

www.derrywellwoman.org

Charity No.: NIC 101247 LLC: NI 22926



Derry Well Women

At the forefront of womens' health



34th Annual Report 2022



Our Strategic Aims

1

2

To provide women with a women-centred health service which will improve the health and wellbeing of women, families and community and recognise the changing needs of women’s health

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.

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Front Row Left to Right: Nuala Doherty, Carrie Jain, Fiona Walker, Sinead Callan, Susan Gibson, Pauline Mc Clenaghan.

Middle Row; Phil Mahon, Sarah Kelly, Paula Barr, Philomena Melaugh.

Back Row; Anne Mc Donald, Rachel O Donnell, Oonagh Butler. Patricia Villa, Mary Diamond, Karen Meehan, Grainne Mc Laughlin, Tara Boyle



"Women's longer lives are not necessarily healthy lives"

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



Chairperson's Report

2021-2022

It is an honour and a privilege to present the Annual Report on the work of Derry Well Women for the year ending March 2022. The work we have undertaken throughout the year continues to reflect our mission which is to collaborate with women in the North West of Ireland to design, produce and deliver programmes and services in accordance with the physical, physiological, social and spiritual health needs they themselves have identified and in light of the challenges they face.

The challenges have been many: the long term consequences of the Covid Pandemic on women's physical and mental health, on that of their families and on those cared for by many of the women using Derry Well Women services; the continued impact of the Pandemic on the health care system and access to health services; rising prices and the increasing risk of poverty faced by so many; anxieties associated with the war in Europe and with the climate and environmental crisis. These issues and others have increased the demand for Derry Well Women programmes and services and the organisation has sought to meet these increasing demands by ensuring that Derry Well Women remains a modern, professional, sustainable and effective organisation capable of adapting to women's changing health needs. In the course of the year we delivered programmes and services to 2438 women and children including counselling, self-help and advocacy programmes, care and support programmes for specific groups of women, chronic illness management

programmes and services, clinics and screening, parenting support programmes and women and children programmes. Working with partners we also successfully established the Cancer Connected Communities project on which we act as lead partner and we have continued to act to address health inequalities, promote social inclusion and advocate for policy change in health and social care. Susan will describe this work in greater detail in her report and outline how Derry Well Women structures are developing and adapting to the changing context shaping our work. Suffice to say that we have begun a process of reviewing and writing Derry Well Women's 33 year history as a women's health organisation, with a view to sharing our experience with other similarly committed organisations and communities and of informing and shaping our organisational future. I take this opportunity to thank our Centre Manager Susan and her staff, counsellors and volunteers for their hard work, diligence and commitment to Derry Well Women ideals. I welcome our new staff



members Yvonne O' Doherty, Crèche Coordinator and Deirdre O'Neill Coordinator and Jennifer Turner, Resource Assistant on the Cancer Connected Communities West Project and I thank our partners on this project Action Cancer, Advice NW, Cancer Focus, Care for Cancer, SWELL and the WHSCT.

I thank all our funders without whom the wide range of programme and services we provide would not be possible and finally I thank my colleagues on the Management Committee whose voluntary commitment to the organisation and hard work on its behalf is conducted openly and collaboratively and with the warmth and affection that so well reflects the ethos and practice of Derry Well Women.

A handwritten signature in white ink that reads "Pauline McClenaghan".

Dr Pauline McClenaghan
Chair Derry Well Women

Secretary's Report 2021 -2022



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

The Derry Well Women Board of Directors has met via zoom on eleven occasions this year and hosted its 33rd AGM on 24th June 2021.

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 but are putting themselves forward again for re-election. They are Paula Barr, Phil Mahon and Carrie Jain.

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 affectively 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 saw the welcome phased reintroduction of in house programmes following on from the Covid pandemic with the return of all support groups, mother and baby programmes, training and individual therapies including counselling. This return was managed in line with all DHSSPS guidelines and our own Health and Safety policies which were kept under constant review. We also continued to deliver extensively via Zoom with a large uptake particularly of our mental health and well-being programmes.

The Board reviewed the following policies throughout the year:

1. All Crèche/Childcare policies including Safeguarding our Children Policy;
2. Lone Worker Policy;
3. Protection from Abuse Policy;
4. Protect Life Policy

and introduced the following new policies:

1. Salary Review Policy;
2. Social Media Policy.

The Board continued to be responsible for ensuring the organization has the financial and staffing resources to fulfill its mission.

Despite the challenges which the pandemic placed on our raising funds particularly through on the ground fundraising 2021/2022 proved to be a very successful year in our securing funding from a broad range of Charitable Trusts. Funding was secured to commission training to ensure all staff, facilitators and counsellors understood the ethical aspects of providing online services. Staff and Committee also engaged in Social Media training and developed a Digital Media Strategy.

We attracted funding to develop new initiatives including the National Lottery funded Cancer Connected Communities Project; to enhance our Parenting and Mother and Baby Programmes; to secure our Crèche for a further three years; to ensure services for victims survivors of the Troubles for a further year and to support the organisational and strategic development of Derry Well Women over the next three years. We

accessed significant capital funding to renovate the centre and resurface the outdoor play area with safety surfacing. In addition we also received generous private donations.

Last year saw changes in the staffing team with the welcome addition of Jennifer Turner and Deirdre O' Neill to the Cancer Connected Communities Project, the resignation of Rachel O Donnell as Creche Coordinator and the arrival of Yvonne O Doherty as her replacement.

This year Board and Staff attended Recruitment Training, Designated Child Protection Officer training and Social Media training.

Members were also active in delivery of programs such as counselling and they also continued to support staff through line management.

Board met key challenges throughout the year including the requirement to temporarily relocate some of our services to Bayview Terrace for three months whilst we awaited access to the Church in which we accommodate larger groups. I would like to acknowledge Henry Mc Kinney Newtownstewart Construction who kindly provided his premises over that period.

I would like to thank everyone - the staff, the therapists, counsellors facilitators and volunteers for their dedication their hard work and their commitment to delivering on the Derry Well Women mission.

Mary Diamond

Mary Diamond

Treasurer's Report 2021-2022



As Treasurer of Derry Well Women, I am delighted to report on the financial activities of the organisation for 2021/22. Covid-19 has continued to bring challenges both financially and non financially this year, however through the dedication of the Manager, staff and Board, and the ongoing support from our funding bodies, Derry Well Women continues to ensure the quality of its core services has not been impacted.

Our contract with the Western Health and Social Care Trust (£125.8k) has been maintained to cover core running costs. We also maintained our funding from the Victim and Survivors Service (£104k) to support counselling, complementary therapies and social support programmes as well as £3.5k towards environmental improvements. Our creche has been supported by Pathways (£15k) and Children in Need (£7.3k) towards salary costs with a further £11.9k from The Trusthouse Foundation towards child and parenting programmes and core costs.

In November 2021 the Cancer Connected Communities Project was launched, with Derry Well Women the lead partner along with other organisations in the Western Trust Area, engaging with marginalised groups where cancer services are limited. The project is funded by the National Lottery Community Fund and is worth £465k over 3 years, of which £38.4k has been received in year.

Derry Well Women concentrated its fundraising activities this year on applications to grant making trusts and attracting charitable giving. We

were successful in securing £3.9k from the Truemark Trust, £4.2k from the Souter Trust and £3.2k from WHSCT Talking Therapies to deliver additional counselling services. The Rosa Women's Thrive Fund provided £12.9k towards salary, programme costs and organisational development costs whilst funding was secured from the Wesleyan Foundation of £6.7k to support and adapt Derry Well Women services and programmes during 2021/22.

We were also successful in drawing generous contributions from the Belfast Cathedral Sit Out, the Thompson Trust, Tesco Groundwork, Enkalon and the Halifax Foundation who, together with other donations, helped to uplift our unrestricted funding and are greatly appreciated. The above contracts, funding and other contributions brought our total income for 2021/22 to £355.6k.

Expenditure in 2021/22 was £360k, a significant increase of £74k from last year. This mainly reflects the increased level of activity this year with programme costs of £128.6k an increase of £46.3k from 2020/21. Unavoidable inflationary rises were also felt in nearly all areas of the organisation particularly affecting

our utilities and other running costs. In addition to programme costs, the main areas of expenditure continue to be salaries and related costs (£172.2k), rent (£11.9k), essential maintenance and repairs (£6.7k) and running costs and overheads. Based on this, Derry Well Women recorded a deficit of £4.6k for the year reflecting a fair outcome given the current climate.

As we continue to develop organisational and financial resilience in the wake of Covid-19 we must also be mindful of the cost-of-living crisis and its impact on the organisation, with rising costs, depreciating income, and its potential effect on charitable donations. We will continue with our fundraising activities, review and rationalise our programmes services where appropriate and look towards effective partnership working to ensure there is minimal impact on the financial stability of the organisation and its ability to deliver its core services. The strong leadership of Susan, the dedicated staff and Board, coupled with our range of policies, procedures and working practices, review mechanisms, robust financial procedures and controls, and good governance arrangements, will help to ensure we are well placed going forward.

Sinead Callan
Sinead Callan
Treasurer Derry Well Women

Derry Well Women's 33rd AGM



Manager's Report 2021-2022



This year has seen a rise in the number of women accessing our services with a significant rise within some categories of work.

The impact of Covid would appear to have been most acutely experienced by young mothers, older isolated women, women living with mental ill health, women going through the menopause and women living with chronic conditions including cancer.

Covid has led to an escalation of domestic violence and relationship breakdown, the emergence of acute mental health issues and the development of prolonged illness directly related to Covid. This combined with a reduction in access to primary care services and increased waiting lists has created increased pressures on organisations like ourselves who are daily receiving referrals. Within the last year Derry Well Women has experienced an unprecedented demand for support particularly from women living with emotional/mental distress and/or domestic violence.

The Department of Health in Northern Ireland has resourced its commitment to enhancing primary care by establishing Primary Care Multidisciplinary Teams (PCMDT), one of which is in the Derry area. The teams include Social Workers and Mental Health workers who are working to integrate community and voluntary sector provision with that of both the Western Health and Social Care Trust and as provided by GPs. This has resulted in an increase in referrals to Derry Well Women for Mental Health and Social Support provision.

The increase in women (and families) living with mental/emotional distress and domestic violence is a challenge for both Derry Well Women and our partners in Health and Social Care provision. We will meet this by continuing to seek resources and by maintaining existing strong partnerships with appropriate agencies within the Community and Voluntary Sector and the wider Health and Social Care Family.

This increasing demand has been heightened by staff from within the local PCMDT referred to above.

For the most part we have adapted and "flexed" to successfully meet this demand - maximising technology to make services more accessible where possible.

Derry Well Women has a team of 14 counsellors, 9 Complementary Therapists, 16 Group facilitators who have worked hard to ensure we maintained a high level of provision to meet demand.

There has been a growth in the move to private practice among some of our team. There will be an onus on us to recruit and retain the qualified and experienced individuals we need to maintain our exemplary level and standard of service provision.

As we move to normal business following the lifting of COVID restrictions we will be required to maintain both our incremental provision of face to face service as well as the technologies which have

improved access and reduced waiting times in many areas.

Having identified the challenges a combination of a robust managerial infrastructure and strong partnerships will ensure we are well placed to meet them.

In 2021/2022 we delivered services both in house and outreach to 2438 women and children. These women were expectant mums, young mothers, young women, older women, carers, women living with domestic abuse, Post Natal Depression, trauma, depression, anxiety, loss and bereavement, relationship issues and anxiety and depression in the aftermath of the Coronavirus pandemic. These were women living with long covid, living with chronic illness, living with a cancer diagnosis. Many were in poverty and facing a year of further hardships.

All were committed to their own health and well-being as well as that of their children and family and viewed Derry Well Women as a lifeline which promoted their health and well-being, put them and their children first and supported them to cope, to hope to thrive.

This is borne out in the testimonials quoted throughout.

We used a holistic approach to address all dimensions of women and children's well-being and considered all determinants on women's health 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 housing etc.

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

This year continued to be challenging for the creche requiring us to be flexible and innovative in how we delivered services to children and families.

Unprecedented demand led to the development of both new in house and out of centre activities.

We expanded programme delivery to include additional Stay and Play programmes, The Incredible Years, Little Explorers, Mother and Baby Swim and Paediatric First Aid.

This year we delivered within two categories of work.

1. Creche and Children's Programmes

2. Parenting Support Programmes

We delivered an integrated progressive range of programmes (ante/post natal classes, breast feeding support, baby massage / reflexology, behaviour/sleep management) which created a safe hub for family support where connection was made with others, learning happened collectively and where support was available through the wide network of services.

In total **734** parents and children participated and benefitted from the services and programmes we offered this year.

1. Creche and Children's Programmes

Within this category of work we delivered within four areas - Creche, Stay and Play Programme, Mother and Baby Swim Programmes and Baby Massage/Reflexology.

Creche

Three hundred and forty nine (**349**) Creche sessions with an attendance of 6 children at each session were delivered this year

These included Little Explorers days, 20 Summer Scheme sessions in August for 12 children, one Halloween Party for 12 children and one Christmas outing for fifteen children and eighteen parents and carers and two Stay and Play Programmes.

The crèche worked to achieve three differences in children.

Difference One.

Children will have feelings of insecurity, anxiety, frustration and loneliness modified to increased sense of safety, contentedness resilience and social connection.

Difference Two.

Children will have increased speech and language skills enabling confident expression and strengthening their social connections.

Difference Three

Children have an enhanced range of life skills related to their physical cognitive and social /emotional development.

The daily crèche focussed on children's mental health and well-being, speech and language and social and emotional development. Children 0-4yrs enjoyed and experienced structured and free play enhancing their physical, social and emotional development and helping them get the best possible start in life.

Respite - We supported vulnerable children and mothers through our "Little Explorers Programme" every Friday morning. Intake to the programme rotated every twelve weeks. During these sessions there were activities such as outdoor adventures, physical play, sensory experiences, using local resources such as parks, libraries and nature trails to expand knowledge of the wider community around them. As a result of these activities/services children gained resilience, confidence and a sense of normality. They strengthened their social connections, improved communication skills and became more connected in their home environment and the wider community.

Our activities reflected our responsibility to give children a sense of safety, to build coping skills and resilience and to reverse the impacts of Covid especially on speech and language development and social interaction.

This is Me and Media Initiative resources educated children about feelings and gave them opportunities to express themselves.

Storytelling/Discussions - We used story telling with props to teach children about transitions and life events, by doing this we supported children to open up and express emotions.

Sensory and tactile play reduced anxiety, supported curiosity and safe exploration; Imaginary play, using prop boxes, home corner and group activities encouraged communication and language development.

Music/Movement sessions - introduced new songs/rhymes and established new vocabulary.

Our Little Explorers Programme encouraged children to be curious and explore independently of parents.

Physical play encouraged independence and risk taking through activities such as obstacle courses, nature walks and summer scheme.

Heuristic Play challenged children's thinking, decision making and ability to initiate self-directed play.

Daily activities and routines e.g snack time and personal care, hygiene etc enabled children to become independent, develop life skills and sense of achievement from learning new things. Music/ Movement sessions -introduced new songs/rhymes and established new vocabulary

Summer Scheme included activities and outings involving parents e.g. teddy bears picnic, toddle waddle and nature adventure.

Children and Parents Hub - We worked in partnership with parents giving feedback, tips, information and resources to extend the learning from the creche to the home. We up-skilled parents in play and supported them to show appreciation of their child's development and potential.

Stay and Play Programme

We delivered five x 4 week Stay and Play Programmes to 67 Mums and their children.

These four week programmes gave parents the opportunity to explore messy/sensory play with their child and gain ideas of what can be done at home to further develop play skills and begin to interact with other children.



The programme made parents aware of how to develop their child's speech through concepts such as 'commentating' when their child is playing, rather than asking lots of questions. Parents and children explored music and rhymes, through song and instruments.

Parents and children had fun exploring physical play through using a variety of items available in the home, therefore, extending play to items which are low cost or free.

Mother and Baby Swim Programme

We ran 8x 6 Week Mother and Baby Swim programmes for 50 mums and their babies.

This was a first for us and demand was enormous with 60 Mums requesting to join.

They aimed to remove any fears parent or child may have in water and create an atmosphere of safety and fun.

The programme was delivered by a qualified and Access NI checked instructor and we hired our local Templemore Sports Complex. All participating babies had received their baby vaccinations.

The programmes enabled parents to support their baby in water confidence and build on skills for gradual child led submersion.

Breastfeeding Support Group

In October we welcomed back breastfeeding Mums to our in house Breastfeeding Support Group with 8 mums attending regularly. Facilitated

by a health visitor this group provides invaluable practical support and peer support to mums. This year twenty five breastfeeding mums were supported this year.

Baby Massage and Baby Reflexology

We ran 9 programmes x 4 weeks x 1 hour Baby Massage Programmes for 93 mothers with their babies and 9 programmes x 1 hour Baby Reflexology for 95 mothers with their babies.

These programmes helped increase long term bonding between mother and child as well as helping with babies digestive issues such as colic, reflux and constipation.

Five Parenting Support Programmes

In line with our target of improving mental health for mothers by their gaining skills and coping strategies we ran five programmes to support mums pre, peri and post -natally.

Ante Natal Classes

We ran 12 x 3 weeks 4 antenatal classes as well as offering one to one support by telephone.

The programmes aimed to support first time parents through pregnancy, and prepare them for labour, birth and the early days of baby's life. It was an opportunity for pregnant mothers and their partners to gain knowledge of health in pregnancy and parent education. This was a particularly well taken up service as access to pre natal support was seriously diminished over this period due to coronavirus.

Two hundred and forty (240) parents were supported to: Think about who is there for support; complete a birth plan; become aware of various birth positions; recognise the stages and signs of labour; have knowledge of pain relief options available; prepare for getting to know your baby; discuss feeding options and become aware of responsive feeding; discuss benefits and concerns regarding breastfeeding

Post Natal Depression Programme (Minding Mummy).

We were delighted to reintroduce in house our Minding Mummy programme to mums experiencing post natal depression.

This had been suspended over lock downs and restarted in November.

Twenty Seven (27) mums have been attending this group facilitated by a qualified health visitor.

Paediatric First Aid

One two week programme for 18 mums which was in response to demand for mothers struggling to access services and who wanted support in handling minor ailments at home for their children.

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, Getting to Know Your Baby, Baby Massage/Reflexology, Behaviour and Sleep Management Programmes and Minding Mummy 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. The WHSCT ante natal programme Getting Ready for Baby was again not available this year and has led to the upsurge in demand with 240 parents

attending classes this year.

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.

Table to demonstrate levels of activity associated with Supporting Women and Children 2021/2022

Intervention	Number of sessions per year		Average Attendance per session	Numbers of women/children
Breast Feeding Support Group	Weekly sessions	23	7	25
Baby Massage	9 x 4 week Programmes	36	7	93
Attachment Programmes	9 x 4 week Programmes	36	7	95
Minding Mammy Group	6 x 4 weeks Programmes	24	6	27
Family Healer / Paediatric First Aid	1 x 4 weeks			
1x 2 weeks	6		27	27
Family Time	2 Family Events	2	23	47
Ante Natal Classes	12 x 3 weeks programmes	36	20	240
Crèche	Daily Sessions	349	6	63
Stay and Play	5 x 4 week programmes	20	10	67
Mother and Baby Swim	8 x 6 week programmes	48	10	50
	Total	580		734

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.

Menopause Clinic and Information Sessions

The menopause clinic continued to provide a monthly telephone clinic offering information, advice and support to women experiencing menopausal symptoms.

75 women were supported this year.

CBT Programme for Women living through the Menopause

One issue to emerge during the Covid 19 lockdown was increased loneliness, isolation and struggles to cope for women who were peri menopausal. Whilst Derry Well Women runs a monthly clinic and telephone support service it became obvious that the one to one support alone was not sufficient to meet the increasing demand. So in addition to doubling our clinics we engaged Dr Sandra McNeill, Consultant Obstetrician and Gynaecologist to deliver a CBT programme for menopausal women with the assistance of Audrey Parke Menopause Nurse and Derry Well Women Clinician. The programme ran for six weeks.

Each session introduced a new topic and built on what had been learnt during the week and in the previous session. Daily diary records were important to assess, how recommended changes participants had made were helping them.

Homework was given each week and participants were asked to make individual goals for each session of the treatment.

The programme addressed menopausal symptoms, the physiology and manifestation of hot flushes, managing night sweats, the role of thoughts, feelings and behaviour. Stress management, healthy lifestyle, problem-solving, relaxation and paced breathing with imagery and goal setting were also addressed.

This programme was attended by eight (8) women.

Sexual Health Awareness Schools Programme 2021.

1. St Catherines Strabane Primary School May 2021 3 sessions 91 children.
2. Sion Mills June 2021 2 sessions 30 children.

- 3. December 2021 20 pupils
- 4. March 2022 Claudy School 18 pupils

"The Primary 7 children really enjoyed their sessions with Jennie. It is so useful to have another voice to come in to school to engage the children in the way that someone different can. Expertise and the credibility that comes with the health background adds to the information provided as well as giving a confidence to those children who are anxious." Primary 7 Teacher

Below is an email written by one of the P7s. We think it's important that the children's own voices are heard.

"We the P7 class would like to thank you for coming to Sion Mills Primary School last month. We all agreed that you provided very important information about keeping safe. We appreciate how you made us feel comfortable when talking about puberty. It was less awkward than first expected. Now we know ourselves that bit better."

Pregnancy Loss and Bereavement Counselling.

In 2021/2022 18 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.

Table to demonstrate levels of activity associated with Gender Specific Interventions. 2021/2022

Intervention	Number of sessions per year	Average Attendance per session	Numbers of women
Menopause Clinic	65 hours x Telephone Clinic	65	75
Menopause Talks	2x Talks	2	30
Menopause Management using CBT	4 x 2 hour sessions	4	8
Stress Management for Women Survivors of Domestic Abuse	194 Counselling Hours	194	32
Pregnancy Loss and Bereavement Counselling	101 Counselling Hours	101	18
Sexual Health Schools Programme	7 x 2 hour sessions	7	159
	Total	373	322

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 very successful WhatsApp group.

This year Derry Well Women delivered cancer counselling to 8 women new to this service. We delivered 2 Well Programmes to 16 women. We delivered 69 complementary therapy sessions to 32 women. We continued to facilitate a WhatsApp support group for a membership of 21 women with 14 checking in regularly. We reintroduced the in house cancer support group in September which has met fortnightly since with an average of twelve attending.



"A year after my diagnosis I heard about Derry Well Women and decided to get involved in their support group. It was more than just meeting in a room on a Friday, we used to meet for lunches regularly and we have a group text, so we never feel alone - we're a support system for each other. I found being in a room with other people who understand what I'm going through and might be feeling the same emotions as me really beneficial."

Additional Activity Within Cancer Services



CANCER CONNECTED
COMMUNITIES

Cancer Connected Communities Project Background

Cancer Connected Communities is a partnership led by Derry Well Women with Action Cancer, Advice NW, Cancer Focus, Care for Cancer, Omagh and SWELL Enniskillen.

The partnership is dedicated to supporting people affected by cancer in the Western Trust area by connecting them to each other, to sources of support within their communities and to those who can make a difference to how and where they receive services.

It is a three-year project funded by a grant of £465k from the National Lottery Community Fund and it engages marginalised groups where cancer services are limited and where there are barriers to access relating to rurality, poverty, and fear.

Although they do not benefit from the funding the project also has the partnership of the WHSCT and Macmillan.

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.

The Cancer Connected Communities Project is based on a four tier Model of engagement developed by Derry Well Women. The essence of the model is that those providing health and social care services (in this case community-based support services) listen to those they are caring for throughout the caring episodes.

Tier One - Provision of community programmes across this Trust area in which facilitators and care givers are gathering and recording knowledge based on client experience at the point of delivery.

Tier Two - Gathering Sessions were the partners and the Western Health and Social Care Trust bring together participants and facilitators to tell us what is being experienced and what is being heard to capture the common themes that would shape a change agenda.

Tier Three - Finally at tier three the partners meet with Trust representatives and commissioners and agree actions and commitments in respect of the main themes that will then be announced at a stage 4

Tier Four - At Tier Four Partners, participants, focus group members, health service providers and planners and other relevant agencies will attend a Commitment to Change Conference to address and make public their commitments.



Commitments made will be recorded and action against each one will be monitored to assess progress which will be fed back to those who participated.

Project Launch:

November 9th, 2021 Official Project launch, Silver Birch Hotel, Omagh.

Key representatives in attendance:

- **NI Health Minister** - Robin Swann
- **Cancer Connected Communities** - Jennifer Turner, Resource Assistant
- **Cancer Connected Communities partners:** Action Cancer, Ruth Fleming, Advice NW, Jacqueline Gallagher, Cancer Focus, Anthony Stewart, Care for Cancer, Martina Morris & Laura Mills, Derry Well Women lead partner, Susan Gibson and SWELL, Enniskillen, Genevieve Irvine.
- **WHSCT:** Neil Guckian, Chief Executive; Geraldine McKay, Director of Acute Services, Una Cardin, Assistant Director of Operations and Service Improvement, Cancer & Diagnostic Services.
- **Macmillan:** Tara Boyle Manager.
- **National Lottery:** Amanda Doherty, Head of Communication & Engagement and Lorraine Gallen, Funding Officer.

Since September 2021 the Cancer Connected Communities, project has provided a high level of support to 289 clients through a range of 14 programmes tailored to meet needs of people living with cancer.

The support provided to date includes 92 counselling sessions and 108 complementary therapy sessions.

Tables to demonstrate levels of activity associated with Mortality, Morbidity and Chronic Disease Management 2021/2022

Intervention	Number of sessions per year	Average Attendance per session	Numbers of women	
Cancer Support Group	13 x 2 hour sessions in house. 19 x on line	13	12	35
Complementary Therapy Treatments	69 x 1 hour treatments	69	1	32
Stress Anxiety Management	1 x 8 weeks x 2 hours	8		8
Mental Health and Well Being	1 x 8 weeks x 2 hours	8		11
Cancer Counselling	161 x counselling sessions	161	1	8
One Day Programme	2 x 2.5 hours sessions	2		18
The Well Programme for Women Living with Cancer	2 x 8 week programmes	16		16
Carers Support	12 x one to one support	12		12
Expert Patient Group		5		8
Total		294		148

Managing Long Term Conditions Pilates

We continued to run Pilates this year to great success.

Fifty (50) women attended this programme over the course of the past year. Due, however, to facilitator unavailability we were unable to deliver this programme since September 2021.

Emotional Detox

25 women completed two programmes

Aims of the programme:

To introduce a way of bringing peace into our lives through non-violent communication.

To enable participants to discover the language of peaceful living.

To help women understand the concept of speaking peace as taught by Rosenberg.

Benefits of the Programme:

Participants looked at how to deal with pain through relaxation and meditation.

They experienced listening to and responding to the body- a new concept for many of the women.

They experienced a growing awareness and benefits of knowing mind and body and nourishing the two.

Women Experiencing Long Covid

We delivered 60 sessions of gentle restorative yoga for 129 women living with Long Covid.

These were women who continued to feel the debilitating effects of Covid for between twelve weeks and a year beyond the initial illness.

The programmes were facilitated by a health care professional who herself is living with Long Covid.

Restorative Yoga aimed to provide:

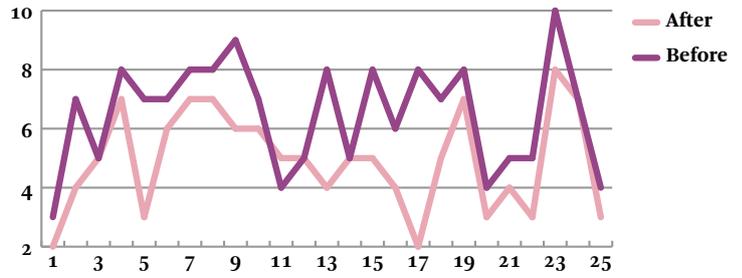
- a supported, calm place for participants to relax and rest;
- Gentle breath awareness to support diaphragmatic breathing;
- Gentle seated or lying stretches specific for muscles which may be affected by Covid;
- Deep relaxation and rest in restorative yoga to reduce stress, improve fatigue levels, reduce pain and improve sleep quality;
- The following tables outline the percentage improvement across

25 participants in levels of fatigue, pain, breathlessness, sleep and anxiety levels.

- Results for fatigue, pain, breathlessness and sleep relate to all 25 assessments.
- Results for levels of reduction in anxiety related to only those 10 participants (4%) who had reported suffering from anxiety.

Improvement in Fatigue Symptoms

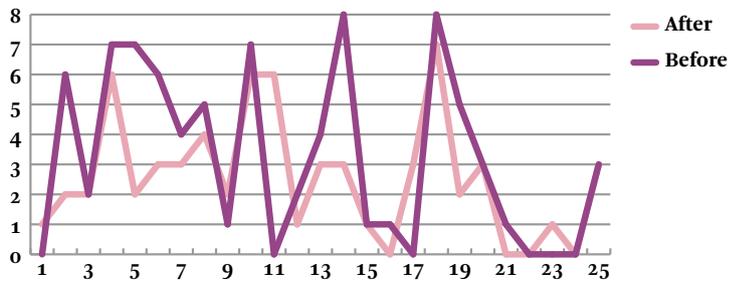
The results ranged from 16% of participants recording no improvement to 4% of participants recording 60% improvement. The greatest number of participants (10) recorded 10% improvement. (1) participant recorded an increase in fatigue symptoms



Improvement in Level of Pain Symptoms ranged from 5 participants recording an increase in pain levels to 14 participants recording a reduction and 6 reporting no change. The level of increase in pain levels within the 5 participants reporting additional pain ranged from 10% to 60% In discussion with the facilitator she said, of the increase in pain and fatigue levels,

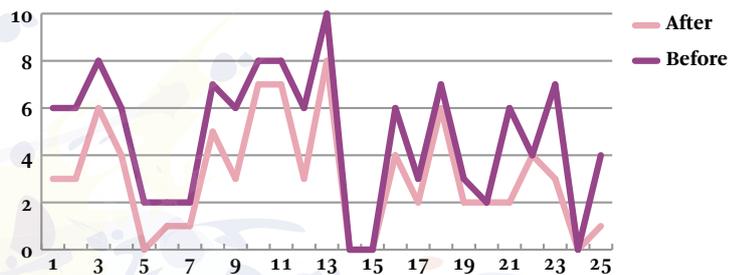
“Mainly it was due to Covid vaccines increasing symptoms at that time unfortunately which increased their symptoms i.e. pain and fatigue for a few weeks”.

The level of reduction in pain for the 14 participants ranged from 9 x 10% - 2 x 30% - 1 x 40% - 2 x 50%. 6 participants recorded no change in level of pain.

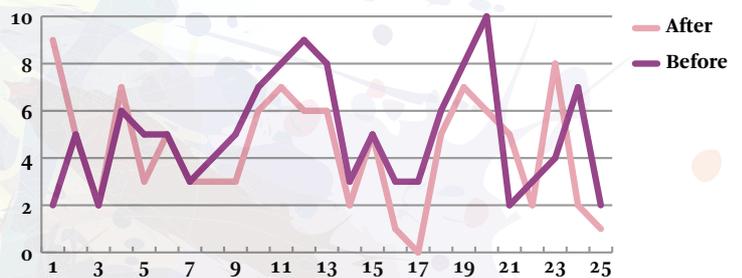


Improvement in the Level of Breathlessness

experienced ranged from 5 participants recording No improvement, to 2 participants recording 40% improvement. The greatest number of participants 7 experienced 10% improvement with 6 participants recording 20% improvement and 5 participants recording 30% improvement.

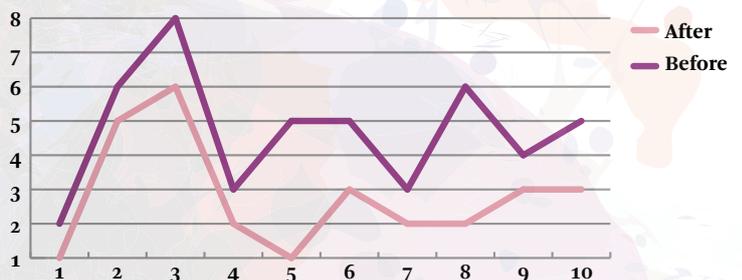


Improvement in Level of Sleep experienced by participants ranged from 5 participants recording no improvement, 9 experienced 10% improvement, 4 experienced 20% improvement, 3 experienced 30% improvement, 2 experienced 40% improvement, 1 experienced 50% improvement and 1 experienced 70% improvement.



Improvement in the Level of Anxiety Experienced 10 participants (40%) experienced Anxiety in relation to Long Covid

Improvement in the Level of Anxiety experienced ranged from 0 participants recording no improvement, to 2 participants recording 40% improvement. The greatest number of participants (5) experienced 10% improvement with the remaining 3 participants recording a 30% improvement.



Participant Feedback

Living with Long Covid

"The Long Covid Recovery Programme has been so beneficial to me in my recovery. I've been living with Long Covid for 20 months and in this time, no other therapy I've tried has benefitted me in the way the yoga classes have".

Improvement on Physical Health

"On a physical level, I feel I've gotten much stronger, especially my legs, which has made going for walks possible again.

My mental health has also hugely benefited from the classes. I live alone, so really look forward to Wednesday mornings and getting to meet and chat with the other participants before class begins. I feel so lucky to be part of this wonderful group and very grateful that we have such a knowledgeable and caring teacher."

"Physically learning new poses, stretches, breathing techniques, tapping, muscle relaxation and creating energy around the body to name a few. Every week we do something different that I've never tried before this benefits my body every week".

"Overall this programme has helped my family life, as it has helped me to be calmer and to deal with my illness day by day".

"My partner has even noted how my mood is better after yoga, it helps me escape and do something in my control as opposed to long Covid controlling me".

"As I've been suffering with anxiety since long Covid (and this is something I've never had to deal with before) the positive benefits yoga are fantastic. It's down to Orla's friendly and kind manner. She is so interactive and the group chats are also a great help. I

love it!"

"Having the classes delivered by Zoom has been brilliant. I feel less isolated and enjoy the yoga practice as much as I would in a studio.

Endometriosis Support

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

Table to demonstrate levels of activity associated with Managing Long Term Conditions 2021/2022

Intervention	Number of sessions per year	Average Attendance per session	Numbers of women
Pilates			50
Emotional Detox		21	
Gentle Yoga for Long Covid	1 x 6 week programme	6	25
Endometriosis Support Group		10	20
Cancer Counselling	10 x 2 hour sessions	60	129
	Total	97	224

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 to great success this year.

Counselling Service

During Covid we reset our services in four key areas: Provision of Online Counselling; Improved Measurement of Outcomes; Enhanced Data Protection and Confidentiality; Resetting Services in line with Covid Restrictions.

Our counselling service continued at 4 levels:

1. Telephone Helpline and Crisis counselling
2. Telephone Generic Counselling

3. In house counselling reintroduced November 2021
4. All women received a pre counselling assessment via telephone.

230 women received 1496 sessions of counselling within the following areas

- Generic Counselling
- Cancer Counselling
- Domestic Abuse Counselling
- Pregnancy Loss and Bereavement
- 15 women referred through the Psychological Hub received counselling, (Under separate contract with WHSCT)28 women availed of our telephone helpline.



This year we have experienced the highest numbers of women attending for counselling with Domestic Abuse being a significant issue for many women this year. The demand for counselling during Covid-19 with a focus on Domestic Abuse increased by 100%

Derry Well Women's Counselling Service provided a life line, a space where fears, disappointments and anxieties were explored and where trust and hope for the future were developed and resilience rebuilt.

To date we have provided 194 Individual counselling sessions to 32 women who were traumatised by their domestic abuse experience and in many cases further traumatised through losing their home and becoming further isolated from family and friends through the necessity to move to refuge, hostel or other temporary accommodation, in some cases with their children - two were expectant mothers. In numerous cases kinship care was provided for children. A number of women also lost their employment due to relocation.

Provision of Online Counselling.

We are now operating with a team of twelve counsellors of which eight are accredited and we recruited a further two counsellors who will start in April 2022. Nine counsellors have completed a twelve week training programme in an ACTO / BACP approved Certificate in Online Counselling and are now competent to work on line.

The 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

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

Psychological Hub Referrals 2021/2022

In April 2021 Derry Well Women was contracted by WHSCT to deliver counselling for women referred with mild to moderate depression from the Psychological Hub.

In 2021/2022 Derry Well Women received twenty four referrals the majority of whom requested face to face counselling. Following the re-introduction of in house counselling we provided counselling to 15 clients living with mild to moderate depression and anxiety.

Meditation Programme

We were delighted this year to introduce meditation via Zoom.

This was a programme that was well received throughout Northern Ireland and beyond with participants from Co Down, Belfast Armagh, USA and West Donegal .

Zoom provided access for many who lived remotely and for whom Derry Well Women programmes were a new experience.

These were women who also really needed support and were living with chronic illnesses and mental ill health.

Self Esteem

We delivered three x eight week Self-Esteem programmes via Zoom for 28 women who were mostly housebound, unemployed and single parents.

The programme addressed self-efficacy, addictive relationships, self-care positive/negative self-talk and equipped participants with the necessary tools and skills to maintain and build good self-esteem.

Confidence Building.

We also delivered two eight week programme via Zoom to 21 women

It addressed issues identified by the women themselves including depression/anxiety, stress, the negative impact of coronavirus, family issues, poor motivation, work life balance issues and feelings of isolation.

Tables to demonstrate levels of activity associated with Mortality, Morbidity and Chronic Disease Management 2021/2022

Intervention	Number of sessions per year	Average Attendance per session	Numbers of women
Coping with Anxiety and Depression	2 x 6 week programmes	12	41
Self Esteem	3 x 8 week programmes	24	28
Know Thyself	1 x 6 weeks	6	17
Assertiveness School for Worriers	1 x 6 weeks	6	14
Mind Matters/Meditation	1x 8 weeks 1 x 6 weeks	14	23
Yoga	28 classes	28	41
1 to 1 Counselling	998 counselling hours	998	172
Confidence Building	2 x 8 weeks	16	21
1 to 1 listening ear	28 hours help line	28	28
Assessment Interviews	215 x 1 hour assessments	215	215
Promoting Mental Health through Cycling	2 x 5week Training Programmes	10	19
Certificate in Counselling Skills to Care	20 weeks x 5 hour training	20	11
Total		1377	630

Accident Prevention Young at Heart Group.

From September 2021 we were able to reintroduce in-house programmes for the Young at Heart Group.

The Young at Heart Group which has an enrolment of 40 women meets weekly.

Derry Well Women designed specific activities to reduce loneliness, social isolation and promote health and well-being for older women by reducing isolation, increasing social connection, uplifting mood and improving emotional health and well-being.

The activities delivered were co-designed with the participants and were based on the issues which were raised and included the following:

1. Medical Services

Long waiting lists for appointments, GPs lack of consultation regarding change to services. Phone consultations were not an option for

some older people, GP receptionists acted as gate keepers and being asked for specific details of illness felt like a breach of confidentiality in the GP/Patient relationship.

2. Social Negativity in Society's attitude to older women

3. Housing and Environment

Not enough suitable single floored social housing.

4. Isolation

Care Homes, Covid and the rights of people with a dementia diagnosis have not been addressed adequately.

End of Life Care for everyone especially for those with no living relative in the City, was highlighted as a frightening prospect.

5. Transport

Bus routes have been reduced making it difficult to access Care Homes in outlying areas.

In response Derry Well Women provided the following:-

Regular weekly support through:

The promotion of exercise:

- through weekly sessions of Chair based yoga

We addressed health issues raised by:

Providing Programmes on:

- Sleep Management
- Top Tips for Dealing with Anxiety

Providing access to Primary Care Services through:

- Meet the Doc - Question and Answer sessions on Primary Care Services with a local GP
- Counselling 4 women presenting with Domestic Abuse issues and aged between 50-80 years of age

Contributing to the Derry City Council Age Friendly Strategy and the Forum for Aging Better by attending:

- Two Focus Groups attended the Derry City Council Consultation on the development of the City, to improve services for older people.

Table to demonstrate levels of Activity Associated with Accident Prevention 2021/2022

Intervention	Number of sessions per year	Average Attendance per session	Numbers of women
Practical Supports in Later Life Keeping Young At Heart	3 x 8 week Programme	24	91
Podiatry Foot Care Advice		117	117
	Total	141	208

Providing access to digital technology support for Carers through a partnership research project involving the University of Ulster and the Department of Health:

- Group information session on Digital technology and how it can best meet the needs of carers whilst supporting their health and wellbeing.
- Providing Social Occasions and Gatherings
- Social Occasions
- Creative Arts
- Outings

Local Expressed Need.

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).

50 Women attended CBT therapy this year.

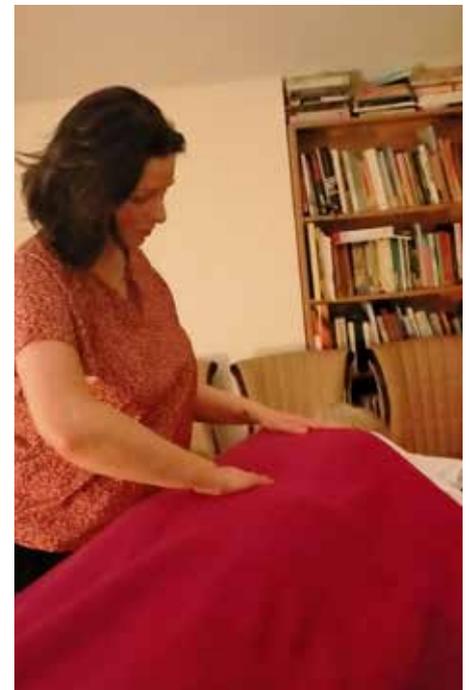
SingTonicity

'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.

Mindfulness

'Mindfulness' is a 8 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).

**Table to demonstrate levels of activity associated with Local Expressed Need. 2021/2022**

Intervention	Number of sessions per year	Average Attendance per session	Numbers of women
CBT for Everyday Use	2 x 8 weeks	16	50
Mindfulness	3 x 8 weeks	24	32
Journey to Inner Peace	1 x 8 weeks	8	15
SingTonicity	3 x 8weeks 1x 6 weeks	30	75
	Total	78	172

Carers Research eCare Well

This year we identified the needs of Carers especially aged carers requiring support in their homes with the aid of IT and digital technologies.

Derry Well Women is taking part in a trial with the University of Ulster and Department of Health into the benefits of new home digital and practical supports for Carers. Researchers at Ulster University have launched eCareWell (Enhancing Carer's Wellbeing), a new research project to understand how digital technology can best meet the needs of carers whilst supporting their health and wellbeing.

The project:

- Evaluated health and social care provision at a community level
- Investigated what technologies established in Northern Ireland can support carers needs
- Identified barriers to use of technology for caregivers

The IT and technologies included a social prescribing App, stress and ECG Monitors, digital alarms and mobility aids.

Derry Well Women hosted an information session on the devices and supports to the Young at Heart group, the Cancer support Group and made contact with carers through our database of carer's to advise them of the research and invite them to be involved. Anyone agreeing to participate was able to test any of the devices/supports which may be of assistance at home.

Summary of Service Provision 2021/2022

Total Number of Programmes / Interventions	Total Number of Women and children
47	2438

In 2021/2022, therefore, we delivered 47 interventions within the following range of activities to 2438 women and children through 2930 sessions of delivery.

- Women and Children Programmes.
- Childcare Services and Programmes including Crèche facilities
- Emotional Health and Mental Well Being Programmes
- Carers Research
- 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 women living with long covid



Oonagh Butler



We understand the vital role you have in the lives of those you care for and the impact your caring role has on them and the wider community.

We want to help you deliver the best possible care by ensuring you have the tools to support you in your caring role and look after your own health and wellbeing.

Your health and wellbeing are our priority.

Who is eCareWell?

We are a project who want to understand how digital technologies can best meet the needs of carers whilst supporting your health and wellbeing.

We work with local companies to consider technology that is designed to help carers.

eCareWell will introduce various digital technologies to carers in the Derry City & Strabane District council area.

How can you help?

- We want you, the informal caregivers, who are currently providing support in the Derry City & Strabane District council area,
- After an initial assessment of your needs, you will then help us to consider technologies which are designed to support your mental and physical health, including their use with those you care for.

Benefits of participation

- Support your own health and wellbeing using the tools as you fulfill your role,
- Your feedback will help us to directly develop tools and technologies to support the health and wellbeing of carers,

Build your support network by engaging with local charities, council, companies, and support groups.

How do I take part?

Please register your interest by contacting Prof Joan Condell at j.condell@ulster.ac.uk by **28 February 2022**. Testing of technology will be complete by summer.



Counselling Service 2021 -2022

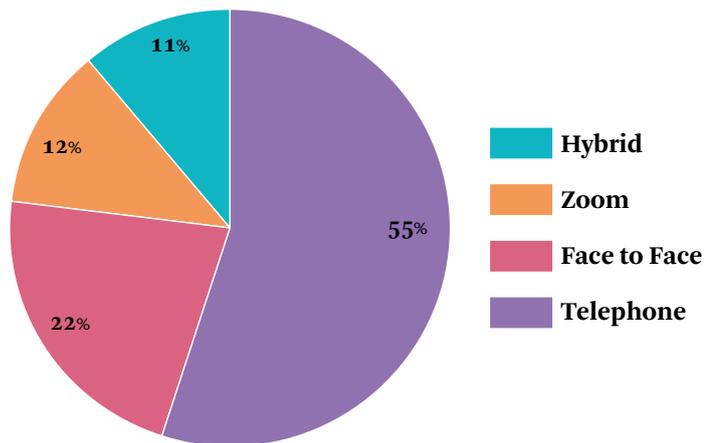


Good Mental health is vitally important for individuals to function on a daily basis. Unfortunately, the women who are least likely to experience good mental health are those who face the greatest challenges and inequalities in life.

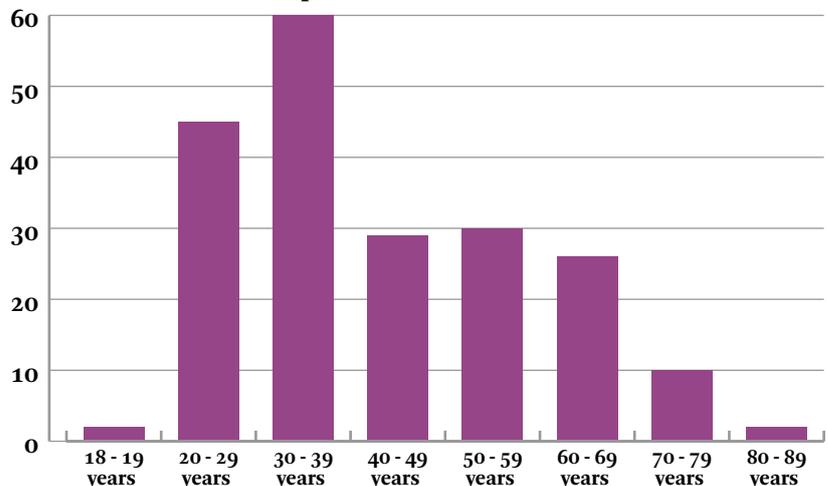
There are a number of areas in Derry City & Strabane District Council and Limavady area which are listed in the top 10 most deprived areas in Northern Ireland and we have received requests for counselling from women living in these areas.

The following charts show the Age range and geographical areas of 204 women who received assessments this year.

Counselling Service Mode of Delivery 2021-2022



Age range of 204 clients at time of Assessment April 2021 to March 2022



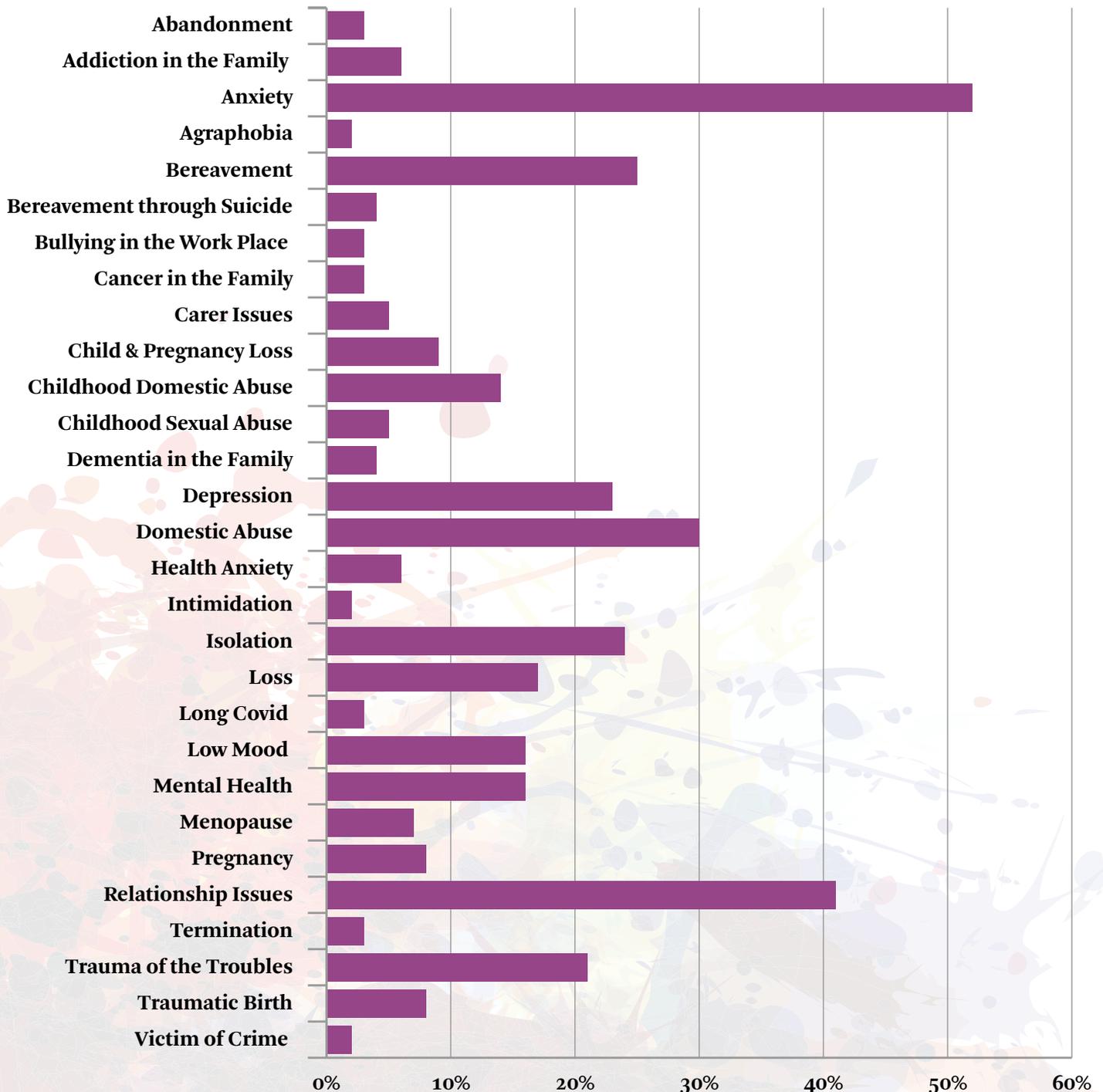
Derry Well Women received referrals from women who have experienced physical and mental ill health during the past year. Traumatic events, including the Trauma of the Troubles and the recent pandemic, cause us to question basic human relationships. They shatter the construction of the self, the family, friendships and community. Traumatic events have primary effects on the psychological structures of the self but also on the systems of attachment and meaning that links the individual and the community.

We provided a person centred, compassionate and effective counselling service to 289 women who self-referred to our counselling service this year.

(223) 77% of our Service users presented as Victims of the Troubles.

The following chart show the list of Issues presented in counselling during the past year.

Presenting Issues for Counselling

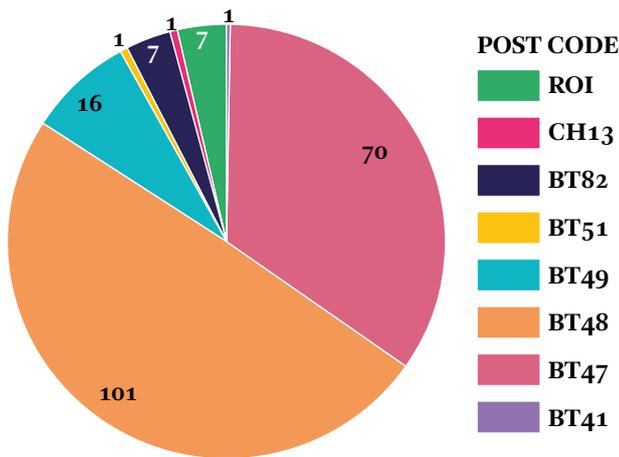


We offered counselling via Telephone, Face-to-Face and electronic platforms and due to the pandemic 55% of clients received counselling via telephone, 22% Face-to-Face and 12% via Zoom, electronic platform. 11% of clients were able to receive their counselling sessions through a hybrid mode (mixture of modes) due to illness, working away or moving to live in another area.

We offered a safe space for women to gain a sense of self, safety and trust in themselves to sustain them and their families on a daily basis and through their lives.

We offered a choice of service delivery and telephone counselling was the choice of 55% of clients.

Geographical Area's of Clients at time of assessment



We have noted the decrease in Non-attendance of appointments to an average of 12% per month from 20% pre pandemic when all counselling services were Face-to-Face only.

The benefits of therapy were recorded under the following headings on the Corenet site as follows:

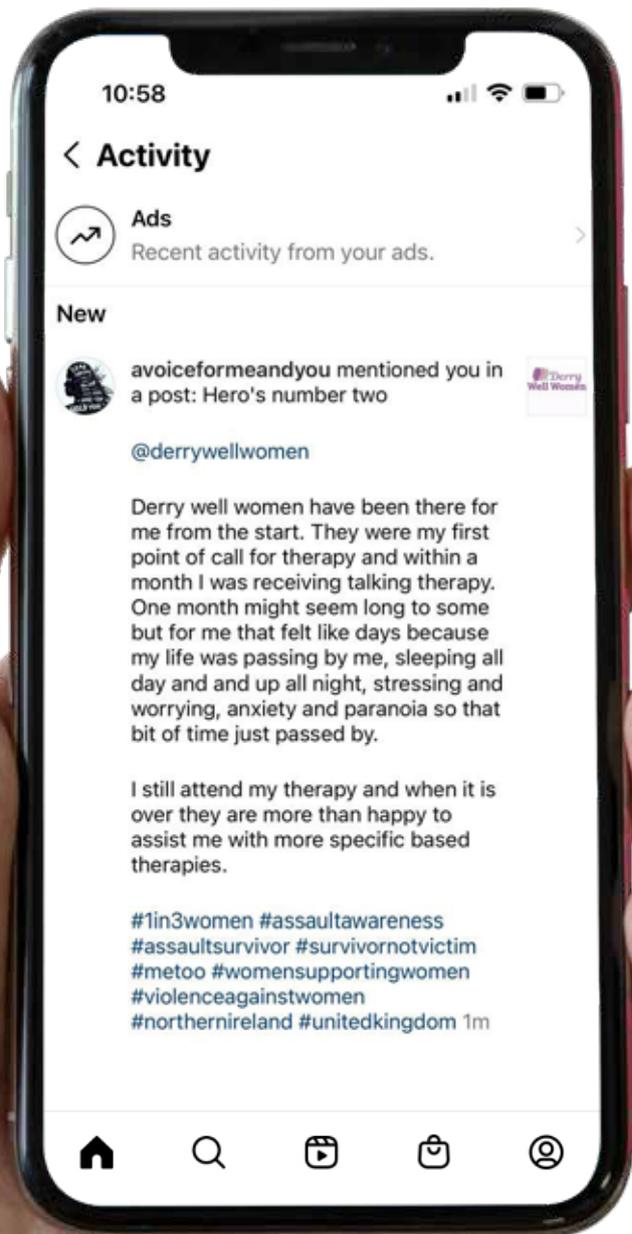
Description of Benefit	% of Clients
Personal insight/Understanding	81%
Exploration of Feelings/Problems	94%
Expression of Feelings/Problems	90%
Coping Strategies/techniques	88%
Access to practical Help	64%
Control/planning/decision making	72%
Subjective Well Being	79%
Symptoms	71%
Day to Day functioning	81%

Our service users received the information for self-referral from:

- GP Practice: GP, MHP, Nurse, Health Visitor, Midwife
- Family Members or Friends: Word of mouth
- Social media
- Foyle Women's Aid,
- Me4Mental
- Primary Care Team
- Altnagelvin Hospital
- Social Services
- Employer/Work Colleague
- Aware
- Victim Support
- Pat Finucane Centre
- Women's Centre
- Action Cancer
- MacMillan
- DWW Management Committee/Facilitator/Worker/Counsellor
- Koram Centre
- Lifeline
- Grangewood
- Aspire
- VSS
- PSNI

Relationships have always been the major presenting issue in counselling. We have noticed the increase in the presentation of domestic abuse and anxiety during the past year which have been extremely debilitating and challenging for women. Homelessness and living in temporary accommodation increased anxiety for many women. We are aware of the Domestic Abuse and Family Proceedings Bill NI, which became law in February 2022 and which captures patterns of psychological, emotional and financially abusive behaviour which is controlling and coercive in nature against a partner, former partner or close family member.

Since the easing of restrictions women are accessing multi agency support in order to keep connected and active and to ensure they develop and maintain social skills and connections.



Find us on social media

Search
Derry Well Woman

VSS – SOCIAL ISOLATION PROGRAMME 2021/22



We receive VSS funding annually for our Counselling and Social Support Programmes to Victims Survivors of the Troubles but this year we want to particularly thank VSS for their funding under the Social Isolation Programme - Building Social Connections.

This enabled us to organise activities and events for 36 women.

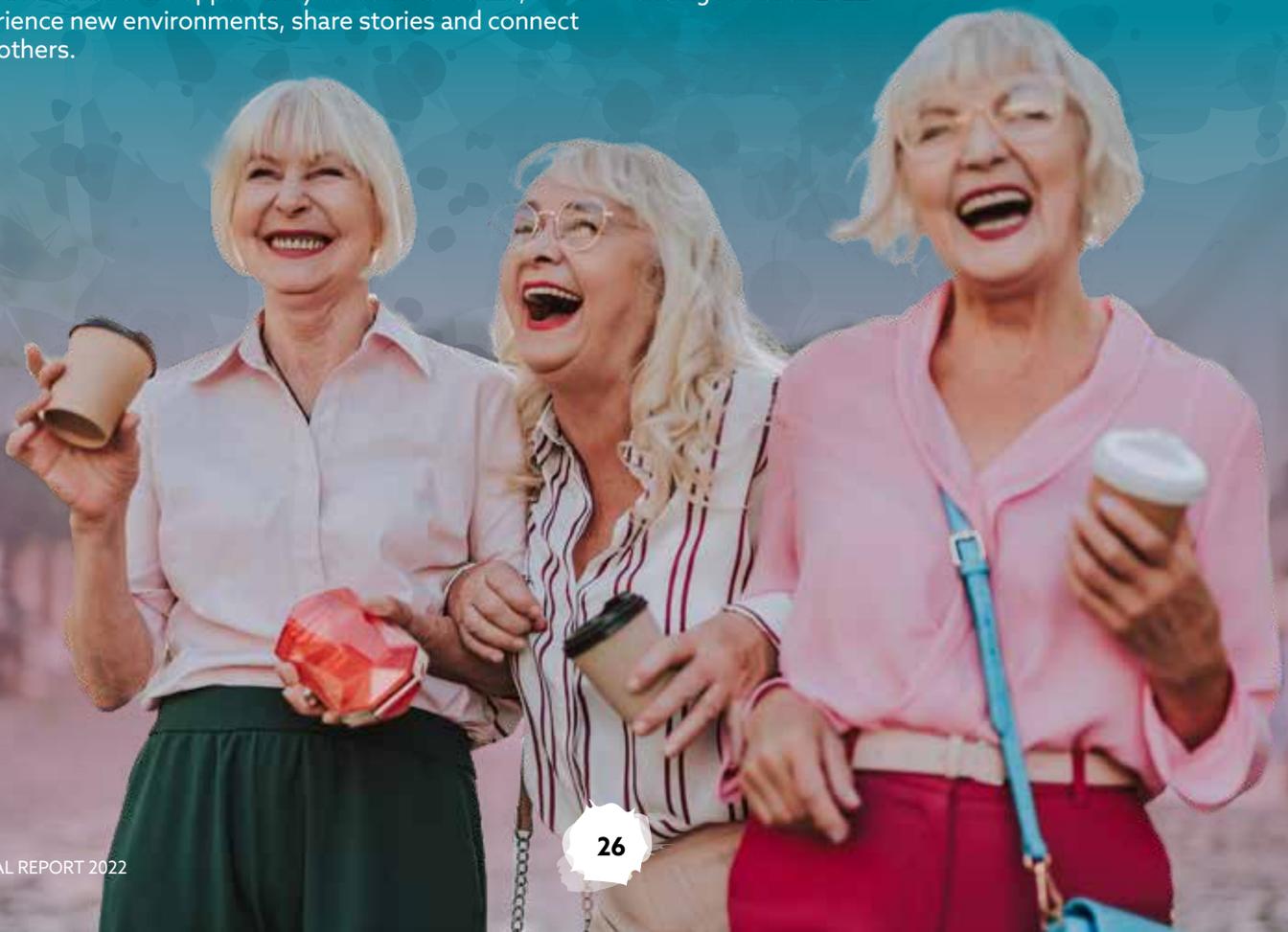
Most of these women were isolated from their family and friends, had given up their regular day to day activities which had kept them active and alert.

Securing this funding made a huge difference to the women's mental health and wellbeing. The feedback from each activity speaks volumes about the thankfulness, gratitude and joy at being able to meet up with other women and have the opportunity to learn new skills, experience new environments, share stories and connect with others.

Derry Well Women programmes are designed to promote a more positive outlook in life, in the here and now, and into the future. The events and activities promoted health and well-being under the 5 ways of maintaining wellness: Give, Keep Active, Notice, Learn New Skills and Connect.

Most of all they brought fun, laughter, singing, joy, and good friendships, into the participant's lives.

Derry Well Women delivered the following four activities over a four month period beginning in November 2021 and ending in March 2022.



Events / Activities:**1. Day at the Movies “It’s a Wonderful Life”****Date:** 24th November 2022**Venue:** Brunswick Moviebowl.**Attendees:** 28 women attended

27 women returned a pre and post evaluation

	Number of Participants in Agreement	Percentage of overall participants
Helped me keep active	20	74%
Helped me connect with others	27	100%
Helped me become more aware	27	100%
Helped me learn a new skill	10	37%
Helped me learn a new skill	25	92%

Participant Feedback.

“The wellbeing feeling of this afternoon was summed up the next day on our Whatsapp chat. For myself well done Well Women and we as a group.”

“Absolutely wonderful day out, such a great film full of happiness and sadness and the connection and support of what friends and family can make in your life if you open up and talk to them.

The food afterwards was lovely too and it was great to sit with a group of women having a laugh. It’s a great way to start the Christmas holidays really lifted my spirits.”

“Lovely day out with lovely people, meal was beautiful and a great group of ladies”

“I loved meeting other people and having a bit of fun”



2. Wreath Making (Creative Arts).

Dates: 8th/ 9th December 2021

Venue: Derry Well Women

Attendees: 36 women participated in two workshops.

35 women returned pre and post evaluations.

Women learned how to create from scratch a Christmas wreath. The atmosphere in the room was alive with laughing, singing Christmas carols, and joke telling. At the end the session women expressed their pride in their accomplishments, and requested a further session at another time with flower arranging. Some women said the experience took them out of their heads for a short period of time, into a place of good fun and learning a new skill.

The following table graph and feedback illustrate the benefit of this programme.

	Number of Participants in Agreement	Percentage of overall participants
Helped me keep active	29	71%
Helped me connect with others	35	100%
Helped me become more aware	31	88%
Helped me learn a new skill	34	97%
Helped me think about giving	29	71%

Participant Feedback.

- "I really enjoyed it".*
- "I'm relatively new to Well Woman but I am really enjoying the company of likeminded women".*
- "I like to actually work with my hands especially when I can't garden at this time of year".*
- "The smell of the greenery is very Christmassy".*
- "Great group to be around, always cheerful and helpful".*
- "Very relaxing, very therapeutic and very pleasing to have made something that gives me great pleasure".*
- "Very enjoyable and relaxing".*
- "Workshop helped my concentration".*
- "Calming and lovely".*
- "It was a good distraction from other things".*
- "Lovely spending time being creative".*
- "Helped me get out of the house and meet people".*
- "We were all using the same materials and yet we all produced different wreaths, no two were the same".*
- Confidence making the wreath helped my mental health".*
- "Got me out of the house, enjoyed making the wreath as I never done it before".*
- "Cheers me up to forget worries for a while"*



3. Afternoon Tea

Dates: 9th February 2022

Venue: Everglades Hotel

Attendees: 36 women

25 women returned pre and post evaluations.

Everyone attending this event expressed delight around the afternoon's experience. They said they were among good friends, in a relaxing and peaceful environment, with beautiful soft piano music in the background. Everyone agreed it was a lovely treat .

	Number of Participants in Agreement	Percentage of overall participants
Helped me keep active	23	88%
Helped me connect with others	26	100%
Helped me become more aware	24	92%
Helped me learn a new skill	13	50%
Helped me think about giving	22	84%

Participant Feedback:

"Being in the group has helped me with my social skills to interact with others"

"Today has helped me with my mental health as being cooped up at home during covid is soul destroying"

"it was nice to meet people again"

"Lovely afternoon, beautiful surroundings, entertaining company, lovely music. It was great to get dressed up for a change, we haven't been able to do much of that over the last 2 years"

" it's good to talk, these events provide craic, company, fun. Laughter".

"It was lovely meeting some new ladies and it was great like all Well Women's programmes. I consider Derry Well Women to be part of my life"

"Today has helped my mental health and wellbeing because of all the company of positive women"

"Well Women is a lifeline to me, I make an effort to get out of the house for it"

"it's great communicating with other women in the group while having a cuppa"



4. Visit to Titanic Quarter

Dates; 16th March 2022

Venue: Titanic Museum

Attendees: 30 women

27 women returned pre and post evaluations.

This event included a lunch out, and a tour of the Titanic quarter in Belfast. The day was a great success. The good weather was a bonus. Loneliness and isolation are issues many of the women discuss within the group. This trip away with their friends, in which they are with like-minded people, enjoying a lovely meal together, and going on

	Number of Participants in Agreement	Percentage of overall participants
Helped me keep active	27	100%
Helped me connect with others	27	100%
Helped me become more aware	26	96.2%
Helped me learn a new skill	15	55%
Helped me think about giving	18	66%

to learn about a local historical event, would have been of great importance to improve their social, physical, psychological, and emotional health. It would encourage motivation, and enthusiasm to continue to connect with

their friends, and would help to develop an active mind.

Participant Feedback

"The trip was great, the food was great, and the weather was great. The tour in the Titanic as brilliant, really educational and interesting."

"It was a day that really lifted my spirits, I felt less stressed and tense and loved having a day out with my friends."

"I loved the whole trip it was interesting to hear how the brave workmen coped (amazing)"

"To feel a part of the history of the Titanic was excellent"

"It was a lovely sunny day and everyone was so helpful and friendly"

"It was great to feel safe and great to be with this group of women and get out of the house"

"It was great to have a good day out with my friends, it was really good for my anxiety, I felt relaxed and comfortable with the entire day"

"I think these events are a great boost for our morale, great for our confidence and it was a day for sharing stories and great fun"

"This trip has helped my mental health as it has forced me to look outside my own life"

"I suffer from low mood and anxiety but today I feel great"





CANCER CONNECTED COMMUNITIES



Deirdre O'Neill
Project Manager



Jennifer Turner
Resource Assistant

Project Background

Cancer Connected Communities is a partnership led by Derry Well Women with Action Cancer, Advice NW, Cancer Focus, Care for Cancer, Omagh and SWELL Enniskillen.

The partnership is dedicated to supporting people affected by cancer in the Western Trust area by connecting them to each other, to sources of support within their communities and to those who can make a difference to how and where they receive services.

It is a three-year project funded by a grant of £465k from the National Lottery Community Fund and it engages marginalised groups where cancer services are limited and where there are barriers to access relating to rurality, poverty, and fear.

Although they do not benefit from the funding the project also has the partnership of the WHSCT and Macmillan.

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.

The Cancer Connected Communities Project is based on a four tier Model of engagement developed by Derry Well Women. The essence of the model is that those providing health and social care services (in this case community-based support services) listen to those they are caring for throughout the caring episodes.

Tier One - Provision of community programmes across this Trust area in which facilitators and care givers are gathering and recording knowledge based on client experience at the point of delivery.

Tier Two - Gathering Sessions were the partners and the Western Health and Social Care Trust bring together participants and facilitators to tell us what is being experienced and what is being heard to capture the common themes that would shape a change agenda.

Tier Three - Finally at tier three the partners meet with Trust representatives and commissioners and agree actions and commitments in respect of the main themes that will then be announced at a stage 4

Tier Four - At Tier Four Partners, participants, focus group members, health service providers and planners and other relevant agencies will attend a Commitment to Change Conference to address and make public their commitments. Commitments made will be recorded and action against each one will be monitored to assess progress which will be fed back to those who participated.

Project Launch:

November 9th, 2021 Official Project launch, Silver Birch Hotel, Omagh.

Key representatives in attendance:

- **NI Health Minister** - Robin Swann
- **Cancer Connected Communities** - Jennifer Turner, Resource Assistant
- **Cancer Connected Communities partners:** Action Cancer, Ruth Fleming, Advice NW, Jacqueline Gallagher, Cancer Focus, Anthony Stewart, Care for Cancer, Martina Morris & Laura Mills, Derry Well Women lead partner, Susan Gibson and SWELL, Enniskillen, Genevieve Irvine.
- **WHSCT:** Neil Guckian, Chief Executive; Geraldine McKay, Director of Acute Services, Una Cardin, Assistant Director of Operations and Service Improvement, Cancer & Diagnostic Services.
- **Macmillan:** Tara Boyle Manager.
- **National Lottery:** Amanda Doherty, Head of Communication & Engagement and Lorraine Gallen, Funding Officer.

Since September 2021 the Cancer Connected Communities, project has provided a high level of support to 289 clients through a range of 14 programmes tailored to meet needs of people living with cancer.

The support provided to date includes 92 counselling sessions and 108 complementary therapy sessions.

Key Project Events:

Project Launch

The project was officially launched on the 9th of November 2021 in the Silverbirch Hotel, with 39 attendees representing the partners, funders and Statutory Health Service providers. The project was launched by Robin Swann NI Health Minister.

Training;

Social Media Training

As lead Partner Derry Well Women commissioned Gail Sheen to deliver bespoke social media training which will raise public awareness of the project and the work of the Partners, create a shared platform, create more interaction with service users, build new services based on their expressed need and create new ways of working.

Co - Production Effecting Change;

People living with cancer are directly involved in designing, developing, and delivering programmes e.g., The Partners continuously listen to the needs of their clients, and for some sharing their own lived experience of cancer has helped to engage clients and shape programme delivery e.g., Genevieve at SWELL, found that talking openly about gender related cancers helped to reduce barriers for male and female participants. They identified that some people prefer support from group work, and they have formed a group counselling & support service.

They are currently developing Palliative/Bereavement workshops. These are new and challenging areas of work for a newly emerging cancer charity, funded for the first time through this NLCB project.

Participants in Derry Well Women programmes have inputted to the branding of the project and through their experience provided the underpinning ethos of the project. "Meet the Doc" with Dr Paul Molloy, Chairperson GP Federation was at the request of the Cancer Support Group and their participation in this event has already influenced change in relation to location of blood clinics for cancer patients.

Impact

The first and immediate impact is on the lives of the 289 people who have been on their own healing journey through cancer diagnosis recovery or relapse and have been directly supported on their journey by the services offered.

They have found within their local community and on their own doorsteps a range of services especially designed to meet their needs. This has huge impact for people coming out of two years of a pandemic when their needs emotional, physical and spiritual were unaddressed.

They are being listened to and are not just being heard but are directly influencing how services can be improved for themselves and others.



Feedback from Stress Anxiety Programme

"Feeling much more positive having attended this programme. Very well facilitated and very informative. Don't feel as isolated having met others going through similar experiences, being able to open and share my experiences for the first time has been therapeutic"

Feedback from Well Programme

'this programme is as vital as chemotherapy treatments', 'it is life changing'.

Feedback from One Day Workshop "Accepting the Unacceptable"

"This course is amazing and will help anyone going through cancer, it will help with the daily living and getting through the bad days and make life easier".

"Well Women is a wonderful place for support and comfort. Wonderful people giving their time make a difference in people's lives".

The second impact has been on the partner organisations who are challenging themselves to work in new and at times difficult approaches. Working in partnership puts the spotlight on us all. There is huge diversity among the partners. This is a formative experience for us all but everyone is invested and this will prove to have real long term rewards for everyone involved. e.g., Genevieve Irvine of newly emerging Cancer Charity SWELL has commented on how the project has helped to put them on the map. They would not be able to provide the programmes without Cancer Connected Communities and their support.

The third impact is on our wider world.

We are gathering issues from people's cancer journeys which have already impacted e.g we had a guest speaker Dr Paul Molloy who spoke with the Cancer Support group at Derry Well Women, one of the issues raised was the inconvenience of a blood clinic for cancer patients being located next to a drive in Covid testing centre and the risk posed to vulnerable people. The issue was subsequently resolved.

"The participants thought that the Cancer Connected Communities as a whole has huge potential in shaping the experiences of cancer patients in the future" Fiona Mc Glue Breast Awareness session.



Statement of Financial Activities

(Incorporating the Income and Expenditure Account)

For the year ended 31st March 2022

	Notes	Unrestricted funds £	Restricted funds £	2022 Total £	2021 Total £
Incoming resources					
Incoming resources from generating funds:					
Voluntary income	2	15,444	-	15,444	2,791
Investment income	3	-	-	-	1
Incoming resources from charitable activities	4	-	340,114	340,114	281,878
Total incoming resources		<u>15,444</u>	<u>340,114</u>	<u>355,558</u>	<u>284,670</u>
Resources expended					
Costs of generating funds:					
Charitable Activities	5	25,450	330,922	356,372	281,880
Governance costs	5	-	3,840	3,840	3,840
Total resources expended		<u>25,450</u>	<u>334,762</u>	<u>360,212</u>	<u>285,720</u>
Net incoming (outgoing) resources for the year		(10,006)	5,352	(4,654)	(1,050)
Transfer of Funds		1,811	(1,811)	-	-
Other recognised gains and losses					
Gains on revaluations of fixed assets for the charity's own use		-	-	-	93,440
Total funds brought forward		<u>199,938</u>	<u>3,736</u>	<u>203,674</u>	<u>111,284</u>
Total funds carried forward		<u>191,743</u>	<u>7,277</u>	<u>199,020</u>	<u>203,674</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.

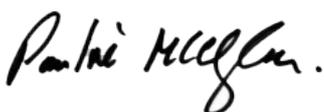
All of the above amounts relate to continuing activities.

Balance Sheet

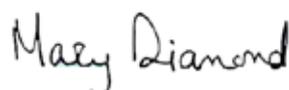
as at 31st March 2022

	Notes	£	2022 £	2021 £
Fixed assets				
Tangible assets	9		152,570	152,374
Current assets				
Debtors	10	1,854		1,120
Cash at bank and in hand		174,664		72,978
		<u>176,518</u>		<u>74,098</u>
Creditors: amounts falling due within one year	11	<u>(130,068)</u>		<u>(22,798)</u>
Net current assets			<u>46,450</u>	<u>51,300</u>
Net assets			<u>199,020</u>	<u>203,674</u>
Funds	12			
Restricted income funds	12		7,277	3,736
Unrestricted income funds	12		<u>191,743</u>	<u>199,938</u>
Total funds			<u>199,020</u>	<u>203,674</u>

The financial statements were approved and authorised for issue by the Board 1 June 2022 and signed on its behalf by



Pauline McClenaghan
Director



Mary Diamond
Director

Company Number: NI022926

Derry Well Women Team

2021 - 2022

Committee

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

Staff

Susan Gibson
Anne Mc Donald
Patricia Villa
Patricia McAdams
Yvonne O Doherty
Fiona Walker
Oonagh Butler
Jennifer Turner
Deirdre O Neill

Clinical Team

Audrey Parke
Nigel Nutt
Jenny Flannigan
Catherine Power

Generic Counselling Team

Anne McDonald
Majella McWilliams
Moira Smith
Anne Flanagan
Tracy Harrison
Madeline Callaghan
Marie Clare Murphy
Ellen Factor
Sharon Laird
Karen Mc Gillion
Valerie Long
Francesca Pagliari
Clare Kent

Support Group Facilitators

Mary Diamond
Tracey Harrison

Cancer Counselling and Cancer Complementary Therapy Team

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

Tutors & Facilitators

Siobhan Heaney
Marie Hone
Anne Browne
Marina Sweeney
Patricia Swann
Aileen Mulheron
Nolene McAuley
Deirdre O Hara
Karen Baldwin
Carmel Mulrine
Orla O Brien
Dawn Bradley
Tracey Harrison
Stephanie Mc Gregor
Sinead Mc Daid
Christine Bateson

Complementary Therapists

Bridgeen Byrne
Marie Hone
Cathy Cregan
Patricia Swann
Nolene McAuley
Shiela Mc Corkell
Jennifer Mc Clements

Crèche Volunteers

Fiona Kennedy
Michelle Kennedy
Catherine Doherty



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