

Womens Health Matters Winter 2011 Newsletter



Fond farewells

Due to cuts in funding we have had to say goodbye to some long standing and highly valued services and staff this year. We have completely restructured Womens Health Matters and you'll now find most of our staff are working on more than one project.

We wished a fond farewell to Heather Nash, Hayley Goddard and Jodie Bromley, who have all moved on to great new jobs and we wish them very well. We also said goodbye to Ann Hall who retired after many years with Womens Health Matters. We would like to thank her for all her hard work and wish her well.

New Services

Despite these heavy cuts and a lack of grant funding across the organisation we have still managed to gain funding for some new projects:

Working with The Market Place and with Leeds Survivor Led Crisis Service we are running two support groups for young women who self harm. This work will gain further insights into what the specific issues are for girls and young women. We will listen to, report on and advocate for their support needs and understand what works well and what doesn't. We'll be supporting young women to make recommendations to improve the services they receive.

We won the contract to coordinate the Maternity Services Liaison Committee for the next two years. The Maternity Services Liaison Committee is a forum for different professions involved in maternity and post natal care to learn from and respond to experiences users have, advising the PCT and other commissioners of maternity care on all aspects of maternity services. This is a really exciting opportunity and we are delighted to welcome back Megan Waugh who will be the new coordinator.

Coming soon....

We had some great news at the end of last year and are extremely proud to announce Womens Health Matters is 1 of only 15 organisations across the country to be shortlisted for The Kings Fund Health Impact Award. The IMPACT Awards have been running since 1997 and are designed to recognise and reward charities that are doing excellent work to improve people's health. We are waiting to hear which one of these prestigious prizes we have won...watch this space!

A big thank you to.....

Lush Morrisons Asda Boots Body Shop
Leeds RollerDolls Irwin Mitchell

.....for their kind support this year

Womens Health Matters

Winter 2011

Blossoms domestic violence education and support group

These are our wishes for 2012

I wish for my immigration papers, the right to stay, to have my independence, more confidence and a lot of happiness
Charlotte

I wish for my little brother to stay well
Amy

I wish for quiet, joyful happiness, the life I could have and to do everything possible to keep my kids happy and grow up supported, loved and being understood by their parent
Sylvie

I wish for a new beginning
Christina

I wish to have more confidence and self esteem in 2012
Lynette

I wish for calm, to embrace new beginnings and challenges

I wish my landlord would sort her head out
Amy

My wish for 2012 is to be able to trust again
Lisa

I wish that I could stand up a bit more for my beliefs
Adela

I wish for my house to be furnished as a home
Amie

If you would like to know more about our group please **ring Lucy on 0113 2762851**

There is a new contact number for domestic violence support in Leeds
0113 2460401

When All Else Fails Fund

Womens Health Matters has a small fund set aside for circumstances When All Else Fails. This is used to support women in crisis situations who have nowhere else to turn. Please help us to support these women by giving whatever you can. A small amount can make a big difference.

Click here to donate ~ thank you



Or go to the Big Give website at <http://new.thebiggive.org.uk/charity/view/3461>

YUMs

Yums is a social group for young mums and mums to be in Middleton, Leeds. We meet from 12 - 2pm at Middleton Play and Learning Centre every other Monday with lunch and childcare provided. Each time we meet we try to have fun and interesting things to do and have already been for a trip to Tropical World, done some healthy cooking and had a photographer in to take photos of mums and babies (or bumps!).

It's a really friendly, welcoming group and we spend a lot of time laughing! It's a great opportunity for young mums to get out and about and meet other people in similar situations in their own area. They offer each other support and share their own experiences – it's nice to realise that you are an expert and that you can help someone else who needs it!

Young mums are often given a really hard time and made to feel guilty for becoming a mum so young. Yums is somewhere that you can celebrate being a mum, be proud of being a mum or have a good old moan and not be judged!

If you're interested in coming along give us a ring:

Nicola 07791681668 or Leanne 07906992735



Include

Include works across Leeds with young women who think they may be pregnant, are pregnant or who are already mothers. We can work together up to age 20 but if the young woman is a care leaver then we can offer support up to age 25. We offer one to one support, advice and advocacy.

We offer one to one support, tailored to meet the young women's individual needs, based on what she identifies as wanting support with. We can help with practical things like housing and benefits that are a problem for lots of people; provide advocacy for those who have Social Care involvement and help find other support in areas like healthcare, parenting skills, education and child care, dependant on the young woman's needs.

We also provide personal support and advice for young women who discover that they are pregnant and don't know what to do next, to help them to make well-informed decisions about what they want to do. We will offer them support with whatever they decide to do.

Include also has a helpline for other professionals working with young women who are pregnant, young mums, or with the families of young women. So, if you are working with young parents and have any questions, please feel free to get in touch.

Contact Nicola or Leanne: 0113 2016692



Rainbow Hearts Women's Group ~ new service



Our new group for Asylum Seekers and Refugees runs in partnership with PAFRAS.

Marianna and Sally have been running the Rainbow Hearts women's group since Mid- October. We run from 10.00am – 12pm every Tuesday during term time at St. Aidan's Church hall on Roundhay Road, Harehills, thanks to a East North East Area Management Well Being grant. We offer English language support, a safe space for women to talk and share experiences, health information and advice about social and learning opportunities. We also listen and respond to the needs of women attending, sometimes basic needs such as finding a donated pair of warm shoes or a coat when women tell us they are cold.

The group is going really well with 6 women attending regularly and several more on an occasional basis, sharing current difficulties as well as successes, ways of coping and advice. We have had both tears and laughter, sharing different experiences of growing up, values, expectations and food and culture.

Women's lives are often really hard and we work to offer a space where their voices are heard and we respond, as well as bringing in health information they may not be aware of, such as breast awareness, contraception advice and information. The group runs in a small room within PAFRAS' busy drop-in, and we work with their very busy case workers to try and meet the needs of women.

Any woman who is an asylum seeker or refugee is very welcome and can just come along on a Tuesday morning or ring **Marianna or Sally on 0113 276 2851** for a chat about the group.

Velvet



LOTTERY FUNDED

VELVET is an English Language Support project that runs within BME (Black and Minority Ethnic) women's groups in Leeds. The project is currently running in the following groups:

Sitara women's group in Harehills; PAFRAS's Rainbow Hearts project in Harehills; the Polish Families' group in Bramley

A new VELVET volunteer is about to start a placement with the Hopes and Dreams group in Bramley.

There are many more women's groups in Leeds that are interested in offering VELVET support to their groups so we are looking to train up and support more women to become VELVET Volunteers.

If you could spare one hour a week, have some teaching experience and would like to help women with their English Language learning in friendly and supportive settings, please contact **Sally on 0113 276 2851** or **sally@womenshealthmatters.org.uk** for more information. We offer training and support and can cover expenses.

Purple

The Purple group was formed in June 2011 bringing older women together to support them in strengthening their own social networks and offering opportunities to expand upon and share their life experiences, knowledge and skills.

What the women say:

"I like meeting people. It gets me out of the house and we have a laugh."

We had a trip to Roundhay Park:

"It was nice and relaxing. We had a bit of a walk around the park and went to the cafe."

The group meets in Hunslet on a Thursday morning. We can organise transport to and from the group for any women that need it.

If you know of someone who may benefit from joining the group and making new friends or if you would like further information please contact **Sally on 0113 276 2851**

BME women

We currently run 2 groups for Black and Minority Ethnic women, one in Harehills and one in Bramley. We provide language support and use appropriate volunteers to support the women in the groups. Women from all backgrounds are welcome to join us ~ we have fun, make new friends and support each other.

If you would like to know more about these groups please contact **Angela on 0113 2762851**

Self harm support groups ~ new service

We are now running 2 self harm support groups for young women.

One is run in partnership with Leeds Survivor Led Crisis Service and is for young women aged 16 to 25. For more details please contact **Nicola on 07791 681668**

See the Leeds Survivor led Crisis Service website for more details of all their work

<http://www.lslcs.org.uk>

One is run in partnership with the Market Place and is for young women aged 13 to 19. For more details please contact **Nicola on 0113 2762851**

See the market Place website for more details of all their work

<http://www.themarketplaceleeds.org.uk>

To find out more about all the work we do please visit our website

Click here  or go to www.womenshealthmatters.org.uk

Daisys domestic violence education and support group

These are our wishes for 2012

I wish for everyone to have a peaceful and calm New Year
Carol

I wish to feel happy about myself
Fiona

I wish for a new house and to be settled
Kelsi

I wish to have a better year than last year
Katie

I hope I can settle in my new job at Touchstone and hopefully make a difference to people's lives
Nicole

I wish that my health gets back on track
Kimberley

I wish that all the women that come to Daisys have a safe and happy New Year
Karen

I wish to feel loved by my Dad and the rest of my family next year
Catrina

I wish for me and my children to be reunited and my divorce to come through as quickly as possible
Monique

To be happy
Anon

To wake up on Christmas morning and know no fear
Anon

I wish everything was back to what it used to be like before the abuse
Anon

If you would like to know more about our group please ring **Lucy on 0113 2762851**

There is a new contact number for domestic violence support in Leeds
0113 2460401

**SEEN Project
(Seen, Enabled, Empowered and Noticed)**

Work with disabled women in Leeds

The SEEN project has had another busy and enjoyable year, meeting many amazing women.

The HOPE group (Health Opportunities, Positive Experiences) continues to meet monthly. We applied for funding to Open Society Disability Rights Initiative but unfortunately did not get through to the second round. We are looking for further funding opportunities.

I have run two 12 week health programs in partnership with People Matters, delivering to women with learning difficulty. We covered basic hygiene, what it is to be a woman, relationships, breast awareness and cervical screening. These programs have been very successful with really positive feedback from women who attended the sessions, many saying that they had never talked about these things before.

I have also been running cervical screening awareness workshops with a wide variety of women's groups in Leeds.

If you know of any groups that would be interested in having a workshop please contact me at Womens Health Matters ~ thank you.

Jane Bethell - Development worker 0113 2762851



SHINe

SHINe volunteers have been hard at work as ever, running workshops and sexual health drop-ins and supporting their local communities. We do this by offering free condoms, pregnancy testing, Chlamydia testing, contraception advice, signposting to local Contraception and Sexual health (CASH) clinics and other services.

2 of our volunteers are currently delivering the Family Planning Association's course, Speakeasy. This accredited 8 week course is for parents and is being run at Hugh Gaitskell Primary in Beeston. 10 women are attending and are learning about how to talk to their children and young people about sex and relationships as well as updating their own skills and knowledge.

SHINe is going through period of change at the moment as 2 of our fantastic volunteers have left because of family and work commitments and 3 are now employed or attending higher education courses so are not available as much as before.

We will be offering training for new volunteers in February and March 2012 so if you would like to volunteer then please ring **Marianna on 0113 276 2851** for a chat about what's involved.

STOP PRESS

There is a new non-emergency no. for the police:
101

Anyone with hearing or speech impairment can
text:
08001 101

Find out more at
www.westyorkshire.police.uk/101

If you would like to support our work you can make a donation to our postal address below; cheques should be made payable to Womens Health Matters ~ thank you

**Womens Health Matters Bridge House Balm Road
Leeds LS10 2TP**

Contact us

Telephone: 0113 276 2851

E-mail: admin@womenshealthmatters.org.uk

Fax: 0113 201 6040

Text: 07504 232989

Web: www.womenshealthmatters.org.uk

**By post: Womens Health Matters, Bridge House,
Balm Road, Leeds LS10 2TP**

Staff members

Sally Blyth - Velvet and Purple

Jane Bethell - SEEN

Helen Collins - Director

Lucy Fishwick - Daisys and Blossoms

Nicola Hardman - YUMs and Include and Self harm support

Fi Kellett - Finance

Sarah London - Youth work placement

Elaine Roberts - Admin

Leeanne Rowinska - YUMs and Include

Marianna Shapland - Rainbow Hearts and SHINE

Angela Singh - Sitara and Hopes and Dreams

Megan Waugh - Maternity Services Liaison Committee co-ordination

web watch

<http://www.nhsdirect.nhs.uk/> - symptom checker and health information

<http://www.netdoctor.co.uk> - health information and advice

<http://www.patient.co.uk/topics.asp> - access to 887 pages of health related information