

# together

## we can make a change!



Let us help you  
to help yourself!



**...where I found myself and felt comfortable in my own skin**



**...where I was heard and understood**



**...where I matter**

**Where I can....**

- ...have fun and learn a new skill**
- ...increase my confidence**
- ...increase my self awareness**
- ...just be ME!**



## Welcome to Together WE CAN make a change

Welcome to Issue 2 of Together We Can make a change. Here at the Halton Women's Centre we believe the best way to approach change is not to do it on your own. Change can be daunting and it's important to have a strong support base to help you move through the transitional phases of change. Talking about support, the Women's Centre would not achieve the results that we do without the time, talent and treasure that our volunteers give to us.

We are always looking for talented people who can bring their own skills and life experiences to help improve the lives of others. Do you have a talent? If so, I would love to hear from you.

*Centre Manager*



Halton Women's Centre is a partnership between our charity, the Council and the PCT. Situated in Runcorn; it's the only centre of its kind in the North West. We work with a wide range of issues that clients bring including abusive relationships, mental health issues, offending behaviour, social isolation and debt.

## Halton Women's Centre

### What do we offer?

The safe and independent setting of our Centre, offers a fantastic range of education and health related services targeted at those most hard to reach, or those who face social exclusion as a result of personal circumstance. These services support, inspire and motivate women of all ages. Supported by dedicated staff and volunteers, we tailor our services to meet individual needs which help to improve the physical, social and emotional wellbeing of over 3000 women a year from within the Halton community.

### Who are we?

The quality of the relationships and the importance of the role that women play in society have a huge impact on the health and well being of the family and family life. Our team inspires clients to realise they have choices and opportunities that will help them to lead independent and fulfilling lives. We want to focus our skills and talent on all women, young and old who are vulnerable, socially isolated and have low mental health needs and equip them with the life skills to achieve healthy and happy relationships.

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# Halton Women's Centre – a view from a trustee's perspective!

Many of the service users here at the Women's Centre are part of the SAFE project. This is a unique form of community order being piloted by the Probation Service which (so far as Cheshire is concerned) is only available to the courts in Halton. The purpose of this order is to address offending behaviour patterns found in women who themselves live in difficult and challenging circumstances. Other activities they can access is "Positive You" self development course, counselling, debt management and a host of other programmes designed to help improve the confidence of women who are from disadvantaged backgrounds or who have been the subject of abusive relationships. The trustees know firsthand from talking to women who have been through these courses just how valuable they are in turning lives around. Another project that I am very keen to succeed is the AWARE Project. Funded by Comic Relief, its object is to work with young people who are being sexually exploited both in Halton and Warrington.

So do the trustees view the work of the Halton Woman's Centre as important? I can say that the answer is unequivocally YES. Although I don't get to visit Halton as much as I would like to, when I do, I am very much aware of what goes on at the Centre and know only too well that the Centre could not operate without its committed group of volunteer workers who, along with our full time staff, make the Centre what it is today. With support from the various stakeholders, the Centre can make the difference and the trustees intend to see that it continues to make that difference for a long time to come.

Alan Eyres, *Chair of Trustees, The Relationships Centre*

## What we have achieved

### Halton Women's Centre achieves STAR standard status!

Halton & St Helens NHS together with Halton and St Helens Voluntary and Community Action (VCA) have commissioned the development of a locally bespoke quality standard and monitoring approach which forms a vital part of the ongoing programme of commissioning good practice.

Halton Women's Centre recently received their award together with many other independent and voluntary/community organisations, at the official Awards Ceremony held at The Everglades Park Hotel in Widnes.

Pam Young, Auditor from Halton & St Helens VCA commented

"The Centre is well run and managed with fingers on the financial control button. Staff and volunteers provide the skill and commitment that go well beyond "doing a job" Encouragement, empowerment and support to re-establish goals, bubbles from this centre in a warm and caring environment."



## Life Emotions

*This issue we look at different skills and abilities we need to help us manage change. This issue we look at Resilience. I came across this great article that I would like to share with you all.*

### Bounceback Ability

'Growing up, I remember brightly coloured beach balls and space hoppers. There were tennis balls, squash balls and trampolines. But I particularly remember a tiny but amazingly solid rubber ball called The Super Ball. Even as a child I could get the ball to bounce as high as my house. That's how I remember them. Bouncing away.

The ability to bounce is an impressive one, which I think applies to people almost as much as it does to the Super Ball and it's shown in a powerful quality called resilience - the ability to 'bounce back' after things have gone wrong.

The fact is life has a habit of throwing us curve balls, situations that we didn't expect or see coming. These may be situations that manifest from other people's challenges or beliefs and cause you pain and stress. And in such cases, what really matters is how you cope, and how quickly you're able to get back on track.

Here at Halton Women's Centre we see resilience in bucketfuls. Every day we meet Women who have been bent out of shape by life, bad luck or by people but who demonstrate grace, strength and resilience in the quest to get their lives back on track.

Women need to recognise that they already have resilience and accept that they can recover after setbacks with care and support. You do have it in you to bounce back in the future too!

Moodscope Blog - Appreciation. (n.d.). Retrieved [moodscope.com/blog.php](http://moodscope.com/blog.php)

This Autumn, Halton Women's Centre is providing a plethora of activities and workshops to support and encourage that bounceback ability. See Tailor Made Training & Workshops article (below)

## Community News



### Can you support us

Although unique in our offerings, we like many other Charities are constantly looking for financial support to help support the committed workers that are vital in sustaining the needs of vulnerable woman who use our Centre.

We currently are looking for Companies who wish to get involved in sponsoring our centre.

If you would like to find out more and perhaps visit the Centre please contact the team on 01928 566073.

## Tailor Made Training and Workshops



**Our parent charity The Relationships Centre is made up of professionals from a wide range of backgrounds and disciplines, with vast experience within the statutory, voluntary and private sectors, our team delivers a level of expertise rarely found within one organisation.**

We can deliver the following workshops for Young people in schools, community venues and youth clubs: (all delivery is age appropriate)

**Healthy Relationships** - exploring different types of relationships and experiences which affect our ability to form healthy relationships.

**Emotional Literacy** - explores our emotions and their importance in helping us to identify and communicate our feelings.

**Self Esteem and Confidence** - explores how our self esteem impacts upon our daily

interactions with others and in particular our relationships.

**Teen Brain** - explores how brain development occurring during the teenage years has an impact upon young people's behaviour and decision making skills.

**Conflict Resolution & Managing Anger**

- explores why we get angry, triggers and consequences and the impact of anger on us and those around us.

We also deliver 'train-the-trainer' packages which will enable you to cascade the knowledge acquired from our courses to all levels within your own organisation.

This is just a taste of the courses we can offer at The Relationships Centre. If you are interested in our Training Consultants delivering courses on site or at Halton Women's Centre please contact us.

# What is...NLP

*NLP is characterised by a sense of curiosity and a desire to learn what skills are required in order to understand what kind of communication influences somebody, that all behaviour has structure, and that structure can be re-learned and changed (re-programmed) where desired.*

*Two of my favourite techniques are Perceptual Positions and Building Resources.*

## **Perceptual Positions**

A technique which allows us to have multiple perceptions in a situation, so that we can have a greater influence and be even more flexible in our responses. We do this from 3 positions.

1st position – looking at the world from your own point of view, through your own eyes.

2nd position – considering how it would look, feel and sound for another person looking through another person's eyes, appreciating the other person's point of view.

3rd position – seeing the world from an outside point of view, as an independent observer, with no personal involvement in the situation. This creates an objective viewpoint from which you can generate and evaluate some useful choices in a difficult situation.

## **Building Resources and Coping Mechanisms**

Resources are the means to create change within ourselves or to accomplish an outcome. Building a resourceful state refers to where a person has positive, helpful emotions and strategies available to him or her, and is operating from them behaviourally, leading to a successful outcome. We do this by challenging negative thoughts about ourselves and recognising and re-establishing positive feelings or self-belief. With these more balanced, healthy thoughts/feelings/behaviours in place, new ways of dealing with everyday challenges can be explored and put into practice.

Both these techniques are designed to create the flexibility of choice through the building of self-awareness and self-esteem, coupled with the ability to recognise our own uniqueness, and to appreciate the uniqueness of others. This, in turn, leads to more effective and efficient levels of communication between ourselves and everyone we come into contact with in our daily lives.

**Contact Marie Robinson on 07790 378760**



*A taste of  
What's On  
this Autumn!*

**We will be running special one off themed events and workshops throughout each month as well as offering regular weekly services. November is Peace Month!**

Timetables of What's On at the centre will be made available to service users and some of our services will also be open to people in the local area. For further information please give us a ring on 01928 566073.

**Here is a taste of Autumn...** Complimentary Therapies, Hair and Beauty, Craft, Embroidery, Coffee Mornings— Armistice Day, Bake & Share a Christmas Cake and Christmas is Coming – Peace on Earth.



**Please note:** Fees apply and all events are by appointment or booking only. Limited places are available for some events.

Spotlight on...

# Marie, one of our Counsellors



Marie is one of our two Therapists who volunteer their time, talent and treasure here at Halton Women's Centre.

Hi - my name is Marie Robinson and I am currently working my counselling hours here at Halton Women's Centre.

I attained Master Practitioner of NLP (neuro linguistic programming) about four years ago, training with Richard Bandler, the co-creator of NLP, and Paul McKenna, the world-famous hypnotherapist. During this time I was working towards my counselling and psychotherapy diploma. I feel hugely privileged to have been given the opportunity to work at the Centre alongside such amazing and dedicated people, within a freely accepting and nurturing environment.

As a volunteer I have been allowed to fine-art my method of working with both clients and staff, and gain in confidence

and experience for which I will always be both grateful and thankful. Volunteering is a unique and incredible experience, and one that I would wish to continue long after my placement hours are completed.

See Marie feature on NLP...on page 5



## Breast Cancer Awareness

On the 28th October 2011, Halton Women's Centre held a Coffee Morning to raise awareness for Breast Cancer Care during the month of 'Pinktober.' Vivien and Louise, two volunteers from the Breast cancer support team came along to the centre to give a talk on being aware of the disease that can affect 1 in 10 women during their life time. All the ladies attending wore pink and we also had a visit from our local Avon representative who work in partnership with Breast Cancer Care, to raise money for further research and support those who are affected. The ladies feasted on pink cupcakes and were all given a pink roles for coming along. The October raffle was drawn

and one of our new ladies to the centre won on her first visit!

Many thanks to Exquisite Flowers and Flowers of Runcorn in Halton for the 2 bouquets of pink roses and Lynda Rogers at Cheshire Cakes for the donation of 16 sparkly pink cupcakes. Thanks also to Cath our local Avon representative who donated some pink Avon gifts for our November raffle. Many Thanks to Kerry Grimes at the PCT for organising the volunteers.

A very special thank you goes to Trudi our wonderful volunteer for arranging all the lovely pink themed donations and being Master Photographer on the day!



# A clients view...

“

I got to talk to someone who understood and could help me to understand my past and where it all went wrong.

My name is Pamela and I have three children age between 14yrs and 6yrs. I never had a good childhood and left home early as I didn't get on with my mum or family. I met a man who hurt me a lot and in the end I got into trouble with the Police. I ended up coming to the women's centre because I was put on a probation order by the courts. I lost my children and felt really low and depressed. I came to Halton Women's centre as part of my order and was not sure what to expect or if I would like it. The people were very helpful and put my mind at rest, I got to talk to someone who understood and could help me to understand my past and where it all went

wrong. I went on courses at the centre and met some nice women. I realised that I wasn't a bad person and that other women had similar stories to tell about their lives.

I'm growing stronger every day and love coming to the centre even now I have finished my order. I got a lot of help and support its meant a lot to me and I am looking forward to a future that will include me having my kids back and enrolling on a course at college.

# Things to do at the Centre:



Mother and baby groups



Counselling



Positive You courses



Friday coffee mornings



Crafts



Well-being therapies



Why not come along to our coffee mornings every Friday 10-12am and have a look around! For a timetable of all our services please email us.

Helpline: 01928 566073

**Halton Women's Centre**

Pendennis Court, Castlefields, Runcorn WA7 2SW

Email: [womenscentre@therelationshipscentre.co.uk](mailto:womenscentre@therelationshipscentre.co.uk) [www.therelationshipscentre.co.uk/halton](http://www.therelationshipscentre.co.uk/halton)

**Get in touch – Be involved – Make that change!**

