



Registered Charity 1137794

9th

ANNUAL REPORT

2016 / 17

“FEEL BETTER, STAY WELL”

Wellbeing courses and treatments
with the experts

HOPS (Healing Opportunities Provision Scheme)
QUAKER MEETING HOUSE
30 ROKER PARK ROAD, SUNDERLAND, SR6 9PG
Phone 0191 548 3722
info@healing-sunderland.org.uk
www.healing-sunderland.org.uk

CARING AND EXPERT SERVICE

Nine years of expert care! Our highly qualified and experienced therapists and tutors have given nearly 5,000 complementary treatments and delivered some 1,200 classes and events.

Thousands of people have benefited from their expertise and from the warm welcome received at the HOPS base in the peaceful Quaker House in Roker. It is a statement of fact that we have changed lives and have helped people through exceptionally difficult times in their life. We aim to help people to “Feel better, Stay well” as our logo puts it, and there is plenty of evidence that we are successful in that.

We have always had a special concern for carers and this year has seen the introduction of Carers' Wellbeing Days. They aim to give carers a short respite from their 24/7 responsibilities. Providing each carer with a therapy treatment, two taster sessions (for example, Tai Chi and Mindfulness) and a chance for social interaction over a tasty, healthy lunch. With some invaluable grant support, we have been able to provide these free of charge to the carers.

This is particularly important because in our experience, many carers in this region of high unemployment and social deprivation experience financial difficulties and even where this is not the case, any “spare” money is spent for the benefit of the person being cared for.

The feedback has been phenomenal with individuals calling the days “awesome”, “wonderfully relaxing” and have reported that they feel renewed, back in touch with their real selves. We hope to be able to run these Wellbeing Days about once month in the year ahead; and carers have also asked us to run regular drop in sessions, possibly weekly.

We have an exceptionally strong team of therapists, all having considerable experience in a range of settings including hospices, G.P. surgeries, community venues and schools. They are able to adapt their skills to provide a treatment tailored to the individual and all are sensitive, caring people who are dedicated to enabling others to live happier, healthier lives.

We are concerned that people should receive ongoing support and we therefore have a programme of activities running four days a week. Our classes aim to encourage self care and provide a helpful and happy way of tackling social isolation. We are fortunate to have expert tutors for each class and this year we have also run sessions in other venues, for example , for the Stroke Association, Sunderland University Students' Union, Hope and Hospitality in South Shields and Back on the Map in Hendon.

As well as working closely with voluntary organisations like Sunderland Carers Centre and CGL (Care, Grow, Live) and CEED (Community Environmental Educational Developments) , we receive referrals from G.P.s and the Psychological Wellbeing Service. We are also liaising with Action on Dementia, More than Grandparents and others.

Funding remains a problem. It is not easy balancing the aims of our charity with the means of raising sufficient finance. We manage on minimal resources and take this opportunity to record thanks to our Office Support Worker, Carrie Kirsten who does a wonderful job, as did Eve Winstanley before her. We are extremely grateful to the grant bodies and individual benefactors who have supported us.

It is evident that our service is needed and greatly appreciated. We hope that we can continue to offer expert help to those who most need it, who are often those least able to access it.

CLIENT COMMENTS

Asked for a word or two summing up their feeling about a **Carers' Wellbeing Day**, carers all had positive comments, including:-

I'm not the only one Fantastic De-stressing Sharing Uplifting Inspiring Relaxing

Meeting lovely people Amazing Healing Happier than when I came in Time out for myself

Excellent Enlightening Invigorating Being able to talk about feelings Like Christmas!

Comments about our classes:-

RELAXING AND SUPPORTIVE THROUGH DIFFICULT TIMES

"I have been coming to the Yoga sessions at HOPS for almost a year and would thoroughly recommend it to anyone who wants exercise through very gentle movement and without any pressure to 'get it right'.

The session is very friendly and held in a quiet, peaceful building and run by a lovely, quiet lady. Through concentration and growing awareness, the gentle movements and breathing routines bring about a warm, relaxed feeling of wellbeing and help you put aside what is going on in your day to day life. The deep relaxation at the end of the session will leave you wanting more. The classes have been a great help to me, both physically and mentally, over what has been, for me, a very challenging year. " R. M.

"I HAVE SOMETHING TO LOOK FORWARD TO NOW...."

When I discovered HOPS, I was feeling quite low due to bereavement and family health issues. Since coming regularly to the Chi Kung, Yoga and Meditation groups, I have really felt the benefits, mentally and physically, as well as meeting new people who are both friendly and supportive. The classes all complement each other and I really look forward to them. Highly recommended! P. C.

Comments about our treatments:

LIFE CHANGING!

When I first walked through the door of HOPS I couldn't have imagined just what an impact it would have on my life. It is a haven of peace and relaxation but full of life at the same time. Wonderful place, wonderful people.

I have sampled most treatments from Massage to Reiki but my favourite treatment is Reflexology. The therapist is a wonderful, caring person. I am always surprised by how she can tell what particular areas/issues need attention by working with my feet. Highly recommended. C.M.

FRIENDLY AND PROFESSIONAL

"I care for my husband who suffers from dementia and who also has other health problems. I am often very tense and find it difficult to relax. I have had a series of massage treatments which have helped me immensely. The treatment was carried out by an extremely caring, friendly and most professional person dedicated to helping all of her clients. J.C.

"Great experience, wonderful feeling of calm." A.T.

"I felt so down. I'm beginning to get to enjoy life again." D.G.

QUALITY COMPLEMENTARY HEALTH CARE

HOPS offers an extremely professional service. Our therapists are highly qualified and very experienced, having worked in GP's surgeries, social services, hospices and community support organisations as well as private practice. The therapies normally offered are:-

- AROMATHERAPY
- MASSAGE
- INDIAN HEAD MASSAGE
- REFLEXOLOGY
- SHIATSU
- REIKI / HEALING



Some treatments are provided through liaison with other agencies, which sometimes means treatments can be provided at little or no cost to the client. Currently most clients are Carers, Over 50's or individuals experiencing stress, anxiety and/or depression.

Our therapists work for a reduced professional fee. Some treatments are charged at the commercial rate with all proceeds helping to keep HOPS going. Those referred by their G.P. or other medical practitioner may receive one free treatment and one half price. Carers can claim a 10% discount.



THERAPISTS

Dominic Cleary	Shiatsu
Iris Grady	Reiki/ Healing
Eve Winstanley	Reflexology; Massage
Margaret Timothy	Reiki; Relaxation classes
Angela Jones	Aromatherapy; Reflexology; Massage; Reiki; Indian Head Massage
Sheila Clark	Aromatherapy
Petrina McQueon	Massage
Donna Scott	Massage
Denise Inskip	Massage
Natalie Weir	Massage

HOPS WELLBEING CLASSES

HOPS provides a range of opportunities to learn more about self-care and stress relief and to enjoy being with other people.



Tai Chi at HOPS Wellbeing



Yoga at HOPS Wellbeing

Classes offer the opportunity both to learn new skills and to socialise in a stress-free environment. They include Yoga, Tai Chi, Chi Gung and Mindfulness/Meditation.

Sessions are delivered at a variety of locations and events, including taster sessions at community group open days and celebrations.



HOPS Community Choir

TUTORS

Dominic Cleary	Tai Chi; Chi Gong
Valerie Chiltonsmith	Mindfulness & Meditation
Karen Hemming	Yoga
Lindsay Hannon	HOPS Community Choir
Margaret Timothy	Relaxation; Mindfulness.

OFFICE STAFF

LESLEY BAREFOOT MANAGER (volunteer)
CARRIE KIRSTEN ADMINISTRATION (part-time paid)
EVE WINSTANLEY ADMINISTRATION (until May 2016)

TRUSTEES

LESLEY BAREFOOT (Chair)
Community Development Officer (retired) and a former Citizens' Advice Bureau manager and area tutor. Qualified Shiatsu practitioner and Reiki Master Practitioner

STEVE RUFFELL (Vice Chair) 30 years in Public Health Service; School Governor (Chair)

GILLIAN MOORE (Treasurer) PhD Research scientist; School Governor

MARGARET GRAINGER Teacher (retired)
Finance Group Treasurer + Chair +

PAULINE SCOTT
Qualified and experienced internal auditor. She knows the value of complementary healthcare for carers.

JOHN LAVENDER Adult education tutor (Maths). I.T. specialist
Staffing Group
Chair + MARGARET TIMOTHY Senior Social Worker (retired); Reiki practitioner; Tutor

SPECIAL THANKS

We want to particularly thank those listed below for their generous and much valued input of expertise, time and/or money :

COMMUNITY FOUNDATION	SUNDERLAND CITY COUNCIL
GREGGS FOUNDATION	- North VCS Network
ESH FUND	Vivienne Metcalfe
SUNDERLAND QUAKERS	- Chris Foreman
LESLEY BAZILLE, Patron	SUNDERLAND CARERS CENTRE
JOHN LAVENDER	CGL (Care, Grow, Live)
BEN and EILEEN TROTTER	CEED, Susan Nolan

FUNDRAISING FOR HOPS WHEN YOU SHOP ONLINE

If you shop online, please register with www.easyfundraising.org.uk. Then each time you buy something from the big name stores a small percentage will go to HOPS. Thank you!