, even greater challenges may present themselves – what now? For those who hear about The Well Programme the next challenge can be getting herself through that door on the first day of the programme. What will it be like? Who else will be there? Can I cope with it? Will it help me? Do I have the energy for this?

And so, the programme begins gently, allowing the women to get to know each other, to have time to talk if they want to, time to hear and to explore what TWP has to offer them and time to understand, above all, that the programme will be led by their needs.

Covering all aspects of health and wellbeing – the physical, mental, emotional and spiritual – the programme aims to tip the balance towards wellness by offering participants a range of “tools” to help build on the positive aspects of life and reduce the negatives. Starting with self care and nutrition and addressing issues from loss of confidence, sleep difficulties, stress and the benefits of humour, with many others in between, TWP has a wealth of practical support, skills and information to offer. TWP provides a unique space for women to be with others who have a greater understanding than anyone of what they are experiencing. This space is different because it is away from family, friends, acquaintances, hospitals and doctors surgeries. Here there is no one to protect or shield, no one to advise or judge, no one to ask difficult questions or recount second hand experiences. There will, however, be laughter and tears, a great deal of fun and an abundance of empathy. As one participant remarked, “This is not a pity party”! Another said that at the beginning of the programme she “just wanted to curl up and die” but by the end she was “counting my blessings”. Yet another said, “This course should be prescribed!”

Participants also draw immense strength and support from one another



and many lasting friendships have been made over the years.

The facilitators learn constantly from the women on the programme, gaining insight and the sharing of strength and wisdom from within the group is often the most memorable and valuable aspect of the programme, enabling us to respond and update the resources we can offer.

Three Well programmes were delivered in 2015, with 31 women taking part. Derry Well Women and The Well Programme facilitators look forward to many more years of welcoming women on to this life enhancing programme.



Carrie Jain
Facilitator



Managing Long Term Conditions

Intervention	Number of sessions per year	Average Attendance per session	Numbers of women/children
Medical Signposting Every Monday	Weekly	29	17
Pain Management	1x 10 weeks	10	19
Screening day on diabetes, blood pressure and cholesterol checking	1x 1 day	93	93
Inner Balance	1x 10 weeks	10	13
Confidence to Question COPD	2x Information Sessions	2	15
Total:		144	157

Women's Health Screening Day

We ran a very successful Health Screening Day on 3rd March 2016.

Services available on the day included:

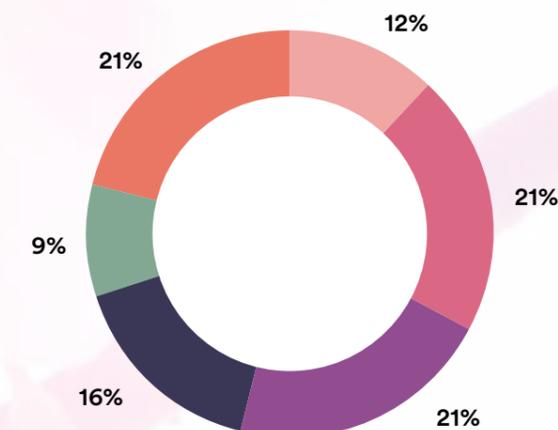
- Eye Testing
- Hearing Testing
- Hearing Aid Maintenance
- Foot Care
- Hand massage
- Blood Pressure, Cholesterol and Blood Sugar Level Testing. Women were able to access, one to one sessions with health professionals and get advice on Diet, Lifestyle, Medication, Maintaining Emotional Health and Mental Wellbeing.

Of the 93 women who attended, 44 referrals were made on the day to GPs and A&E.



Percentages of women referred by different services for further investigation

- Blood Pressure
- Cholesterol
- Blood Sugar
- Optician
- Podiatrist
- Sensory Support Hearing



Mental Health

Intervention	Number of sessions per year	Average Attendance per session	Numbers of women/children	
Coping with Anxiety and Depression	1 per week x 6 weeks x 2 per year	12	9	20
Self Esteem	4 x 10 week programmes	40	13	53
Living Life to the Full	2 per week x 6 weeks per year	12	10	34
Yoga	1 per week x 10 weeks x 3 per year	30	15	61
Forward Thinking	1 per week x 8 weeks x 3 per year	24	12	17
Reflexology	1 per week x 8 weeks x 2 per year	16	12	30
Intro to Massage	1 per week x 6 weeks x 3 per year	18	7	7
Certificate in Community Counselling	1 per week x 30 weeks x 1 per year	30	11	13
1 to 1 Generic counselling	Daily (hourly sessions) 9am to 9pm	1218	1	123
1 to 1 listening ear	Daily (hourly sessions)	68	1	68
Assessment Interviews	116 (hourly sessions)	159	1	159
Managing Stress at Work	2 sessions	2	10	10
How to Heal Your Life	1 x 6 weeks	6		6
Actions for Happiness	1 x 6 weeks x 2 per year	24	10	60
Total:		1659		661

Mental Health and Well Being Services

Demand for mental health and well being programmes continues to increase reflected in the increase from 604 to 661 women availing of services over the last year. Derry Well Women provides a range of transformative Mental Wellbeing Programmes and Counselling Services. Our range of programmes ensure choice graduated access from gentle to more challenging interventions. Each intervention is strength, not deficit, based and focused on the person not the presenting problem. Derry Well Women's progress has been marked by efforts to define a "Woman Centred Approach" as an entity in its own right and this approach evolving from our specific ethos allows women to be fully at the heart of their healing process.



Participants attending Monday Yoga class with Aileen Mulheron

Evidence Based Approach

Last year we introduced psychometric testing to measure outcomes in a number of areas of our Mental Health and Wellbeing Work. This year we extended it to all programme delivery. In addition we are in the process of introducing CORENET as the outcome measurement tool in counselling and MYMOP in complementary therapies. All counsellors and therapists will be trained this year in the use of these evaluation tools.



Actions for Happiness

Counselling

In relation to our Counselling Service this year we provided 1218 hours to a total of 123 women. We continue to have an increase in GP, Social Worker and CPN referrals and have received 15 referrals from the Psychological Hub. Our service is delivered by 17 counsellors qualified to Diploma level. Eight of our Counsellors are now accredited with BACP with the remainder pursuing accreditation.



Listening Ear

Our Listening Ear Team delivered 68 one off sessions to 68 women who called into the centre for crisis intervention.

Accident Prevention

Intervention	Number of sessions per year	Average Attendance per session	Numbers of women/children	
Cycling Initiative Promoting Women Returners to Cycling in partnership with WHSCT and Derry City Council	Monthly April to October	22	5	24
Practical Supports in Later Life	1 session per week x 28 weeks	28	24	46
Total:		50		70

Promoting Positive Mental Health Through Cycling

Derry Well Women promotes & provides cycle training for women of all ages and abilities to improve their overall mental well being as well as physical health. Training is delivered at two levels:

Level 1

Basic skills to build confidence safely using cycle paths

Level 2

Learning to cycle safely on roads .

There is also a maintenance Session on how to look after your bike and carry out basic repairs

Course completers receive a Cycling Proficiency Certificate.

36 Women completed all levels From April to November 2015.

This year we are delighted to report Monica Downey received a National Sustrans Volunteer Award for the promotion of cycling for women returners living with Health and Wellbeing challenges.



Women's returners enjoy Bike Week June 2015



Certificate Presentation October 2015



Monica Downey receiving her Sustrans Volunteer Award

Practical Supports in Later Life

This year 46 women attended 22 sessions facilitated by a physiotherapist and a community worker who is herself an older woman. This popular programme engaged older women on a number of priority issues identified by them including home safety, older women and sexuality, older women and alcohol and older women and exercise. This group adapted the PHA 5 Ways of Wellbeing to 6, to include looking after the environment and created their own 'Z' card of the 6 Ways of Wellbeing to distribute amongst older women.

One issue which emerged during the course of the year was the recognition for women to identify and proactively take action to prevent and lessen early cognitive impairment. In partnership with the Alzheimer's Society and our local Pharmacist we have secured the funding to run 2 by 10 week programmes, Minding Your Mind 2016/2017.



Nutrition talk



A quiet chat



Minding your Mind opening Screening Session



Minding your Mind opening Screening Session



Members of Minding Your Mind enjoying a seaweed foot bath

“Another day,
another blessing
and another
chance at life.
Take nothing for
granted and think
of every breath as
a gift.”

Jerose



Young at Heart adapted the PHA 5 Ways of Wellbeing to 6, to include looking after the environment and created their own 'Z' card of the 6 Ways of Wellbeing to distribute amongst older women and other groups in Derry Well Women

<p>BODY: Be Active Even 10 minute sessions of physical activity can make you feel good</p> <ul style="list-style-type: none"> Go for a walk or run Take the stairs instead of the lift Go out on your bike Play a game Dance 	<p>MIND: Keep Learning Learn something new or boost your skills. It's fun and it helps build confidence</p> <ul style="list-style-type: none"> Fix a bike Learn to play an instrument Cook your favourite food Set yourself a challenge you will enjoy 	<p>SPIRIT: Give Do something nice for a friend or a stranger - even doing small things can make a big difference</p> <ul style="list-style-type: none"> Compliment someone Smile Volunteer Give someone the time to talk
<p>PEOPLE: Connect We get by with a little help from our friends</p> <ul style="list-style-type: none"> Contact someone you haven't been in touch with for a while Sit with your family for a meal together without distractions Join a nearby club or group Plan to meet up with friends 	<p>PLACE: Take Notice Take time to be aware of the world around you</p> <ul style="list-style-type: none"> Explore your local area Pause to take a photo of something beautiful Take a five-minute break to clear your head Take notice of your thoughts and feelings Be curious 	<p>PLANET: Care Look after your community and environment</p> <ul style="list-style-type: none"> Reduce, reuse, recycle and repair Plant a seed or grow some vegetables Walk, cycle or use public transport Set a challenge to make your family greener

3. Local Expressed Need

We have two strategic categories of provision within this section. They are: Post Conflict Trauma and Eating Disorders.

Post Conflict Trauma

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 have post traumatic stress disorder. There is now recognition that women react differently to men in relation to trauma. Women are more likely to experience PTSD than men and their symptoms can be more complex and enduring "Troubled Consequences": (A report on the mental health impact of the civil conflict in Northern Ireland Bamford Centre 2011). WHO 2000

The social consequences we address include alcohol and drug abuse, domestic violence and trans-generational trauma. We provide an innovative range of programmes designed to assist women tackle these issues and take their first vital steps towards reassessing and healing their lives and communities. They gain knowledge and understanding and move towards healing

Programmes are delivered at four tiers.



Participants on the Certificate in Counselling



1. Supporting Individuals

We provide a raft of supports which are innovative, responsive to the different needs of women and provide choice they include: CBT for Everyday Use, Anger Management, NLP, Tonicity, Journey to Inner Peace, Actions for Happiness, Coping with Depression and Anxiety and a Fresh Start to Health.

2. Supporting Communities

Working with groups from particular communities either within Derry Well Woman or their local area. Examples in this tier include Mindfulness for Everyday Living and Rolling with the Punches.

3. Advocating for Change

By bringing those affected by Trauma together with policy makers/service providers or by partnering with others to ensure collaborative action for change. Our work at this level includes Confidence to Question.

Delivery within this category this year was as follows.

4. Supporting Practitioners

To support practitioners to recognise that they too have come through personal experience of the Troubles and commit to self care and CPD (Continuing Professional Development). Examples of training and self care practice delivered this year included Mindfulness, Assessment Training and CBT.



Table to demonstrate levels of Activity Associated with Local Expressed Need. 2015/2016

Intervention	Number of sessions per year	Average Attendance per session	Numbers of women/children
Harmony Programme			
Counsellor Training	1 x 1 day Assessment Training and Contracting	1	34
CBT for Everyday Use	3 per week x 8 weeks x 3 per year	24	47
Journey to Inner Peace	1 per week x 8 weeks	8	15
NLP Life Coaching	2 sessions x 6 weeks	12	18
Tonicity	1 per week x 6 weeks	6	38
Mindfulness for Everyday Living	2 x 8 week programmes	16	60
Complementary Therapies	107 Sessions	55	12
Total:		122	224

Eating Disorders

The National Service Framework for Mental Health recognized the potentially serious nature of eating disorder (DoH, 1999). The Royal College of Psychiatrists (1992; 2000) has highlighted the need for specialist services and the lack of service provision in many parts of the UK. The National Institute of Clinical Excellence has recently published treatment guidelines, setting standards for service delivery (NICE, 2004). Within Northern Ireland, the Department of Health, Social Services and Public Safety has made the development of eating disorder services a recent priority (DHSSPS, 2002, 2003; 2004).

This year Derry Well Women continued to deliver services to women living with eating disorders which included anorexia nervosa, bulimia nervosa, binge eating disorders and atypical eating disorder. Some women have severe physical and psychosocial complications and have significant levels of co-existing psychiatric conditions.

In addition at the request of service users we provided a facilitated Progression group to support those women who wished to move on from the weekly support group. Whilst individual women have moved on from the group to live lives where they can manage their eating disorder this was the first request for a facilitated group and marks a significant



move forward for these women. We provided a 10 weeks Actions for Happiness Programme which is based on CBT and this has proved an extremely supportive and life enhancing opportunity for these women, who have now moved on beyond the group and continue to meet socially and support each other.

Derry Well Women continues to be the only community sector provider of Eating Disorder group support in the Western Trust area. It is the only group providing support to women across all spectrums of eating disorders including binge eating for which there is no current support. The details of our delivery this year are described in the table overleaf.

Intervention	Number of sessions per year	Average Attendance per session	Numbers of women/children
Eating Disorders Support Group	Weekly x 9 weeks x 3 per year	27	9
Assessment Interviews	1 hour assessment and BMI check	4	3
Total:		31	12

Additional Services

In addition to its core activity, Derry Well Women delivered an additional three programmes.



Intervention	Number of sessions per year	Average Attendance per session	Numbers of women/children		
MS Support Group	9	6	8		
Podiatry Foot care	45	1	45		
Fresh Start to Health	6	9	9		
Total		60	62		
Total Number of Programmes / Interventions	Total Number of Sessions		3031	Total Number of Women and children	Target
	Group	Individual			
		1211	1820	2108	917

MS Support Group

Derry Well Woman facilitates The Multiple Sclerosis Support group for women on the first Tuesday of Attended by an average of 5 women weekly the group is a vital support for women coping with a condition that fluctuates and changes continually, and enables the members to gain understanding and advice from those who understand and can bring additional information and insight.

The monthly programme included inputs from professionals, including an MS nurse, Pharmacist and Nutritionist and their advice and knowledge had been greatly appreciated. The group is convened and led by Catherine Doran, a young woman and mother living with MS.

"Attending the Foyle women's MS group has given me the opportunity to mix with great girls that know exactly what I am talking about when I share an aliment or two! Additionally this relaxed supportive environment enabled me to learn more about my diet thus empowering me to make sensible choices to work towards easing symptoms and improving fatigue - well as much as possible!! The group is a fantastic resource and my only wish is that I could attend more regularly."



Catherine with group members



Nutrition talk with Jacqui Carton

In 2015/2016, therefore, we delivered 59 interventions within the following range of activities to 1998 women and 110 children.

- Women and Children Programmes.
- Childcare Services and Programmes including Crèche facilities
- Emotional Health and Mental Well Being Programmes
- Cancer Programmes including the Well Programme, Complementary Therapies and Support Group
- Chronic Illness Management Programmes including Pain Management
- Gender Specific Programmes (Menopause Clinic, Post Natal Depression; Ante-natal & Sexual Health Education for schools)
- Counselling Services (Generic, Cancer, Listening Ear, Miscarriage)
- Keeping Young at Heart, a Health Improvement Programme for women 65-85 years
- Four Support Groups (Breastfeeding ,Eating Disorders ,Cancer and MS and Parkinson's)
- Clinical and Screening Services
- Outreach Health Promotion Events
- Harmony Programme for women directly affected by The Troubles including Counselling, Complementary Therapies, Social Support Programmes and Listening Ear
- Promoting Positive Mental Health Through Physical Activity (Cycling)
- Building Community Pharmacy Project
- One Day Screening Event
- Physiotherapy and Reminiscence Project for Older Women

Partnerships

We worked in partnership with a range of statutory, voluntary, community and independent services to facilitate referral, service development , training and mutual support systems including Western Health and Social Care Trust, Derry City and Strabane District Council, The Labour Relations Agency, The King's Fund, Action Cancer, North West Regional College, Sligo IT College, British Red Cross, The Women's Centre, RNIB, Action for Hearing Loss, Volunteer Now, Disability Action, MENCAP, AWARE Defeat Depression, Strathfoyle Women's Group, Victims Survivors Service, Psychological Hub, WHSCT 16+ Team, Altnagelvin Hospital,

H Sweeny Pharmacist, CLEAR, Early Years the Organisation for Young Children, Action Mental Health, North West Volunteer Centre , Sustrans, Foyle Hospice, members of the Western Locality Cancer Steering Group, St. Cecilia's College and Barrack Street Primary School, Strabane, to deliver some of our programmes avail of training and share best practice.

Derry Well Women Co- Chairs the Western Protecting Life Implementation Group, Co-Chairs The Western Locality Cancer Steering Group and is represented on WHSCT Patient and Client Experience Group.



Members of the GSK Northern Ireland Network meeting the Northern Ireland Minister Simon Hughes at the launch of the GSK Network in Stormont July 2016



Philomena Melaugh accepting the proceeds of a coffee morning hosted by The Coffee Tree and organised by Gerry Nelson and the Nelson Family April 2016



Susan Gibson attending launch of Cascading Leadership Event in Westminster with Lisa Weeks Third Sector Programme Manager The Kings Fund and Mark Durkan

Counselling Service

Derry Well Women works to the counselling objectives as set out by The World Health Organisation Action Plan 2013- 2020 (WHO, 2013) for Northern Ireland. These objectives include:

“the provision of integrated, comprehensive and responsive mental health and social care services that are community based, offering a choice of evidence based therapies across the lifespan. An essential requirement is the provision of services that are responsive and adaptable to the needs of vulnerable and marginalised groups in society.”

Derry Well Women responded to 123 women from marginalized and vulnerable groups who presented with extremely complex issues including Trauma, Depression, Anxiety, Childhood Sexual Abuse, Rape, Domestic Abuse, Loss and Bereavement, Relationship issues, Sexuality, Fertility, Miscarriage, Bullying at Work, Eating Disorders, Personality Disorders and Economic Concerns. This level of demand represents a huge increase on previous years. We now receive an average of 30 referrals each month, a combination of self referrals, referrals from the Victim & Survivor Service and the Psychological Hub. We have managed this challenge by introducing waiting list initiatives, carrying out additional counselling assessments (155 women were assessed this year) introducing robust contracting with clients - all to ensure women have access to counselling as quickly as possible and that they are supported safely whilst awaiting a counselling appointment. We provided innovative mental health and social support programmes through our Harmony Project i.e. Actions for Happiness, Journey to Inner Peace, NLP, Mindfulness, CBT for everyday use and Tonicity, as both waiting list initiatives and enhancement development programmes following counselling.

We reviewed our counselling contract to ensure that clients were aware, before they engage in counselling, of the commitment required in order to gain the best benefits from the counseling process and to decrease the waiting times for women on the waiting list.

This change reduced our cancellations and DNA's from 25% to 16 % improving the waiting time following assessment to a maximum of 6 weeks. Being vigilant of the increased demand and waiting times we recruited 4 new counsellors to the Generic Team. This highly skilled and responsive team of 17 counsellors , eight of whom are accredited through BACP, offer a professional service to women and are committed to the counselling profession and to Derry Well Women. They work within a vast range of policies and procedures which are reviewed by the Management Committee regularly. This year we reviewed our Data Protection Policy, Referrals Policy and developed a new Negotiated Time Out policy. The complexity of issues presented requires our counsellors to be fully abreast of latest interventions and to possess a broad range of knowledge and skills.

15 counsellors attended in-house Assessment and Contracting Training and also attended a Frailty and Connectedness Workshop. Trauma Training was available through WAVE and Mindfulness was provided through VSS. The Victim and Survivor Service provided the opportunity to attend a two day conference at Queen's University Belfast, "Treating the Trauma of the Troubles " and the Commission for Victims & Survivors NI held a conference to review the Victims and Survivors Strategy 2009-19 which we attended in the Titanic Centre Belfast on 9th and 10th March 2016.

Counsellors demonstrated their commitment to Derry Well Women by also attending quarterly business meetings .They also had the opportunity

to give personal feedback on their experience within the organisation at annual review meetings with Management.

Derry Well Women is committed to demonstrating and evidencing good practice and welcome the introduction this year of CORE Net and MYMOP systems for the evaluation of counselling and Complementary Therapies respectively. These systems introduced by VSS will provide a consistent evaluation of all funded services in Northern Ireland and will give invaluable information to Derry Well Women on the quality of the service we offer as well as giving each client an evidenced based outcome of their own personal journey.

Listening Ear

Our Listening Ear Services continues to be the first point of contact for a large percentage of women. The team delivered **68** one off sessions to **68** women who sought crisis intervention during the past year.



Ann Mc Donald
Counselling & Trauma
Coordinator

Experiences on Placement

My name is Erin O' Donnell; I am a third year Social Care Practice Student at Sligo Institute of Technology. As part of my course I was given the opportunity to have a placement in Derry Well Women from January to May 2016.

I chose to carry out my final placement in Derry Well Women for a number of reasons. I wanted to gain a deeper understanding of the services available for women in Northern Ireland and learn what the organisation does for women and children. I also wanted to challenge myself by working in a women's health environment as I had no experience in this sector previous to my placement. This placement has provided me with the chance to grow both as an individual and as a practitioner. From my placement I have gained a much deeper insight into the work Derry Well Women does by taking part in some of the programmes such as Actions for Happiness. This gave me an understanding of the participant's perspective on these courses, how this course benefited women and aided in expanding my knowledge on how the courses operated.

As part of my placement I also had the opportunity to gain experience in the crèche. I found this incredibly helpful and I could witness theoretical frameworks being put into practice. I had limited experience in working with young children before but the Crèche Workers were always extremely helpful with any questions I had.

During my placement I decided to conduct a survey to evaluate a group's satisfaction with the newly developed programme Minding Your Mind. I wanted to evaluate if the group felt the topics being covered were relevant to the aim of the programme which was to help women who have or who cared for someone with an early cognitive impairment. I also wanted to give the group an opportunity where they could anonymously give their feedback on the programme and

express any recommendations they had for the programme in the future. This was beneficial to Derry Well Women as they received feedback from their service users in relation to a specific programme and were able to continue with their ethos of encouraging women to give feedback to the centre and also become involved as part of the overall healing and growth of women.

I am very thankful to have been given the opportunity to work in the friendly, welcoming atmosphere that Derry Well Women creates. My placement has provided me with confidence and knowledge that will stay with me long after I've left the centre. I want to say thank you to all the counsellors, facilitators and most of all the staff for welcoming me into this brilliant service that I hope I can contribute more in the future.



Erin
Collaborative Work at its Best.

Teresa is a young woman who wanted nothing more than to work with children in a childcare setting. In October 2014 Derry Well Women offered her a voluntary work placement in their crèche.

This story is about her journey, the placement support she received and the impact of collaborative working on one person's life.

Teresa is supported by Mencap Employment and Personal Development Services on an Employ Ability Programme within a workplace environment. Mencap also work in partnership with Destined (an organisation which provides personal and social development for people with a learning disability to enable them to fully participate fully in their community) which Teresa also attends.

In October 2014 Teresa began a voluntary work placement at Derry Well Women crèche one morning per week supported by a Mencap Employment Officer. Initially shy and lacking confidence in her own abilities, Theresa struggled to communicate with the staff beyond initial pleasantries. Immediately, however, the crèche staff recognised Theresa's genuine interest in childcare, her enthusiasm and her natural ability to connect with children.

Through structured learning opportunities Theresa engaged more with the children supporting her to interact through free play and story time activities. Teresa's Employment Officer supported her development by offering 1-1 training off/on site and by adapting Derry Well Women



policies to an easy read version. Through both on/offsite training and support Teresa's confidence continued to grow and, for the first time, she talked about her aspirations for the future expressing an interest in obtaining a formal childcare qualification. She began to recognise her self-worth and that with support, guidance and training anything is possible and her increased confidence was noticed by her family.

The Creche Co ordinator, Mencap and Destined recognised that through working together they could support Teresa fulfill her potential. Through collaborative working involving the agencies, Theresa's family and Theresa herself an action plan addressing practical learning, training, social and personal development needs was developed and implemented.

That was 6 months ago. Through partnership working Teresa has since increased her work placement days to two days per week, attended 1-1 tailored training sessions with Mencap and Destined to develop her literacy, numeracy and ICT skills, used public transport (bus) on her own for the first time to and from placement. She has been supported to break down her barriers and face her fears and in doing so has inspired those supporting

her through her commitment, sheer determination and willingness to succeed. Teresa has received a letter from one mother who availed of the crèche facilities expressing her sincere gratitude for the 1-1 work Teresa carried out with her child.

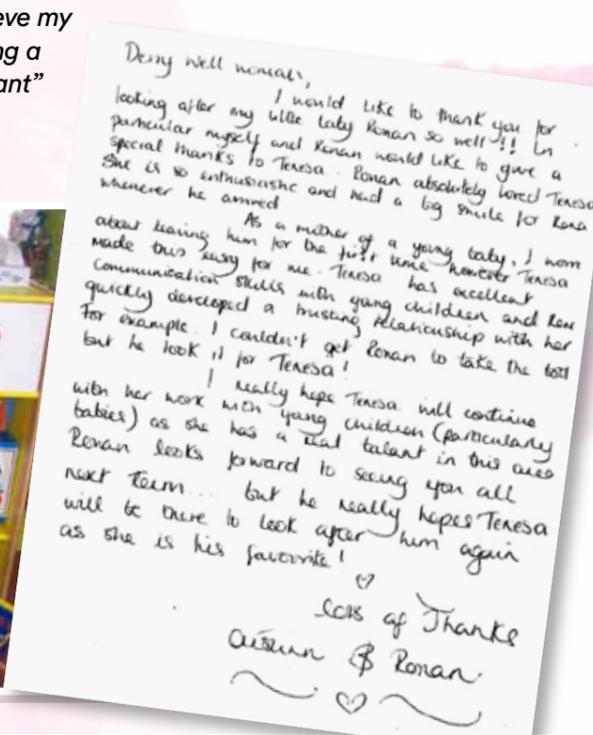
Teresa has since been offered a place on the NWRC CACHE Level 1 Award and Diploma in Caring for children In September 2016. Derry Well Women have agreed to facilitate Teresa's work placement for the duration.

"When I started placement at Derry Well Women creche I honestly thought I would always stay in volunteering work. I didn't believe I had the skills or knowledge to go any further. With the help of Derry Well Women, Mencap and Destined my confidence grew and I recognized I was valued and I could achieve my goals of becoming a Childcare Assistant"

Teresa

"We are delighted that Derry Well Women and Mencap EPD Services will continue to have an excellent professional relationship and as a result of this will continue to work together in the future in other areas. Mencap will provide and facilitate Learning Disability Awareness training to Derry Well Women staff and Committee and will also facilitate a visit to the Mencap Centre in Belfast to meet with the nursery staff supporting children with learning difficulties and disabilities."

Susan Gibson



Complementary Therapies

Our Complementary Therapy Team delivered 54 Complementary Therapy sessions to women who were directly affected by the Trauma of the Troubles. Reflexology, Indian Head Massage and Neck and Back Massage were available depending on the needs of each particular client.

All clients reported improved physical benefits, a reduction in stress levels and improvements in sleep, cognition and decision making.

"I am feeling a lot more calm and content within myself and I feel more confident in what I am moving on to do in my life".

"I feel happier in myself and I'm able to identify when I'm feeling anxious or low and talking about it to help feel better and more in control of my thoughts".

*"I feel I can cope with things better. I have been able to leave aspects of my past behind".
"I feel more comfortable in myself and I have more conviction with my personal boundaries".*

"Counselling enabled me to explore my feelings and work through them. It also offered me the chance to discuss the things that were and have always troubled me in a safe space which otherwise I would not have been able to do".

"I was in such a dark, angry place on starting here and feel so much happier and find anxiety easing".

"Counselling taught me ways to cope. It helped me get my life back on track".

"Through counselling I realised just how far I have come over the last 5 months and I know how valuable the service has been to me. It was a safe environment where I could explore what happened to me and I became more confident and had skills so I never end up in the same situation again".

"Counselling helped me to find me again as I got lost trying to fix everyone. I found how to be me again".



Arvigo - Techniques of Maya Abdominal Therapy

Derry Well Women introduced Arvigo as a new therapy in 2015-2016 to support women's reproductive and digestive wellness.

Based on an ancient Maya technique Arvigo is an external non-invasive therapy which gently guides and supports organs back into their optimal position, allowing for improved functioning.

It is best used for misalignment or congestion in the reproductive organs in both men and women, as well as treating many common digestive disorders. The techniques effectively alleviate tissue congestion and organ constriction to improve the vital flows of energy, blood, lymph and nerves in the abdomen. It addresses and can release emotional and energetic tension from the abdomen.

During the session the therapist reviewed clients past and present health focusing on reproductive and digestive health, provided an upper and lower abdominal massage as well as back massage (lumbar spine and sacrum) to help alignment and improve circulation.

Other complementary modalities included:

Faja - a traditional lower abdomen support wrap

Bajos - a traditional herbal steam bath

Castor oil packs

Nutritional and lifestyle education

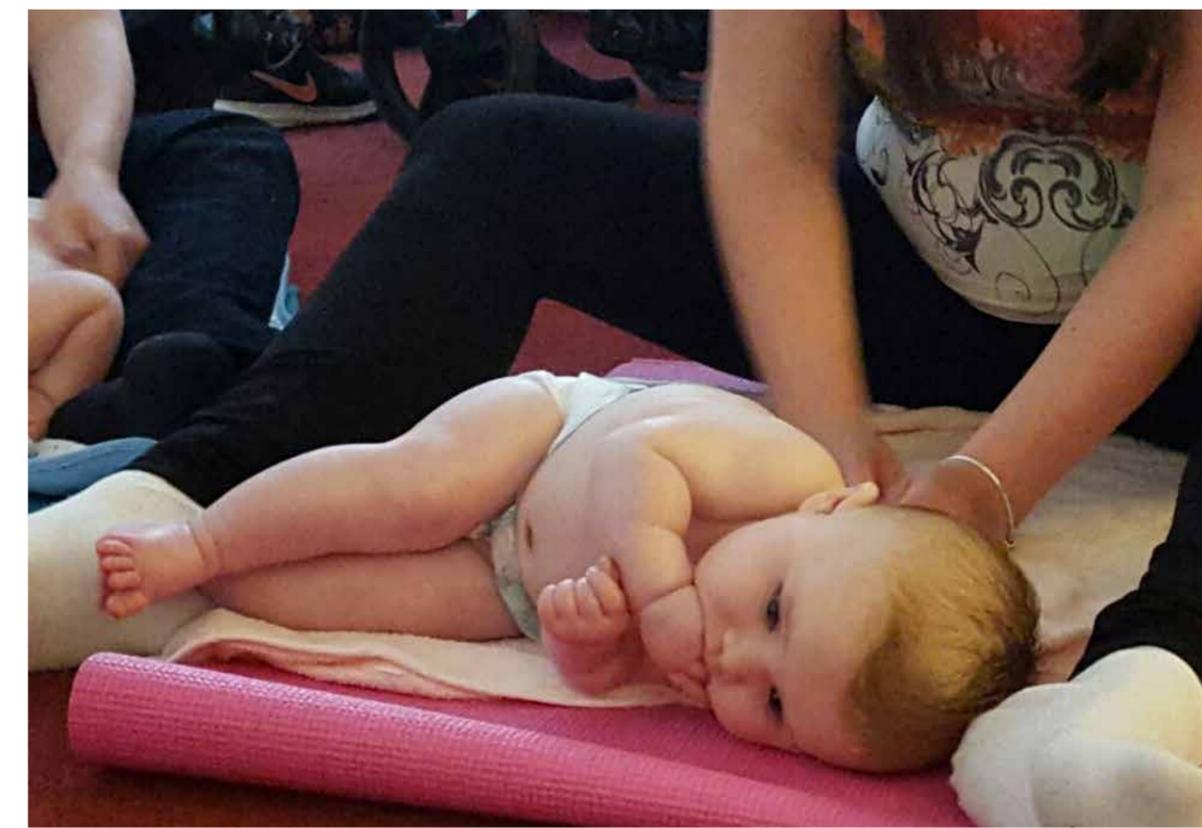
The programme was offered to three ladies as part of a 3 month pre-conception plan and to one lady who suffered with serious digestive problems.

The lady who suffered with digestive problems reported an improvement in her condition.

The 3 ladies who attended for reproductive and fertility all reported huge improvements in their cycles after just 2 sessions. As their sessions continued 2 of the 3 ladies fell pregnant before completing the programme. These were natural conceptions without any assisted fertility medication.



Shiela Mc Corkell
Therapist



Harmony Programme 2015-2016

“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 have post traumatic stress disorder. There is now recognition that women react differently to men in relation to trauma and women are more likely to experience post traumatic stress disorder than men and their symptoms can be more complex and enduring”

(Troubles Consequences’ a report on the mental health impact of the conflict in Northern Ireland Bamford Centre 2011).

Derry Well Women continues to be a compassionate community present for women victims during change, change in their lives, change in our society.

Where there has been no change we too are present.

There has been no change in the kind of stories that women tell us. There has been no change in our dedication to listening.

We have an increase in the number of women and their families presenting with poor mental and physical health as their legacy of the conflict. Many are only now finding the courage to come forward and talk about their experiences. Women experience heightened anxiety, depression, addiction, poor relational issues, with many trapped in repeated cycles of violence. Derry Well Women provides a range of services

to support women who have been directly affected by the Troubles in Northern Ireland including one to one services, counselling and complementary therapies, Social Support Programmes and Advocacy Programmes.



Patricia Villa
Programme Liaison Officer

One to One Services

Our one to one services Counselling and Complementary Therapies are at the core of listening to the story of women’s lives and experiences. In the telling of their stories they changed and in the listening we changed. Women told us what they needed and so our Counselling Service to victims developed to create conditions that enabled women to feel trusted and heard. Our counsellors do not judge nor do they interpret the emotions “remembering and telling the truth are prerequisites both for restoration of the social order and for the healing of individual victims.” As one woman said “I got a lot of the guilt ridden stuff out”

This year we provided **865** counselling sessions to **36** women who were directly affected by the Troubles. We also delivered 55 therapy sessions to 12 women. Our Counselling Service and how it is provided is described within Ann Mc Donald’s section of the Annual Report. My report will focus on the Social Support element of the Harmony Programme.

Social Support Programmes

This year Derry Well Women provided a wide range of Mental Health and Well Being programmes for women who prefer to work within a group setting. These programmes also operate as both waiting list initiatives for women to be supported whilst they are awaiting counselling and as progression routes for them post counselling.

Our programmes afford women who are Victims/Survivors an opportunity to articulate their fears, hopes and to create their own inner harmony whilst providing a strong network of social support in bringing women together from diverse communities to discuss and understand each other’s differences and aspirations towards building a peaceful society.

This year we delivered **14** programmes to **218** women.

The following programmes were delivered:

A Fresh Start to Health



CBT

“This course has helped me deal with a challenging situation in my life”.

“The course has helped me change my behaviour enough to reduce my stress levels and high expectations of other people which had resulted in having relationship difficulties”.

“this course has helped me grow in confidence, I am able to speak out more in the group without feeling I had nothing important to say”



CBT - Becks Depression Analysis



Graph illustrating the levels of reduction in Depression & Anxiety

Actions for Happiness



“Thank you so much for delivering such a life changing programme. I have enjoyed every week, the difference in myself and my relationships have changed dramatically since starting the programme”

“this was a brilliant course it have changed my life, I will keep the handouts for ever”

“this is the only course I have ever done that I didn’t want to miss a week”

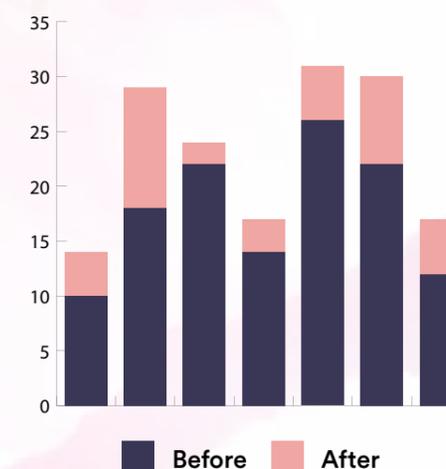
“I want to do this course again and again, I can’t recommend it highly enough”

“this was an absolutely brilliant course I feel I have just started living my life, I have started a bucket list and you have no idea how much of a positive thing this has been even though I am only at the beginning of it”

“ I have learned so much from doing this programme I don’t worry now and I’ve completely changed my attitude to life”

“you are a very inspirational person, I am so glad I came along, please keep up the fantastic work”, “each week I learned something new that I know will be an asset to me for the rest of my life”

Actions for Happiness - GHQ Scale



Graph illustrating the improved levels of Health & Wellbeing for participants

Journey to Inner Peace



"I have changed the way that I view the world, other people and myself"

"I was sorely challenged but have grown from my experience"

"I have a much clearer understanding of relationships"

"I never thought about having a relationship with myself"

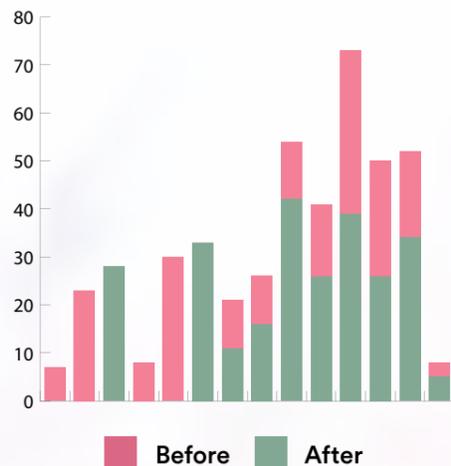
"I did not until now see myself as being unique"

"I can now see the potential for healing myself"

"I am able to have a relationship with my daughter, "she listens to me now" and "I wish I had done the course sooner"

Coping with Depression and Anxiety

Becks Anxiety Depression Inventory



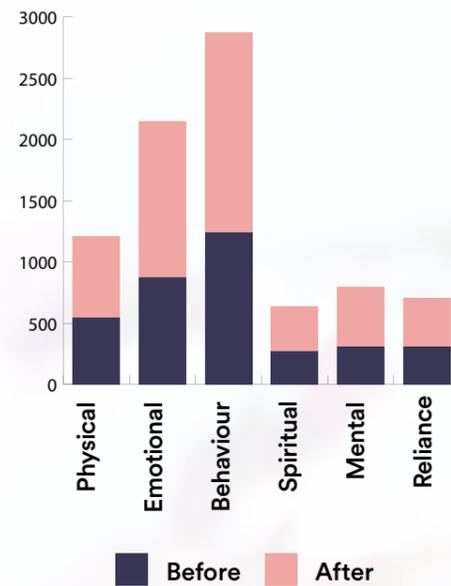
Graph illustrating the levels of reduction in Depression & Anxiety

Tonicity



Tonicity

SELF ASSESSMENT LIFE STYLE INVENTORY ILLUSTRATING IMPROVED LEVELS OF HEALTH AND WELLBEING FOR PARTICIPANTS



Graph illustrating the improved levels of Health & Wellbeing for participants

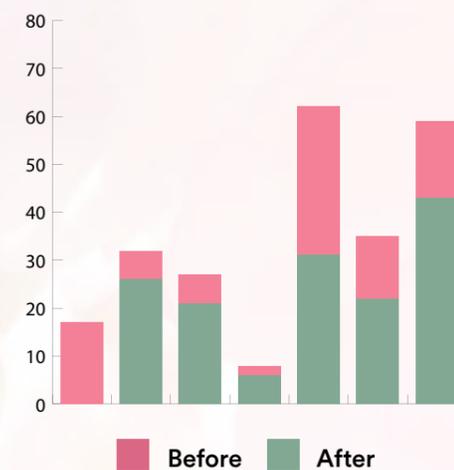
Life Coaching

"Individuals have all the resources they need to achieve their desired outcomes"

"I was drawn to this statement, this belief. Its effect was that of permission that I can be the person that I always wanted to be. Change will continue to happen and that with determination, knowledge and passion that I can turn many of my negative experiences into positive outcomes"



Becks Depression Inventory Life Coaching



Graph illustrating the levels of reduction in Depression & Anxiety

Mindfulness



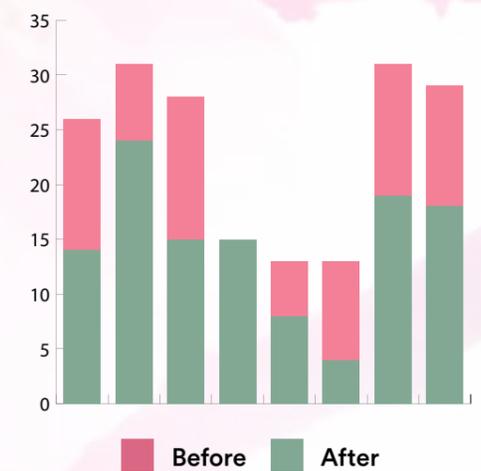
"I didn't realise that Mindfulness could be practiced anywhere anytime by noticing what's around me"

"I thought Mindfulness and Meditation meant sitting cross legged in silence trying to get rid of my thoughts. It's a relief to know that there are more ways to approach it"

"I realise the importance of listening in communication and responding to a situation instead of reacting to it"

"Making small manageable changes and becoming aware of triggers that cause low moods I am starting to take control of my depression. Small changes make a big difference"

Becks Depression Inventory Mindfulness



Graph illustrating the levels of reduction in Depression & Anxiety

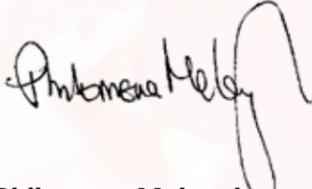
**Statement Of Financial Activities
(Incorporating the Income and Expenditure Account)
For the year ended 31 March 2016**

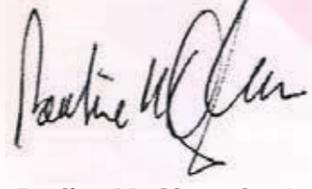
	Notes	Unrestricted funds £	Restricted funds £	2016 Total £	2015 Total £
Incoming resources					
Incoming resources from generating funds:					
Voluntary income	2	23,900	9,074	32,974	17,928
Incoming resources from charitable activities	3	-	250,253	250,253	288,600
Total incoming resources		<u>23,900</u>	<u>259,327</u>	<u>283,227</u>	<u>306,528</u>
Resources expended					
Costs of generating funds:					
Charitable Activities	4	17,035	258,347	275,382	304,128
Governance Costs	4	-	3,793	3,793	3,720
Other resources expended		-	69	69	18
Total resources expended		<u>17,035</u>	<u>262,209</u>	<u>279,244</u>	<u>307,866</u>
Net incoming/(outgoing) resources for the year/ Net income/(expenditure) for the year	12	6,865	(2,882)	3,983	(1,338)
Total funds brought forward		<u>99,308</u>	<u>(975)</u>	<u>98,333</u>	<u>99,671</u>
Total funds carried forward		<u>106,173</u>	<u>(3,857)</u>	<u>102,316</u>	<u>98,333</u>

**Balance sheet
as at 31 March 2016**

	Notes	2016 £		2015 £	
Fixed assets					
Tangible assets	8		59,000		59,000
Current assets					
Debtors	9	8,546		7,250	
Cash at bank and in hand		41,340		42,230	
		49,886		49,480	
Creditors: amounts falling due within one year	10	(6,570)		(6,570)	
Net current assets			43,316		39,021
Net assets			<u>102,316</u>		<u>98,333</u>
Funds					
Restricted income funds	12	(3,857)		(975)	
Unrestricted income funds	12	106,173		99,308	
Total funds		<u>102,316</u>		<u>98,333</u>	

The financial statements were approved by the Board on 25th May 2016 and signed on its behalf by


Philomena McLaugh
Director


Pauline McClenaghan's
Director

Auditor's Statement

In our opinion the financial statements give a true and fair view of the state of the company's affairs at 31 March 2016.

McGroarty McCafferty & Co Accountants & Registered Auditors
2, Carlisle Terrace Derry BT48 6JX

Derry Well Women Team 2015 – 2016

Committee

Philomena Melaugh (Chair)
Carrie Jain (Vice Chair)
Sinead Callan (Treasurer)
Pauline Mc Clenaghan (Secretary)
Mary Diamond
Nuala Doherty
Phil Mahon
Joan Noble
Karen Meehan
Aine Abbott
Maeve O Neill
Grainne Mc Laughlin

Staff

Susan Gibson
Ann Mc Donald
Patricia Villa
Patricia McAdams
Monica Downey
Julie Ward
(Left 30th June 2015)
Fiona Walker
Oonagh Butler
(Started 7th December 2015)

Clinical Team

Audrey Parke
Bronagh McMahon
Killian Johnston
Nigel Nutt

Generic Counselling Team

Ann McDonald
Majella McWilliams
Moira Smith
Anne Flanagan
Tracy Harrison
Stephanie Elliott
Madeline Callaghan

Mary Harkin
Angie Corrigan
Alison Kennedy
Marie Clare Murphy
Ellen Factor
Sharon Laird
Martina Greene
Deborah Harkens
Yvonne Mc Grory Reader
Katrina Rogersy

Cancer Counselling & Cancer Complementary Therapy Team

Mary Diamond
Geraldine Duddy

Listening Ear Team

Cathy O Donnell
Oonagh Coyle
Ann Mc Elholm

Supervisors Team

Marina Sweeney
Anne Mullan
Margaret Coyle

Support Group Facilitators

Mary Diamond
Dympna Rogers
Deirdre Mc Gonagle
Deirdre O Hara
Marie Dunne
Bernadette Mc Donagh
Catherine Doran

Tutors & Facilitators

Marie Dunne
Siobhan Heaney
Emma Heaney
Marie Hone
Anne Browne
Marina Sweeney

Patricia Swann
Frances O'Kane
Madeline Callaghan
Aileen Mulheron
Ellen Hastings
Breidge McPherson
Nolene McAuley
Carrie Jain
Sheila McNabb
Niki Cross
Cathy Mullan
Nuala Doherty
Karen Baldwin
Carmel Mulrine
Maeve O' Neill
Jacqui Carton

Complementary Therapists

Breidge Byrne
Marie Hone
Ann Mc Elholm
Ellen Hastings
Andrea Lockhart
Cathy Cregan
Rose Mc Cartney
Caroline Harkin
Ciara Bradley
Patricia Swann
Nolene McAuley
Sheila Mc Corkell
Jean Mc Cafferty

Crèche Volunteers

Rhiannon Mc Clelland
Fiona Kennedy
Michelle Kennedy
Theresa Mc Laughlin
Caoilfhionn Ward



Derry City & Strabane
District Council
Comhairle Chathair
Dhoire & Cheantar
an tSrátha Báin
Derry Cille & Strábane
Distric Council



Derry Well Women
17 Queen Street
Derry BT48 7EQ

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LLC: NI 22926

www.derrywellwoman.org