

[www.derrywellwoman.org](http://www.derrywellwoman.org)

Charity No.: NIC 101247 LLC: NI 22926

# 33rd Annual Report 2021



 **Derry Well Women**  
*At the forefront of womens' health*



# Our Strategic Aims

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

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 Board Members and Staff 2020-2021.

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**Front Row Left to Right:** Fiona Walker, Carrie Jain, Sarah Kelly, Mary Diamond.

**Back Row Left to Right:** Patricia Mc Adams, Rachel O Donnell, Oonagh Butler, Patricia Villa, Paula Barr, Susan Gibson, Ann Mc Donald



# Chairperson's Report

## 2020 -2021

**It is an honour and privilege to present this, the 33rd Annual Report, of Derry Well Women. The Report describes the work of Derry Well Women over the year March 2020 to April 2021; a year that could not have been any more dramatic in terms of the public health crisis that has impacted on all our lives.**

Yet in spite of the challenges the pandemic presented, Derry Well Women not only coped but in many respects thrived, demonstrating organisational resiliency and adaptability and our continued commitment to meeting the health needs of women and their families, whatever the difficulties the Covid pandemic presented. Throughout the crisis we have continued to work to provide health promotion, health education and a range of health specific services and supports designed in collaboration with our user groups and aimed at addressing women's health needs and tackling deep seated health inequalities, the impact of which have been so starkly and tragically demonstrated over this last year.

The main priority of DWW and its Board and Staff over the year has been maintaining services and delivering those services in such ways as to protect the health and well being of our clients and service users. To do so required the resetting and reorientation of our overall operation, our service delivery methods and how we engaged and communicated with our client base. We secured funding to ensure that all our staff were equipped with the necessary

PPE, our centre was appropriately protected to minimise risk to staff and service users and to train facilitators and counsellors in the delivery of online services, including ethical and other considerations when providing services remotely. DWW developed Zoom platforms to communicate with staff, to support the remote delivery of 25 mental health programmes and to offer on-line counselling services. In line with public health regulations we continued to provide childcare facilities and we communicated with our clients and with the public by telephone, through our website and by social media, keeping women fully informed of the availability of services as these were adapted to meet changing conditions and public health regulations and advice.

As a result of our efforts we were able to deliver both in house and outreach services to 1500 women and children over the course of the year. We maintained our contracts with the WHSCT and with the VSS, secured Pathways funding through Early Years the Organisation for Young Children, from Children in Need, the New Needs Fund, the Wesleyan Foundation and St Anne's Cathedral Sit Out. On behalf of our

Management Committee, our staff and our service users, I sincerely thank our funders for their continued support without which we could not fulfil our mission to 'identify and work collaboratively to engage with the physical, psychological, social and spiritual health needs and challenges of women of all ages from the North West of Ireland.'

Throughout the year we continued to support the health and well being of children and families through the crèche and through the provision of a range of mother and baby programmes. We offered programmes on Emotional Health and Mental Well Being, Carers Programmes, Cancer Programmes including the Well Programme, Complementary Therapies and Counselling, Chronic Illness Management Programmes including Pain Management, Gender Specific Programmes (Menopause Clinic, Post Natal Depression, Ante-natal and Sexual Health Education), Counselling Services (Generic, Trauma, Cancer, a Listening Ear Service, Pregnancy and Bereavement Loss), Health Improvement Programmes for women over 65, Four Support Groups (Breastfeeding, MS, Cancer, Endometriosis), Clinical and Screening Services, Health and Well Being and Social Support Programmes for women directly affected by The Troubles (Counselling, Complementary Therapies, Social Support Programmes and the Listening Ear Service), Promoting Positive Mental Health Through Physical Activity, Health Improvement Programmes for

the frail elderly and Programmes for those living with long Covid.

We have continued to work in partnership with our funders and with statutory, voluntary, community and other bodies to facilitate referral, service development, training and mutual support systems including an innovative partnership with seven cancer organisations that will be ensure that cancer patients will in the very near future take the lead in developing a new agenda for cancer care in this region.

I take this opportunity to thank my committee colleagues for their hard work, dedication and enthusiasm over the last year and in particular the support they have shown me as their new chair. And on their behalf I commend the extreme talent, energy and dedication of Susan our Centre Manager, whose empathic and thoughtful leadership has inspired us and the DWW staff, facilitators and counsellors. I give our thanks to the staff and to all those who have contributed to the DWW mission for their versatility and hard work and the commitment shown to the DWW ideals.

Our ideals have never been challenged by the Covid experience. But we have learned some important lessons as a consequence of it. We have learned new ways of providing health education, learning and support; innovations that will be incorporated into the menu of support services we provide. The pandemic has reaffirmed the importance of social relations and support networks in our everyday



lives. It has very clearly demonstrated that humans are, by our nature, social beings who need one another and that the collective, the common good, is important for our survival individually, at the community and society levels and fundamentally as a species. So understanding things from the point of view of others and caring for one another has been shown to be in all our mutual interests. A collective and caring approach is central to DWW practice.

Our practice community is one where every individual is valued and

respected and their aspirations and views on programmes and services are recognised and reflected in our practice. The pandemic has wrecked havoc in many lives and its health consequences will manifest in the months and years to come. DWW will be here to help and support women to address these new issues and all the health issues that affect them.

*Paula McElgan*

# Secretary's Report 2020 -2021



## I am delighted to present this year's Company Secretary's Report in my third year in office.

The Derry Well Women Board of Directors have met via zoom on ten occasions this year. Board Members are elected to serve for a period of up to three years after which they must be re-elected at the next Annual General Meeting. Three of our members are required to stand down by rotation this year but are putting themselves forward again for re-election. They are, Nuala Doherty, Grainne McLaughlin and myself. The Board of Directors is very conscious of its responsibilities to the organisation, to the staff and all the women who use Derry Well Women's services.

Our aim is to ensure that Derry Well Women has the highest level of good governance, that all staff receive appropriate leadership, 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.

The onset of Coronavirus in March 2020 presented great challenges in the way we work and interact with our service users. Derry Well Women was required to work and adopt DHSS NI guidelines and practice related to COVID 19 Infection Prevention and Control.

All risk assessment and Health and Safety policies were reviewed and new policies written to reflect social distancing and hygiene requirements, such as

- Infection, Prevention, Control and Exclusion of Children Policy
- Working Safely during COVID
- Managing sickness in the Creche
- Settling in policy
- Information to parents and children (Creche specific)
- Protocol for Participants using Zoom .

The Board is responsible for ensuring that the organization has the financial and staffing resources to fulfill its mission. The impact of COVID 19 presented an external risk to financial stability and viability of programmes. Board members had to ensure that change to our delivery would not impact on the quality of services to our users, while ensuring staff safety.

Funding was secured to commission training to ensure all staff, facilitators and counsellors understood the ethical aspects of providing online services, developed Zoom platforms to communicate with staff and support delivery of services in this changed environment. The Board addressed the financial risks by identifying areas including salaries and operational costs where real and radical savings could be made and by securing other sources of income.

COVID restrictions had an obvious impact on traditional fundraising activities, and the Board had, therefore, to concentrate its efforts this year on a fundraising strategy focused on applications to grant making trusts and attracting

charitable giving. The Board would like to thank Susan Gibson Derry Well Women's manager for her immense contribution to the success of these applications. The initiatives have led to the development of a new framework for the delivery of services, effective partnerships and continuing to work to the Strategic Plan 2018/2021 which ensures the delivery of services.

Board members have taken part this year in Child Protection training including Pathways Zoom training, Governance and Leadership training. Members are also active in delivery of programmes such as Assertiveness, Minding Mammy, Counselling and they also continue to support staff through line management. Board members have set up the following working groups, 1.Working group to support the work of the Cancer Connected Communities 2. To create options for appraisal for increasing capacity for programme delivery through the use of other premises.

On behalf of the Board Members I would like to thank Susan Gibson and all the staff, counsellors and facilitators who have worked so hard during this difficult year and have risen to the challenge in continuing to deliver services which give physiological, social, physical and emotional support to our many service users.

**Mary Diamond**

# Treasurer's Report 2020 -2021



## I am pleased to present the financial position of Derry Well Women for 2020/21.

Covid-19 has brought financial challenges and funding uncertainties, however through the leadership of the Manager, staff and Board, Derry Well Women continues to ensure the quality of its core services has not been impacted.

This year, our contract with the Western Health and Social Care Trust (£125.8k) has been maintained to cover core running costs. Funding was also once again secured from the Victim and Survivors Service (£103.2k) to support counselling, complementary therapies and social support programmes as well as £3.5k for capital items and environmental improvements. Derry Well Women also maintained its funding from Children In Need (£16.4k) for the post of Childcare Co-ordinator, and the creche was further supported by funding of £8.3k from the Pathways Fund through Early Years towards the Creche Assistant's post. Funding was also secured from the New Needs Fund of £13.2k and the Wesleyan Foundation of £9.7k to support and adapt Derry Well Women services and programmes during 2020/21. Derry Well Women continued its contract with the WHSCT Talking Therapies in 2020/21 (£15k) to deliver additional counselling services.

Derry Well Women concentrated its fundraising activities this year on applications to grant making trusts, and attracting charitable giving. Contributions from charitable Trusts included the Belfast Cathedral Sit Out provided much needed funding

and helped to uplift our unrestricted funding. The above contracts, funding and other contributions brought our total income for 2020/21 to £284.7k, a decrease of £15.4k on the previous year.

Operational cost savings were identified by Derry Well Women during 2020/21 including rent, running costs, publications and travel, bringing our overall expenditure to £285.7k, a small increase of £3.2k from 2019/20. The main areas of expenditure continue to be wages, salaries and staffing costs (£159.6k), programme and facilitation costs (£79.5k), rent (£10k) and running costs and overheads. Based on this, Derry Well Women recorded a small loss of £1.0k for the year reflecting a fair outcome for a not for profit organisation in these uncertain times.

Covid 19 disrupted Derry Well Women's fundraising activities in 2020/21 and may continue to impact on our fundraising and other funding sources for some time yet. However the dedication of Susan, the staff and Board, coupled with our robust financial procedures and controls, working practices, ongoing training for staff and management, and good governance arrangements, will help to ensure there is minimal impact on the financial stability of the organisation and its ability to deliver its core services.

**Sinead Callan**

## Welcome to New Member



### We are delighted to welcome Tara Boyle onto the Derry Well Women Board

Tara Boyle, a native of Omagh, works as the Manager of the Macmillan Health and Well Being Campus at Altnagelvin. She has a background of working in the community and voluntary sector over 10 years and has been working in the Western Health and Social Care Trust for the past seven years.

Tara has a Masters in Business Administration and is currently studying a Masters of Business Improvement at the University of Ulster.

In her spare time, Tara enjoys walking and running and she is currently learning to play the guitar.

Tara is looking forward to working with the Derry Well Women Board to further develop their reach and the support available to people across the many different dimensions of work undertaken.



# Manager's Report 2020-2021

In 2020/2021 we delivered services both in house and outreach to 1500 women and children.

## 1. Supporting Women and Children

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

This year was one of the most challenging periods ever experienced by Derry Well Women generally and the creche specifically requiring us to be flexible and innovative during times of lockdown, positive Covid cases within creche staff and parents and social distancing. Staff met these challenges with programmes adapted to emerging needs.

As a result we delivered 109 creche sessions to 69 children some 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 delivered under three categories, Core Delivery, Outdoor Socialising, Supporting Vulnerable Families.

#### Category 1. Core Delivery

Following on from the WHSCT authorisation to reopen in September 2020 we delivered 16 learning sessions for 19 children working in two pods until the second lock down in December 2020. These sessions provided a range of activities, messy play arts and crafts outdoor/sensory play and storytelling. Social occasions were celebrated. We developed a calming corner with sensory lights, mirrors, books and a tent for children when they needed quiet time. We introduced Rhyme Time so children could participate in group activity. We used Media Initiative

resources including books/posters and images.

We reopened the crèche on 1st of February with two pods of 6 children operating daily.

#### Category 2. Outdoor Activities.

Within this category we organised two Teddy Bear Picnics and weekly Buggy Walks.

#### Category 3.

#### Supporting Vulnerable Families.

Within this category we delivered 83 support packages including care packs, messy play packs and reading materials to 41 families.

Occasion specific packs were distributed at Halloween and Christmas enabling us to maintain sustained contact with our most isolated families especially during lockdown.

We supported anxious families by telephone and email in relation to children's developmental needs. We referred them to health visitor team, speech and language therapy and other services and forwarded relevant leaflets and information.

#### The Difference We Made

Many of our children were assessed as having specific learning and development needs in relation to speech development, emotional development, autism, disabilities and late physical development. Many of these issues were exacerbated during lockdowns. Parents reported that their child had become more withdrawn anxious and demonstrated separation issues. Even at this young age the lack of social interaction and stimulation was observed by staff in children's behaviour and in their interactions particularly with their peers. These children particularly benefitted from



the one to one focused attention they received within a small setting, where their confidence grew and they developed skills at their pace. Parents told us that their children were having difficulty coping, the ability to concentrate was decreased. Staff used imaginary play and role play so that the children could lead and express themselves giving them a sense of direction and ways to extend their play to new areas of learning. To promote improved concentration staff built onto the child's interest activities which would increase concentration and provide new learning opportunities. The Teddy Bear Picnics and Buggy Walks provided a great opportunity for social interaction with their peers for children struggling with separation or detachment from parents. These were a good safe first step for both parents and children to get to know each other and the creche staff outside of the creche environment.

85% of our parents reported a significant improvement in their children's social skills and interaction. 15% reported a slight improvement.

#### Modifications and Meeting Children's Needs during Covid.

The premises and equipment were maintained and kept in a safe condition. Adaptations to the environment, compliance with PPE and sanitising requirements ensured that children were cared for safely and transmission of infection minimised. We implemented the following:

- Maximum of 6 children in each pod in Creche of 2x two pods weekly with same children and staff. Each pod was of two hour duration;
- Minimum of 2 staff in each play pod at all times;
- Risk assessment for all activities carried out ;

- A tracking record for pods put in place;
- Application of staff /child ratios (dependent upon the number of children in the pod, ages and developmental needs, space) were adhered to;
- Sleeping arrangements were adhered to;
- Play pods accessing outdoor space were managed within covid restrictions.

#### Meeting a Need

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.

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 with increased numbers of children at risk.

We deliver an integrated progressive range of programmes (ante/post natal classes, breast feeding support, baby massage /reflexology, behaviour/sleep management) which creates a safe hub for family support where connection

can be made with others, learning can happen collectively and where support is available through the wide network of services.

Over the years we have built up invaluable skills experience and expertise to share with children and parents leading to a reputation as being one of the most important sought after local child care providers.

Our pre and post observations, case studies, parent's feedback, evaluations testify to the positive differences we are making to children and families lives. This is a place that women from across the city choose to attend. Above all this a place that children want to come to.

#### Mother and Baby Programmes

Programmes supporting mother and baby as an emotional unit including; Breastfeeding Support, Yoga for Pregnant Mums, Nutrition, Weaning and Healthy Eating, Baby Massage/ Reflexology, Behaviour and Sleep Management Programmes and Minding Mammy a Post Natal Depression group were delivered at reduced levels when lockdowns were lifted or moved to Zoom platforms, gatepost support or telephone support during lockdowns.

#### Breastfeeding Support

Whilst there was no breastfeeding support group the work continued via Zoom facilitated by a health visitor and was accessed by 11 breastfeeding mums.

#### Ante Natal Classes

In house ante natal classes were suspended for the year and replaced

with one to one telephone support. This was accessed by 14 women and their partners. 41 pamper and information packs were distributed to 41 mothers.

## 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, endometriosis, peri - natal support (both ante- and post-natal), miscarriage, menopause and sexual health.



Intervention	Number of sessions per year	Average Attendance per session	Numbers of women/ children
Breast Feeding Support Group	24 x 1 sessions	24	11
Baby Massage	16x 1 hour sessions	16	19
Attachment Programmes	16 x 1 hour sessions	16	19
Minding Mammy Group	27x 1 hour sessions	27	19
Family Time x 6	12 x 2 hour sessions	24	102
Ante Natal Classes	12 x 2 hour sessions	24	14
AnteNatal Packs	31 deliveries	31	31
Crèche	109 x 2 hour sessions	87	69 Children
Well Women Kitchen Basic Cookery	6 x 2 hour sessions via Zoom	6	9
Family Support Packs/ Mothers Respite	Family Support by telephone, short respite and education packs	100	
<b>Interventions 9</b>	<b>Total</b>	<b>355</b>	<b>293</b>



# Feedback from Parents during Covid 19

Dear Patricia & Rachel,  
Thanks so much for your lovely drop off...much excitement in our house. I'm so disappointed I missed the pair of you! It was much appreciated & Aine enjoyed her goodies... although no chance of sharing ... We are working on it lol!! Hopefully see you again in the flesh. Take care of yourselves. Congratulations on your new addition Rachel... haven't seen u since.

Sinead (Activity Packs)

Hi Patricia & Rachel,

Just wanted to thank you for the beautiful gifts! So so thoughtful!

We have lovely memories of time with yourselves xx

We are all well and hope you are too!  
Take Care

Rhona, Penny & Lola  
(Activity and Care Packages)

Hi Rachel and Patricia,

Just an email to say thanks a million for the messy play pack, it's been great - I didn't know shaving foam was so versatile!! We were planning to make glitter glue but Róise like a wee ninja discovered the glitter before I could get to it - thank goodness for the Hoover lol! She thinks it's hilarious putting the stickers on her toes!

Hope you're doing well,

Marie-Claire (Messy Play Packs)

"Amid Life in lockdown I have been fortunate enough to have been able to access some of the services provided by the Derry Well Women. The standards that they have put in place are first class and I felt so safe and comfortable to send the most precious thing in the world to me there to be looked after by Rachel and Patricia. Charlie (9months) was able to enjoy socialising with other children in his bubble and was able to learn new things and have sensory experiences; it also gave me a much needed break.

I also took part in the group pram walk on a Friday morning with the team, this was something I very much looked forward to. I was able to meet other mums in a safe outdoor setting. The group was great for advice, sharing tips and just an overall friendly chat, Charlie also enjoyed all the new faces and fresh air!

For Halloween I was given a pack with treats and fun activities to do, this was such a thoughtful idea especially given the Covid restrictions and allowed me to better celebrate Charlie's first Halloween. I really appreciate the services of Derry Well Women; the staff are so professional, friendly, kind, caring and patient. Thank you for being a positive impact on my Charlie's life and for going above and beyond.

You're both truly the best"

Mairead (Crèche/Buggy Group/Halloween Packs)



"Thank you so much for the Halloween pack for Harriet, she absolutely loved it. I've attached some photos below of her decorating the gingerbread pumpkins.

Thanks,  
Claire  
(Halloween Packs)



Marie-Claire (Messy Play Packs)

"The crèche was brilliant, Cillian loved it - great the interaction he had with other children. Rachel and Patricia are a real credit they made everything seem so easy and cillian loved them both...Brilliant service that was offered"

Elaine (Crèche)

"My child (1 year old) attended the crèche 2 days a week. Since attending I have noticed an improvement in his skills. I think it's a great service provided for him as he gets to socialise with other children whilst learning new things. With the current pandemic undergoing the service has been well managed with wearing the appropriate PPE and taking measures by checking my child's temperature upon arrival and asking if he felt unwell or had any symptoms before entering which made myself feel at ease."

Sinead (Crèche)



"The crèche has been very beneficial to Ruairi getting to see other kids and adults through this difficult time and he is really happy there. As someone who is usually quite anxious I felt very comfortable and reassured at how the centre dealt sensitively and professionally with Covid and I am very happy that it is reopening for sessions as it does an invaluable job to mothers and babies like me and Ruairi."

Frances (Creche)



"With Mairead only being four weeks old when lock down happened I was very conscious about her not having any interaction with other children, so when the opportunity came for her to attend the crèche I was apprehensive but so looking forward to getting her mixing with others. I was immediately put at ease when I seen the safety measures the girls had put in place for all children attending. Mairead smiles when she sees both Rachel and Patricia and every time I collect her she is so happy and content. I have noticed a positive difference in Mairead and her interaction with other children and her fine motor skills when playing with sensory items. I believe attending the crèche and the professional attention she has been given has brought her on leaps and bounds and I am truly grateful to Rachel and Patricia for the care and attention they show my child.

Mairead was also kept well occupied during Halloween week with the activity packs provided as you can see she had a ball with them!"

Sarah (Creche and Activity Packs)

## Baby Massage



**Table to demonstrate levels of activity associated with Gender Specific Interventions. 2020/2021**

Intervention	Number of sessions per year	Average Attendance per session	Numbers of women
Menopause Clinic	11 x 2 hour sessions	11	1
Stress Management for Women Survivors of Domestic Abuse	147 x 1 hour counselling	147	1
Pregnancy Loss and Bereavement Counselling	50 x 1 hour sessions	50	1
<b>Total</b>	<b>208</b>		<b>58</b>

**Menopause Clinic and Information Sessions**

The menopause clinic continued to provide a monthly telephone clinic offering information, advice and support to women experiencing menopause symptoms. 15 women were supported this year.

**Pregnancy Loss and Bereavement Counselling**

In 2020/2021 12 women were supported by our pregnancy loss and bereavement service with 5 on the waiting list. 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.

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 been simply invaluable in aiding 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.

**3. Chronic Illness Management**

Within this category 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**

Despite restrictions Derry Well Women continued to provide community based support and care to women with a cancer diagnosis albeit in a reset format and reduced levels of service particularly in relation to contact services such as complementary therapies. Working in a variety of ways Zoom, telephone support, WhatsApp we offered an Integrative Medicine Programme (the Well Programme) and one to one counselling for women and their families We ran an on-going telephone drop-in support programme for women with cancer. Our services provided 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 during a time of uncertainty reduced access to health services and isolation and loneliness. Peer support is at the heart of all of our programmes and this continued through a

**Tables to demonstrate levels of activity associated with Mortality, Morbidity and Chronic Disease Management 2020/2021**

**Cancer**

Intervention	Number of sessions per year	Average Attendance per session	Numbers of new women
Cancer Support Group	53 X WhatsApp Group.	53	10
1 x 1 day Cancer Reunion Programme	1 x half day cancer programme	1	16
Complementary Therapy Treatments	12x 1 hour sessions	12	1
Cancer Counselling	132 x 1 hour Counselling sessions	132	1
Expert Patient Groups	This work was carried out within the Western Cancer Locality Group.	20	5
The Well Programme for Women Living with Cancer	13 x 3 hour sessions	13	11
<b>Total</b>	<b>231</b>		<b>99</b>



very successful WhatsApp group. In May when restrictions eased some members of the group reunited and were overjoyed to meet up again.

This year Derry Well Women delivered cancer counselling to 26 women new to this service. We delivered 2 Well Programmes via Zoom to 27 women. We continued to facilitate a WhatsApp support group for a membership of 21 women with 10 checking in regularly.

Four women attended complementary therapies this year when lock down restrictions lifted in July.

**Partnership Working**

**Cancer Connected Communities**

Derry Well Women will be the lead partner of 7 cancer organisations including the WHSCT in the National Lottery "People and Communities" funded Western Cancer

Connected Communities Programme to be rolled out over the next three years.

This programme will ensure cancer patients take the lead in creating a change agenda to integrate cancer care in the WHSCT using coproduction and an engagement model to connect people living with cancer across communities to each other and organisations with the capability to improve their lives. The project will engage marginalised groups where cancer services are limited and barriers exist due to rurality, exclusion, fear; deliver support programmes; listen to cancer programme participants; set priorities for improved cancer services; directly articulate priorities to service planners to influence strategic change.

**Fundraising**

Our thanks to all the members of the cancer support group who organized a sponsored swim just before lockdown and raised £710 which they donated to us in July.



**Managing Long Term Conditions**

Intervention	Number of sessions per year	Average Attendance per session	Numbers of new women
Pilates	30 x 1 hour sessions Via Zoom	30	8
Stress Management for Carers	8 x 2 hour sessions via Zoom	8	7
Living with Chronic Pain	19 x 2 hour sessions	19	9
Call to Cares Helpline	21 sessions x 1 hour	21	1
Endometriosis Support Group	11x 2 hour sessions and 1 Information Evening via Zoom	12	8
<b>Total</b>	<b>90</b>		<b>144</b>

### Endometriosis Support – “Endo Gals”

“The Endo group gives a different sort of understanding to what our families and friends understand about the disease. No symptom is too big or scary to talk about. I always know that if I’m in a flare up and need someone to talk to, the girls are always there for me.”

Derry Well Women ran a monthly Zoom Support Group for women with Endometriosis.

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

- Pain management
- Self Care
- Nutrition
- Complementary therapies
- Emotional Support.
- Fun Quizzes on the Facts

### Endometriosis Evening

In March (Endometriosis Awareness Month) the group held an evening of discussion where ladies could share their stories and experiences. A Pelvic Health Physiotherapist came and talked to the group about how physio can play a huge role helping with their symptoms.

The event was advertised and received great interest from both existing members and new women, some from as far away as Newry and Armagh. Our evening of conversation took place on 30 March with twenty-two attendees, and several felt confident and safe enough to tell their story about endometriosis. The power of the group, the support and the relief at being able to share was evident with one lady saying,

“The group and all the lovely ladies have helped massively. It’s something I look forward to because hearing other peoples’ experiences help me understand that my own is quite similar. I was always made to think that I was being ‘over dramatic’ but it was just a matter of the wrong people not wanting to understand. Since finding this group, the right people always try to understand and validate how you’re feeling, because they feel it too!”

### Pilates

We continued to run Pilates via Zoom this year to great success.

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

### 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.

With the exception of Yoga and Reflexology all mental health improvement and well - being programmes were moved on line and to Zoom platforms with huge uptake this year.

Table to demonstrate levels of Activity Associated with Mental Health 2020/2021

Intervention	Number of sessions per year	Average Attendance per session	Numbers of women
Coping with Anxiety and Depression	24 x 2 hour sessions	24	12
Self Esteem	16 x 2 hour sessions	16	12
Assertiveness	18 x 2 hour sessions	18	6
Yoga	5 x 1.5 hour sessions during an ease of lockdown in July then suspended due to second wave	5	18
Reflexology	4 x 3 hour sessions in September then suspended due to second wave	4	12
1 to 1 Counselling	Daily (hourly sessions) 9am to 9pm 709 x 1 hour sessions	709	1
Confidence Building	24 x 2 hour sessions	24	12
1 to 1 listening ear	Daily(hourly sessions)	56	1
Assessment Interviews	116 X (hourly sessions)	116	1
Promoting Mental Health through Cycling	5x 6 weeks = 30 sessions	30	6
Certificate in Counselling Skills to Care	100 hours OCN Accredited training	100	8
<b>11</b>	<b>Total</b>	<b>1102</b>	<b>523</b>



# Counselling Service 2020 -2021



## In March 2020 when COVID-19 created lockdown Derry Well Women’s counselling service closed its doors on our face to face service.

We were providing weekly counselling to 57 women in centre from 9am to 8pm at time of closure. Given the extent and complexity of demand and the deficit in mental health support during Covid into the future in this region we needed to reset our services to offer increased choice flexibility and responsiveness. We also needed to ensure that adaptations to services did not impact on the quality of experience for clients or the safety and professionalism of the service. Being in a position to provide on-line counselling would ensure that we could offer a professional counselling service to local women whose lives have been affected by Covid which has heightened other mental relational or medical traumas.

### Service Delivery

With funding secured from the Victims Survivors Service, we were able to maintain our services to women who are survivors of our troubled past. These services included Pre Counselling Assessments, Counselling (873 sessions) Social Support Programmes and Practitioner Training. This vital funding has led to creative responses and challenges working via Zoom platforms and telephone counselling. It ensured continuity of contact with service users and clients and it validated the importance of focusing on mental health for Victim Survivors of the Troubles many of whom felt the significant impact of Covid restrictions on their mental health and wellbeing.

### Provision of Online Counselling.

Nine counsellors have either completed or are completing a twelve week training programme in an ACTO /BACP approved Certificate in Online Counselling and will be competent to work on line. An online counselling service complements our face to face service and transforms our service completely in that we are now able to offer the service through voice, video, email or text, in the format that clients request and require. Online working has enabled more creative ways of working through the use of message boards, avatars, robots, chat bots, games, search engines etc.

### Improved Measurement of Outcomes

We purchased a Licence and a CoreNet Lite System to integrate CORE methodology, a system of choice for routine outcomes measurement in psychological therapies in the UK, which is now in use by 15 of our counsellors. Two training sessions were provided by CORE-IMS in January 2021 one in relation to administration and the second for practitioners. The counsellors then worked in pairs on virtual case studies in a practice site before moving to the live site. When working online through video with clients the counsellors can now screen share the outcomes and charts of progress with clients who work better using visual aids. All Core outcomes can be shared via email with clients, working in any mode, at the end of therapy when requested. This provides the clients with a memory of their counselling journey.

### Enhanced Data Protection and Confidentiality.

We purchased BAC PAC a confidential software recording system. This now removes the necessity for counsellors to maintain paper records. This was a particularly time consuming and challenging system to introduce and required many hours investment to get everyone up to speed. Fourteen counsellors are now routinely using BAC PAC.

### Resetting Services in Line with Covid Restrictions

#### Governance Lead

The Board developed a path to change which reassured supported and guided at every level. The Board agreed that the presence of a counselling service enhanced and made fit for a changed and challenging future would fundamentally give confidence of continued support being available to women themselves, to those community and voluntary agencies who refer to us, to statutory agencies who also refer to us and to the City as a whole. Committee ensured counsellors understood the ethical aspects of providing online services

- The process of assessing clients for working online
- The importance of boundaries and contracting
- How online working affects the presentation of issues by clients.
- The impact of the use of text based communication
- Data protection governed by GDPR
- Managing risk online and awareness of jurisdictions

We purchased two wi.fi range extenders which again prepares us for enhanced room capacity for face to face counselling. Access to these also



**Table to demonstrate levels of Activity Associated with Accident Prevention. 2020/2021**

Intervention	Number of sessions per year	Average Attendance per session	Numbers of women	
Practical Supports in Later Life Keeping Young At Heart	32 x 1 hour sessions	32	30	72
Minding Your Mind	2x 2 hour sessions	2	26	26
Practical Spirituality	18x 2 hour sessions	18	11	33
Podiatry Foot Care Advice	11 x 1 hour sessions	11	1	11
<b>4</b>	<b>Total</b>	<b>63</b>		<b>142</b>

enables the use of Corenet and BACPAC in every room in the building.

Mobile phone top ups supported counsellors providing telephone support.

Our counselling service continued at 4 levels:

1. Telephone Helpline and Crisis counselling accessed by 68 women
2. Telephone Generic Counselling accessed by 146 women
3. Telephone Cancer Counselling accessed by 26 women
4. All women received a pre counselling assessment via telephone.

Our counseling team engaged in training during the year to ensure that their skills and knowledge were up to date. This training included:

- Certificate in Online Counselling and Psychotherapy which was funded by the Community foundation "New Needs Fund"
- Corenet Training
- Poly Vagal approach to work with trauma
- Mental Health First Aid
- ASIST
- Cognitive Behavioural Therapy
- Grief Therapy
- Working with Chronic Ill Health

**Psychological Hub Referrals 2020/2021**

In April 2020 Derry Well Women was contracted to deliver counselling for women referred with mild to moderate depression from the Psychological Hub. In 2020/2021 Derry Well Women received 19 referrals from the Psychological Hub

*"I would just like to say 'Thank you' to everyone at Derry Well Women for making an exceptionally hard year for everyone so much easier. I am so proud to be a part of this organisation and all that it stands for. You have not only supported and stayed connected with the people who use the service but also the counsellors, facilitators and other extended workers. DWW as always, has listened and delivered what people have asked for and you have extended the range of courses and services and made the transition from f2f to online. This has allowed even more people access the Centre. Verbal feedback from some of my clients and participants of courses I have facilitated have praised the Centre for being the only constant for them throughout this troublesome time. Well done for your vision, creativity, tenacity and stellar performance in the face of change and uncertainty."*

**Member of Counselling Team**

**Table to demonstrate levels of Activity Associated with Local Expressed Need. 2020/2021**

Intervention	Number of sessions per year	Average Attendance per session	Numbers of women	
Practitioners Training	Training in CoreNet	2	15	
CBT for Everyday Use	24 x 2 hour sessions	24	13	40
Mind Matters Coping with Covid	24 sessions x 2 hour sessions	24	18	56
Journey to Inner Peace	8 x 2 week sessions	8	14	14
SingTonicity	24 x 2 hour sessions via Zoom	24	18	53
Counselling Victims of the Troubles				23
Mindfulness for Everyday Living	24 x 2 hour sessions via Zoom	24	13	40
<b>7</b>	<b>Total</b>	<b>106</b>		<b>241</b>

**Young at Heart**

What a year it has been for members of Young at Heart with a whole new language and ways of behaving presented because of COVID-19.

Pandemic, Lockdown, Shielding, Bubbles, Social Distancing – 6 feet apart. Handwashing to the tune of Happy Birthday, elbow greetings, zoom and of course getting a vaccine were some of the things we had to absorb. Vaccinations were not new to this community as some had lived experience or stories of people who had TB, Polio, Smallpox, Spanish Flu, Asian Flu as well of keeping abreast of viruses happening in other parts of the world e.g. Ebola.

Our programme closed early in March 2020 however the Young at Heart group is unique in that the friendship developed through the programme continued through lockdown where a weekly or biweekly call was made by many to check how the other person was coping. This has continued for the past 15 months.

Derry Well Woman administrated a What's App group, where individuals could share good news (birth of grandchildren) and other news of happenings in their lives e.g. cancer diagnosis where they could use support, needing to go into hospital, etc. It provided a space where people could keep connected to each other as well as a space to give out information on health and well being e.g. new initiatives that were proposed through zoom.

This is where Take 5 came into its own – Connect: members kept connected through their telephone link or whats app, Give: through giving information about Covid, Vaccines or new services via zoom, Keep Learning: here many of our members began new activities from baking, gardening, painting or knitting, Be Active: This was lifesaving for many to walk in their garden or near their home that they could do every day and Take Notice: we had increased awareness of the outside world – the garden the hedgerows the sky, the sound or lack of sounds in our streets and our clear blue skies.



We met for 3 weeks in October within the guidelines and we were so happy to meet one and other and shared some of our learning from lockdown – time for everyone especially family, but also time for neighbours and the community. We began to be more grateful for this time and for the world we live in and appreciate it more. But the overriding theme that has emerged is one of gratefulness: grateful for our family, friends, neighbours and to peers in programmes like Young at Heart. For those who required surgery, being grateful for the medical staff who were central to their health and wellbeing.

Alongside this we had issues and indeed these issues still exist – not everyone had access to a garden and we realize how important an outdoor space is to our health and wellbeing. We weren't sure if the word 'vulnerable' was helpful especially in the media. We are continually worried about our health services and some of the changes that are being made without consultation. We are concerned that our relatives living in care facilities have been isolated and excluded from what it is they need and want and this has contributed to a decline in their health and wellbeing. We in particular want to acknowledge the staff within our hospitals from the porters up who have been heroes as they often went above the call of duty to care for those who were ill.

Finally we were so glad to meet up in May 2021 to begin a new journey.



### 1. 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).

#### Feedback

"During Covid my anxiety became heightened. Undoubtedly as a teacher I feel more stressed trying to keep the pupils safe. Teaching the curriculum while spending lots of time hand washing and ensuring the kids are socially distancing is challenging. It is an added pressure. This course has given me a better understanding of my anxiety and strategies to manage & relieve stress. it has given me strategies to use with the kids I teach to ground them and to relax them.

The facilitator was natural in delivery, gave time for discussion and sharing of ideas. I looked forward to the sessions. I just wish the course was longer. I benefitted from the course and so did my pupils."

### 2. 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.

### 3. Cognitive Behavioural 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.

#### Feedback

"Thank you for your email. The CBT workshop I do on a Wednesday evening has honestly been invaluable to me. It's been something to look forward in the times of Covid when everyone's social lives and mental health has been affected." "It was fantastic to speak to likeminded people and made me see that other people are going through similar things in regards to poor mental health. My aim for the course was to

have a better understanding of my mental health and I feel I have achieved this."

"I was recommended to Derry Well Women centre via my mental health practitioner and this course is honestly a bit of a life saver when in mental turmoil and feeling like you are alone. It was nice to log into zoom and chat and learn about coping strategies, CBT models and assertiveness. I have already signed up to more classes in the new term. Not only was it informative and helpful but it was also good fun. A massive thank you to you all for the chance to do this course.

### 4. Journey to Inner Peace

Programme assists in understanding the value of exploring ways of dealing with personal conflict so that participants gain a degree of insight into the value of self-awareness leading to personal growth.

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

#### Feedback

"These Zoom courses have been invaluable during this pandemic. They have been vital to me for my self-development and as a means of connecting with other women experiencing the same issues caused by life experiences and especially the uncertainty of the pandemic. Through the courses I have learned coping methods and now have more tools to manage my life going forward."

"This course has been absolutely brilliant and I have already recommended it to several friends and family. I have been shielding for the past year, and the weekly zoom has been something to really look forward to and marks the week for me. The information provided and discussed has been of such practical value and is easy for me to understand and apply to my daily life. Instead of feeling overwhelmed by everything, I am slowly but surely dealing with issues that have been holding me back and this has given me a sense of getting control back of my life. If I had one suggestion as to how this could be even better, I (and several others in the group) have asked for a recorded version of the guided meditation; I have searched for a long time but been unable to find one as deeply relaxing. If this was permitted, it would be extremely beneficial to my mental wellbeing."

### 5. Mind Matters - Coping with Covid

The aim of this programme is to raise awareness of mental health during Covid-19 and how it and other external stressors impact our lives. It supports participants to understand and recognise the causes, symptoms and identify practical steps to build a healthier emotional well-being

#### Feedback

"I took part in Mind Matters. I have really enjoyed it and I was surprised how well it worked over ZOOM and how connected I felt to both the facilitator and the other ladies, as initially I'd reservations about how it would work.

The topics each week were very helpful and relevant and allowed some great discussion. There was also really good small group activities which added a lot to the course."

"My thanks and congratulations for a wonderful course. I thoroughly enjoyed the Coping with Covid course. Tracy is a brilliant facilitator, very down to earth & puts you at ease. The group activities in the course allowed us to interact with the other ladies on the course. As someone who is living with long-term ill-health, I am grateful that I have been able to participate in the courses via Zoom. Although I do miss the opportunity of coming to the centre and the interaction with the other ladies."

"The content of this programme is very apt at this time because of the continuing impact Covid is having on the community, my family and myself. I'm in the venerable group and I'm having to isolate again after coming into contact with a person who is Covid positive.

It is worrying time and the course I think will help me acquire skills that will help me better deal with this pandemic rather than getting caught up in all the worry and the uncertainty that's about.

In 2020/2021, therefore, we delivered **45** interventions within the following range of activities to **1431** women and **69** children.

Our categories of work included:

- Women and Children Programmes.
- Childcare Services and Programmes including Crèche facilities
- Emotional Health and Mental Well Being Programmes
- Carers Programmes
- Cancer Programmes including the Well Programme, Complementary Therapies Support Group and counselling.
- Chronic Illness Management Programmes including Pain Management of Endometriosis.
- Gender Specific Programmes ( Menopause Clinic, Post Natal Depression; Ante-natal & Sexual Health Education for schools)
- Counselling Services (Generic, Trauma, Cancer, Listening Ear, Pregnancy and Bereavement Loss)
- Practical Supports in Later Life a Health Improvement Programme for women 65-90 years
- Four Support Groups (Breastfeeding , MS ,Cancer, Endometriosis)
- Clinical and Screening Services
- Health and Well Being and Social Support Programmes 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)
- Programmes for the frail elderly including Namaste.
- Programmes for those living with long covid.



## Summary of Service Provision 2020/2021

Total Number of Programmes / Interventions	Total Number of Sessions	Total Number of Women and children
45	1975	1500

# The World of Zoom

## Why looking after our Mental Health has never been more important

2020/2021 has been a year like no other it has been challenging, frightening, lonely, sad and uncertain. People needed Derry Well Women's mental health programmes now more than ever.

All of us at Derry Well Women have had to learn to adapt and deliver our services in a way that people would still be able to access us but also feel safe, comfortable and in the knowledge that everything discussed would still be totally confidential. This was either done by one to one telephone support or ZOOM.

Zoom was a word I had heard many times but never gave much thought to, that was until Corona Virus impacted all of our lives, it has now become a lifeline for more people. We all were brought into the digital market of the 21st Century quicker than we ever thought possible.

All of our programmes would now have to be delivered online and that was a challenge in itself. Thankfully we were able to overcome this and deliver what has now become a lifeline for most people.

I believe the way we have adapted to this situation has helped make a significant difference to the lives of women across our city and beyond.

### Our Mental Health and Well Being Programmes were delivered to a total of 523 women.

Some of the women found it very challenging coming face to face on screen with other women, having nowhere to hide and make themselves look invisible in a room. Others found it was a way of interacting with other women as they had become very isolated while shielding from family and friends.



One lady wrote:

*'I joined a lot of groups when I started my journey I had no idea what life was all about, I am now starting to understand what life is all about with the help of Derry Well Women and the tutors who were all so friendly and helpful and informative. I would strongly recommend these programs to other women. I'm also learning how to cope when covid restrictions end. I have met new friends, it's been a great life changer, I will never forget the love and support I got from the programmes, it has changed my outlook in life and I'm so proud to be a part of it.'*



*"Tuesday morning is like someone turning on a light, it absolutely lovely to meet up with the tonicity group. The singing and breakout rooms are great for everyone to get to know one another. Siobhan is a great presenter and thank you Derry Well Women for delivering this programme as it makes such a difference to people's lives as a lot of us are older and live on our own".*

*"I loved this course, Anne was fabulous and for someone who is alone 24/7, I looked forward to seeing and talking to the great girls each Monday. We gelled well and had a lot to share with each other and maybe soon our paths will cross for real. I feel it gave us all a chance to open up and not be judged and the most important thing was we listened to each other and Anne. Feel like I can cope a little better now".*

*"I live alone and I am thankful for the opportunity to take part on the courses. They have been essential to me especially during this pandemic for self-improvement and a connection to other women who are experiencing the same fears, doubts and disruption to their lives as myself. The courses I taken part in have helped me to focus on the present, find the joy in each day and re-assess my life".*

### Our Supporting Families and Children Zoom Programmes were delivered to 132 new or expectant mums.

*"I registered for the minding mummies zoom programme. I found it amazing, so much helpful tips, everyone within the group was so respectful. Getting the chance to talk to other mummies going through the same thing really helped just knowing that you weren't alone. I found the topics in the group so helpful, especially the ways to cope with my anxiety, I found my mood really lifted after the 2 hours just getting to talk about everything, I Would really recommend the group to any mammy struggling, such a great group that helped me so much and really helped me get on the right track to getting better!"*



**Our Cancer Well Programme was delivered online to a total of 27 women**, whilst we could not deliver the full programme because of no social contact the facilitator was able to adapt the programme to give the ladies the tools and skills to deal with not only their diagnosis but also the dramatic changes and challenges which they also have now to face in everyday life.

*I had Breast Cancer. I had surgery, Chemotherapy and Radiotherapy, with Covid kicking off in March 2020 my anxiety levels were awful. I had to attend all appointments on my own and go through all treatments by myself. I don't know what scared me most, the fear of catching Covid or the Cancer. I have been feeling very lonely and isolated as I have been shielding, I found this course so helpful. It was so good to actually be involved in a group as the ladies on the course were lovely and we all were able to share our fears and anxieties. It has been a lifeline to me. The zoom meetings were so good because I could sit in the comfort of my own home and participate as I wouldn't otherwise be able to do it.*



**Our Exercise Programmes were delivered to a total of 101 women. This also included an armchair exercise programme for our older women's project.**

These exercise programmes were easily adapted on Zoom. Most women were able to log in and participate from the comfort of their own home. Some of the older women's group members found it difficult, this was a totally different way of connecting with people, some of these women didn't even own or used a smart phone, laptop or iPad. With the help of their families this was only a minor hiccup as they set up everything for them so that they could connect each week. After a few weeks of attending these women learned how to use the Zoom link to log in themselves". "We all understand that exercise supports our physical health, however, during times of crisis such as this, it is the first activity we tend to ignore. Being active can not only keep us healthy it is also a good way of coping with everyday stresses and also helps depression".

**Our Support Programmes for Victims/Survivors of the Troubles were delivered to 203 women.**

Many women were thankful for the interaction with other women on these programmes. A lot of them had to adapt to this new form of learning and support, some even thought they would never learn anything from Zoom 'this was for teenagers'. How wrong they were.

*'I never thought I would be saying this but these Zoom courses have been invaluable during this pandemic. They have been vital to me for my self-development and as a means of connecting with other Women experiencing the same issues caused by life experiences and especially the uncertainty of the pandemic. I have through the courses learned coping methods and now have more tools to manage my life going forward.'*

*'I was a bit apprehensive at the beginning of the Zoom courses last year, but since taking part on a few courses, I feel Zoom is vital means to keep women connected to these sorely needed self-help and development courses. Like all new technology the zoom courses have their pros and cons, but I have found mostly pros'*

*"Marina's course has been absolutely brilliant and I have already recommended it to several friends and family. I have been shielding for the past year, and the weekly zoom has been something to really look forward to and marks the week for me. The information provided and discussed has been of such practical value and is easy for me to understand and apply to my daily life. Instead of feeling overwhelmed by everything, I am slowly but surely dealing with issues that have been holding me back and this has given me a sense of getting control back of my life".*

*"I just wanted to say a big Thank you to all at Derry Well Woman for the help I have received over the last couple of months. I am really enjoying the courses, they have been so beneficial to me. I am currently off work with anxiety mainly due to the ongoing pandemic. I feel the zoom classes have been a huge help to me during this time and helping me cope. I look forward to the courses each week.*

*"The CBT workshop I do on a Wednesday evening has honestly been invaluable to me. It's been something to look forward in the times of Covid when everyone's social lives and mental health has been affected. I've been struggling lately due to health issues and day to day things and her program has been an escape for me.. Although it was over zoom, it was definitely a safe space and supporting space for me".*

**Our Long Covid Yoga Exercise Programme has been attended by 54 Women**

This exercise programme developed by Orla O'Brien (yoga practitioner) whom herself is suffering from Long Covid is to aid recovery both physical, emotional and mental wellbeing during these difficult times.

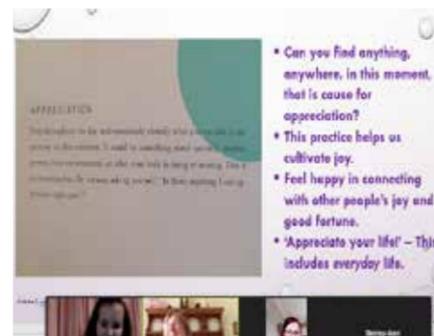
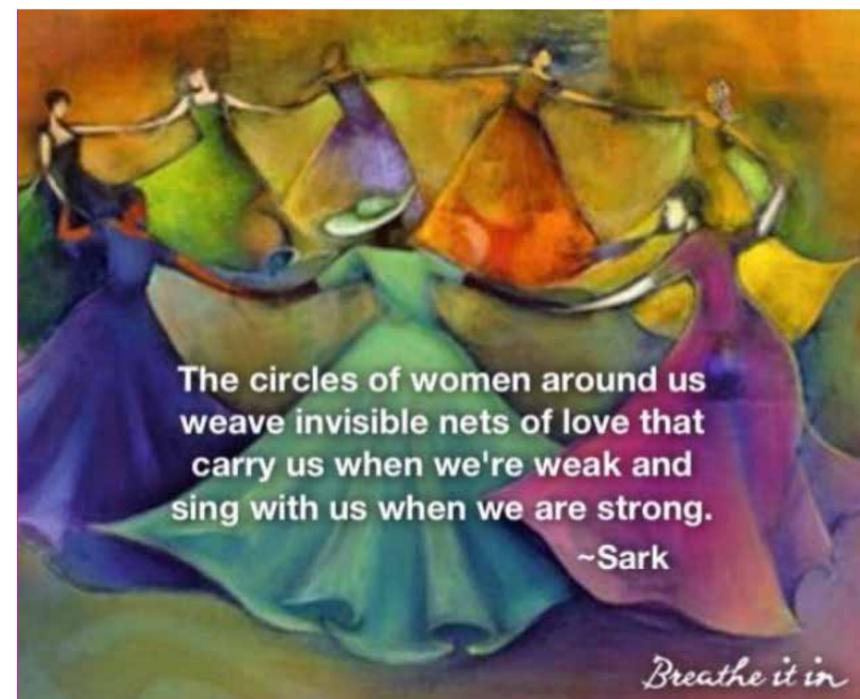
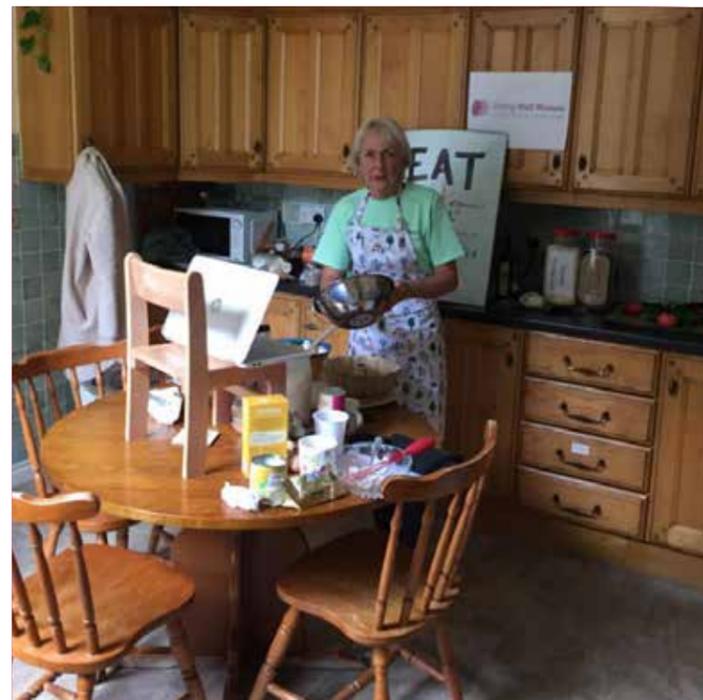
Although this is going to be a slow journey of recovery the feedback so far has been very positive.

*'I've seen an improvement in most of my symptoms in just a few weeks and I think it has to do with the fact the long covid yoga class allowed me to meet other women around my age going through similar health experiences, meaning my anxiety around my health has really profoundly dropped. I think this reduction in anxiety is what's responsible for me feeling so much better physically as well!!*

*"I have felt from attending the classes: Feeling more relaxing, got purpose in having a support group to talk to every week. Restorative yoga had really helped me stretch put my body and feeling a lot more relaxed at the end".*

*"I have really enjoyed the classes over the last 5 weeks and found them very beneficial. In particular, it has helped with my anxiety levels as I experienced a bad flare up of my symptoms following the Covid vaccine. My fatigue and pain has been worse since but I find the classes have helped immensely with breathing and mindfulness.*

*Orla is a wonderful teacher and I find that the way she has tailored the classes around our Covid recovery really helpful".*



**Derry Well Women**  
At the forefront of womens' health

## Statement of Financial Activities

(Incorporating the Income and Expenditure Account)

For the year ended 31st March 2021

	Unrestricted funds	Restricted funds	2021 Total	2021 Total
	£	£	£	£
<b>Incoming resources</b>				
Incoming resources from generating funds:				
Voluntary income	2,791	-	2,791	19,948
Investment income	1	-	1	5
Incoming resources from charitable activities	-	281,878	281,878	280,090
<b>Total incoming resources</b>	<u>2,792</u>	<u>281,878</u>	<u>284,670</u>	<u>300,043</u>
<b>Resources expended</b>				
Costs of generating funds:				
Charitable Activities	9,147	272,733	281,880	285,025
Governance costs	-	3,840	3,840	3,840
Other resources expended	-	-	-	72
<b>Total resources expended</b>	<u>9,147</u>	<u>276,573</u>	<u>285,720</u>	<u>288,937</u>
<b>Net incoming/(outgoing) resources for the year / Net income/(expenditure) for the year</b>	(6,355)	5,305	(1,050)	11,106
Transfer of Funds	3,358	(3,358)	-	-
<b>Other recognised gains and losses</b>				
Gains on revaluations of fixed assets for the charity's own use	93,440	-	93,440	-
Gains on revaluation				
Total funds brought forward	109,495	1,789	111,284	100,178
<b>Total funds carried forward</b>	<u>199,938</u>	<u>3,736</u>	<u>203,674</u>	<u>111,284</u>

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.

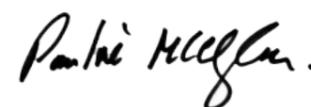
All of the above amounts relate to continuing activities.

## Balance Sheet

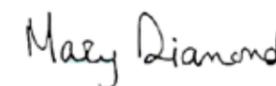
as at 31st March 2021

	2021	2020
	£	£
<b>Fixed assets</b>		
Tangible assets	152,374	61,357
<b>Current assets</b>		
Debtors	1,120	3,365
Cash at bank and in hand	72,978	63,605
	<u>74,098</u>	<u>66,970</u>
<b>Creditors: amounts falling due within one year</b>	(22,798)	(17,043)
<b>Net current assets</b>	<u>51,300</u>	<u>49,927</u>
<b>Net assets</b>	<u>203,674</u>	<u>111,284</u>
<b>Funds</b>		
Restricted income funds	3,736	1,789
Unrestricted income funds	199,938	109,495
<b>Total funds</b>	<u>203,674</u>	<u>111,284</u>

The financial statements were approved and authorised for issue by the Board 17 June 2021 and signed on its behalf by



**Pauline McClenaghan**  
Director



**Mary Diamond**  
Director

**Company Number: NI022926**

# Derry Well Women Team

2020 - 2021

## Board Members

Pauline Mc Clenaghan  
(Chairperson)  
Phil Mahon  
(Vice Chairperson)  
Mary Diamond (Secretary)  
Sinead Callan (Treasurer)  
Philomena Melaugh  
Nuala Doherty  
Grainne Mc Laughlin  
Sarah Kelly  
Karen Meehan  
Carrie Jain  
Paula Barr

## Staff

Susan Gibson  
Ann Mc Donald  
Patricia Villa  
Patricia McAdams  
Rachel O'Donnell  
Fiona Walker  
Oonagh Butler

## Clinical Team

Audrey Parke  
Nigel Nutt  
Jennie Flannigan

## Generic Counselling Team

Ann 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  
Francesca Pagliaro

## Cancer Counselling and Cancer Complementary Therapy Team

Mary Diamond  
Geraldine Duddy  
Tracey Harrison  
Anne Flanagan  
Patricia Swann  
Brigean Byrne  
Nolene Mc Cauley

## Carers' Helpline

Cathy O'Donnell

## Support Group Facilitators

Mary Diamond  
Tracy Harrison  
Erin Nelson  
Bronagh McSorley

## Tutors & Facilitators

Christine Bateson  
Siobhan Heaney  
Marie Hone  
Anne Browne  
Marina Sweeney  
Patricia Swann  
Aileen Mulheron  
Nolene McAuley  
Niki Cross  
Deirdre O'Hara  
Philomena Mc Dermott  
Nuala Doherty  
Carmel Mulrine  
Tracy Harrison  
Kathryn Rough  
Stephanie Mc Gregor  
Orla O'Brien

## Complementary Therapists

Brigean Byrne  
Marie Hone  
Patricia Swann  
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Jennifer Mc Clements

## Crèche Volunteers

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