



Derry Well Women
At the forefront of womens' health

Annual Report 2020

Contents

Overview

Our Strategic Aims & Objectives
3
3
Derry Well Women's 31st AGM
4

Reports

Chairperson's Report
6
Secretary's Report
7
Treasurer's Report
8
Manager's Report
9

Financial Statements

Statement of Financial Activities
30
30
Balance Sheet
31

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Our Strategic Aims & Objectives

- 1 **To provide women** with a women-centred health service which will improve the health and wellbeing of women, families and community and recognises the changing needs of women's health
- 2 **To promote social inclusion**, to address health inequalities and improve health by meeting the specific health needs of women generally and specifically marginalised groups of women including women victims of the conflict.
- 3 **To continue to build** and maintain a strategic complex of collaborative partnerships.
- 4 **To capture and share** the learning from the work of Derry Well Women with women's health projects at home and abroad especially in post-conflict societies.
- 5 **To further refine the conceptual framework** and embed the theory and practice of co-producing in the work of Derry Well Women.



Committee and Staff attending Derry Well Women's 31st Annual General Meeting held in the City Hotel on 6th June 2019
Front Row ; Left to Right **Philomena Melaugh, Grainne Mc Laughlin, Nuala Doherty, Aine Abbott, Susan Gibson, Manager, Sinead Callan Treasurer, Paddy Mc Groarty Auditor, Phil Mahon, Carrie Jain Chairperson.**
Back Row: **Joan Noble, Karen Meehan, Patricia Mc Adams, Oonagh Butler, Anne Mc Donald, Patricia Villa, Fiona Walke**

Attendees at Derry Well Women's 31st AGM



CHAIRPERSON'S REPORT 2019-2020



I am pleased and honoured to present the Annual Report on the work of Derry Well Women for 2020. I do so with a continuing sense of pleasure and pride in the organisation's achievements

Derry Well Women addresses women's health across the full spectrum of life - from the youngest in society to those senior in years; from birth to the end stages of life. As with any spectrum, this brings a great range of colour and vibrancy, support, hope, learning and love. This can happen only with the caring and skilled input of many people.

The first among those I wish to acknowledge are Susan and the staff who work unstintingly and with tremendous dedication. It is they who ensure that every woman who comes through the doors in Queen Street has the best experience possible, that they are held, nurtured and supported in finding the best course or programme to meet their needs. It is truly remarkable that whatever pressures and problems they encounter, their commitment and efforts never falter. On behalf of all these women and the Committee, I thank each and every member of the Derry Well Women team for everything they do.

The Committee of twelve sincere, astute, wise and compassionate women are always steadfast in their support of Derry Well Women and of their Chairperson. I offer heartfelt thanks to you all for the support and guidance you have given me, once again, over the last year. You have been there to stand with me and with Derry Well Women through many challenges and difficulties as well as triumphs and successes. It has been a pleasure and a privilege to work so closely with so many fabulous women. There has been a lot of laughter, a few

tears, some heart searching and plenty of tough decisions to be made but there has never been a moment when there could have been any doubts about the solid support for this organisation from staff and committee.

"LOVE IS THE CORE OF EVERYTHING THAT HAPPENS IN DERRY WELL WOMEN."

Enabling everything is, of course, the essential funding we receive from a number of sources. We are immensely grateful to The Western Health and Social Care Trust, VSS, Children in Need, Pathways, Derry and Strabane District Council, Halifax Foundation, Ulster Bank, Danske Bank the Esmee Mitchell Foundation, St Anne's Cathedral, The Clothworkers Foundation, The Thompson Trust and The Community Foundation for Northern Ireland (KEADUE)

It is their continued support which allows Derry Well Women to pursue the aims and approaches set out in this report.

Included in our strategic aims is the ongoing need to recognise the changing needs of women's health and to build and maintain collaborative partnerships. There has been notable momentum in relation to both these aims. It is striking that 64% of women coming to Derry Well Women present with mental ill health. In recognising the need for early intervention, for instance, of signs

of cognitive impairment, it has been possible to adopt a holistic approach to address all determinants of older women's health and wellbeing. The work of the Young at Heart and the Carer's Group report many impressive examples of this approach.

Similarly in the tremendous work carried out by the creche and mother and baby programmes there has been a demonstrable and very positive impact on children's and families' lives. In particular, the strengthening of the mother and baby relationship observed as a result of the creche programmes. This specific area, is of great value. Mothers who were tired, listless and stressed were able to engage better with their child. They became "more loving".

Love is the core of everything that happens in Derry Well Women. It is a highly professional and efficient organisation which never loses sight of this. It is manifest first and foremost by all who contribute to all that goes on here. And so finally, I want to pay tribute once again to Susan and all the staff, to the Management Board but also, most particularly to all our facilitators, volunteers and our exceptional counselling team who provide an outstanding service with skill, dedication and love.

Thank you

Carrie Jain

Carrie Jain

SECRETARY'S REPORT 2019-2020



I am delighted to present this Secretary's Report in my second year in office.

The Derry Well Women Board of Directors has met, in Committee, on 10 occasions since the last AGM in June 2019. Carrie Jain has completed her fourth and final year as Chairperson. Carrie has been a dedicated, hard-working, thoughtful inspiring leader of the organization over the past four years. She has supported committee members, staff and volunteers in all aspects of Derry Well Women life. We will greatly miss her in her position as Chair but I am delighted to say that Carrie will be staying on committee where the knowledge and skills that she brings will continue to drive the organization.

This year two members of our board resigned, Aine Abbott and Elizabeth Mc Quaid both long standing and deeply valued committee members. We were delighted, however, to welcome Sarah Kelly as a newly appointed member in February 2020.

Derry Well Women Board members are elected for a period of up to three years after which they must be reelected. Sinead Callan and Philomena Melaugh are required to stand down by rotation and will be putting themselves forward at our AGM.

The Board of Directors continues to take its responsibilities to the organization the staff and those who use Derry Well Women services very seriously.

This year Committee reviewed the following policies: Safeguarding Children Policy; Safeguarding Vulnerable Adults; Review of Contracting and Payment of Counsellors Policy and Procedure; Publicity Strategy; Staff Use of Mobiles; Information Management Policy;

Email Internet and telephone Policy; Complaints Policy ; Adverse Incident Reporting; Trips and Outings ;Evacuation Procedure; Evacuation and Recording Procedures in the event of a fire; and Health and Safety Policy and Risk Policy

We continue to ensure that Derry Well Women has the highest level of good governance, that all staff receive appropriate leadership training and support and supervision to most effectively carry out the Derry Well Women mission and that our service users have real opportunities to actively participate in shaping the services we aim to provide.

This year committee and staff came together in two workshops (June and November 2019) to look at the sustainability of the organization and the integration of Deep Ecology , the history of Derry Well Women and its unique sustainability factors and its role into the future.

We were delighted that these workshops were facilitated by Kathryn McCabe a renowned writer and advocate for Social and Deep Ecology. This work with Kathryn will continue over the next year. Following on our commitment to work on a carers agenda we were delighted to receive funding from KEADUE through CFNI to deliver major programmes for carers within marginalized groups of carers -young people, older women, survivors of domestic abuse LGBT and carers of those living with mental ill health.

The Board is also responsible for ensuring that the organisation has the financial and staffing resources to fulfill its mission. To

this end we have this year focused our efforts on risk assessment and financial stability reviewing programmes and services. We have also been striving to maintain the organisation's reserves and to access unrestricted funding by identifying and pursuing new funding opportunities and undertaking fund-raising activities. Board members actively participated in the Derry Well Women Flag Day, in bag packing, in organizing sponsored events and in securing benefactor donations.

We continue to deliver on our 2018/2021 Strategic Plan which outlines the social, economic, policy and practice environment in which Derry Well Women provides for and support women's health.

Committee members have this year been directly involved in delivery of programmes including Assertiveness, Prepare to Care, Minding Mammy, Counselling and The Liberation from Patriarchy for Gender Justice. They delivered line management and undertook training in child protection, financial management and governance.

On behalf of my Board colleagues I thank all Derry Well Women staff counsellors and facilitators for their hard work and dedication and our service users for their continued support.

Mary Diamond

Mary Diamond

TREASURER'S REPORT 2019-2020

I am pleased to once again address the financial position of Derry Well Women.

The financial results for 2019/20 reflect the continued hard work of the Manager, with support from staff and the Board, to ensure delivery of our core programmes within the limitations of our funding.

This year the total income was £300k, a slight decrease of £8.1k on the previous year. Our contract with the Western Health and Social Care Trust (£124.6k) has been maintained to cover core running costs. Funding was also once again secured from the Victim and Survivors Service (£95.9k) to support counselling, complementary therapies and social support programmes. We also maintained our funding from Children Need in (£20.9k) for the post of Childcare Co-ordinator and received support from the Pathway fund (£8.3k) towards the post of Crèche Assistant. Delivery of therapeutic services was supported by the Western Health and Social Care Trust Psychological

Hub (£15k) and Keadue funding of £18k was secured through CFNI to support four vulnerable groups. Our fundraising activities were again very well organised, and coupled with donations (£8k) and the Clothworker's Governance award (£5k), brought additional unrestricted income of £17.5k, helping to maintain a reasonably sound financial position and are greatly appreciated.

During 2019/20 operational and salary cost savings were identified by Derry Well Women which resulted in an overall decrease in expenditure of £28.5k on the previous year. The main areas of expenditure continue to be wages and salaries (£136kk), rent (£14.8k), programme and facilitation costs (£80.5k) and running costs and other overheads. Based on this, Derry Well Women recorded a profit of £11.1k for the year, reflecting, and meaning we were able to add slightly to our overall

reserves and reflects a respectable outcome for a not for profit organisation in these uncertain times.

Building reserves within Derry Well Women supports the overall development of the organisation and is particularly relevant since the outbreak of Covid-19 in March 2020. Whilst it did not seriously impact the 2019-2020 financial results, Covid-19 may well affect the availability of funding sources including fundraising in the coming year and presents a risk to the viability of our programmes and services. It also presents a challenge for Derry Well Women to rethink its overall operation, service delivery and organisational structure. The strong leadership of Susan and dedicated staff and Board will ensure that programmes and services continue over the coming year in whatever form proves possible.

Sinead Callan

Sinead Callan



NEW MEMBERS REPORT 2019-2020

It is a privilege to be part of the hard working team at Derry Well Women.

Through the years, I have witnessed the hard work, the compassion shown and the effective contribution made to women's lives in Derry by the wonderful team in Derry Well Women. Now, at first hand, I am amazed at how the team

listens and responds to women's needs by acknowledging that right to health and security in their homes and in their City. I am very impressed how Derry Well Women and other voluntary organisations meet the endless challenge of raising

funds and delivering to meet gaps in services.

I really look forward to working alongside staff and committee in the year ahead to support Derry Well Women achieve on its stated aims and objectives.

Sarah Kelly

Sarah Kelly



MANAGER'S REPORT 2019-2020

In 2019/2020 we delivered services both in house and Outreach to 2040 women and children.

This year 64% of our service users this year presented with mental ill health.

During the year 38 women presented domestic abuse and assault, 29 presented with relationship difficulties 72 were direct victims of the Troubles, 300 suffered depression anxiety and stress, 313 were on 4 and more medicines daily, 85 were disabled, 74 were carers.

These women told us they were living with issues including Domestic Abuse, Sexual Abuse, Trauma, Depression, Anxiety, Childhood Rape, Loss and Bereavement, Relationship issues, Bullying at Work and Eating Disorders. 235 of our service users in the past year were aged 60 and over with 70 reporting cognitive impairment conditions and mental ill health as major issues either in relation to their own health or the health of those they care for.

We responded with a range of programmes and services, individual and group in and out of centre across all age groups and targeting specific vulnerable groups. The table below summarises the huge volume of delivery despite the abrupt closure and shutdown of services mid - March due to Coronavirus. In 2019/2020, therefore, we delivered 54 interventions within the following range of activities to 1950 women and 90 children.

Summary of Activity 2019/2020

Total Number of Programmes / Interventions Delivered	Total Number of Sessions	3484	Total Number of Women and children
Group	Individual		
54	1173	2311	2040



- Promoting Positive Mental Health Through Physical Activity (Cycling)

Programmes for the frail elderly including Namaste.

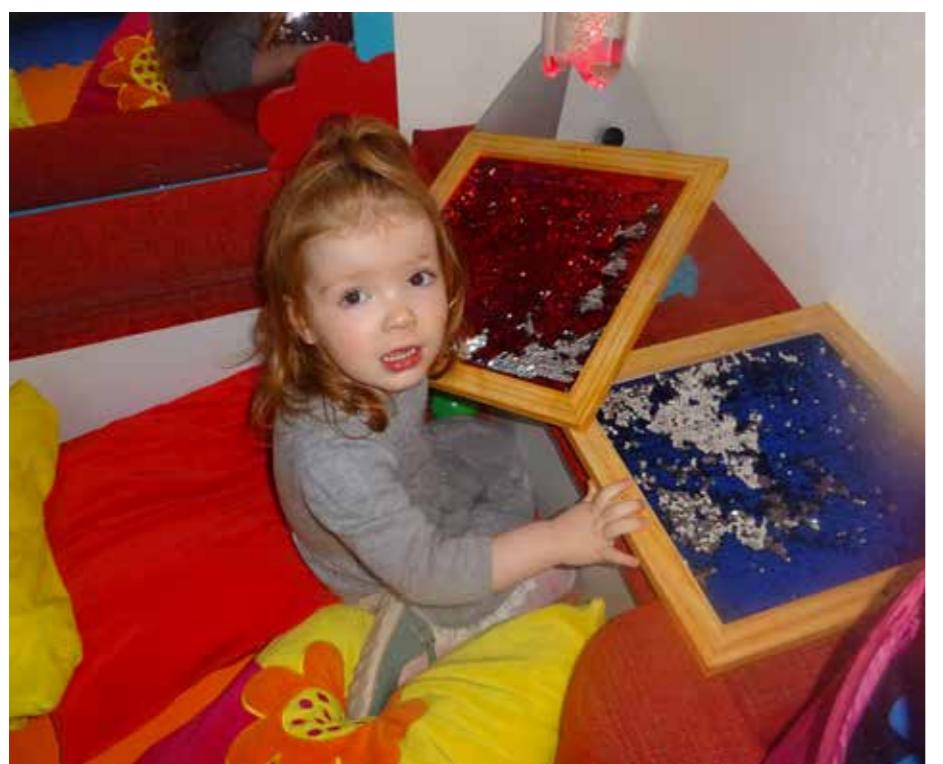
This report now details the work carried out under each category area of service delivery.

1. Supporting Women and Children

Supporting the Health and Wellbeing of Children and Families through the Creche

This year we delivered 462 creche sessions to 90 children 27 of whom had additional needs, learning disability, physical disability, speech / language difficulties, emotional detachment. We supported parents whose child had additional needs and together supported their child to specialist services. We gave special focus to babies by introducing different types of age appropriate play. On sensory weeks we focussed on the household items parents can use in a form of play.

We availed of the local resources including Play Trail for the local natural



reserve; Lurgybrack Farm and Le Petit Village.	Life Skills/Cognitive 55% felt that their child had improved significantly.	whether to participate or engage in other play.
We enhanced the quality of the play environment and equipment (particularly sensory).	Increased Professionalism of the Core Staff; Both the Coordinator and Creche Assistant are qualified to Level 5 and trained to a high degree. This increased level of professionalism has a positive impact on the quality of service that the children and mothers experience.	Children influence the environment of the crèche; their work is displayed throughout, handprints, paintings junk art, "This is me" identity sheet etc, showing their achievements and giving them a sense of ownership over the services they access.
The Difference We Made Whilst the creche provision remains discrete and dedicated to children there is now an interface between children parents and staff through joint programmes.	Extended Networks of Support Derry Well Women has extended the number of partner agencies with whom it cooperates and coordinates services. New Partnership arrangements include the location of new mother and children services and groups including Getting to Know Your Baby and Maternity Matters	We have developed a way of measuring outcomes for children's social/emotional physical and cognitive development which are assessed and monitored not only by parents and staff but also by the child, who inputs through their contribution into their personalised Development Booklet.
This has directly led to more cohesive and integrated mother child programme planning and development. We have, therefore, a connection to the wider service provision of mother and children programmes both within Derry Well Women itself and beyond so creating a clearly identified centre of excellence in the City for promoting children and their mothers health and well - being.	Improved Environment We carried out extensive adaptations to the Creche environment and the added learning and engagement opportunities afforded by new equipment. Sequenced Motor Skills Frames and Muro board with accessories have improved relaxation, fine motor skills, problem solving and tactile sensitive touch. These have been particularly enjoyed by children with autism and behavioural difficulties because of their calming effect.	DWW has over thirty years built up a body of evidence of the effectiveness of our approach. Our wraparound service for women and children in relation to physical/mental health, mother/baby programmes and gender specific activities make a demonstrable difference to children's lives. By supporting the child with its mother, particularly if she is a lone parent, as an emotional unit, under one roof, we are reducing their isolation, enhancing their social support structures and investing in each of their separate emotional and developmental journeys.
Difference to Children's Development We used pre and post assessment of each child's development which indicated a high percentage improvement across the three dimensions of children's well - being where we said we would make a change. Social/Emotional 76% of parents felt that their child's emotional development had improved significantly Physical 61% of parents felt that their child's physical development had improved significantly	Child Led Play The needs, rights and views of the child are at the centre of all our practice and provision. Our child led play approach focuses on the children's interests, gives them the space to play and make their own choices Through free play the children are given a choice of activities and when a group or structured activity has been planned the child can decide	Over the years we have demonstrated and met the needs of disadvantaged children in our community. Our children are from families who have experienced exclusion as a result of physical or emotional abuse and the rate of referral is increasing from the Psychological Hub, GPs, Social Workers GPs with increased numbers of children at risk.

Yoga Programme for Pregnant Mums In addition this year we introduced a new programme of yoga for pregnant mums, Using the BEST technique (Breathe; Empowerment; Softening; Tension Release) This programme supported women prepare physically, emotionally and spiritually for pregnancy, birth and beyond and supported them through the transition to motherhood. 18 women attended two programmes.	issues, social and clinical issues. The group has regular attendance of between 10 and 12 mothers and women travel from all over the western 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 the creche which supports sibling development whilst baby and mum are being supported.
WHSCT Ante Natal Classes "Getting Ready for Baby" This year we continued to provide the premises for the very successful WHSCT antenatal programme for first time mums. The service in Derry Well Women now ensures first time mothers are connected to a pathway of care which links them to breastfeeding support, post natal depression programmes, early years programmes and ongoing emotional support.	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.
94 sessions were delivered in year to 300 first time parents.	Menopause Clinic and Information Sessions The menopause clinic continues to run monthly offering information, advice and support to women experiencing menopause symptoms.
In addition Derry Well Women re-introduced its popular evening ante-natal classes for women who are not first time mums. These were attended by 18 mums and their partners,	35 women attended this year.
Breastfeeding Support Our breastfeeding support group continued its work in supporting the work of primary care and hospital based care to breastfeeding mums. Facilitation of the group is now rotated among health visitors.	Derry Well Women also responded to four community requests for information sessions on the menopause. These included two presentations to the staff of Derry and Strabane District Council, one presentation to the Derry Soroptimists in the Guildhall on

Intervention	Number of sessions per year	Average Attendance per session	Numbers of women/children
Breast Feeding Support Group	1 per week x 47 weeks	47	8
Baby Massage	1 per week x 4 weeks x 5 per year	20	8
Attachment Programmes	1 x 6 weeks x 5 per year	30	8
Minding Mammy Group	3 x 8 weeks x 3 per year	24	8
Sleep Management	1 per week x 6 weeks x 1 per year	6	5
Family Time x 6	6 x One Day	6	17
Ante Natal Classes	1 x 4 weeks x 6 per year	24	7
Crèche	10 per week x 46 weeks per year	462	6
Interventions 8	Total	619	319

Intervention	Number of sessions per year	Average Attendance per session	Numbers of women
13 Schools Enrichment Programmes for 16-18 year olds	13 x half day sessions	13	30
Menopause Clinic	3 per month x 9 months	27	1
4x Menopause Information Events	4 per year	4	17
Stress Management for Women Survivors of Domestic Abuse	2x 6 week courses	12	12
Pregnancy Loss and Bereavement Counselling	96 counselling sessions	96	1
Interventions 5	Total	152	277

International Women's Day and one in Magee University. These events were attended by 65 women.

As a result of our work with D&SDC they have now developed a workplace Menopause policy for staff

Schools Programme

In response to teachers and school principals who have identified increased anxiety, low self - esteem sedentary lifestyles and high numbers within social services. We ran a number of schools based programmes in Thornhill, St Cecilia's College and Oakgrove College. This year we delivered programmes on Sexual Health, Confidence Building, Obesity and Social Media to a total of 135 students.

In addition Understanding Social Anxiety was rolled out in 3 local schools, Oakgrove College, Thornhill College and St Cecilia's College.

"This was a fantastic stress and wellbeing programme that you offered to our year 13 pupils. The students thoroughly enjoyed the 6 week course and talked about how it was engaging and thought provoking. I would be really interested to work with you again in the future."

Designated Child Protection Teacher

Pregnancy Loss and Bereavement Counselling

11 women attended our pregnancy loss and bereavement service with 5 awaiting counselling.

All women are referred through the Childbirth and Pregnancy Loss Specialised Midwife with leaflets also available for women to access prior to discharge from hospital following a pregnancy or childbirth loss.

In 2019/2020, 11 women self-referred to Derry Well Women to seek counselling for a specific pregnancy or childbirth loss. The benefits that this service has provided these women have aided their healing and recovery process. The support that women have received from Derry Well Women has enabled several of them to contemplate and even enter into any future pregnancies in a more positive state of mind thus reducing maternal anxiety which has been shown to positively impact birth outcomes.

Cancer

Intervention	Number of sessions per year	Average Attendance per session	Numbers of new women
Cancer Support Group	Fortnightly	22	18
2 x 1 day Cancer Programme	1 x 1 days	2	11
Complementary Therapy Treatments	74 treatments	74	1
Cancer Counselling	134 Counselling sessions	134	1
Action Cancer	20 sessions	20	1
Cancer Counselling supervision		10	4
Expert Patient Groups		4	12
The Well Programme for Women Living with Cancer	2x 10 week programmes delivered	20	8-10

8

Total 286

166



Tai Chi for Cancer Support Group

3. 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.

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.

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 on-going 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.



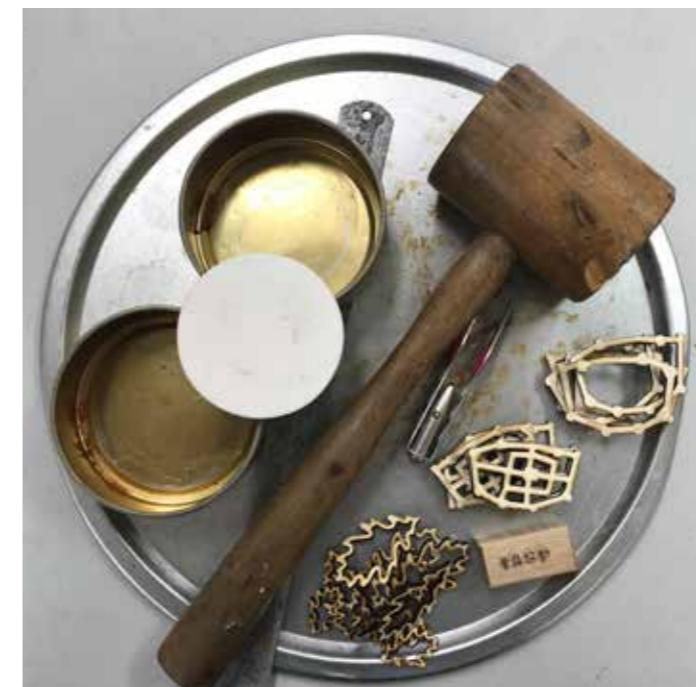
CEO of MS UK with members of the Derry Well Women MS support Group

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 20 women new to this service. We delivered two Well Programmes to 37 women. We continued to facilitate a fortnightly support group for a membership of 50 women with 29 attending for the first time.

We continued our partnership with Action Cancer whereby 17 women relatives and carers of people affected by cancer received a cancer counselling service.

31 women attended complementary therapies this year,



The Well Programme

37 women attended 2 Well Programmes this year and there were key emerging themes which differed from previous years and which will influence our future delivery of the Well Programme. These included:

1. The need for more sustained support in order to overcome heightened anxiety, profound fears and problems. We, therefore, need to consider the programme beyond its current 36 hour duration.
2. The group have discovered and are enjoying the support they can give each other through their WhatsApp group.

The fortnightly support group had in addition to facilitated support a series of arts and crafts workshops, mental health and well-being programmes and group exercises including Meditation, Bach Flowers, Cushion Making Tai Chi and CBT. The women were particularly pleased to make medals for guest speakers at the World Suicide Prevention Conference held in the City in 2020.



Managing Long Term Conditions

Intervention	Number of sessions per year	Average Attendance per session	Numbers of new women
Namaste	1 x 6 weeks	6	15
Pilates	3 x 8 weeks	24	14
Prepare to Care	2 x 8 weeks	16	9
Living with Chronic Pain Endometriosis.	1 per month x 9 months	9	7

4

Total 55

100

Namaste

We ran one "Namaste" programme for 16 women carers and professionals who have a family member or patient with end stage dementia.

Namaste Care, a structured programme, developed by Joyce Simard in the USA integrates compassionate nursing care with individualised activities for people with advanced dementia in a group setting. This is the first time it has been introduced to Ireland.

This multi-dimensional programme includes physical, sensory and emotional elements giving comfort to people with advanced dementia enabling carers to experience ways of communicating through the five senses, when verbal communication has broken down.

Carers experience and pass onto their loved ones the memory stimulation of touch, through hand massage, seaweed footbaths, neck compresses, of taste through food reminiscence, of vision through Mandalas and animations and of hearing through music and the innovative Tonicity programme.

Making a Difference

For participants on this programme there was a 30% - 50% overall improvement in:

- Imagining the worst...30% reduction
- Ability to get over upsets...40% improvement
- Switch off and relax... 50% improvement
- Fresh fruit and veg in diet...10% improvement

- Sleep quality... 30% improvement
- Less fears....40% improvement
- Ability to talk about worries...40%
- Being critical/judgmental of others...50% reduction.

Cross Border Working

We were delighted this year to work in partnership with the WHSCT and HSE in delivering Namaste to a multi -disciplinary team of carers across Donegal and the North West.



As a voluntary community organisation Derry Well Women was delighted to be invited to be the delivery partner agency in this genuine cross border sharing of innovative practice.

Table to demonstrate levels of Activity Associated with Mental Health 2019/2020

Intervention	Number of sessions per year	Average Attendance per session	Numbers of women
Coping with Anxiety and Depression	1 per week x 6 weeks x 2 per year	12	26
Self Esteem	3 x 10 week programmes	12	46
Assertiveness	1 per week x 6 weeks x 3 per year	10	22
Yoga	1 per week x 10 weeks x 3 per year	18	67
Reflexology	1 per week x 8 weeks x 3 per year	10	26
Girl Power	4 sessions	19	19
1 to 1 Generic counselling	Daily (hourly sessions) 9am to 9pm	1	125
Confidence Building	3x 8 weeks	10	29
1 to 1 listening ear	Daily(hourly sessions)	1	62
Assessment Interviews	(hourly sessions)	1	141
Psychological Hub Referrals	Daily (hourly sessions) 9am to 9pm	1	48
Community Mental Health Programme Ballymagroarty	1x 6 weeks	12	12
Promoting Mental Health through Cycling	5x 6 weeks	10	51
Certificate in Counselling Skills to Care	100 hours OCN Accredited training	10	11
	Total	2086	685



The Letterkenny programme was delivered to 19 participants who worked with dementia patients hospice patients and brain injury clients.

"I feel this course will allow me to support patients more and have more understanding about what their needs are"

Feedback from Participants

"As a carer for the community. I feel I am helpful to people with Dementia. Doing this programme helps me to understand it more"

"This is the best programme ever, it has changed my life for the best, it has been my rock through the last year and has given me back my power to get through life the best I can."

Prepare to Care

We introduced this year an eight week course, targeting women who have recently become carers.

The programme was created by Derry Well Women and a carer who, had been caring for her husband following a stroke. It was delivered in partnership with the WHSCT.

It targeted priority areas where support was needed and was designed to equip new carers with relevant information on what support is available and to signpost them to appropriate agencies. and well-being.

Profile of Participants

21 carers aged between 40-75 years of age living in Derry, Strabane and Sion Mills attended two programmes .

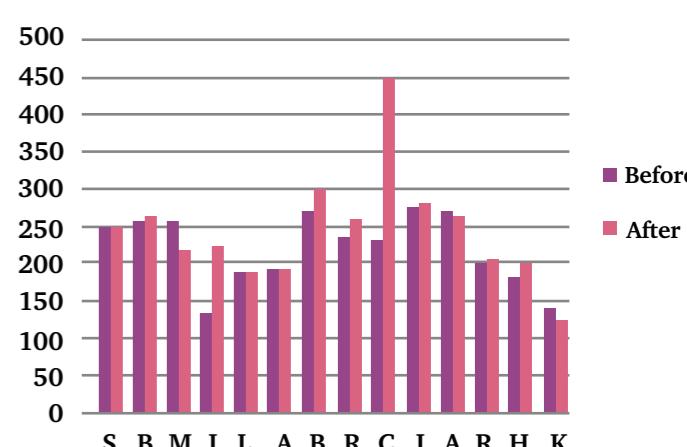
The Difference the Programme Made

Having obtained accurate up-to-date information from the various agencies and organisation who contributed to the programme participants gained much more confidence to speak up and ask for help and services available.

Just as important to the participants were the friendships that developed over the weeks and the peer support which this gave them.

All of this translated to a much greater sense of confidence in their caring role and took away a lot of the stress they felt .

The 2019 State of Caring Survey published November 2019 - stated 81% of carers said they felt socially isolated by their caring role. It was evident at the end of the programme that the



participants had gained support from the group members, from the various organisations who had offered advice during the programme and through the facilitator's signposting attendees to other support services. These contacts will continue to be a source of support going forward.

Pilates

We continued to run Pilates this year to great success.

50 women attended this programme over the course of the past year.

Endometriosis Support

Derry Well Women ran a monthly Support Group for sufferers of Endometriosis.

This support group enabled endometriosis patients to share their experiences, help others with the condition and ultimately empower women with endometriosis. The group ran on the last Tuesday of the month and covered the following issues:

- Pain management
- Nutrition
- Complementary therapies
- Emotional Support.

Participants took part in pink pants day an awareness raising event highlighting endometriosis.

Cycling Initiative Promoting Women Returners to

Cycling in partnership with Derry and Strabane District Council City Council

A total of 51 women returners took part in our Cycle Training Programme from June 2019 to March 20

Up Cycling Programme with Foyle Valley House.



Derry Well Women worked closely this year with Foyle Valley House to introduce this return to cycling to their female residents. This programme offered the ladies an alternative to drugs and alcohol and promoted their self-esteem. Most of the ladies had never even ridden a bike before and while daunting for them they thoroughly enjoyed it. They really enjoyed the social element and the 'craic' within the group and with the facilitators.

The programme was a huge success:

We at Foyle Valley House are very appreciative of the hope, fun, inclusion and well-being that our ladies have received from all who supported our ladies with the up-cycling course. Our role at Foyle Valley house is to support ladies with addictions and enhance their lives, to help the individuals through the circumstances they prevail and source help with external bodies as yourselves. Due to the ladies having presented at Foyle Valley their outlook in life is not as positive as they lack so much confidence. Whilst we worried if our ladies would engage in the course due to addiction, we feel so proud that they refrained from same as the course was top of their list - an amazing achievement that would not have been possible without working in partnership with Derry Well Women. All who engaged are independently cycling small distances, and with the continued support will improve.
Foyle Valley House.

Participant Comments:

"I recently participated in the cycling course, which had a particularly positive influence on my life. Initially I had slight reservations regarding taking part because I had a fear of big/major challenges, however, all fears were dismissed as soon as I met ladies delivering the course they were so positive and welcoming. There are no words to express how amazing they were. It was possibly the first time in over twenty years I felt free, all the dark thoughts were gone when I was on the bicycle."

Mental Health and Well Being Services

Derry Well Women provides a range of transformative Mental Wellbeing Programmes and Counselling Services ensuring choice, graduated access from gentle to more challenging interventions with each intervention being 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.

Evidence Based Approach

This year we extended psychometric testing to measure outcomes in relation to mental health and well-being to all programme delivery. We continued the use of CORENET as the outcome measurement tool in counselling and MYMOP in complementary therapies. All counsellors and therapists were trained this year in the use of these tools and are now actively using them.

Counselling

In relation to our Counselling Service this year we provided 1040 hours to a total of 109 women.

All counsellors are now trained in and are using CORENET on a regular basis.

Listening Ear

Our Listening Ear Team delivered 62 one off sessions to 62 women who called into the centre for crisis intervention. We carried out 141 assessments of clients.

WHSCT Talking Therapies

48 women referrals from the WHSCT Talking Therapies received a service

Mental Health Improvement Programmes

This year we continued using psychometric testing to measure outcomes in relation to mental health and well-being programme delivery. Below is a sample of statistical data and qualitative feedback from programmes representing a cross section of all delivery.

1. Actions for Happiness

Introduction

'Actions for Happiness' is a 6 week programme based on teaching ten key areas to a happier life based on the latest scientific research. The programme teaches a range of CBT techniques to help women put these key areas into practice in their daily lives. The theory is based on the fact that people who are happy and fulfilled in their lives are less likely to suffer from distress, anxiety or depression. The skills to promote happiness are taught through goal setting, improving self-esteem, and making positive changes. Wellness is seen as a process of achieving goals, connecting with others and cultivating positive self-regard; resulting in a higher quality of life. The application of this in treatment aids a healthy lifestyle with a positive effect (Kennard et al., 2014) as this CBT approach is based on the behavioural aspect, instead of the usual cognitive approach.



2. Mindfulness

'Mindfulness' is a 10 week programme which aims to benefit each woman's emotional and physical health. Mindfulness is the practice of becoming more aware of the present moment rather than dwelling on the past or focusing on the future. This helps with stress management and to prevent rumination and negative thoughts. Mindful-based therapies have been reported to be effective treatments, even as an alternative to behavioural therapies (Ziegerska et al., 2009) and have been found effective to remove stress (Witkiewitz, Greenfield & Bowen, 2013).

Participants Feedback

"This mindfulness course is really amazing. I noticed positive changes in all aspects of my life within a few weeks. I did not expect such a positive change".

"I have suffered on and off with depression and anxiety for the

better part of my life, surrendering eventually to medication for help. I have attended different types of therapy over the years with not many results. The tools I have learned here I believe will serve me and my family for the rest of my life. I suffered abuse as a child and never realised that I could move on from this trauma using this simple method of seeing those 'memories' as simply 'thoughts' and choosing not to focus or dwell on them, hence removing their power... the freedom I feel currently is so empowering me. I have been carrying this pain of the past for the past 25 years and I have been released and it simply feels overwhelmingly amazing".

"This course has helped me greatly understand the difference that my thoughts are not real like and how I can make my thoughts more positive.

I suffer from PTSD and this course has helped me to understand different ways to cope with this using breathing techniques. The course has helped me with my depression that I have been suffering with as now I feel more comfortable to be out in public rather than hiding away at home".

"I found these sessions very helpful. I so look forward to coming each week. I would love a follow up course.

I can cope better with anxiety.

I have suffered from anxiety since childhood - sparked by living here in the city during the Troubles. I've seen the effects of the Troubles on my parents and feel contributed to the death of my father. The anxiety didn't end there for me only the shooting and bombing stopped".

SingTonicity

'SingTonicity' is an 8 week programme using an innovative approach which was developed in Sweden. It acknowledges that the voice is a part of the human physicality and it becomes small, lacking in confidence and even silent when we are traumatised or hurt or prevented from speaking out. It is a non-threatening, powerful way of helping people connect with their feelings, find expression and develop their confidence.



Participants Feedback

"Why can't the classes run continuously throughout the year?"

"SingTonicity helps me cope when I remember bad times from the past".

"I am living with a traumatic experience at the moment and this helps me cope on a daily basis".

"I haven't enjoyed myself so much in a long time".

"Tonicity is the best medicine".

Self Esteem - January - March 2020

"Just to thank you so much for all your time and energy, so please do not stop. Thankyou so much for helping me live my life".

"My behaviour is much happier and I'm more aware of myself and now I think of my thoughts and actions". feelings, find expression and develop their confidence.

Coping With Depression and Anxiety



"I can't believe I was able to attend the 6 week group and enjoy it"

"My confidence has grown over the weeks"

"I feel in better control of my life"

"I am proud of myself"

"I have stayed in my home at night something I had struggled with since the death of my husband"

Psychological Hub Referrals 2019/2020

In April 2019 Derry Well Women was contracted to deliver counselling for women referred with mild to moderate depression from the Psychological Hub.

In 2019 /2020 Derry Well Women received 48 referrals from the Psychological Hub.

Young at Heart :Practical Supports in Later Life

235 of our service users in the past year were aged 60 and over with 70 reporting cognitive impairment conditions and mental ill health as major issues either in relation to their own health or the health of those they care for.

We have identified the need for early intervention. Early recognition of the signs and symptoms of cognitive impairment leads to early diagnosis which is essential to lessening the impact of cognitive impairment and identifying restorative behaviours and lifestyles.

We have also identified the need for a holistic approach to address all dimensions of well-being and consider all determinants on older women's health and wellbeing - medicine management, diet, physical activity, risk avoidance, preventative measures, lifestyle and activity management, social participation and wellness as well as considering external factors including housing money management etc.

The Young at Heart Group completed four programmes this year Hive of Activities, Young at Art, Armchair Yoga and Minding your Mind

Hive of Activities

Hive of activities commenced on 18/9/19 and was completed on 12/2/20.

The programme had 57 participants registered with a weekly average attendance of 30 women. All but 2 participants in the programme were Carers, aged between 60-93 years of age. Participants had a wide range of physical difficulties and in many cases more than one including: Arthritis ,Diabetes ,Fibromyalgia ,Osteoporosis , Tinnitus, Rheumatoid Arthritis, Heart condition, Allergies, Coeliac, Impaired Hearing , Alzheimers , Asthma and Cancer.

34 participants suffer from stress, anxiety and depression.

Programme Content

20 weeks of an organised variety of activities included: Armchair yoga, Young at Art sessions, inputs from Arthritis Care, PSNI on home safety, Mindfulness, St Columbs Park House, Derry City and Strabane District Council - keeping safe at home, Action for Hearing Loss, Community Wardens, social outings to Museum, Guildhall and Christmas Social event.



Table to demonstrate levels of Activity Associated with Accident Prevention. 2019/2020

Intervention	Number of sessions per year	Average Attendance per session	Numbers of women
Practical Supports in Later Life Keeping Young At Heart	1 session per week x 30 weeks	30	24
Minding Your Mind for women with early onset dementia	2 of 8 planned weeks delivered	2	25
Podiatry Foot Care Advice	Monthly 15 minute sessions	98	1
Total	130		166

Table to demonstrate levels of Activity Associated with Local Expressed Need. 2019/2020

Intervention	Number of sessions per year	Average Attendance per session	Numbers of women
Practitioners Training	8 x training sessions	8	12
Confidence to Question 1 x 10 week programme	Cancelled due to Coronavirus		
CBT for Everyday Use	8 weeks x 3 per year	24	16
Journey to Inner Peace	1 per week x 8 weeks	8	4
Actions for Happiness	3 x 8 weeks	24	15
Tonicity	3 x 8 weeks	24	25
Mindfulness for Everyday Living	3 x 8 week programmes	24	20
Complementary Therapies	44 Sessions	44	1
Interventions 8		Total 156	327

Minding Your Mind

Programme Content

An 8 week programme which aims to help mental wellbeing, restore balance and enhance enjoyment.

Profile of Participants

The group was made up of 36 women, 34 of whom were aged 60-93 and 2 aged between 45-60. All participants were either long term unemployed or retired.

The Primary Issues Identified by the Programme

Lack of Information and help available; Social exclusion due to inability to meet people; Loneliness in their own home; Health Service being overstretched and being unable to get doctor's appointments; Lack of Confidence; Mobility Issues; Stress/ Depression

Cognitive Behaviour Therapy

Cognitive Behavioural Therapy (CBT) is an eight week course which is aimed at women from all backgrounds and all levels of education. The course is a psycho educational based course which means that it is not a therapy group as such. The main aim of the course is to provide participants with the skills to deal with their emotional and psychological problems through developing an awareness of how their cognitions affect their emotions and behaviour. Cognitive behavioural therapy (CBT) has been reported to be an effective treatment for anxiety disorders and depression in older adults, typically leading to reductions in worry, anxiety, and depressive symptoms (Gould et al., 2012).

49 Women attended CBT therapy this year.



Attendees At CBT Programme

COUNSELLING COORDINATOR REPORT 2019-2020

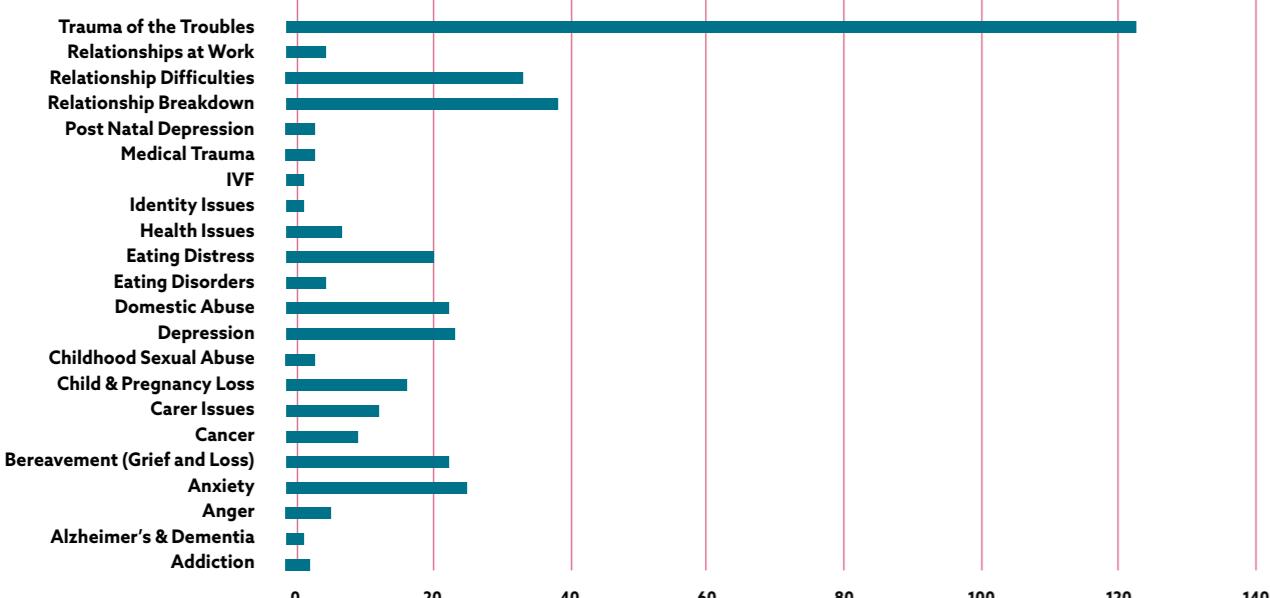
109 women whose lives were affected by the Troubles of Northern Ireland attended 1056 counselling sessions between April 2019 and March 2020.

141 clinical assessments were completed by our team of counsellors.

The charts below show that our services are requested by women of all ages from across the city and beyond.



Primary presenting issues for Counselling



Women are presenting with complex issues which create anxiety and distress for them and require longer term, in-depth therapeutic work.

The Self-help policies in the GP Surgeries together with the Mental Health Practitioner and Social Workers based in surgeries, which have referral roles and are providing DWW information to their patients are increasing the demand for our counselling service.

Our team of 15 counsellors have continued to attend training to ensure that their skills are updated regularly.

Training

- Trauma and the Family
- Child exploitation Training
- Anger Management
- Trauma and Addiction
- Grief and Loss
- Adverse Childhood Experiences Training (ACE)
- Intergenerational Trauma and Adverse Childhood Experiences Conference
- Impact of Alcohol on Self Harm
- The Importance of Self Care
- Court Visit - Hosted by Judge Barney McElholm which gave an overview of the court process for victims/survivors and perpetrators of crime.
- Procurement Training

62 women received a **Listening Ear** session from our team of 3 listeners.

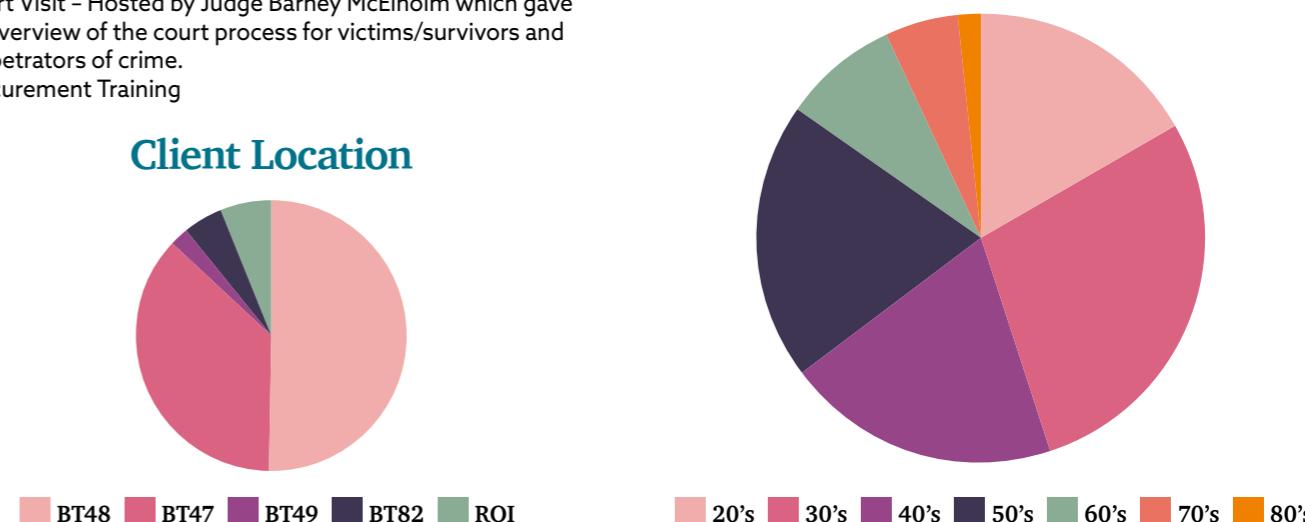
Women who find themselves in a situation where they need to clarify their thinking and access information to ensure appropriate decision making accessed our Listening Ear service this year.

They were assisted in accessing the most appropriate service, in-house or in the local community, for their immediate needs.

60 complementary therapy sessions were delivered to 10 women presenting with Stress, Back pain, Low Mood, Insomnia, Isolation and Depression which were affecting the concentration, work life, socializing, energy and other aspects of their lives. The all benefited from the package of complementary treatments either Body Massage or Reflexology they received.

We welcomed Francesca Pagliaro to our team

Age of Clients



Client Location



"CARE IN MIND"

Care in Mind was a programme funded by Keadue through CFNI which extended our work to 4 vulnerable groups, Women Surviving Domestic Violence, Carers, Older Women and Young Women including LGBT.

It was a three strand emotional health and well-being programme to address mental ill health and increase social connectedness

Strand 1. Provided direct service provision to four target groups vulnerable groups- older women/lone parents/carers /Young women including LGBT /Women living with Mental Ill Health and women who have experienced/survived domestic violence and abuse.

Programmes were delivered by multi-disciplinary teams in partnership with statutory, voluntary/community organisations to facilitate referral, service development and mutual support systems.

Strand 2. Provided training; We delivered education programmes for women and mental health care professionals, to help each better understand one another's roles and work together effectively.

Strand 3. Supported groups to advocate for equality and inclusion, improving their access to and uptake of services, and improving their skills, knowledge and capacity to participate in decision-making processes on service provision and development.

Profile of participants.

Participants came from Derry, Strabane, Sionmills, Omagh, and Donegal and were aged 16 – 93 yrs old -98 were formal or informal carers, 74 presented with physical difficulties.128 presented with mental ill health and 27 were living with life limiting illness

We were delighted to partner with 21 agencies in the delivery of health-related activities

Care in Mind delivered the following programmes.

1	Red Cross information sessions on dealing with accidents in the home and first aid
2	Pharmacist input on medicine management
3	GP Information sessions on managing appointments and medication
4	SingTonicity - Programme offered to general public by DWW running 3 times a year x 8 weeks
5	Young at Art Therapy
6	Action for Hearing Loss - Loss 1 x 2 hr session discussion and advice. 3 women were referred for home hearing tests.
7	DC&SDC Home safety/homevisit referrals
8	Input from DWW Health and Wellbeing Therapist on relaxation and healthy eating - throughout programmes
9	Arthritis Care -Advice and discussion
10	PSNI - Home Safety
11	Community Wardens
12	Armchair Yoga
13	New walking set up with Age NI
14	Introduction to Mindfulness
15	Out of Centre trips to Museum and Guildhall
16	Foyle Arena activities
17	Age Concern Programme
18	Bogside and Brandywell Health Initiative
19	Glen Development Initiative Health programmes
20	FWIN
21	Galliagh Women's Group -Out of Centre Programmes - Confidence Building and Journey to Inner Peace



Programme	Number of Participants
Prepare to Care	20
Namaste	9
Hive of Activities	57
Minding Your Mind	36
Stress Management Holistic Therapies for Women Survivors of Domestic Abuse	25
Confidence Building - Galliagh Womens Group	7
Actions for Happiness	
LGBT	4
Minding Mammy	16
Schools Programmes	52
Skills to Care	10
Cycling Level 1 Training - Foyle Valley House	9
Grand Total	245

Strand One Programmes

Programmes for Carers

1. "Prepare to Care". A comprehensive holistic programme for Carers led by a carer in partnership with primary care services including pharmacist and GP.

- "Namaste" – a programme for carers of people living with end stage dementia
- Programmes For Older Women

1. "Young at Heart" a social hub for women aged 60+ who are also in a caring role.
2. "Practical Supports in Later Life"- A falls prevention exercise programme.
3. "Hive of Activities" for making new friends and learning new self care skills e.g., Young @ Art, Yoga, Pilates, Tai Chi, walking group.
4. Minding Your Mind for women with early onset cognitive impairment for Women surviving Domestic Violence /Abuse
5. Stress Management through holistic therapies for women survivors of domestic abuse and sexual violence.
6. Individual Complementary Therapy Treatments
7. Meditative/Mindfulness approaches to self care.
8. Actions for Happiness For Young Women including LGBT ,Young Mothers
9. "Breaking the Silence" an LGBT Programme



Strand Two Training

1. Awareness Raising for target groups
2. LGBT Awareness raising for all staff committee counsellors and Listening Ear team
3. "Skills for Care", Certificate in Community Helping for lay community workers supporting people in their local communities.
4. An Ecology of Mental Health creating resilient resourceful communities



The Difference Made

Of the 245 participants

- 60.4% reported improved physical/mental/emotional health
- 58.77% accessed support services as a result of the project
- 18.77% accessed support services for the first time as a result of the project
- 31.42% are now attending regular social activities as a result of the project
- 48.57% participated in community activities as part of the project
- 37.14% participated in community activities for the first time as part of the project



Minding Mammy

Outcomes

Participants bonded, felt supportive to each other which reduced feelings of isolation. They reported bonding better with their babies and children, shouting less and listening more, going out more socially and with their children. Being able to ask for what they needed, feeling more confident and being able to be more assertive with family members and health professionals.

Participant Story

Young Mum with Post Natal Depression

As a result of the course a woman whose baby was born with a disability was able to realise how she as a mother was the expert on her child's needs and that she had the right to ask for help and support she needed from health professionals. She was able to recognise that she was doing a good job as a mother and that her baby is happy and comfortable. Her confidence and sense of her own strengths grew each week and at the end of the course she was smiling and laughing along with the others. The mother realised that her baby will be fine whatever his results turn out to be because he has her as his mum.

Namaste

Outcomes

With the knowledge and skills obtained during the programme, carers were able to care for their loved one for longer in their home environment, it allowed them to cope better and provided them with the necessary resilience to care for their loved one with a diagnosis of dementia. It involved them in the Journey - they felt this programme allowed them to actively participate in the care of their loved one. They felt that this allowed them to create a positive and vitally important role in the actual care of their loved one.

Having gained these skills carers said that they were much more confident in embracing the challenges ahead and this in turn would suggest that their coping mechanisms to keep their loved one at home had remarkably increased.

The programme improved the quality of life for those with a diagnosis of dementia, their carers and their wider family circle.

Participant Story

One woman did not know how she was going to cope in the future as her newly diagnosed husband, was only in his fifties. She felt lost, depressed, lonely, frightened and didn't know how to cope and she felt she had learned so much and had met so many people that she knew she wouldn't be alone. The support she got from the course and participants gave her so much more confidence about the future.

She felt the programme had helped her so much.

Prepare to Care

Having obtained accurate up-to-date information from the various agencies and organisation who contributed to the programme all participants gained much more confidence to speak up and ask for help and services that are out there.

Just as important to the participants was the friendships that developed over the weeks and the peer support which this gave them.

All of this translated to a much greater sense of confidence in their caring role and took a lot of the stress they felt away.

The 2019 State of Caring Survey published November 2019 - stated 81% of carers said they felt socially isolated by their caring role. It was evident at the end of the programme that the participants had made the connections that will continue to support them going forward.

Minding Your Mind

Participants have continued to practice Q! gong stretches, doing all the brain gym exercises and have taught these to their families, children and grandchildren during Lockdown. Their self esteem was greatly improved and noticeable.



Schools Programmes

Outcomes

Thornhill College

This project allowed participants within the group identify personal areas of concern, recognise their triggers and implement strategies to manage and even prevent further episodes. They were able to highlight worries that were outside their remit and think about setting boundaries in place to recognise and deal with what is 'my own' and learn to 'let go' of what is not mine.

"This class was during my only 2 frees on a Thursday so I was bothered about missing the time to get things done, but meeting Tracy was lovely and I enjoyed talking to her. There was always a bubbly, happy vibe in the room from her and it was a nice chilled lesson. I have learnt many techniques to try to look after myself better. Thank you!"

"We had the pleasure of four therapists from the Derry Well Women to help us to deliver a Wellness Day to Year 13 students. Our students were able to explore new ways of looking after themselves physically and mentally. They loved the experience; the smell of the oils, gentle use of touch and the warmth expressed by the therapists. It was a brilliant workshop that encouraged them to relax and feel pampered.

Thank you to all your team.

We look forward to working with you again."

Eimear Lynch Thornhill College

Oakgrove Integrated College

All students present at the final class reported that they had benefitted from the programme especially in relation to the techniques taught to them on how to overcome anxiety and improve their self-esteem.

St Cecilius College

This project allowed participants within the group identify personal areas of concern, particularly their negative thinking and low self-esteem.

From the feedback forms it was evident that the students benefited from the 6 week course. I think all schools would empower their students better to cope with life, if psychological resilience training skills were incorporated into the curriculum as a means of promoting long term mental health wellbeing.

Schools Programme -

What they took away from the Programme

"Don't worry about what others think, work on my self esteem"

"I enjoyed the talks as it made me realise lots of people are similar in the way they think and how they perceive themselves"

"Don't over think as much as I do"

"turn negatives into positives and stay off my phone more often"

"not to over think, stop comparing myself to others"

"Self care and taking the time to look after myself"

"My thoughts don't define me"

"recognising stress, anxiety and depression"

"learning how to deal with emotions"

"not to over think too much and not to let your mind wonder"

Cycling Level 1 Training - Foyle Valley House

This programme offered women an alternative to drug and alcohol dependency and promoted their self-esteem. The majority had never even ridden a bike before and while daunting for them they thoroughly enjoyed it. They really enjoyed the social element and the 'craic' within the group and with the facilitators.

Participant Comments -

"I recently participated in the cycling course, which had a particularly positive influence on my life. Initially I had slight reservations regarding taking part because I had a fear of big major challenges, however, all fears were dismissed as soon as I met ladies delivering the course they were so positive and welcoming. There are no words to express how amazing they were. It was possibly the first time in over twenty years I felt free, all the dark thoughts were gone when I was on the bicycle." A also named her bike Benjamin and chose a purple bike and helmet as this was her favourite colour.

"I would like to keep it up as a bit of interest is good for the mind and it helps a lot"

"I am a new resident in Foyle Valley House and I would like to take up the cycling course because it has been years since I've been on a bike and it would help me clear my head; I also need to start getting myself in better shape!"

Participant Story.

One of the ladies in particular suffered extreme neglect and abuse as a child and young adult, she never owned a bike and over the years always talked about how she always wished 'santa' would bring her one like her friends but never did. As an adult she always talked of learning to ride but didn't think she would have the confidence, the joy on her face as she got on the bike and learned to ride was heart-warming, especially knowing her story.

Confidence Building - Feedback



"I'm more motivated to get on with my life now and look forward to the future"

"I felt good about being able to open up and speak within the group"

"I feel I can connect better with people now"

"I realise everyone has their own issues"

"I will be more understanding of other people and their feelings"

Minding Your Mind

Participants were shown exercises and games that they could share with families. This was particularly beneficial during strict lockdown and used by all participants.

Skills to Care (Accredited to OCN Level 111)

All participants (10) intend to progress to higher level education as the result of this programme.

On completion of the course students acquired:

- An understanding and appreciation of working at community level with domestic and personal problems.
- Knowledge regarding the issues that affect people in their day to day lives
- An understanding of the transitions and life stages of people and the difficulties they face
- Awareness of helping and empowering people, with particular reference to counselling.
- Knowledge of local helping resources, both statutory and voluntary.
- An understanding of a solution focused model of brief counselling
- Focused self-awareness and a commitment to ongoing personal development and training.
- Competence in using counselling skills to facilitate client exploration, assess clients and make appropriate referrals.
- Knowledge of the major professional, ethical and legal issues associated with helping which will enable helpers to teach coping skills and strategies helpful to coping in the here and now.



Statement of Financial Activities

(Incorporating the Income and Expenditure Account)
For the year ended 31st March 2020

		Unrestricted funds	Restricted funds	2020 Total	2019 Total
		£	£	£	£
Incoming resources					
Incoming resources from generating funds:					
Voluntary income	2	12,813	7,135	19,948	32,513
Investment income	3	5	-	5	15
Incoming resources from charitable activities	4	5,730	274,360	280,090	275,637
Total incoming resources		18,548	281,495	300,043	308,165
Resources expended					
Costs of generating funds:					
Charitable Activities	5	8,467	276,558	285,025	313,548
Governance costs	5	-	3,840	3,840	3,840
Other resources expended	17	-	72	72	-
Total resources expended		8,467	280,470	288,937	317,388
Net incoming/(outgoing) resources f or the year / Net income/(expenditure) for the year	12	10,081	1,025	11,106	(9,223)
Transfer of Funds		1,553	(1,553)	-	-
Total funds brought forward		97,861	2,317	100,178	109,401
Total funds carried forward		109,495	1,789	111,284	100,178

The statement of financial activities includes all gains and losses in the year and therefore a separate statement of total recognised gains and losses has not been prepared.

All of the above amounts relate to continuing activities.

Balance Sheet

as at 31st March 2020

		2020	2019
		£	£
Fixed assets			
Tangible assets			
	9	61,357	62,783
Current assets			
Debtors	1017	3,365	8,676
Cash at bank and in hand		63,605	37,271
		66,970	45,947
Creditors: amounts falling due within one year			
	1117	(17,043)	(8,552)
Net current assets			
		49,927	37,395
Net assets			
		111,284	100,178
Funds			
Restricted income funds	12	1,789	2,317
Unrestricted income funds	12	109,495	97,861
Total funds		111,284	100,178

The financial statements were approved and authorised for issue by the Board 7 September 2020 and signed on its behalf by

Mary Diamond
Director

Company Number: NI022926

Carolyn Jain
Director

Derry Well Women Team

2019 - 2020

Committee

Carrie Jain (Chair)
 Pauline Mc Clenaghan
 (Vice Chair)
 Mary Diamond (Secretary)
 Sinead Callan (Treasurer)
 Philomena Melaugh
 Nuala Doherty
 Phil Mahon
 Grainne Mc Laughlin
 Joan Noble
 Karen Meehan
 Aine Abbott
 (Resigned January 2020)
 Paula Barr
 Sarah Kelly
 (Joined February 2020)

Staff

Susan Gibson
 Anne Mc Donald
 Patricia Villa
 Patricia McAdams
 Rachel O Donnell
 Fiona Walker
 Oonagh Butler
 Catherine Doherty

Clinical Team

Audrey Parke
 Nigel Nutt

Generic Counselling Team

Anne McDonald
 Majella McWilliams
 Moira Smith
 Anne Flanagan
 Tracy Harrison
 Stephanie Elliott
 Madeline Callaghan
 Marie Clare Murphy
 Ellen Factor
 Sharon Laird
 Deborah Harkens
 Karen Mc Gillion
 Valerie Long
 Anne Mc Veigh
 Caroline Mc Laughlin
 Francesca Pagliari

Cancer Counselling and Cancer Complementary Therapy Team

Mary Diamond
 Tracey Harrison
 Anne Flanagan
 Geraldine Duddy
 Patricia Swann
 Brigeen Byrne
 Nolene Mc Cauley
 Ellen Hastings

Listening Ear Team

Cathy O Donnell
 Christine Mc Fadden
 Linda O' Hara
 Jeanette Mc Cole

Supervisors Team

Marina Sweeney
 Helen Duffy
 Margaret Coyle

Support Group Facilitators

Mary Diamond
 Tracey Harrison
 Erin Nelson

Tutors & Facilitators

Siobhan Heaney
 Marie Hone
 Anne Browne
 Marina Sweeney
 Patricia Swann
 Frances O'Kane
 Aileen Mulheron
 Nolene McAuley
 Kathryn Rough
 Cathy O' Donnell
 Geraldine Mc Laughlin
 Maria Magee
 Deirdre O' Hara
 Niki Cross
 Nuala Doherty
 Karen Baldwin
 Carmel Mulrine
 Tracey Harrison
 Jai Hunter
 Stephanie Mc Gregor
 Yvonne Haige

Complementary Therapists

Bridgeen Byrne
 Marie Hone
 Ellen Hastings
 Cathy Cregan
 Rose Mc Cartney
 Patricia Swann
 Nolene McAuley
 Shiela Mc Corkell
 Manuella Curulli
 Elaine Carlin
 Andrea Lockhart
 Jennifer Mc Clements
 Anne McElholm
 Jean McCafferty
 Caroline Harkin

Crèche Volunteers

Fiona Kennedy
 Michelle Kennedy



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