

Company number: 2835637

Charity Number: 1048788

Women's Health Matters

Report and financial statements
For the year ended 31 March 2022

Women's Health Matters
Reference and administrative information
for the year ended 31 March 2022

Company number 2835637

Charity number 1048788

Registered office and operational address 44a-48 The Refinery, Sugar Mill Business Park, Oakhurst Avenue, Leeds, LS11 7DF

Trustees Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:

Alison Cater	Chair of Trustees
Emma Dickens	Vice Chair of Trustees
Amita Fearon	Treasurer since May 2021
Amie Tolson	resigned as Treasurer May 2021, remains as trustee
Hannah Jones	
Tracey Glanville	
Sarah Salahuddin	
Tessa Johnson Jones	appointed April 2021
Tracey Bridgett	appointed June 2021, resigned July 2022
Lillian Ayala	appointed April 2022

Key management	Rachel Kelly	Chief Executive
personnel	Bridget Walker	Finance & Office Manager

Bankers Unity Trust Bank plc
4 Brindley Place, Birmingham, B1 2HB

Independent	Catherine Hall FCCA, Slade & Cooper Limited
examiner	Beehive Mill, Jersey Street, Manchester M4 6JG

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Trustees' annual report
for the year ended 31 March 2022

The Trustees present their report and the unaudited financial statements for the year ended 31 March 2022.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

Objectives and activities

Objects (as set out in the company's memorandum of association)

To preserve and protect the good health, both physical and mental, of women in Leeds and the surrounding area and, in particular, to educate such women about health-related matters.

Aims To work with women and girls across Leeds so that they can take control of their lives and their health.

Objectives Our objects define the services we provide for women and girls resident in Leeds and the surrounding areas. Leeds is a large city with a population of 437,946 women and girls (White A, Erskine S and Seims A, The State of Women's Health in Leeds, Leeds City Council 2019). Women's Health Matters (WHM) reduces health inequalities experienced by women from disadvantaged communities across Leeds. We work with women who have unequal access to health and support services due to poverty, ethnicity, disability, sexual orientation, or traumatic personal experience.

From our 2021/22 survey of women and girls we intensively support, over half live in the top 3% most deprived wards in England and almost all live in the 20% most deprived wards. The women we work with face significant health inequalities. The State of Women's Health in Leeds report noted 23% of women (98,556) live in the most deprived areas of Leeds, with only 8% in the wealthiest. In addition that deprivation has a major impact on the health of the population with the mortality rate in women in the more deprived areas of Leeds 40% higher than that in the wealthiest areas. 21,826 incidents of Domestic Violence were reported in Leeds last year. It is estimated that only 18% of incidents are reported to police, suggesting that the actual number of incidents in Leeds is above 121,000. 60% of women who experience DV also experience mental health problems.

We specialise in group work, peer support, and providing one to one support. We work intensively with women and girls who are most at risk, including those experiencing domestic violence, sexual and emotional abuse; those with children in care or at risk of being removed; young mums and disadvantaged parents and their children; women seeking asylum; women with learning disabilities; and women with complex needs or mental health and wellbeing needs. We take a woman-centred holistic approach, creating a safe, nurturing environment to help women recover their confidence, explore their own needs, and regain control over their lives. Where capacity allows, we undertake outreach work that enables us to broaden our reach to a wide range of women who have often found it more difficult to work with statutory services.

Vision and Values

Our vision and values reflect our ambitions and what is important in the way we work.

Vision: Our vision is for a just, safe and kind society where women are inspired, and helped, to reach their unique positive potential: where good health, and positive relationships, are valued and nurtured.

Values:

- Be passionate for building powerful, positive relationships that develop resilience
- Consistently provide effective support and information

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- Provide safe, and confidential, spaces in one to one and group work
- Be advocates for building capacity within communities, and for community action
- Develop and promote the value of volunteering
- Always have the right conversation at the right time
- Influence change for women in Leeds ensuring their voices are heard
- Maintain an approach that is non-stigmatising, non-judgemental, collaborative, and empowering

Our funding limits the number of women we can help. For some services we hold waiting lists when necessary. We ensure that women have information about other services available in the city and are referred appropriately when additional support is required or is not within our remit.

Our aim is to make our services accessible. All are provided free of charge. We work in ways that help overcome barriers to participation, for example specific services working with women with learning disabilities, women seeking asylum with interpretation support and young women. We build in costs (where funding permits) for crèche, interpreters, and access costs travel into our services and use safe and accessible venues from which to run services and events.

We undertake equal opportunities monitoring to try to ensure women from multiple backgrounds are accessing our services. Women's Health Matters (WHM) has an Equal Opportunities Policy that supports recruitment, monitoring, induction, training and all the services we deliver. We recognise that there are disadvantaged groups in our society and affirm that the charity has a responsibility for combating the causes of these disadvantages. We strive to ensure that all women have full access to employment, voluntary work, services provided and Board of Trustees membership. It is fundamental that no one is treated less favourably by WHM on the grounds of race, colour, nationality, religion, disability, age, marital status, class, sexual orientation, or responsibility for dependants.

We ensure that staff members are experienced, trained and supervised to carry out the work of the charity and we strive not to embark on areas of work that will cause detriment or harm. Volunteers support some services to achieve their aims and objectives. They receive induction and ongoing support as well as out of pocket expenses.

The Trustees review the aims, objectives, and activities of the charity each year. They support staff to identify new areas of work, influence policy externally and increase understanding and knowledge of the services of the organisation, sustain funding of our activities, assess impact of our work, and maintain good quality management.

This report looks at what the charity has achieved and the outcomes of its work in the reporting period. The Trustees report the success of key activities and the benefits the charity has brought to those groups of people that it is set up to help. The review also helps the Trustees ensure the charity's aims, objectives and activities remained focused on its stated purposes. The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives that have been set.

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Achievements and performance

The charity's main activities and who it tries to help are described below. All its charitable activities focus on women and girls in disadvantaged areas of Leeds and surrounding areas, and with groups of women and girls who experience additional disadvantage. Activities are undertaken to further Women's Health Matters charitable purposes for the public benefit.

In 2021/22, the Covid-19 pandemic continued to have a dramatic effect on our services and the way we delivered our support, some group work continued as one-to-one support over the phone, face to face outside and inside, or online individual and group support. However, we were pleased to have all our groups up and running during all the times when this was possible.

In this year, we worked directly with 2903 women and girls (2020/21: 1715), 887 women and girls accessed intensive group and 1 to 1 support (2020/21: 608) and 2016 were reached through lighter touch outreach contact (2020/21: 1107). For comparison, in 2021/22 we ran 754 group sessions, this increased from 267 group sessions in 2020/21, which were reduced due to Covid lockdowns and safety restrictions. The return to group work reduced the need for 1 to 1 sessions to 1043 in 2021/22 (2020/21: 3546).

We delivered our work across 22 services (2020/21: 15).

New services that started during 2021/22 (8): Breastfeeding Peer Support, Breathe Free, Family Canvas, LDVS Sanctuary Support, Rosebuds Labyrinth, The Key Change, Women's Lives Leeds – Empowering Systems Change, and Young Snowdrops.

Services that continued during 2021/22 (12) Digital Support, Emergency Fund, Feel Good, Inside Out, Leeds Domestic Violence Service, Maternity Voices Partnership, Rainbow Hearts, Snowdrops, Sunflowers, Wow!, Your Space, and WHM Volunteering Programme.

Services that ended during 2021/22 (2): Rosebuds and YUMs.

As restrictions changed during the year, WHM returned to face to face work as restrictions and safety precautions allowed, and in line with the needs and vulnerabilities of our women. We felt this return to face to face work where possible was absolutely necessary due to the work we carry out with the most vulnerable women and girls in Leeds, and their increased concerns, needs, and challenges, which inevitably increased during the lockdown and Covid periods. We ensured that all women and staff followed our regularly updated risk assessments, including wearing face coverings where appropriate, temperature checking, regular Covid testing, social distancing, increased sanitisation, hand washing and cleaning, and encouraged all staff and women to be vaccinated as soon as they were able to be. We arranged for Covid vaccination sessions to take place in our groups.

During the year, we recruited two new trustees to the board and a further trustee in the first quarter of 2022/23. Our trustee board currently numbers nine, and is representative of the women we support, with trustees from a range of personal and professional backgrounds, ethnicities, sexual orientation, disabilities, and with lived experience.

This year saw an increase in our engagement with volunteers, an increase from 30 in 2019/20 to 79 in 2020/21 to 96 in 2021/22 and with external workers, seconded to us, to provide support in our groups. We welcomed the support of 13 external workers in 2021/22. These areas continue to be part of our future growth plans.

WHM have implemented a new social media strategy to ensure a social media presence across all platforms, raising awareness of the work we do and to encourage "freedom champions" to regularly donate to support our services. A highlight of the year was the work completed with Leeds Art University on the 16 Days of Action Campaign. This increased interactions with social media pages on

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all platforms. During this period, visits to Facebook Page increased by 259%, and visits to the Instagram page increased 547%. Posts on Facebook reached 3023 people and posts on Instagram reached 964 people. Tweets made a total of 15000 impressions over the same period. Over the year, we increased our social media presence and engagement through Facebook, Twitter, Instagram and Linked In to around 6800 followers. Creating content can be time-consuming, even with support from volunteers. This can affect our presence on social media over short periods of time. Once additional volunteers have been recruited focus will look at more consistent social media content with an emphasis being placed on WHM's campaigning voice.

We looked at all the ways that we engage our service users and formulated these processes, these include volunteering opportunities, naming of groups, involvement with staff recruitment, focus groups, coproduction of surveys, leaflets, session plans and course materials, evaluation and snapshot survey, and contributions to events.

WHM strive to be an inclusive organisation, supporting women from all backgrounds, nationalities, and ethnicities. This year we reviewed our documents and policies, and we did not feel that the terminology and language we use reflect this. Historically, the word BAME has been used as an overarching term for individuals from a non-white background. As an organisation, we did not feel that this represented the women we work with and wanted to move away from the use of this term, using more inclusive language that represents everyone involved with WHM. To ensure that our terminology is reflective of all the women we work with, we conducted a survey to gather feedback from those who attend our groups focusing on how the use of certain terminology makes them feel, and what their preferences moving forward would be. 65% of women who responded to our survey told us that they felt that the use of overarching terms such as BAME was outdated. Several told us that the use of this term makes them feel uncomfortable and feels that this differentiates them from others. *"[BAME] lumps people together a lot and is quite 'othering'"*

When asked what terminology they would like to see in publications, documents and policies, women told us that they would prefer that we refer to individuals using their individual preference of language, whether this is related to ethnicity, nationality, or any other identifying feature. When considering how we refer to groups of women we support, those who responded to our survey showed a clear preference for being referred to as a group of women with a clear identifiable, shared characteristic that is not necessarily associated with race, ethnicity, or nationality, for example, women seeking asylum; Lithuanian speaking women; women experiencing domestic abuse. Taking these responses into consideration, moving forwards WHM will be reviewing its documents and policies and implementing as many of the above suggestions as possible. When submitting funding bids and reports, WHM will do its utmost to ensure that we refer to women in the manner they prefer, however, acknowledging that there are some limitations in these instances where we would need to use the terminology used by the funders themselves.

Further information about each of our services and examples of key activities are included below with testimonies and case studies:

Domestic violence and abuse work

During this year, WHM DV workers set up a Leeds wide Domestic Abuse Practitioners Forum to bring together workers from across organisations to share learning and best practice. We hold the Safer Leeds Domestic Violence Quality Mark.

Breathe Free

Overview: Breathe Free started in April 2021 and is supported by the players of The National Lottery. Breathe Free is a 24-week course for women (those who identify as women, aged 16+) living in Leeds who have experienced domestic abuse and complex trauma.

Breathe Free's course is structured with the first six weeks being the 'Stabilisation' aspect of the programme. This section of the course supports women to engage in groups (some for the first time),

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the focus is on wellbeing, safety planning and linking in with partner agencies, e.g., Linking Leeds. The following 18 weeks focus on Domestic Violence and Abuse Awareness & Healthy Relationships. Breathe Free can offer one to one support on a needs basis to individual women. Multi-agency working, referrals and signposting are key aspects within Breathe Free. Once women have completed the course there is an opportunity for them to become Breathe Free volunteers.

Numbers supported in 2021/22:

Women: 72

Group sessions: 76

1 to 1 sessions: 45

Volunteers in the project: 9

Highlights: Devising the content for the 24-week course is the biggest achievement for this year. The content is up to date, relevant, informative and has a direct impact on the women attending group. Adaptability, we have felt confident to amend the content, and the structure of the course in response to feedback from workers, women, and evaluators. We have identified issues that weren't working and found solutions that have improved the course, e.g., combining Stabilisation and DVA courses into one course. Collaboration work with Leeds Art University, and Leeds Beckett University has been hugely successful and provided excellent opportunities for Breathe Free volunteers.

Challenges: We experienced exceptional circumstances with the murder of one of the women supported by this project. Extra support was given to staff and women in the group to process and come to terms with the tragedy.

Looking to the future: Partnership working to increase opportunities for women, e.g., Impact North for counselling services. Seeking a BAME organisation to co-deliver the Breathe Free programme to their service users. Drug Alcohol Court (FDAC) to increase referrals for women who are 'at risk of having children removed'. Staff will film short 20-minute video of each session, explaining handouts and video clips, sharing what the general discussions were from women in the group etc. This video can then be sent to women who miss a session due to unforeseen circumstances, in order that they are able to 'catch up' and understand the content of the session missed.

Case Study: J is currently seeking asylum and has been separated from her abusive husband for 10 months. She has her 1-year-old son in her care, and her husband has their 5-year-old. English is her second language. J is a Muslim and has been raised in a culture where domestic abuse is not spoken about, where women have no rights in their relationship, and patriarchy rules. Through her participation in Breathe Free, J has developed her confidence to speak in group and is able to understand her rights as a woman, her rights in relationships, and understands that what has happened to her is abuse and is not her fault. J reported allegations of rape and sexual assault against her husband to the police (retrospectively as now she knows sex without consent is rape). She received 1 to 1 support to advocate on her behalf with police and professionals involved in child contact arrangements, alongside offering emotional support. She is receiving additional support from WHM as part of our Refugee and Asylum-seeking support groups. She completed the Breathe Free course and is currently a volunteer who will be delivering training for Leeds Beckett University students.

Leeds Domestic Violence Service (LDVS)

Overview: As part of the LDVS consortium WHM continued to deliver three weekly Domestic Abuse Education and Support groups. The groups offer a safe and caring environment for women to explore their experiences and ensure that they do not have to deal with the aftermath of trauma alone. The groups support and promote safety, reduce isolation, and allow victim-survivors the opportunity to improve resilience and coping skills that aid recovery. Engage Leeds and Linking Leeds workers attend sessions to provide a holistic approach to support. The work is funded by Leeds City Council Public Health funding with support from other funders and core costs.

Numbers supported in 2021/22:

Women: 142

Group sessions: 114

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Light touch support: 130

Volunteers in the project: 1

External workers in the project: 3

Highlights: It is always a privilege to be part of a woman's journey, to support women to frame their experiences, understand trauma and the impact, and embark on a journey of self-learning. A highlight for the workers involved is watching women learn to love themselves, and to understand they have the basic right to feel and be safe within an intimate relationship.

Challenges: Challenges often relate to funding for creche provision and access costs. Lack of creche meant that we were unable to support women in an extremely vulnerable position who had young children, that were isolated and unable to find childcare. Additionally lack of an evening group meant that women who work, or are unable to access group during the day, are unable to receive support. Transport costs are essential in ensuring that women accessing support don't incur additional financial hardship, and the provision of taxis mean that women struggling with mental health, or where safety is an issue can be included, however these are not always deemed essential within funding.

Looking to the future: WHM have applied for (and been successful with) additional funding which will allow for additional groups in the latter part of 2022, including the implementation of an evening group. WHM have also recruited a creche worker to support this work.

Case Study: S self-referred to the support group in November 2021 after separating from her partner and experiencing both physical and emotional abuse. S had just been referred to MARAC and was deemed as high risk. S was struggling with the impact of trauma, and grief and loss following separation, had low confidence and despite ending the relationship was still suffering harassment and coercion from her ex-partner and his family. S was supported within the group to take steps to understand that her responses to trauma were normal and to overcome some of the challenges, rebuild self-esteem and confidence, explore grief and loss, and explore ways to keep safe. The group provided S with the opportunity to understand and frame her experiences of domestic abuse, and in turn learn the abuse was not her fault. Whilst attending group S was referred into the Community Domestic Violence Team and was able to obtain both a prohibitive steps order, and a contact order which reduced the risk of her children being abducted by her ex-partner, along with a restraining order. Despite this S continued to be abused by her ex-partner. To challenge this S returned to court and amendments were made to the restraining order which increased the area of restraint. S has said that she feels safer now and able to make plans for her future. She has enrolled on a degree in Paramedic Science which, when completed will enable her to achieve a lifetime ambition and practice as a paramedic.

Feedback from S: 'The group helped me know that I am not alone, I blamed myself for a lot of the abuse and made excuses for the things he did. I have learnt that the abuse was not my fault, I don't have to hide behind my door anymore and I feel more in control of my life. I have always dreamed of being a paramedic and am taking steps to achieve this. The restraining order means that I can do the simple things that everyone takes for granted, like walk down the street to the supermarket with my son without being afraid of having bottles chucked at my head or being abused'.

Leeds Domestic Violence Service – Sanctuary Support Scheme

Overview: The LDVS Sanctuary Support Scheme started in January 2022, funded by public health and LDVS. The Sanctuary Support Scheme aims to provide ongoing support around safety planning and experiences of domestic abuse for recipients of sanctuary measures. The project aims to widen access to tailored one-to-one support for marginalised groups who've experienced domestic abuse. These groups include LGBTQIA+ people, asylum seekers, culturally diverse and migrant communities, those with disabilities, forced marriage and honour-based violence, and pregnancy and maternity. Referrals mainly come through Leeds Housing Options or internally through partner agencies. The Sanctuary Support Scheme offers one to one emotional, practical support and advocacy. Women's Health Matters holds two posts with specialisms in Pregnancy and Maternity (including those who are pregnant or have children up to two years old), and Disability supporting those who have physical disabilities and/or learning difficulties.

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Numbers supported in 2021/22:

Women: 4

1 to 1 sessions: 12

Highlights: A highlight of the year has been forming and working with the Sanctuary Support team. This provided the opportunity to build relationships across the nine different organisations that facilitate the sanctuary support scheme. We have also had the opportunity to attend many different LDVS and WHM groups, to gain greater understanding of the work each group does and the women who attend. This has enabled us to promote Sanctuary Support and refer existing service users into it. As our caseload grows, forming relationships and building rapport with service users has been a highlight. As has successfully completing support plan actions as cases progress. We have also had the opportunity to link into children's centres and clusters to promote the scheme to relevant agencies. Additionally, having a new playworker at WHM has been a positive in making WHM services more accessible to service users experiencing maternity and pregnancy.

Challenges: An initial challenge was getting referrals for the service. As a new scheme, not many agencies, organisations, or care providers were aware of what the sanctuary support team does and how to refer into it. As such, a lot of time was spent promoting the scheme to relevant third sector organisations, social, care and educational services.

Looking to the future: In the future, we hope to grow the services and receive an increasing number of diverse referrals. We look forward to reaching the stage with current cases where they feel they have achieved what they wanted from one-to-one support and are ready to move on to other services. We will continue building relationships with schools, clusters, and children centres to coordinate sanctuary with family support.

Case Study: When B first came to us, she wasn't aware of or engaged with many services. She was in the process ending an abusive relationship a long-term partner. B had recently moved to a new area, which they were unfamiliar with and was feeling isolated. B was in the process of a criminal proceedings to prosecute the perpetrator of a sexual assault that occurred when she was a teenager. She was experiencing anxiety, depression, and PTSD as a result of the historic assault and the recent abusive relationship. B is the primary caregiver to a son with autism, who had recently started attending a new school in the area. Since participating in the Sanctuary Support scheme, B has been referred into and engaged with many new services. These include SARSVL counselling, LDVS and Linking Leeds. She found the LDVS support group useful and challenging because it made her realise many women had been through similar relationship experiences to her. She described her continued contact with her ex-partner as being a form of self-sabotage. We have since focused on practical and emotional safety planning, so she can reduce contact and conflict with her ex-partner. She is also now engaged with CSWS to help navigate co-parenting with her ex-partner and to get support for her son. Sanctuary Support has helped liaise with SENCO, CSWS and victim support. B has said she now feels more confident going to places in her area and is meeting people who live in her neighbourhood.

The Key Change

Overview: Funded by Children in Need and starting in April 2021, The Key Change offers group support within a school setting, outside of core hours, to young women and girls who have witnessed, experienced or are at risk of experiencing unhealthy or abusive relationships. Over the course of six to eight weeks, The Key Change offers a flexible, tailored programme of support covering topics such as healthy and unhealthy relationships, domestic violence, consent, CSE, assertiveness, confidence building and self-esteem.

Numbers supported in 2021/22:

Girls: 50

Group sessions: 118

1 to 1 sessions: 23

Light touch support: 450

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Highlights: A highlight from the year was delivering a group in a special needs school setting. We planned alternative, needs-appropriate sessions for Broomfield South SILC and staff worked with us to ensure these met the girls' needs. From the girls' feedback we ascertained they had understood the sessions and learnt where they would go for support if they found themselves in an unhealthy relationship: "Tell friends. Tell family. Tell Police. Tell teachers. Talk to a therapist.".

Assembly style sessions have also been delivered as an add on to this project.

Challenges: A challenge this year has been the amount of safeguarding concerns faced. This may be due to the children having so long off school due to Covid and the added pressures that this brings. We have faced large group numbers, due to schools identifying lots of students with concerns, and a high level of safeguarding concern across the cases. This has led to us working closely with a lot of students which has spilt out into our other projects due to time constraints within The Key Change.

Looking to the future: This year we will hope to gain more opportunities and links with local special needs schools and pupil referral units to engage with the full diversity of our community. We hope to continue to grow our links with local schools and reach another six schools over the next three terms.

Case Study: C lives in one of the most deprived areas both of Leeds and nationally. She was referred into group due to experiencing domestic abuse in her own relationship, showing signs of low self-esteem/confidence, and was identified as being a victim of controlling behaviours within her social circle by her school. C attended six sessions and covered healthy relationships, confidence building, abuse, red flags, consent, and resource creation for peers. Over the course of the sessions, she gained confidence, felt safer, her self-esteem grew, and she felt more optimistic about the future as demonstrated by her final evaluation. She also gained the confidence to end an unhealthy relationship. Using the tools from the course she was able to finish the relationship safely, inform friends and family about her concerns, and use her skills to confidently inform her ex-partner of her concerns.

Young Snowdrops

Overview: Young Snowdrops is a face-to-face project with funding from Awards for All and run in partnership with Basis Yorkshire. The project aims to reach eleven to eighteen year olds affected by domestic abuse. We take a preventative approach to abuse, helping girls understand consent, what a healthy relationship looks like and how to recognise abusive relationships. This new group project started in March 2022.

Numbers supported in 2021/22:

Girls: 15

Group sessions: 1

External workers in the project: 3

Highlights: A highlight from the year has been the joint working with Basis Yorkshire. Our organisations' combined expertise has led to fruitful and fun sessions for the young people and has meant that funding concerns, detailed below, have been curtailed. The young people, who are now (June 2022) halfway through the course, have fed back to us that they feel the group is 'safe' 'successful' 'friendly' and 'awesome!'. They have also told us specific sessions have 'helped me learn more self-care' and 'learn more about each other'.

Challenges: Initially we struggled to find a space to run group in. Online group was not an option due to some feedback we received from young people currently in service; they did not think it would be engaging and said they would not want to come to an online group. We also struggled to find a way to help the young people travel safely to and from group due to a lack of funds for travel. Both issues meant we were unable to start groups until March 2022 when we started working with Basis. Until then, we had to support through one-to-ones in the main Snowdrops project.

Looking to the future: Current funding will continue for Young Snowdrops until the end of September 2022. We hope to have facilitated two more groups by then and supported up to twenty-three more young people. We hope to continue to work closely with Basis and make the group more structured in terms of content, whilst still maintaining the co-produced nature of the course and the flexibility the young people enjoy.

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Pregnancy, parenting, and support for women whose children are being cared for by someone else

Breastfeeding Peer Support

Overview: Starting in October 2021, in partnership with Health for All, and funded by Leeds City Council Public Health, Bosom Buddies provides mum-to-mum breastfeeding support to new mums and families. The weekly groups around the city offer peer support and information from specialist and trained advisers within warm friendly family spaces and children's centres. Bosom Buddies provide guidance face-to-face, on the telephone or through social media to other new mums. Women's Health Matters are involved to try and engage with more women under the age of 25.

Numbers supported in 2021/22 (WHM element):

Women: 63

Group sessions: 31

1 to 1 sessions: 50

Light touch support: 150

Volunteers in the project: 7

Highlights: Designed and ran a series of seven workshops across Leeds in March 2022 called "Let's talk about feeding your baby". These were aimed at women aged 24 & under who'd had a baby or currently pregnant between 2019-2022 and were open to any method of feeding. The aim was to co-produce a service that is user friendly for women aged 24 & under and listen to their viewpoints to improve group attendance.

Challenges: Ensuring groups are meeting the needs of young pregnant women and new mothers in the city due to the lasting impacts of Covid-19.

Looking to the future: Hoping to build stronger links with professionals to promote the 'antenatal feeding choices' workshops within children's centres in targeted areas specifically for young parents.

Case Study: A young mum, M, attending the Bramley workshop had varying lengths of time breastfeeding. A lack of family support meant giving up breastfeeding with her first child at 3 months old (when M was 16). M is now 23 and with time, learning, group, and family support she is breastfeeding her third child and is on the waiting list to be a peer supporter. M has a brilliant non-judgemental attitude whilst being passionate and aware that enthusiasm can be seen as judgement on feeding choices.

Inside Out

Overview: Inside Out is a 20-week parenting programme for women who have had children removed from their care or are at risk of Social Care involvement, it is funded by the Charles Haywood Foundation. It delivers 20 weeks of weekly activity and discussion-based learning.

Numbers supported in 2021/22:

Women: 26

Group sessions: 38

1 to 1 sessions: 64

Highlights: We completed two courses in 2021/22. Children were returned to parent's care as well as an increase in frequency and quality of contact between the women and their children across the groups.

Challenges: The start of the year saw us still being affected by Covid regulations and women needing to take time out to self-isolate which sometimes affected the group dynamic.

Looking to the future: Funding ends in March 2023, and we will seek funding to continue this work. We are just at the start of a course and will run another one before the end of the project.

Case Study: T is a mum of three who has two children who were removed from her care due to domestic violence from her ex-partner. They are in long term foster care. She has a history of mental health problems which became worse after the death of her mother. Although she has contact with her

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older daughter, she has very little contact with her younger daughter. This became worse during the Covid lockdown periods.

At the start of the course, T's daughter disclosed that she had been sexually abused by her father, T's ex. This was very difficult for T, and she received a lot of support from her worker, including a referral to a specialist service which supports the families of sexually abused children. Soon after the disclosure, her daughter decided that she didn't want to see her mum, as she said it reminded her of the abuse. This was very difficult for T. She was supported to understand her daughter's needs and feelings behind the decision and looked at other ways she could be in contact with her daughter. She started writing letters to her daughter, with the support of Social Care where she told her that she understood her decision and was there when she felt able to see her again. Over this time T received support from her worker to manage her own feelings and find coping techniques to limit the impact on her mental health. After each session, T was given time to work through her feelings and what was brought up for her in the discussions. T said that the sessions helped her understand her daughter more and her response to the abuse. This understanding enabled her to keep her daughter's needs at the centre of her feelings and felt better able to meet her daughter's very specific needs at that time. This meant that she wasn't internalising her daughter's feelings and decisions and so didn't detrimentally impact her own mental health. Over time, through sending letters and receiving support alongside learning about and understanding more her daughter's needs, her daughter decided she was ready to see her mum. T took this very slowly, at her daughter's pace. Part of this was sending a letter of 'apology' to her daughter, saying she was sorry that she didn't know what was happening and that she should have been protected. Social Care fed back that has been helpful for her daughter's healing and helped her understand that it wasn't her fault. They now have contact six times a year and Social Care are hopeful that this will increase as her daughter feels ready. T has said that because the course helped her understand her daughter's needs, she feels emotionally able to provide her daughter with the gentle support she needs and that it has had much less of an impact on her own mental health. It's been a difficult period for them as a family, but T feels that without being on the course, they wouldn't have found the way to work together and help her daughter find the healing she needs.

Maternity Voices Partnership

Overview: Women's Health Matters chairs the Leeds Maternity Voices Partnership (MVP), a city-wide forum which brings health professionals and funders for maternity services and third sector organisations together with those who have used maternity services in Leeds. The forum enables professionals to listen to those who have recently been pregnant and given birth, and their partners, to help improve services across the city. Through outreach work and our inclusive approach, we can support a wide range of people to speak directly to service providers and commissioners and for their experiences to influence how maternity services develop.

Numbers supported in 2021/22:

Group sessions: 42

Light touch support: 1000

Volunteers in the project: 26

Highlights: The implementation of sub-groups at the beginning of the year has allowed the MVP to complete more focused pieces of work and gather more targeted feedback and user experience. It has also allowed for the identification of gaps in feedback. Completion of the annual work plan has ensured that work remains focused and on track. Engagement with the wider MVP is increasing as a result of having a new position of Engagement Officer. This has also been well received by other professionals linked to MVP.

Challenges: As a result of digital engagement over the last 2 years, face to face service user engagement has reduced to a minimum. This has meant minimal diverse feedback has been collected, which is not considered representative of the city as a whole. This is now slowly improving.

Looking to the future: The MVP will be looking at recruiting a new core group of parent representatives. This will be done with the return of face-to-face support, online/social media strategy and MVP coffee mornings. New focus groups will be implemented including reducing health inequalities sub-group, and perinatal mental health sub-group. Amendments have been made to Walking the Patch to allow for more rounded feedback on hospital experiences and parent reps are leading on this to

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produce focused feedback sessions. Work is ongoing with students from Leeds Art University to implement a social media strategy for MVP, similar to that used by WHM, to increase presence online.

Rosebuds

Overview: Rosebuds is a project funded by Leeds Fund to support women who have been affected by children removal to overcome the loneliness and isolation they face. This project ended in August 2021.

Numbers supported in 2021/22:

Women: 28

Group sessions: 21

1 to 1 sessions: 85

External workers in the project: 1

Highlights: We had good engagement from the women, even during lockdown periods when our offering had to change dependent upon the Government restrictions. Although some of the women who were referred during lockdown didn't attend the groups when we were able to start meeting in person, when we did start back again, we had 23 women waiting to join groups in person. This is indicative of the success of the holding programme we had in place.

Challenges: The year was marked by the constantly evolving rules governing how we were able to meet. This meant that we weren't always able to offer support as we were funded to. We were flexible in how we offered support to the women, and over this period moved between online meetings, groups outdoors and eventually back to meeting in person as soon as we could. During the times when we couldn't meet, we also had to offer one-to-one support to meet the escalating needs of the women. This was extremely time heavy as well as emotionally very challenging. Staff felt this pressure and stress and it was a difficult time for the staff providing this support.

Looking to the future: This project has now ended. Similar work is now continuing in Rosebuds Labyrinth.

Case Study: K first became a mum as a teenager after a really difficult start in life. Unfortunately, her four children were removed from her care after becoming involved with a series of very violent men. One of her children was born with disabilities and was adopted. The other three children were placed with two family members. K is now working, pregnant, in a very different place in her life and in a relationship with someone with no issues around his behaviour towards her. K was having a pre-birth assessment with respect to her unborn child. This was a really difficult process for her after her other children we removed and she felt very anxious around this, she felt that because of the previous removals, this child would be removed as well. This was impacting on her mental health and her bonding with her unborn child.

She was supported by the other women in the group to work through her feelings regarding the removal of her previous children, as she hadn't ever had the chance to talk to other women who'd had similar experiences before. She'd been incredibly isolated and carried huge feelings of grief and shame that had been unresolved. However, being able to talk about these experiences allowed her to understand these feelings and finally find some peace and self-forgiveness, starting her journey to move forward in her life. She also received one-to-one support from the group facilitator to better engage with Social Care, without the fear she had been carrying that they would take her baby away from her. She felt that this made a big difference to her relationship with the Social Worker and started to feel confident to open up to them. Social Care commented on the improvement they saw in her, and this had a very positive affect on the assessment. They no longer felt she was hiding things from them and were able to discuss the previous situation she was in and how things were now different for her. The assessment was a positive one, and she left the group to have her baby. It was a very emotional last day as the women we so proud of her, and all felt they had played a part in her wonderful outcome.

Rosebuds Labyrinth

Overview: Rosebuds is part of the Labyrinth project, funded via Leeds Women's Aid and Solace to support women who have been affected by having children removed from their care. Funded by a grant from the Department for Digital, Culture, Music and Sport, the Labyrinth Project is contributing to

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system change for women by building capacity and forging stronger networks of support and shared learning locally and nationally. It focuses on education and training, awareness raising, building self-confidence, expansion of choices, increased access to and control over resources, actions to transform the structures and institutions that reinforce and perpetuate gender discrimination and inequality. The project also improves access to help with finances, debt, and legal rights. This piece of work started in September 2021 and aims to support women to think about the future and make plans as well as to engage with confidence with other services across the city.

Numbers supported in 2021/22:

Women: 24

Group sessions: 23

1 to 1 sessions: 68

Volunteers in the project: 1

Highlights: We have seen a number of new referrals. We currently have a good mixture of women who are established in the group and new women. This means that there is a good ratio of women, able to offer support to the newer group members whilst continuing to offer support to new women to the service.

Challenges: This funding is for one year, and we are very grateful for that. However, year-to-year funding impacts on the service as we don't always know until the end of the year if we will have money for the next year. This makes both planning the service difficult and managing the women's endings and expectations.

Looking to the future: This funding ends in August 2022, and we have been able to secure another year of funding from a different funder, so are able to continue to offer support to this very vulnerable and under supported group of women.

Case Study: N was referred by FDAC (Family Drug and Alcohol Court). Her daughter was in foster care after being removed from mum's care due to domestic violence from her ex-partner, in addition to N's use of alcohol to cope with the domestic violence. There had been no previous involvement from Social Care, and N had been working. N was very nervous about attending a group. However, she was supported by the group facilitator before group to attend and work on the barriers she was facing to attend. She was made to feel very welcome by the women in group, and soon overcame her anxieties about attending.

Since attending group N has been supported to work on her communication with Social Care which she sometimes found difficult and felt like she wasn't always being heard. She was also given the space to talk about her fears about living by herself again and then having her daughter returned to her care, with other mums who understood and listened without judgment. She has said how having this space to talk about these things has really helped her fears and understand where they come from. N was also referred to a service in Leeds that is helping her make her new house secure in case her ex-partner finds out where she is living. This has not only eased her fears about living away from her parents again but has also helped Social Care to make the decision to allow her daughter to have overnight stays. Social Care have recognised the changes she has made and have made the decision to return her daughter to her care in July. N has expressed that she didn't think this would have been possible before attending group and getting the support and understanding from the other mums, and well as the support from the facilitators. She is now looking forward to the future with her daughter and feels excited for the first time in a long time.

YUMs

Overview: YUMs is a positive wellbeing group for young mums funded by Leeds City Council Public Health. This funding ended in September 2021.

Numbers supported in 2021/22:

Women: 10

Group sessions: 10

1 to 1 sessions: 30

Light touch support: 10

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Volunteers in the project: 1

Highlights: The group brought together representation from different professionals including Vaccination guidance and advice, Lifelong Learning opportunities at the University of Leeds, Employability and Skills, arts and wellbeing activities, Perinatal Mental Health Peer Support, and engagement to help promote groups for young mums and identify barriers for attending groups.

Challenges: The funding came to an end as it was combined with the Breastfeeding Peer Support funding.

Looking to the future: WHM continues to look for funding opportunities for this disadvantaged group of young parents.

Case Study: A young mum, W, isolated with two young children aged 2 and 4, suffering with low mood and anxiety due to having her children temporarily removed from her care. The group has given W a space to positively contribute to the sessions giving her feedback on subjects such as the barriers young mums face in joining new groups. Following a visit from an employment and skills professional we talked about further education and employment opportunities. Having only access to her phone, W obtained a chrome book from our digital support scheme. 3 months later she has enrolled and graduated from online courses at Bradford College; Level 2 in Understanding Children and Young People's mental health, and Level Two in Understanding Challenging Behaviours.

Specialist support for women seeking asylum

Rainbow Hearts

Overview: Rainbow Hearts is a support group for women across Leeds who are currently seeking asylum. It is funded by Leeds City Council Public Health, with additional support funding from Evan Cornish and Gwyneth Forrester Trust.

Numbers supported in 2021/22:

Women: 71

Group sessions: 42

1 to 1 sessions: 192

Volunteers in the project: 2

External workers in the project: 2

Highlights: In addition to the ongoing support, we delivered a series of sessions from the Living Life to the Full course adapted by WHM staff to be more accessible for women who don't have English as their first language. This course covered low mood, stress and resilience and is endorsed by the NHS. The women found it really useful to have a formal set of sessions to bring the information together and to be able to reflect on their skills and knowledge to help with their own resilience and wellbeing.

Challenges: While most women really welcomed being able to come back to meeting face-to-face, some women were nervous about meeting in person.

Looking to the future: Rainbow Hearts is set to have more physical activities incorporated into the sessions and the women are very excited about this. This funding is due to end in March 2023.

Case Study: Y is a woman seeking asylum who was moved to Leeds during lockdown without any contacts or knowledge of the area. She had a diagnosis of psychosis and PTSD. Her therapist referred her to Rainbow Hearts when they were still meeting online. We organised an iPad and monthly data for her to be able to attend the sessions and she became a regular, even attending the picnic to meet her new friends in person. She said this about the group, "I was feeling down physically, emotionally and mentally. I was lonely, but not anymore. Rainbow Hearts is the mother nature for most groups I've been going to." Now Y is volunteering at the British Heart Foundation.

Sunflowers

Overview: Sunflowers is funded by Lloyds Bank Foundation and provides 1-1 support for women who are in the asylum process. We support women who are feeling isolated, lonely, and struggling with their mental health by providing both short term and longer-term support to women. We support women

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with attending groups, getting to know their local community, gaining confidence in accessing other services and offering a safe, supportive place for women to share their worries and concerns without judgement.

Numbers supported in 2021/22:

Women: 38

Group sessions: 2

1 to 1 sessions: 228

Highlights: Coming out of lockdowns and being able to go back to face to face work was a real highlight, it helps being able to see women and communicate with them in person as so much is lost when trying to work over the phone. It has also been good to re-start the Sunflowers group, which is a small group of women who no longer need 1-1 support but created their own peer support group with the help of Sunflowers. We had stopped meeting due to the pandemic but started meeting again from the beginning of 2022 and there are plans in place for group sessions every month to the end of the funding in August.

Challenges: Due to Rainbow Hearts not running at full capacity because of the pandemic, referrals to the Sunflowers project were lower than previous years as women were not accessing our services in the same way. This was a challenge as we knew that women were still needing support, but we had to rethink how we made the service accessible, we worked with PAFRAS and built up a strong referral route with them which gave us some new women who otherwise wouldn't have found out about us. Thankfully now that groups are open again, we have seen an increase in the numbers of women being referred for the last year of the project.

Looking to the future: Sunflowers comes to an end in August 2022 – it will leave a big hole in the support that is available to the women who access Rainbow Hearts. Without specific 1-1 support available there is little additional support we can give through Rainbow Hearts, there is also very little other support available in Leeds that women can access.

Case Study: A attended Rainbow Hearts for over a year before gaining the trust to access support from Sunflowers just before the pandemic hit. We have supported A throughout this time initially over the phone then more face to face as things started to open up again. A has found 1-1 support difficult, she struggles with trusting others due to her experiences, but we have been able to support her at a pace that feels safe for her. This year A opened up about her past trauma, finally feeling comfortable enough to be able to speak about her experiences of having to leave her home country, her journey to the UK and how hard it is to be in the asylum process. Without the gentle support of Sunflowers, allowing A to open up in her own time she would still be unable to offload her worries but also A would not have had the courage to share her story and be faced with compassion, care, and kindness but she would also not have been able to access practical support to deal with an issue she was too scared to bring up beforehand.

Wow!

Overview: Wow! supports women seeking asylum with improving their access to physical activities and in improving their mental health and wellbeing. Wow! has received funding from Leeds City Council Public Health in this year for equipment, and through Women's Health Matters core funding for staff hours and transport costs.

Numbers supported in 2021/22:

Women: 33

Group sessions: 26

External workers in the project: 3

Highlights: In May 2021 we finished our first round of funding with a celebration event at The Tetley, women came together in person and performed a dance we had all learnt over zoom throughout the winter lockdown. This was a great event and seeing women laughing and smiling with each other again after a very difficult previous year was a real highlight. Another highlight was also when we were able to offer the women who had been accessing Wow! the opportunity to purchase their own gym clothing and trainers as well as provide them with gym memberships for up to 5 months. This has enabled women to continue their fitness journey as well as supporting their mental health.

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Challenges: Due to lack of funding, we have had times during the year where there have been no Wow! sessions available to the women. This has been a challenge as it has been difficult to keep women engaged and attending sessions when things have stopped however, through using the WhatsApp group women have been able to support and motivate each other and many continued to walk each week even after the Wow! support ended.

Looking to the future: There is no current ongoing funding for Wow! however as we now have some exercise equipment that is ours, we have been able to offer some weekly circuits classes at Women's Health Matters premises in the short term. Longer term we would like to continue being able to support women in accessing physical activity to support their mental health and it would be a goal to be able to open the project up to all women accessing Women's Health Matters groups.

Case Study: V accessed Wow! from the beginning of the project, she often asked about support for exercise as she recognised that she felt better with her mental health when she participated in movement however due to finances, she had not been able to access anything regularly. V threw herself into the walking and went out every week of the year, through all weathers and seasons. She has also accessed all the different classes and groups we have put on including the Leeds Girls Can taster sessions, the dancing project, and the gym. V understands the impact being able to exercise regularly has had on both her physical and her mental health, she can see the difference in her mood when she goes to the gym and finds she can manage her low mood much easier knowing that an hour in the gym will help her. V is already worried about how she will manage when the gym funding ends in a few months.

Support for women with learning disabilities

Feel Good

Overview: Feel Good is a group for women with learning disabilities focusing on healthy bodies and healthy relationships. This is funded by Leeds City Council Public Health. Part of this work is to inform and work with carers. Many carers, parents and support workers do not see the women they support as adults who could benefit from fulfilling intimate relationships. We are aware that women with Learning Disabilities are four times as likely to be sexually abused, and most people with LD do not get any sex education at school and so most of their information around sex and relationships is gleaned from the media. This lack of information and, for many, a history of not having autonomy around who they spend time with, we identified as contributory factors to those risks.

Numbers supported in 2021/22:

Women: 14

Group sessions: 30

1 to 1 sessions: 8

Volunteers in the project: 2

External workers in the project: 1

Highlights: In addition to the ongoing weekly support and activities, the group helped to create an information leaflet for carers and support workers about how to support adults with learning disabilities in their relationships.

Challenges: Although we had picked up some new members when we were meeting on Zoom, most of those women were unable or didn't feel confident to join us when we returned to face-to-face meetings.

Looking to the future: Feel Good now has a new member of staff leading the project and new women joining the group. The leaflet that they produced is now being circulated nationally through The Supported Loving Network.

Case Study: D, who lives in supported living, was being told by staff at home that she needed to lose weight. This was making her feel bad about herself. It became apparent that she was expected to make healthy choices when she was out but was consistently given unhealthy food at home. The woman was very confused by this. We ensured that the women in the group had a good understanding of healthy and unhealthy foods; we explored our relationships with different foods and how that changes in

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different situations; and how keeping active can affect our mood and our food cravings. Alongside this, we promoted body positivity. We fed back to Public Health who are looking into working alongside supported living care suppliers to improve healthy eating options in their homes.

Support for women with complex needs, mental health, and wellbeing needs

Family Canvas

Overview: Family Canvas began in November 2021, with the aim offering women and their children a chance to take part in a collaborative, therapeutic and creative activity. Women were invited to work alongside their children to create a canvas using a range of media, which would then be photographed, printed, and framed for them to take home and display. Initially, women who had taken part in the 'Breathe Free' project were referred as they had a prior relationship with the facilitator and many women had faced challenges in their relationships with their children due to experiences of domestic abuse. Family Canvas has been funded by The Kelly Family Trust and Women's Health Matters core funding, with four hours a week dedicated to the project.

Numbers supported in 2021/22:

Women and their families: 4

Group sessions: 4

Light touch support: 6

Highlights: The highlight of this year has been seeing the project turn from a concept into a reality. This has been most evident when women and children have been actively involved, exploring the materials, and working imaginatively together. It was my hope that families would be able to work through the difficulties of "togetherness" through the artwork, and women have commented on how nice it has been to see their children cooperating and listening to each other, especially when this can be challenging in the home environment. Women seem to have particularly enjoyed having their picture taken with their children and finished artwork at the end of the session.

Challenges: The most challenging aspect of the work has been that there have been numerous cancellations, more so than in 1-1 work, as the Family Canvas requires multiple family members to be healthy and ready for the session at the same time. This has meant that some weeks have had no sessions, others have had multiple due to rearranging.

Looking to the future: We have noted feedback that the single session did not offer families enough time to benefit fully from the project and looking forwards families will be offered 3 sessions to grow familiar with the space, the worker, and the project. Part of Family Canvas will also expand to work with women whose children do not live with them, recognising them as mothers also and helping them to explore the complexity and emotional difficulty of having a child removed from their care.

Case Study: (Names changed) Leila is a mother of two, Tom aged 4 and Lilly aged 9. Leila's children had not always lived with her, as they were removed into care following Leila's relationship with Tom's father who was abusive and subsequently imprisoned. Until 6 months before the session Lilly had been living with her father, and Leila found managing the two children difficult at times, mentioning in group that they fought regularly. Leila herself grew up in care, and she felt determined that this would not be her children's experience and that they would enjoy a good family life. At the start of their session both children and mum were given some food and we introduced ourselves by playing a quick colour game. The children were a little nervous, and the game broke the ice. I explained the session and that we would be first of all working by ourselves, then coming together to create something special. Leila, Lilly and Tom were each given a large sheet of paper and a pen in their favourite colour and asked to make drawings about themselves and their family for 5 minutes. I went between Lilly and Tom, praising their hard work and giving Leila some time to herself. Each person then presented their work to the family, and I reminded each person they would get their own time and that listening was very important. The family then came together, including the most important parts of their own images onto one piece. We practiced taking turns, watching, listening, drawing round each other's hands and sharing materials. Leila reflected that she couldn't believe how well the children worked together and

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that she was shocked there wasn't an argument. She later added some words to the image and is looking forward to putting it up at home.

Snowdrops

Overview: In response to the COVID-19 pandemic and the increased need for support, we set up the Snowdrops project. Initially funded by emergency funding from several different funders, and now by The Postcode Neighbourhood Trust, the project offers online wellbeing groups for women to feel connected, as well as one-to-one practical and emotional support for those who need it most. Snowdrops is open to any woman across Leeds who has experienced trauma and been affected by the pandemic.

Numbers supported in 2021/22:

Women/girls: 84

Group sessions: 54

1 to 1 sessions: 88

Light touch support: 84

Volunteers in the project: 1

Highlights: A highlight from the year has been setting up a Snowdrops Drop In for women who have completed our groups but still need light touch, check in support. This has been taken up enthusiastically by ex-service users and has given staff the opportunity to be creative with activities.

Challenges: A challenge from the year has been service users asking for face-to-face groups but not being able to afford a venue and transport costs. We are trying to meet this request by organising meet ups in parks over the summer.

Looking to the future: Snowdrops is funded until the end of September 2022 and we hope to have supported another nineteen women by then through group work and one-to-one support. We will run two more online, ten week long groups between now and the end of September and hopefully be able to do some face-to-face groups in the park over the summer. Our one-to-one work will continue to support those women in greatest need across Women's Health Matters.

Case Study: F is a 23-year-old woman who self-referred into group to gain support due to the ending of her abusive relationship and her mental health. She attended our online Snowdrops group in order to stabilise, due to the significant trauma she had experienced. The differences F recorded, included an increase in her confidence, self-esteem, feelings of closeness to other people, ability to deal with her problems and make up her own mind about things, and, as you can read below, her optimism about the future. "This group was my only saving grace after what happened. I am so thankful for WHM and my worker. It was really difficult to feel believed and to feel that what had happened was wrong. For the first time I felt listened to. I am feeling that bit lighter after group, although it is difficult to acknowledge it is necessary. The support I have gained and the strength of the women in the group is so valuable and empowering. I know the future is that little bit brighter. In the future I would like to come back to the group if possible because I find it really hard sometimes to put what I have learnt into practice. I still put myself down and hold a lot of blame, but I am optimistic about the future and that is down to Snowdrops. Thank you so, so, much!"

Women's Lives Leeds – Empowering Systems Change

Overview: The Empowering Systems Change Project (ESC) is funded by the National Lottery Community Fund and started in January 2022. WHM holds the post of ESC, Lived Experience Experts, to enable service users be part of engagement, peer support and have their voice and influence heard locally in conversations in Leeds and regionally, which includes developing and maintaining an Advisory Board. ESC brings women together to build relationships with each other and to use their voices to influence improvements they would like to see to services and places that matter to them.

Numbers supported in 2021/22:

Women: 4

1 to 1 sessions: 4

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Light touch support: 2

Your Space

Overview: Your Space is a service delivered in partnership by Women's Health Matters, Touchstone and Holbeck Together, and funded by Leeds City Council. The project supports communities in South and East Leeds to develop groups and activities that promote wellbeing through connection, participation, and conversation. Your Space activities are developed using the strengths of the community, whether this is using their ideas, co-producing activities or helping members to develop their own groups. The project fosters a preventative and protective approach, focusing on healthy living and improved futures. Your Space also offers training to local groups and organisations on a variety of wellbeing subjects. The aim of these is to provide an understanding of the signs and symptoms of mental health issues, learn coping skills and build resilience.

Numbers supported in 2021/22:

Women/girls: 99

Group sessions: 115

1 to 1 sessions: 83

Light touch support: 184

Volunteers in the project: 6

Highlights: A key highlight of the year was the launch of the Women's Cycling & Social group. The group was well attended with many of the participants having not ridden a bike in many years. Staff noticed progression in cycling ability, as well as confidence and self-belief. Feedback for this group was extremely positive and the participants formed solid friendships. The group also saw the development of new partnerships with Cycling UK, Active Leeds, and Ed Carlisle from the 'Big Bike Fix' project. Staff were successful in securing grant money from Cycling UK, covering the cost of the equipment, and have been able to access Active Leeds store of bikes at Cross Flatts Park.

Challenges: The greatest challenge continued to be the Covid-19 pandemic. At the beginning of the year, it was unclear whether restrictions would stay in place, making it difficult to plan new groups. Meeting the needs of the community at this time was difficult; some participants felt more comfortable attending online groups, whereas others relied on face-to-face groups for connection. Staff handled this well by listening to the needs of participants, providing a mix of groups, and running outdoor groups where the risk of transmission was lower. Towards the end of the year, the project fully returned to face-to-face groups, and it was hard to re-engage with those who were high risk of getting seriously ill from Covid-19.

Looking to the future: Heading into the fourth year of the project, Your Space is looking at establishing new partnerships to engage with communities we've previously struggled to reach. Your Space will also re-engage with people who have become isolated through the Covid-19 pandemic by looking at ways we can make people feel comfortable attending face to face groups again. Staff are going to give participants the opportunity to become informal volunteers, to build their confidence and encourage them to go on to run their own groups in the future. Your Space will be working closely with the ABCD team on how participants can seek funding and resources for community groups.

Case Study: G came to Your Space after attending the Cycling Festival at Cross Flatts Park in the summer of 2021. She told Your Space staff that she wanted to get back into cycling but didn't know where to start as she hadn't done it in over 20 years. G has always been very active in her local area, volunteering at St Vincent's Centre and Leeds Wood Recycling. G told Your Space staff that she felt isolated during Covid lockdowns when her regular volunteering stopped. Initially G was apprehensive about joining the cycling group, so met with the worker on a 1 to 1 basis to build up her confidence before attending the group sessions. When she felt ready, G joined the group and quickly picked up the skill of cycling again. Her social confidence grew, and she could be visibly seen to be enjoying herself. G has since joined several other Your Space groups, such as Disco Tuesdays, Digital Skill Share and Women's Chat & Chill.

Involvement with Your Space has had a clear impact on G's life. Your Space staff linked G with local councillor Ed Carlisle so that she could obtain her own bike. She now cycles everywhere and is able to

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join groups in different areas. G has made a group of friends through the Women's Chat & Chill who she regularly meets with outside of the group. Perhaps the biggest impact on G has been the Digital Skill Share group, where G has learnt to use a tablet given to her during the pandemic. Through these workshops, G has been able to use the tablet to search for work, do online shopping and use social media.

Support across Women's Health Matters

Digital Support

Overview: Digital Support provides loans of Chromebook/tablets/phones to women on a minimum 6-month basis to reduce digital exclusion. Additional support has been secured through Vodafone which has provided 80 pre-loaded sim cards. Sim cards provide 20GB of data and unlimited calls and texts for 6 months. Community Calling has also provided 10 iPhones, with unlimited calls and texts and 6GB of data for 12 months.

Numbers supported in 2021/22:

Women/girls: 63

1 to 1 sessions: 63

Highlights: The majority of SIM cards have been provided to women from Rainbow Hearts who have all reported reduced digital exclusion as a result of support. Feedback has been shared with Vodafone who are keen to make WHM a highlighted charity under this project. Discussions are taking place with RH to arrange filming for this.

Challenges: Funding for the staff hours to manage the project was a challenge.

Looking to the future: Ongoing support will be provided to women who are identified as needing digital support. WHM have signed up to the Good Things Foundation which will also provide access to online digital courses (free of charge for women) and potential additional funding for WHM.

Comments from recipients:

Thank you. This helps me to call family, friends, calls to GP, booking appointments, to hear music (using the data). I'm so happy for your help, thank you.

This has helped me so much. I can now do my homework from school, because sometimes I need to search things on the internet and, I can use it to call on WhatsApp and watch things on YouTube. Thank you so much for your support.

It keeps me connected with my friends, helps me to get access to different resources to learn English and many other things. I am very glad to have it. Thank you.

It has helped me watch nice videos and cartoons with my children meaning we are more involved together, watching and singing along with kinds of YouTube songs. It has been great, no need to spend money at cafes anymore.

It was great to have a big bundle of data every month. Struggling for data every month was hard. With 20GB it was wonderful freedom to use the internet freely.

Emergency Fund

Overview: WHM have an Emergency Fund to support women in crisis. Emergency funding has been used to support women with, for example, purchasing food, paying bills, transport to and from appointments, moving from a violent home. The funding comes from WHM core funding.

Numbers supported in 2021/22:

Women/girls: 14

Highlights: Reduced impact on women's mental health as a result of being able to get support in financial crisis.

Looking to the future: WHM continue to apply for funding to supplement this fund.

Women's Health Matters
Trustees' annual report
for the year ended 31 March 2022

WHM Volunteering Programme

Overview: Women's Health Matters has reintroduced its volunteer project, providing various different volunteering roles for women we work with, and those wishing to gain more experience in the field. Volunteering opportunities have included social media communication ambassadors, administration support workers, and group support facilitators. We gained the Volunteering Quality Kitemark.

Numbers supported in 2021/22:

Women/girls: 29

Group sessions: 7

Volunteers in the project: 9

Highlights: Following a review of our volunteer processes, WHM was awarded a quality mark for volunteering opportunities and processes.

Challenges: Some issues with volunteer recruitment meaning that some volunteers were not suitable. The recruitment process has been amended to address this.

Looking to the future: Moving forwards we will be aiming to attend volunteer drives with organisations such as VAL as well as colleges and universities. Over the summer period we will be looking at the possibility of offering a year in industry as well as extending our student placement offer.

Case Study: From E - Volunteering for Women's Health Matters has been a rewarding experience. I have gained confidence in myself and working with others and has helped me to develop skills that will be useful in the future. The work I have been doing has been very inspiring and I have even learned a few things from creating the social media posts. I have felt inspired by the women of WHM and how strong these women are, and it has made me proud to volunteer for charity such as WHM.

Women's Lives Leeds – Women Friendly Leeds

The successful Women's Lives Leeds consortium of 12 Women and Girls' organisations. The Chief Executive of WHM is currently Chair. The alliance delivers a range of services for vulnerable women and girls in Leeds (funded by The National Lottery Community Fund and Comic Relief). We continue to be part of **WLL Voices Project, Women Friendly Leeds**, which is working towards making Leeds a woman friendly city. A city that is better for women, is better for everyone.

Further information about any of our projects can be sought by requesting the quarterly or annual reports for each specific programme.

Beneficiaries of our services

As of 31 March 2022, 64% of women supported by WHM were aged 26-50, with 26% aged under 26, and 10% aged over 50.

39% of women do not identify as British. 6% chose not to disclose this information. 18 different languages are spoken, and 32 different nationalities are represented in the women we support.

46% of women identify as having no religion, 26% as Christian, 10% as Muslim, 4% as another religion including Sikh, Jehovah's Witness and Spiritual. 14% chose not to disclose this information.

Our 2022 survey of beneficiaries ran between January and February 2022. The previous survey ran in 2020. 1/3 of women supported by WHM responded to the survey which gave the following information:

78% (2020: 67%) have at least one child (or are currently pregnant) and 38% (2020: 36%) are single mums.

64% (2020: 58%) of women receive welfare benefits.

82% (2020: 59%) are currently unemployed.

27% (2020: 19%) have social care involvement of some form.

55% would have been unable to attend the service if travel costs and/or childcare were not paid for.

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75% (2020: 70%) of women currently have, or have previously experienced, mental ill-health. 62% (2020: 47%) are currently or have previously taken anti-depressants or other medication for mental health problems. 41% (2020: 48%) currently or have previously self-harmed.

65% report feeling lonely (2020: 59%), and 69% (2020: 68%) lack self-confidence. 45% have or have had suicidal thoughts (2020: 43%).

71% (2020: 61%) of women who completed the survey have experienced domestic, emotional and/or sexual abuse, with 53% (2020: 56%) having been the victim of violence. 75% (2020: 60%) recognise themselves as having a problem with unhealthy relationships.

27% (2020: 29%) of women were sexually assaulted or raped as a child, and 35% (2020: 20%) as an adult.

18% of women who completed the survey have been trafficked or sexually exploited.

30% (2020: 20%) have had at least one child removed into care, and 19% (2020: 19%) have had a pregnancy terminated.

53% (2020: 48%) worry about what people would think of them if they knew about the personal experiences and challenges they have faced.

Being unable to afford basic things and worrying about money is an experience that has affected 67% (2020: 36%) of women and 51% (2020: 34%) have accessed foodbanks. 15% (2020: 14%) have had their benefits stopped or sanctioned, and 36% (2020: 31%) have been homeless or vulnerably housed.

When asked how the support they've received from Women's Health Matters has helped them to improve their lives:

- 98% (2020: 94%) strongly agreed or agreed that they have developed a more positive support network
- 98% (2020: 95%) strongly agreed or agreed that they have increased self-confidence
- 96% (2020: 94%) strongly agreed or agreed they make better choices
- 96% (2020: 89%) strongly agreed or agreed that they feel less lonely
- 96% (2020: 89%) strongly agreed or agreed they feel better about themselves
- 96% (2020: 83%) strongly agreed or agreed that they feel less anxious
- 95% (2020: 95%) strongly agreed or agreed that they have improved mental wellbeing
- 95% (2020: 94%) strongly agreed or agreed that they feel safer
- 93% (2020: 87%) strongly agreed or agreed that they are more positive about their future

A significant 100% (2020: 96%) of women who completed the survey better understand what abuse is, 84% (2020: 94%) feel better able to respond to an abusive relationship, whilst 87% (2020: 88%) feel able to leave or change an abusive relationship.

When asked how the support they've received from Women's Health Matters has directly or indirectly helped their children:

- 100% of parents strongly or somewhat agreed that their children have improved mental wellbeing.
- 97% of parents strongly or somewhat agreed that their children have learned something new
- 93% of parents strongly or somewhat agreed that their children feel safer
- 93% of parents strongly or somewhat agreed that their children had increased confidence
- 90% of parents strongly or somewhat agreed that it helped their children make friends

87% of parents say the support from Women's Health Matters has increased their confidence about parenting, 89% have improved parenting skills, and 95% (2020: 86%) feel that any children they have in the future are less likely to be removed from their care.

Women's Health Matters
Trustees' annual report
for the year ended 31 March 2022

Financial review

WHM continued to raise sufficient funds to continue its main areas of activity. The inflationary increases required to maintain salaries, overheads, and running costs continued not to be met in full by some funders. We continued our strategy to secure the long-term future of our work by diversifying and securing multi-year income.

We were delighted during 2021/22 to bring on board new programmes from funders including National Lottery Community Fund, Children In Need, Trusthouse Charitable Foundation, Gwyneth Forrester Trust, Awards for All, Postcode Neighbourhood Trust, Kelly Family Trust, Evan Cornish Foundation, Labyrinth, along with individual donations and fundraising, supporting us in a range of ways including increased work due to Covid-19, Domestic Violence work, our support of women seeking asylum, enabling our work with women whose children are being looked after by someone else, work with women and their children, supporting the roles of our management team, Women's Lives Leeds initiatives, funding and donations towards core costs, and that the NHS Leeds CCG renewed our contract to chair the Maternity Voices Partnership, and Leeds City Council Public Health renewed our funding for Rainbow Hearts and Feel Good.

Our total income for the year was £528,678 (£506,388 in 2020/21; £489,480 in 2019/20; £442,484 in 2018/19 and £373,453 in 2017/18)

Our total expenditure was £526,306 (£442,478 in 2020/21; £491,524 in 2019/20; £399,792 in 2018/19 and £393,477 in 2017/18).

Reserves policy

Our Reserves policy was reviewed and approved in January 2022 as below:

Women's Health Matters believes that for the Board of Trustees to act prudently they must maintain a reserve of funds principally to allow for any unexpected or unforeseen events that cannot be met from current funds.

Reserve funds will be built up from two sources:

- Any funds raised by the project through fundraising events or donations towards general running costs
- Any monies remaining from unrestricted funds when all commitments have been met

Reserves will be available for the following purposes:

- to cover a short-term unexpected cost
- to fund investment e.g., match funding, project seed-funding, additional staffing for required posts, additional income generating capacity and other professional expertise
- to maintain the organisation for a period of time and allow time to try to secure new funding in the event of a loss of, or a very significant proportion of, project funding
- allow for an orderly closure in the event of the organisation becoming insolvent

The Trustees have agreed to a target level of Reserves of:

- Between 3 and 6 months of running costs in total
- The reserves amount must be at least equal to the amount of required closing costs (designated reserves)

This policy and calculations are updated annually. Trustees monitor actual and forecast expenditure of reserves quarterly. Reserves are invested in a high interest account to maximise earnings. In making this policy the Trustees have taken into consideration the costings involved with a planned closure including staff redundancies.

At the end of the 2021/22 year, the level of reserves was £296,377 (2020/21: £294,005); £134,750 (2020/21: £131,930) in restricted income funds, £79,459 (2020/21: £15,133) in designated reserves, and £82,168 (2020/21: £146,942) in free reserves. 3.6 months of running costs. With current funding levels, we envisage we will be at a minimum of three months running costs by March 2023.

Women's Health Matters
Trustees' annual report
for the year ended 31 March 2022

Plans for the future

The Trustees' plan for the charity's services activity in 2022/23 remains focused on supporting vulnerable women and girls in and around Leeds through our Domestic Violence work, support for young women and girls at risk of violence and abuse, women whose children are at risk of or have been taken into care, women seeking asylum, women with learning disabilities, maternity and parenting, and women with complex and wellbeing needs. Each service has an agreed set of targets with funders. Our themes of effective service delivery, increasing our reputation and reach, and ensuring a robust and sustainable organisation remain integral to our plans. We continue to look for and develop partnerships and collaborative working with other organisations. We will:

- Continue to develop the skills of our Board of Trustees, ensure succession planning is in place, and recruit new trustees as appropriate and strengthen our governance brining in terms of office
- Review our Memorandum and Articles of Association
- Develop a new 3-5 year strategy
- Continue to assess and develop the diversity of our funding base
- Continue to adapt and deliver our services considering Covid-19 challenges
- Continually revisit our Safeguarding procedures and test their effectiveness
- Continue to develop opportunities for women currently involved in our services to support our work through helping at events and activities and through formal volunteering
- Prioritise funding bids to sustain and continue the growth of our Domestic Violence and Abuse work, and our work with women seeking asylum
- Grow the capacity, reach and networks for our services for women whose children are at risk of or have been taken into care
- Ensure strong working relations with our existing delivery partners and seek new partners to further develop the key areas of our 2022/23 service delivery to reach more women and girls
- Continue to build the body of evidence on the impact of our work, through externally evaluated projects and the internal use of impact tools
- Complete an annual impact measurement survey
- Develop the new Maternity Choices Advocacy Service
- Develop the role of our new Playworker
- Launch a weekly drop in for ex-service users
- Continue to develop our volunteering offer and contributions from external workers, and build our social media presence
- Hold a celebration event for WHM women in 2022
- Develop a professional training offer

Structure, governance, and management

Structure and governance

The organisation is a charitable company limited by guarantee, incorporated on 13 July 1993, and registered as a charity on 22 August 1995.

The company was established under a memorandum of association that established the objects and powers of the charitable company and is governed under its articles of association.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at 31 March 2022 was 43. (2021:43).

The Trustees are members of the charity, but this entitles them only to voting rights. The Trustees have no beneficial interest in the charity.

All Trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in note 12 to the accounts.

Recruitment and appointment of Trustees

Board of Trustees members are recruited through advertising and via networking, interviewed by the Chair and Chief Executive and attend a Board meeting and complete relevant paperwork before joining. The processes for this recruitment were reviewed and strengthened in 2021/22.

Women's Health Matters
Trustees' annual report
for the year ended 31 March 2022

Induction and training of Trustees

New Board of Trustees members complete a skills audit and receive a comprehensive induction session with the Chief Executive, as well as receiving good practice guidelines such as the Good Trustee Guide (NCVO) and additional Trustee guidance from the Charity Commission. Trustees are offered training in areas where there are gaps in skills e.g., governance and financial management.

Organisational direction

The Board of Trustees is responsible for the direction of the organisation and ensuring that effective plans supporting the achievement of the strategic direction are in place and being met. They review policy and are responsible for ensuring effective governance including the financial management of the organisation. The Chair of Trustees line manages the Chief Executive who has day-to-day operational management responsibility. The Board meets at least six times a year and has an Away Day for strategic planning and an Away Day with staff once a year.

Operational management

Rachel Kelly was appointed as Chief Executive in 2019. The Finance and Office Manager and the Operations Manager, along with Project Leads, support the Chief Executive in the day-to-day management of the organisation.

Related parties and relationships with other organisations

WHM retains good relationships with its funders and delivers multiple services in partnership with other agencies, under partnership agreements and protocols. There is a breadth of referrals into services from statutory and charitable sector agencies. We are an alliance partner of Women's Lives Leeds, a partner in LDVS, in Your Space, and in the Breastfeeding Peer Support Service.

In addition, we are active members of a range of Leeds strategic networks, including chairing both the Leeds Maternity Voices Partnership and Women's Lives Leeds, and attending the 3P Network, Leeds Domestic Abuse Voice and Accountability Forum, the Domestic Abuse & Violence Strategy Working Group, West Yorkshire Improving Women's Lives, EVAWG (Ending Violence Against Women and Girls), Third Sector Safeguarding Group, Forum Central Networks (Mental Health and Third Sector Health and Care Leaders), Leeds Migration Partnership, and Young Lives Leeds, and a member of NCVO. Our Chief Executive is a member of ACEVO and the national GSK Impact Awards Network.

Remuneration policy for key management personnel

When appointing a Chief Executive of WHM, the Trustees benchmark the salary with other similar positions within Leeds and surrounding areas. All senior and junior staff are appointed in line with the NJC pay scales. Key management personnel receive the same annual cost of living increment as applied across all the staff.

Risk management

WHM has a risk register and management plan, which is reviewed at every board meeting. Organisational risks are assessed. Risks are categorised such as People, Operational, Financial, Governance, etc. and a scale of probability and impact and steps taken to mitigate are agreed and monitored with a RAG rating.

Women's Health Matters
Trustees' annual report
for the year ended 31 March 2022

Statement of responsibilities of the Trustees

The Trustees (who are also directors of Women's Health Matters for the purposes of company law) are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime of the Companies Act 2006.

The Trustees' annual report has been approved by the Trustees on **29 September** 2022 and signed on their behalf by

Alison Cater, Chair of Trustees

Independent examiner's report
to the members of
Women's Health Matters

I report to the charity trustees on my examination of the accounts of the company for the year ended 31st March 2022 which are set out on pages 28 to 50.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Catherine Hall FCCA DChA

Slade & Cooper Limited
Beehive Mill, Jersey Street
Manchester, M4 6JG

19 October 2022

Womens Health Matters
Statement of Financial Activities
(including Income and Expenditure account)
for the year ended 31 March 2022

	Note	Unrestricted funds £	Restricted funds £	Total funds 2022 £	Total funds 2021 £
Income from:					
Donations and legacies	3	6,188	73,822	80,010	80,414
Charitable activities:	4	77,472	363,340	440,812	419,615
Other trading activities	5	7,591	-	7,591	5,800
Investments	6	265	-	265	559
Total income		91,516	437,162	528,678	506,388
Expenditure on:					
Raising funds	8	8,460	4,920	13,380	19,406
Charitable activities:	7	83,504	429,422	512,926	423,072
Total expenditure		91,964	434,342	526,306	442,478
Net income/(expenditure) for the year	10	(448)	2,820	2,372	63,910
Transfer between funds		-	-	-	-
Net movement in funds for the year		(448)	2,820	2,372	63,910
Reconciliation of funds					
Total funds brought forward		162,075	131,930	294,005	230,095
Total funds carried forward		161,627	134,750	296,377	294,005

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

Womens Health Matters
Company number 2835637
Balance sheet as at 31 March 2022

	Note	2022	2021
		£	£
Fixed assets			
Tangible assets	15	6,294	1,429
Total fixed assets		6,294	1,429
Current assets			
Debtors	16	8,670	22,174
Cash at bank and in hand	17	294,633	292,719
Total current assets		303,303	314,893
Liabilities			
Creditors: amounts falling due in less than one year	18	(13,220)	(22,317)
Net current assets		290,083	292,576
Total assets less current liabilities		296,377	294,005
Net assets		296,377	294,005
The funds of the charity:			
Restricted income funds	20	134,750	131,930
Unrestricted income funds	21	161,627	162,075
Total charity funds		296,377	294,005

For the year in question, the company was entitled to exemption from an audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006,
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts are prepared in accordance with the special provisions of part 15 of the Companies Act 2006 relating to small companies and in accordance with FRS102 SORP, and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

The notes on pages 31 to 50 form part of these accounts.

Approved by the trustees on 29 September 2022 and signed on their behalf by:

Alison Cater (Chair)

Amita Fearon (Treasurer)

Womens Health Matters
Statement of Cash Flows
for the year ending 31 March 2022

	Note	2022 £	2021 £
Cash provided by/(used in) operating activities	23	9,102	52,207
<i>Cash flows from investing activities:</i>			
Dividends, interest, and rents from investments		265	559
Purchase of tangible fixed assets		(7,453)	(1,408)
Cash provided by/(used in) investing activities		(7,188)	(849)
Increase/(decrease) in cash and cash equivalents in the year		1,914	51,358
Cash and cash equivalents at the beginning of the year		292,719	241,361
Cash and cash equivalents at the end of the year		294,633	292,719

Womens Health Matters

Notes to the accounts for the year ended 31 March 2022

1 Accounting policies

The principal accounting policies adopted, judgments and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

a Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), second edition - October 2019 (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006 and UK Generally Accepted Accounting Practice.

Womens Health Matters meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

b Preparation of the accounts on a going concern basis

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

The trustees have made no key judgments which have a significant effect on the accounts.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amount of assets and liabilities within the next reporting period.

Notes to the accounts for the year ended 31 March 2022 (continued)

c Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the charity that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Income received in advance of a provision of a specified service is deferred until the criteria for income recognition are met.

d Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised; refer to the trustees' annual report for more information about their contribution.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

e Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

Womens Health Matters

Notes to the accounts for the year ended 31 March 2022 (continued)

f Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

g Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds comprise the costs of external fundraisers.
- Expenditure on charitable activities includes the costs undertaken to further the purposes of the charity and their associated support costs.
- Other expenditure represents those items not falling into any other heading.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

h Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs which support the charity's programmes and activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities. The bases on which support costs have been allocated are set out in note 9.

i Operating leases

Operating leases are leases in which the title to the assets, and the risks and rewards of ownership, remain with the lessor. Rental charges are charged on a straight line basis over the term of the lease.

j Tangible fixed assets

Individual fixed assets costing £500 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

Furniture & equipment	4 years
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Notes to the accounts for the year ended 31 March 2022 (continued)

k Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

l Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

m Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

n Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

o Pensions

Employees of the charity are entitled to join a defined contribution 'money purchase' scheme. The charity's contribution is restricted to the contributions disclosed in note 10. There were no outstanding contributions at the year end.

The money purchase plan is with The People's Pension managed by B&CE Holdings Ltd plc and the plan invests the contributions made by the employee and employer in an investment fund to build up over the term of the plan a pension fund which is then converted into a pension upon the employee's normal retirement year age when eligible for a state pension. The total expense ratio of the plan is 1% and this is deducted from the investment fund annually. The trust has no liability beyond making its contributions and paying across the deductions for the employee's contributions.

2 Legal status of the charity

The charity is a company limited by guarantee registered in England and Wales and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The registered office address is disclosed on page 1.

Womens Health Matters

Notes to the accounts for the year ended 31 March 2022 (continued)

3 Income from donations and legacies

Current reporting period	Unrestricted £	Restricted £	Total 2022 £
Donations	6,188	-	6,188
Core funding			
The Kelly Family Trust	-	3,622	3,622
Henry Smith	-	40,000	40,000
Trusthouse	-	20,000	20,000
Evan Cornish	-	5,000	5,000
Other grants < £5k	-	5,200	5,200
Total	6,188	73,822	80,010
<i>Previous reporting period</i>	<i>Unrestricted £</i>	<i>Restricted £</i>	<i>Total 2021 £</i>
<i>Donations</i>	<i>2,570</i>	<i>-</i>	<i>2,570</i>
<i>Core funding</i>			
<i>Bramall Foundation</i>	<i>-</i>	<i>5,000</i>	<i>5,000</i>
<i>The Brelms Trust CIO</i>	<i>-</i>	<i>5,000</i>	<i>5,000</i>
<i>Henry Smith</i>	<i>-</i>	<i>13,700</i>	<i>13,700</i>
<i>Forrester Trust</i>	<i>17,500</i>	<i>-</i>	<i>17,500</i>
<i>Trusthouse</i>	<i>-</i>	<i>20,000</i>	<i>20,000</i>
<i>Government CJRS</i>	<i>5,644</i>	<i>-</i>	<i>5,644</i>
<i>Other grants < £5k</i>	<i>-</i>	<i>11,000</i>	<i>11,000</i>
Total	25,714	54,700	80,414

Womens Health Matters

Notes to the accounts for the year ended 31 March 2022 (continued)

4 Income from charitable activities

Current reporting period	Unrestricted £	Restricted £	Total 2022 £
Womens Health Matters			
Pilgrim Trust	-	5,000	5,000
WYCA		20,222	20,222
Domestic Violence			
Leeds City Council	19,863		19,863
Leeds City Council (Access)	-	13,366	13,366
LDVS - Sanctuary Support - Pregnancy		14,333	14,333
LDVS - Sanctuary Support - Disability		14,333	14,333
Noel Buxton		4,000	4,000
WOW			
Leeds City Council	-	10,000	10,000
Snowdrops			
Awards For All		10,000	10,000
Postcode Neighbourhood Trust		20,000	20,000
WYCA - Snowdrops		7,794	7,794
Kelly trust		1,378	1,378
WLL			
NLCF	-	5,318	5,318
Other projects			
Health For All - BFPS		4,258	4,258
National Lottery - Breathe Free		101,773	101,773
Lloyds Bank Foundation	-	24,879	24,879
NHS Leeds CCG - MVP	-	17,974	17,974
Leeds City Council RH& YUMS	57,609	6,770	64,379
Jimbos - Rosebuds		19,650	19,650
Labyrinyth - Rosebuds		12,906	12,906
Children in Need - Key Change		31,403	31,403
Touchstone - Your Space	-	17,983	17,983
Total	77,472	363,340	440,812

Womens Health Matters

Notes to the accounts for the year ended 31 March 2022 (continued)

Income from charitable activities continued

<i>Previous reporting period</i>	<i>Unrestricted £</i>	<i>Restricted £</i>	<i>Total 2021 £</i>
<i>Womens Health Matters</i>			
<i>Pilgrim Trust</i>	-	10,000	10,000
<i>Other</i>	500		500
	<hr/> 500	<hr/> 10,000	<hr/> 10,500
<i>Domestic Violence</i>			
<i>The Brelms Trust CIO</i>	-	4,305	4,305
<i>Leeds City Council</i>	-	19,863	19,863
<i>Leeds City Council (Access)</i>	-	5,000	5,000
<i>West Yorkshire Police</i>		5,998	5,998
<i>WOW</i>			
<i>Leeds City Council</i>	-	15,000	15,000
<i>COVID 19</i>			
<i>Leeds City Council</i>	-	19,960	19,960
<i>Ministry of Justice</i>	-	29,028	29,028
<i>West Yorkshire Police</i>		48,892	48,892
<i>SNOWDROPS</i>			
<i>Edward Gostling Foundation</i>		8,776	8,776
<i>Smallwood Trust</i>		29,239	29,239
<i>Big Lottery Fund</i>		28,363	28,363
<i>Community Foundation</i>		9,991	9,991
<i>WLL</i>			
<i>Big Lottery Fund</i>		12,570	12,570
<i>Other projects</i>			
<i>Charles Haywood Foundation</i>	-	24,500	24,500
<i>Leeds Community Foundation</i>	-	12,325	12,325
<i>Lloyds Bank Foundation</i>	-	24,955	24,955
<i>NHS Leeds CCG</i>	-	17,705	17,705
<i>Leeds City Council</i>	57,600	14,540	72,140
<i>Touchstone</i>	-	20,505	20,505
	<hr/> 57,600	<hr/> 351,515	<hr/> 409,115
<i>Total</i>	<hr/> <hr/> 58,100	<hr/> <hr/> 361,515	<hr/> <hr/> 419,615

Womens Health Matters

Notes to the accounts for the year ended 31 March 2022 (continued)

5 Income from other trading activities

	2022 £	2021 £
Fees, Charges and other income	7,591	5,800
	<hr/> 7,591	<hr/> 5,800
	<hr/> <hr/> 7,591	<hr/> <hr/> 5,800

All income from other trading activities is unrestricted.

6 Investment income
Current reporting period

	Unrestricted £	Restricted £	2022 £
Income from bank deposits	265	-	265
	<hr/> 265	<hr/> -	<hr/> 265
	<hr/> <hr/> 265	<hr/> <hr/> -	<hr/> <hr/> 265

Previous reporting period

	<i>Unrestricted £</i>	<i>Restricted £</i>	<i>2021 £</i>
<i>Income from bank deposits</i>	559	-	559
	<hr/> 559	<hr/> -	<hr/> 559
	<hr/> <hr/> 559	<hr/> <hr/> -	<hr/> <hr/> 559

Womens Health Matters

Notes to the accounts for the year ended 31 March 2022 (continued)

7 Analysis of expenditure on charitable activities

	Staff costs £	Admin costs £	Premises £	Depreciation £	Other project costs £	Governance costs (see note 9) £	Total 2022 £
Core	72,288	(112)	998		1,342	-	74,516
Women's Health Matters	13,060	816	1,743	725	(7,168)	-	9,176
Domestic Violence - LDVS	23,924	1,638	2,775		12,278	192	40,807
Domestic Violence - Breathe Fre	60,379	9,284	5,695		11,528	-	86,886
Covid 19	2,267	8	-		6,705	-	8,980
Snowdrops	21,363	173	60		374	-	21,970
Key Change	28,966	78	1,259		194	-	30,497
WLL	4,400	10	113		5	-	4,528
Other projects	166,373	10,785	18,593	1,863	35,900	2,052	235,566
Total	393,020	22,680	31,236	2,588	61,158	2,244	512,926
					Restricted expenditure		429,422
					Unrestricted expenditure		83,504
							512,926

Womens Health Matters

Notes to the accounts for the year ended 31 March 2022 (continued)

Analysis of expenditure on charitable activities continued

Previous reporting period

	<i>Staff costs</i>	<i>Admin costs</i>	<i>Premises</i>	<i>Depreciation</i>	<i>Other project costs</i>	<i>Governance costs (see note 9)</i>	<i>Total 2021</i>
	£	£	£	£	£	£	£
<i>Core</i>	36,681	238	-	-	3,930	-	40,849
<i>Women's Health Matters</i>	13,605	(1,251)	(30)	725	686	-	13,735
<i>Domestic Violence</i>	25,134	2,003	1,603	-	964	254	29,958
<i>Wow</i>	5,221	84	-	-	946	-	6,251
<i>Covid 19</i>	50,667	14,567	1,925	-	3,263	-	70,422
<i>Snowdrops</i>	64,194	3,454	2,466	-	1,354	-	71,468
<i>The Key</i>	3,482	-	-	-	21	-	3,503
<i>WLL</i>	10,885	1,270	2,808	-	1,198	-	16,161
<i>Other projects</i>	113,953	18,175	18,448	-	18,218	1,931	170,725
Total	323,822	38,540	27,220	725	30,580	2,185	423,072
					<i>Restricted expenditure</i>		362,360
					<i>Unrestricted expenditure</i>		60,712
							423,072

Womens Health Matters

Notes to the accounts for the year ended 31 March 2022 (continued)

8 Cost of raising funds

	2022 £	2021 £
Staff costs	13,380	19,406
	<hr/>	<hr/>
	13,380	19,406
	<hr/>	<hr/>
Restricted expenditure	4,920	19,406
Unrestricted expenditure	8,460	-
	<hr/>	<hr/>
	13,380	19,406
	<hr/>	<hr/>

9 Analysis of governance and support costs

Current reporting period	Basis of apportionment	Support £	Governance £	Total 2022 £
Independent examiner fees	Governance	-	1,200	1,200
Board costs	Governance	-	-	-
		<hr/>	<hr/>	<hr/>
		-	1,200	1,200
		<hr/>	<hr/>	<hr/>
<i>Previous reporting period</i>	<i>Basis of apportionment</i>	<i>Support £</i>	<i>Governance £</i>	<i>Total 2021 £</i>
<i>Independent examiner fees</i>	<i>Governance</i>	<i>-</i>	<i>2,185</i>	<i>2,185</i>
<i>Board costs</i>	<i>Governance</i>	<i>-</i>	<i>-</i>	<i>-</i>
		<hr/>	<hr/>	<hr/>
		-	2,185	2,185
		<hr/>	<hr/>	<hr/>

Womens Health Matters

Notes to the accounts for the year ended 31 March 2022 (continued)

10 Net income/(expenditure) for the year

This is stated after charging/(crediting):

	2022 £	2021 £
Depreciation	2,588	725
Independent examiner's fee - accountancy	-	1,585
Independent examiner's fee	1,200	600
	<u> </u>	<u> </u>

11 Staff costs

Staff costs during the year were as follows:

	2022 £	2021 £
Wages and salaries	334,485	280,785
Social security costs	24,404	19,564
Pension costs	9,377	8,333
Consultancy & HR fees	19,052	26,534
Recruitment & staff expenses	9,315	7,127
Volunteers' expenses and training	1,147	465
Additional Holiday pay accrual from 20-21	1,724	-
Redundancy	6,500	420
	<u> </u>	<u> </u>

406,004	343,228
<u> </u>	<u> </u>

Allocated as follows:

Cost of raising funds	13,380	19,406
Charitable activities	392,624	323,822
	<u> </u>	<u> </u>
	406,004	343,228
	<u> </u>	<u> </u>

No employees has employee benefits in excess of £60,000 (2021: Nil).

The average number of staff employed during the period was 15.4 (2021: 12.3).

The average full time equivalent number of staff employed during the period was 11 (2021: 11).

The key management personnel of the charity comprise the trustees and the Chief Executive Officer. The total employee benefits of the key management personnel of the charity were £46,011 (2021: £39,104).

Womens Health Matters

Notes to the accounts for the year ended 31 March 2022 (continued)

12 Trustee remuneration and expenses, and related party transactions

No (2021: Zero) trustees, were paid in the year (2021: £Nil).

No (2021:Zero) member of the management committee received travel and subsistence expenses during the year (2021:£Nil).

Aggregate donations from related parties were £Nil (2021: £Nil).

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity, including guarantees, during the year (2021: nil).

13 Government grants

The government grants recognised in the accounts were as follows:

	2022 £	2021 £
Leeds City Council	87,745	131,963
DCMS	-	-
NHS Leeds CCG	17,974	17,705
West Yorkshire Police	-	54,890
Ministry of Justice	-	29,028
WYCA	20,222	-
	<u>125,941</u>	<u>233,586</u>

There are no unfulfilled conditions and contingencies attaching to the grants.

14 Corporation tax

The charity is exempt from tax on income and gains falling within Chapter 3 of Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

Womens Health Matters

Notes to the accounts for the year ended 31 March 2022 (continued)

15 Fixed assets: tangible assets

Cost	Furniture & equipment £	Total £
At 1 April 2021	5,021	5,021
Additions	7,453	7,453
Disposals	-	-
At 31 March 2022	12,474	12,474
Depreciation		
At 1 April 2021	3,592	3,592
Charge for the year	2,588	2,588
Disposals	-	-
At 31 March 2022	6,180	6,180
Net book value		
At 31 March 2022	6,294	6,294
<i>At 31 March 2021</i>	<i>1,429</i>	<i>1,429</i>

Womens Health Matters

Notes to the accounts for the year ended 31 March 2022 (continued)

16 Debtors

	2022 £	2021 £
Grants receivable	5,250	10,000
Prepayments and accrued income	3,420	12,174
	<hr/>	<hr/>
	8,670	22,174
	<hr/>	<hr/>

17 Cash at bank and in hand

	2022 £	2021 £
Short term deposits	70,000	70,000
Cash at bank and on hand	224,633	222,719
	<hr/>	<hr/>
	294,633	292,719
	<hr/>	<hr/>

18 Creditors: amounts falling due within one year

	2022 £	2021 £
Short term compensated absences (holiday pay)	5,044	3,320
Other creditors and accruals	6,635	8,997
Deferred income	-	10,000
Taxation and social security costs	1,541	-
	<hr/>	<hr/>
	13,220	22,317
	<hr/>	<hr/>

19 Deferred income

	2022 £	2021 £
Deferred grant brought forward	10,000	1,000
Grant received	-	10,000
Released to income from charitable activities	(10,000)	(1,000)
	<hr/>	<hr/>
Deferred grant carried forward	-	10,000
	<hr/>	<hr/>
Deferred income received in advance of the period to which it relates		

Womens Health Matters

Notes to the accounts for the year ended 31 March 2022 (continued)

20 Analysis of movements in restricted funds

Current reporting period	Balance at 1 April 2021 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2022 £
Core					
Henry Smith Charity	-	40,000	(40,000)	-	-
Garfield Weston	20,449	-	(20,449)	-	-
Bramall Foundation	580	-	(580)	-	-
The Brelms Trust CIO	-	-	(4,649)	-	(4,649)
Trusthouse	6,494	20,000	(2,412)	-	24,082
Noel Buxton Trust	4,000	4,000	(461)	-	7,539
Sir George Martin Tst	3,000	-	(3,000)	-	-
Souter Trust	2,000	-	(2,000)	-	-
Trees of Leigh	914				914
Evan Cornish	-	5,000	-		5,000
The Kelly Trust	-	3,622	(3,132)		490
WYCA	-	20,222	(20,222)		-
Other		5,200	(5,176)		24
Womens Health Matters					
Pilgrim Trust	4,880	5,000	(9,880)	-	-
Small grants	40	-	-	-	40
Domestic Violence					
LDVS (Access)	4,955	13,366	(22,945)	-	(4,624)
The Brelms Trust CIO	(354)	-		-	(354)
West Yorkshire Police	-	-	-	-	-
LDVS - Sanctuary Support - Disability		14,333	(6,180)		8,153
LDVS - Sanctuary Support - Pregnancy		14,333	(6,007)		8,326
Lottery - Breathe Free		101,773	(86,887)		14,886
WOW					
Leeds City Council	8,749	10,000	(17,413)	-	1,336
Covid 19					
Leeds City Council	14,569	-	(8,979)	-	5,590
Ministry of Justice LDVS	7,780	-	(7,780)	-	-
Ministry of Justice	1,008	-	(1,008)	-	-
Snowdrops					
Awards For All		10,000	(4,736)	-	5,264
Postcode Neighbourhood T	-	20,000	(3,568)	-	16,432
Edward Gostling Fndn	4,500	-	(4,494)	-	6
Kelly Trust - Snowdrops		1,378	(1,378)		-
WYCA - Snowdrops		7,794	(7,794)		-
WLL					
Big Lottery Fund	(17)			-	(17)
Other projects					
Leeds Fund	9,067	-	(8,383)	-	684
Inside Out	22,724	-	(21,521)	-	1,203
Labyrinth - Rosebuds	-	12,906	(10,500)		2,406
Jimbo's - Rosebuds	-	19,650	-		19,650
Lloyds Bank Foundation	12,443	24,879	(25,531)	-	11,791
MVP	383	17,974	(14,663)	-	3,694
YUMS	3,795	6,770	(6,156)	-	4,409
Your Space	(1,520)	17,983	(17,222)	-	(759)
The Key Change	-	31,403	(30,498)		905
WLL Empowering systems		5,318	(4,528)		790
Awards For All - BFPS		4,258	(4,210)		48
Other	1,491			-	1,491
Total	131,930	437,162	(434,342)	-	134,750

Womens Health Matters

Notes to the accounts for the year ended 31 March 2022 (continued)

Analysis of movements in restricted funds continued

Previous reporting period	Balance at 1 April 2020 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2021 £
Core					
Henry Smith Charity	6,796	13,700	(20,496)	-	-
Garfield Weston	26,250	-	(5,801)	-	20,449
Bramall Foundation	-	5,000	(4,420)	-	580
The Brelms Trust CIO	-	5,000	(5,000)	-	-
Trusthouse	-	20,000	(13,506)	-	6,494
Noel Buxton Trust	-	4,000	(4,000)	4,000	4,000
Sir George Martin Tst	-	3,000	-	-	3,000
Souter Trust	-	3,000	(1,000)	-	2,000
Trees of Leigh Trust	-	1,000	(86)	-	914
Womens Health Matters					
Pilgrim Trust	2,500	10,000	(7,620)		4,880
Small Grants	40	-	-		40
Domestic Violence					
LDVS	-	19,863	(19,863)		-
LDVS (Access)	2,244	5,000	(2,289)	-	4,955
The Brelms Trust CIO	652	4,305	(5,311)	-	(354)
West Yorkshire Police	-	5,998	(5,998)		-
WOW					
Leeds City Council	-	15,000	(6,251)		8,749
Covid 19					
Leeds City Council	-	19,960	(5,391)		14,569
Ministry of Justice LDVS	-	29,028	(21,248)		7,780
Ministry of Justice	-	48,892	(46,476)	(1,408)	1,008
SNOWDROPS					
Edward Gostling Fndn	-	8,776	(4,276)		4,500
Smallwood Trust	-	29,239	(29,239)		-
Big Lottery Fund	-	28,363	(28,363)		-
Community Fund	-	9,991	(9,991)		-
The Key					
The Brelms Trust CIO	1,500	-	-	(1,500)	-
WLL					
Big Lottery Fund	2,573	12,570	(15,160)	-	(17)
Other projects					
Tampon Tax	4,296	-	(4,296)	-	-
Leeds Fund	14,774	12,325	(18,032)	-	9,067
Inside Out	11,983	24,500	(13,759)	-	22,724
Lloyds Bank Foundation	13,440	24,955	(25,952)	-	12,443
MVP	3,556	17,705	(20,878)	-	383
Yums	4,282	13,540	(14,027)	-	3,795
Your Space	760	20,505	(22,785)	-	(1,520)
Other	743	1,000	(252)	-	1,491
Total	96,389	416,215	(381,766)	1,092	131,930

Womens Health Matters

Notes to the accounts for the year ended 31 March 2022 (continued)

Name of restricted fund	Description, nature and purposes of the fund
Core	
Women's Health Matters	
Pilgrim Trust	Supporting WHM's work providing intensive and early intervention support to women with complex needs.
Domestic Violence	Project to provide support for women who have experience of Domestic Violence.
WOW	A new volunteer project for women in Leeds who are seeking asylum to support and encourage each other to be more physically active during lockdown.
Covid 19	In response to the Covid-19 pandemic, WHM have set up a lending library of ChromeBooks, tablets and phones for use by women and families accessing and engaging with Women's Health Matters
Snowdrops	This project offers one to one support for vulnerable women and girls in Leeds.
The Key	Project to provide early intervention work around domestic violence and child sexual exploitation.
WLL	Women's Lives Leeds funding to reimburse expenditure hosting a Complex Needs Worker at WHM.
Other projects	
Tampon Tax	Group work to reduce distress and the harmful impact of Domestic Violence on women and their children.
Leeds Fund	Group work supporting women who's children are being looked after by someone else.
Inside Out	A parenting course for women whose children are being looked after by somebody else, such as through adoption or a kinship order.
Lloyds Bank Foundation	Funds a wellbeing case worker to provide one to one support to asylum seeking women.
MVP	A forum bringing together health professionals and women who access maternity services.
YUMS	YUMs is a young mums tots and tums peer support group.
Your Space	Provision of an health and wellbeing outreach worker based with our partners at Touchstone
Other	Donations to specified projects or groups.
Transfers	Transfers from unrestricted funds to cover overspends. Transfers out in respect of purchases of fixed assets for general use.

Womens Health Matters

Notes to the accounts for the year ended 31 March 2022 (continued)

21 Analysis of movement in unrestricted funds

Current reporting period	Balance at 1 April 2021 £	Income £	Expenditure £	Transfers £	As at 31 March 2022 £
General fund	146,942	91,516	(91,964)	(64,326)	82,168
Designated funds					
Redundancy and notice period liability	15,133	-	-	64,326	79,459
	<u>162,075</u>	<u>91,516</u>	<u>(91,964)</u>	<u>-</u>	<u>161,627</u>
Previous reporting period	Balance at 1 April 2020 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2021 £
General fund	118,573	90,173	(60,712)	(1,092)	146,942
Designated funds					-
Fundraising Consultancy	15,133	-	-	-	15,133
	<u>133,706</u>	<u>90,173</u>	<u>(60,712)</u>	<u>(1,092)</u>	<u>162,075</u>

Name of unrestricted fund

Description, nature and purposes of the fund

General fund	The free reserves after allowing for all designated funds
Designated funds	Funds designated by the management committee for the support and development of existing work.
Fundraising consultancy	Fund for employing fundraising consultants to work on specific project bids.

Womens Health Matters

Notes to the accounts for the year ended 31 March 2022 (continued)

22 Analysis of net assets between funds

Current reporting period	General fund £	Designated funds £	Restricted funds £	Total £
Tangible fixed assets	6,294	-	-	6,294
Net current assets/(liabilities)	75,874	79,459	134,750	290,083
Total	82,168	79,459	134,750	296,377
Previous reporting period	General fund £	Designated funds £	Restricted funds £	Total £
Tangible fixed assets	1,429	-	-	1,429
Net current assets/(liabilities)	145,513	15,133	131,930	292,576
Total	146,942	15,133	131,930	294,005

23 Reconciliation of net movement in funds to net cash flow from operating activities

	2022 £	2021 £
Net income/(expenditure) for the year	2,372	63,910
Adjustments for:		
Depreciation charge	2,588	725
Loss/(profit) on sale of fixed assets	-	-
(Gains)/losses on investments	-	-
Dividends, interest and rents from investments	(265)	(559)
Decrease/(increase) in stock	-	-
Decrease/(increase) in debtors	13,504	(12,454)
Increase/(decrease) in creditors	(9,097)	585
Net cash provided by/(used in) operating activities	9,102	52,207