

## Support us

Here at the Well Women Centre we rely on goodwill and we are therefore proud to have so many supporters who help us in a range of ways. We welcome donations from those who can afford to give, either through single donations or through our regular giving scheme "Friends of Well Women". Local businesses can also support us through our "Corporate Friends Scheme", or through sponsorship of events and projects. All of this support brings in valuable funding which enables us to reach even more women across the district.

## Volunteering

Volunteers play an integral and important part both in the management and delivery of all our Well Women Centre services. As an organisation founded and built upon the generous contributions of women supporting other women, we are proud to acknowledge that this tradition continues. Without the ongoing support of our dedicated team of volunteers, we would not be able to offer our services in the same way. We are always seeking out new volunteers who can support us both with the day-to-day work of the charity and support our continued growth and development.



### Opportunities are available in...

- Administration Work
- Fundraising
- Counselling
- Group & Drop-in support
- Social Media
- Trustee Roles



 01924 211114  [info@wellwomenwakefield.org.uk](mailto:info@wellwomenwakefield.org.uk)

Well Women Centre, 24 Trinity Church Gate, Wakefield, WF1 1TX  
[www.wellwomenwakefield.org.uk](http://www.wellwomenwakefield.org.uk)

Registered Charity No. 1107523



well women  
centre Est 1985



For women, **by women...**

# Welcome

Established in 1985, we are a charity providing support and wellbeing services to the women in the Wakefield District.

Our women only services are delivered either from our women only centre at Trinity Church Gate or within one of our designated outreach venues across the district.

After an initial interview and confidential one-to-one discussion about your personal needs, we will help you to select which of our services would be of most benefit.

## Services...

### Counselling

Counselling offers a weekly time and space to help you to explore your difficulties in a safe, private and confidential environment. This may be helpful in freeing you up to talk more openly and honestly than is sometimes possible with friends and family.

Counselling can help you to understand yourself and your experiences more, which in turn can help in your relationships with yourself and other people. It can help you work out what changes you would like to make in your life, explore your options and face obstacle's.

We offer a number of styles of counselling that are helpful for different problems and we will work out with you what might be the best way forward.

### Courses

Our courses provide an opportunity for women to meet and support one another in a safe, confidential space. Courses use a number of ways to support women who attend, including, having the time for self-reflection, group discussion and opportunities to explore strategies.

### Groups

Our groups enable women to support each other and receive support from our centre in a safe environment. Here, women have the opportunity to come together and take part in a range of social, creative or issue specific activities.



### Dedicated Services

Our dedicated services brings together a range of projects that offer effective ways of working with and supporting women with multiple and complex needs including young women and women from the BAMER communities. We offer wrap around support and tailor made packages individual to each woman that we work with. In this way we can work towards better and more positive outcomes.



### Complementary Therapies

The Well Women Centre offers a full range of complementary therapies. All therapies work holistically to treat the whole person – emotionally, mentally and physically – rather than concentrating on a single symptom. Low cost (eligibility applies) and full cost treatments are available.



### How To Access Our Services

To access any of our services, please attend one of our drop-in sessions for a confidential one to one discussion about your personal needs. Here we will help you select which of our services will be of most benefit to you. Alternatively you can register via our website:

[www.wellwomenwakefield.org.uk](http://www.wellwomenwakefield.org.uk)  
or email [info@wellwomenwakefield.org.uk](mailto:info@wellwomenwakefield.org.uk)  
or call us on 01924 211114

Our drop-in times are every Monday, 5pm to 7.30pm  
and every Friday, from 10am to 12.30pm.  
(except Bank Holidays)