



2024 ANNUAL REPORT

Reflecting on our journey



Year end accounts
31-03-2024

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Mission Statement

TeesValley Women's Centre is a pioneering grass roots venture providing a one stop shop for women in a safe non-judgmental environment helping to support the wellbeing of local women, improve their quality of life by supplying one to one support, advice & guidance, training, and education, along with employment opportunities, helping to tackle social exclusion. Signposting to outside agencies when necessary.

We are a community-based organisation operating across the whole of the Tees Valley area. Working with local colleges, education providers, local Councils, and partner agencies to relieve the stress and hardship faced by our current economic climate, giving women the chance to change their circumstances through the provision of choice and opportunity, knowledge & support.

We have been operating for over 35 years and have helped many women achieve their goals and aspirations, take up employment opportunities, further their educational qualifications or simply help them to have belief in themselves, empowering them to achieve.

We believe when we help a woman, we also help her family as they too benefit from her experience, self-worth, and belief that the impossible can be achieved.

Mission & Aims

Tees Valley Women's Centre is a pioneering grass roots venture providing a one stop shop for women in a non-threatening safe environment helping to support the wellbeing of local women, improve their quality of life by supplying one to one support, advice & guidance, training, and education, along with employment opportunities, helping to tackle social exclusion. Signposting to outside agencies when necessary.

Equality & Diversity Policy

TVWC's Equality & Diversity Policy applies to all beneficiaries, employees, funding bodies, host and partner organisations, sub-contractors, Committee members and volunteers.

We are committed to encouraging equality, diversity, and inclusion among our workforce, and eliminating unlawful discrimination.

The aim is for our workforce to be truly representative of all sections of society and our customers, and for each employee to feel respected and able to give their best.

The organisation - in providing services and facilities - is also committed against unlawful discrimination against customers or the public.

The Centre is accessible for wheelchairs and has disabled facilities; interpreters are available on request; Free parking is available on site, and we are close to main bus & train services.

The Committee members and all staff have a responsibility and commitment to be pro-active in promoting and celebrating diversity and tackling unlawful discrimination, by working hard to secure a truly inclusive women only environment, creating better working relationships in an atmosphere of inclusion.

Environmental Strategy

TVWC supports the development of sustainable local communities, mainly in the area of raising awareness and understanding of the need to conserve natural resources and the environment. Beneficiaries access opportunities to activities, which support the framework of local Agenda 21 and local council's environmental sustainability strategy.

Although this project is not an environmental project and as such will not immediately or actively address local environmental issues however, all partners, agencies, beneficiaries are actively encouraged to be committed to environmental sustainability and the prudent use of natural resources. All those participating adhere to TVWC recycling policies of all waste such as paper, glass, plastic, and ICT related items.

Our classes encourage recycling of materials and re-purposing them wherever possible

Access to Services

Telephone: **01642 296166**

Email:

Reception@tvwc.org.uk
Manager@tvwc.org.uk
Media@tvwc.org.uk

Website:

www.teesvalleywomenscentre.co.uk
www.teesvalleywomenscentre.org.uk

Opening Times:

Monday to Thursday
Courses/Activities
Most Courses run between

Centre

9:00 – 4:30 pm
Timetable available each term.
9:30 – 2:30 pm

Nursery

Our Nursery provision is open
Monday to Friday

8:00 - 5:30 pm

Full Day/Morning & Afternoon sessions
available.
Free childcare sessions available when
You are taking a course in the Centre.

Essential Information

Working Name:	Tees Valley Women's Centre - T V W C
Charity No:	1106950
Date of Registration	13/7/1994
Governing Document	Incorporated 28/09/2004
Company Reg No:	5244511
Company Registered name	Tees Valley Women's Centre Ltd Name changed 22/12/2008.
Former Name	South Bank Women's Centre
Ofsted registration	EY552306 (Tees Valley Tots)
Year End	31 st March
Contact Number	01642 296166
Contact e mail	manager@tvwc.org.uk

Management Committee:

(Management committee, who are directors for the purpose of company law, and trustees for the purpose of charity law.)

K KAUR	Chairperson
B BEGG	Treasurer
E McTIERNAN	Secretary
K COATES	Member
L KEATING	Member

Staff numbers during 23/24

Managerial	3
Administrative	1
Nursery Practitioners	8
Apprentices	1
Placements	2
Cleaning/maintenance	1
Volunteers (ave.)	18

<u>Accountants/Auditors</u>	Leonard Bye - 01642 246006	80 Borough Road, Middlesbrough, TS1 2JN
<u>Legal Advisers</u>	Avensure Ltd	South Central, Peter Street, Manchester M2 QR
<u>Bank Accounts</u>	Virgin Money	7 Linthorpe Road Middlesbrough TS1 5BS
	Shawbrook Bank - notice a/c	Brentwood, Essex, CM13 3BE
	Scottish Widdows - savings	PO Box 883, Leeds LS1 9TY

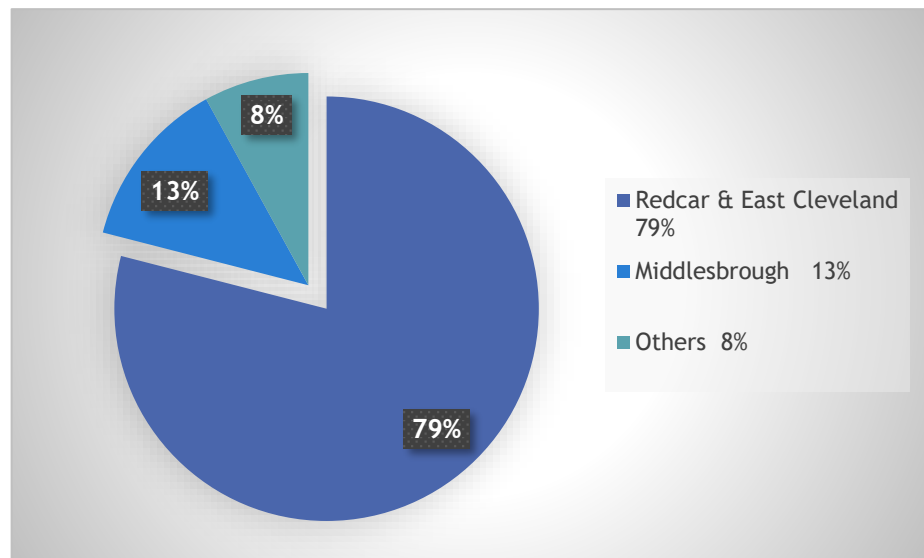
Area of Benefit

Tees Valley Middlesbrough, Redcar & Cleveland, Stockton & districts, East Cleveland.

(Tees Valley wide)

Women accessing the Centre during 23/24

By Postcode

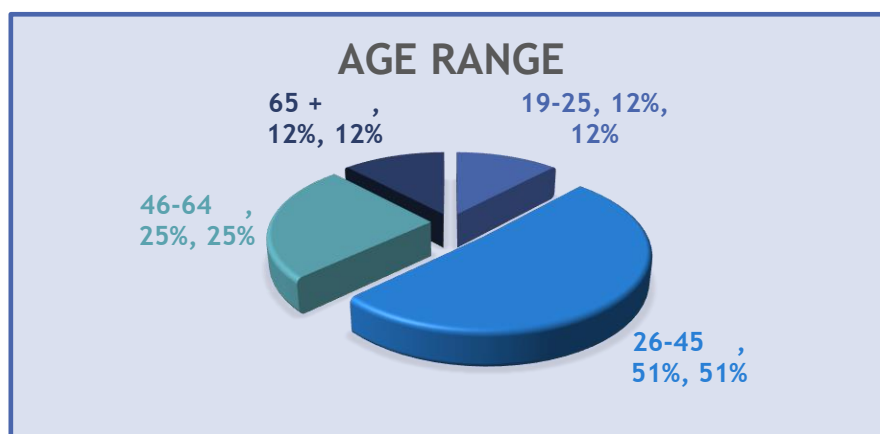


Who Benefits:

TVWC provides holistic benefits by addressing both the immediate needs of our beneficiaries and long-term development, improving not only the lives of women but also their broader families & communities

By providing a safe space, promoting women's empowerment, and helping women achieve financial independence or personal well-being we contribute to the overall health safety and progress of the community we live.

Age range of women accessing our services during the year to 31/03/2024



AGENCIES WE ARE WORKING WITH:

Age UK

Alphatech – IT Support

Appleby Hope & Mathews – Legal services for women

Beyond Housing

Catalyst Stockton on Tees

Cleveland Women's Network (Women's issues)

R & C Citizens Advice

Eden Training

Eva women's aid – signposting for Domestic Violence

Fare Share Northeast (Eco Shop)

Hartlepool B Council

HALO Project

Job Centre plus (providing training courses for the unemployed)

Learning Curve Group

Local food Banks

Middlesbrough College

Middlesbrough Mind

Middlesbrough PCC

Middlesbrough PCT

MVDA Middlesbrough Voluntary Agency

My Sisters Place – signposting for Domestic Violence

N.E.L.D Ladies

NORTH TEES AND HARTLEPOOL NHS FOUNDATION TRUST

Prior Pursglove College

R & C Borough Council – Community issues.

R & C Mind (working with vulnerable adults)

R & Cleveland Children's Services

R & C SEN services

R & C Adult Education services

2024

R & C Financial inclusion Group

RCVDA – Voluntary Agency

Sexual Health Teesside

SES Engineering

Social Prescribers (working with the NHS)

Tees Valley Combined Authority

Teesside University

The Girls Network

Thirteen Housing Group

UCQ Training



LETTER FROM THE CHAIR

I am delighted to share with you an update on the progress of Tees Valley Women's Centre. Over the past year our Centre has continued to grow and thrive thanks to the tireless efforts of our dedicated staff team and volunteers without whom none of this would be possible, along with the support of our wider community.

Supporting Women in Challenging Times

We know that this year has been difficult for many, with rising living costs, the ongoing impact of the pandemic, and increasing social isolation. Our Centre has remained a vital lifeline for many women in the Tees Valley providing not only a safe and welcoming space but also a wide range of practical, educational, and emotional support services.

I am proud to say that we are constantly expanding our services, A Sexual Health Nurse will now be holding a clinic one day a month within the Centre to offer help on contraception, STD's, Smears, and mental health support to the women, we hold a monthly Law Clinic with a local firm of solicitors giving free help and legal advice. Our recent partnership with Thirteen Group and Beyond Housing offering employability help CV writing, interview techniques and employment services to the women is a fantastic addition to our current services. Citizen's advice Debt and financial advice sessions are also available. This has helped more women than ever access the resources they need to overcome challenges, gain confidence, and move forward in their personal and professional lives.

Welcome Wednesday Project

One of our most recent and impactful initiatives is the Welcome Wednesday Project. As energy costs rise, we understand that many individuals are struggling to keep their homes heated. Our Warm Space provides a comfortable, heated environment where women can come to relax, meet others, and enjoy a free hot drink and meal. It has been heartening to see our volunteers step up to make this project a success, offering not just warmth but also companionship and support.

Community and Collaboration

Our Centre continues to be a hub of collaboration, working closely with local organizations to ensure that women have access to a comprehensive network of support. Whether it's through our training courses, employability, financial support, domestic abuse, or health and well-being services, we strive to be a Centre where every woman feels empowered and heard.

Looking Ahead

As we move forward, our focus remains on strengthening our services and extending our reach. We are exploring new ways to offer digital support, recognizing the growing need for online resources. Additionally we plan to expand our mental health and well-being programs, ensuring that no woman in our community feels left behind.

I want to extend my deepest thanks to all of you—our funders, volunteers, and partners who have made this progress possible. Your commitment to Tees Valley Women's Centre is the backbone of our success, and together, we are making a real difference in the lives of women throughout our region.

Let's continue this important work, uplift one another, and ensure that every woman in Tees Valley has the opportunity to thrive.



..... Kally Kaur

Meet the Trustees:

Our volunteer Board of Trustees are responsible for the charity's overall governance and strategic direction. They hold responsibility for the professional, legal, and financial management of all aspects of the charity, they oversee its strategies & policies alongside identifying and reviewing all relevant risks.



Our trustees meet on a quarterly basis to discuss issues of importance such as organisation performance, administrative issues, budgeting issues, quality assurance, staffing levels, financial targets, and any other matters.

They are also regular visitors to the Centre, taking part in many of our activities, open days, and volunteering for fundraising events.

Edwina McTiernan- I have attended several sewing classes over the years in the Cleveland area, gaining City & Guilds and was looking to expand my expertise into upholstery. The only opportunity to do this was at the Tees Valley Women's Centre, this was about 12 years ago, and I haven't looked back since. I was delighted to be invited onto the committee. To witness first-hand the beginning of courses and seeing how girls flourish with confidence and the knowledge to take them further than they would have ever imagined.

After spending over 30 years assisting my husband running a roofing contracting business, it is nice to put something back into society and being involved with charitable events at such a warm and welcoming place



Linda Keating - Hi my name is Linda Keating; I started to use the women's center because a friend asked if I would go with her to a cookery class. I'm still here a decade later! I still attend courses and have just gained my Level 1 in Art- textiles. I have been active cub scout leader for over 20 years and am now instructing the children of the original cubs I taught at the start of my scouting journey. I had the honor of being asked to be a trustee 3 years ago and was very pleased to accept. The Centre is such a warm & welcoming place for all women, and I feel proud to be part of their journey of growth and empowerment.

HIGHLIGHTS & ACHIEVEMENTS 2023-24

During the past year, the Tees Valley Women's Centre continues to make significant positive impacts in the lives of local women. One recent success story involved eleven local women who graduated from their "Access to Higher Education" course and secured places at Teesside University, thanks to partnerships with training providers like the Learning Curve Group. This achievement highlights the centre's dedication to opening doors for women from disadvantaged backgrounds to pursue higher education and career development.

Another noteworthy project over the summer involved a redecoration initiative at the centre.

This was a collaboration between Beyond Housing, SES Engineering, and Identity Consulting volunteers who repainted key areas of the centre including the main hall and the nursery, providing a more welcoming environment for women and children who use the centre. This collaboration was hailed by the centre's management team as an excellent example of community support making a real difference.



During the summer we were also fortunate to work alongside year 9 pupils from Trinity catholic school who took part in the Lynkx project.

"A group of our year 9 students took part in Linkx project throughout the year and managed to persuade an outside panel to fund £1000 towards toys for the Tees Valley Woman's Centre's nursery."

"Today, they hand delivered the toys to the Centre and spoke on BBC Radio Tees- which will be aired tomorrow or Thursday."



This is great for both students & the school to get such great recognition for the hard work that goes into these types of projects from our students.

Thanks to funding from the National lottery, and assistance from Learning Curve Group we were able to expand our social media presence, build a new website and connect with many potential new partners going forward.

Our new “Warm Wednesday” is a welcome space for all women to come together and enjoy a free hot meal and a cup of tea, gain peer support and social networking opportunities.

Reducing isolation in women brings numerous advantages across multiple areas of their lives—socially, economically, emotionally, and even in terms of physical health.

Isolation often leads to mental health challenges like depression and anxiety. When women have social support and feel connected to a community, it significantly improves their emotional well-being.



Upper Albion Street, South Bank, TS6 6XG

**WARM
SPACE**



**Soup & a Roll
+ a Cup of tea**



Come & join us
on
WEDNESDAYS
12:00 - 2:00PM

**Tees Valley
Women's Centre**

Women only 19+

Social interactions and participation in communities can boost self-confidence and personal validation, helping women feel more empowered.

TWVC is a warm welcoming space providing all women in the local community with support and encouragement to help them gain a more positive outlook and achieve their goals.

Slow Cooker workshops – with a donation from “The Teesside Charity” we were able to provide a one-day workshop for local women providing them with a hot meal and a slow cooker to take home.





Tees Valley
Women's Centre



Our Achievement:

TEES VALLEY WOMEN'S CENTRE SHINES BRIGHT AT MAYOR'S COMMUNITY

ACHIEVEMENT AWARDS!

In a heartwarming celebration of community spirit, Tees Valley Women's Centre took center stage at the prestigious Mayor's Community Achievement Awards held at the Civic Centre in Redcar.

Amidst a sea of applause, the Centre was lauded for its remarkable grassroots efforts in uplifting women's wellbeing and enhancing their quality of life. Providing a lifeline of one-to-one support, invaluable advice, and empowering guidance, they've become a beacon of hope for countless women across Tees Valley.

But their impact doesn't stop there. With a robust framework of training, education, and employment opportunities, they're not just breaking barriers; they're dismantling them entirely. By addressing the scourge of social exclusion head-on, they're paving the way for a more inclusive and equitable society.

As the spotlight shone on the Centre's remarkable achievements, the Mayor himself underscored the significance of their tireless dedication. "These awards," he declared, "are a testament to the hard work and unwavering commitment of voluntary groups like Tees Valley Women's Centre, whose invaluable contributions often go unnoticed and unappreciated."

Indeed, in a world where recognition is often reserved for the loudest voices, it's organizations like Tees Valley Women's Centre that remind us of the transformative power of compassion and community. They're not just receiving an award; they're receiving a well-deserved salute from a grateful community. Here's to many more milestones and moments of triumph for Tees Valley Women's Centre!



Media Engagement Officer

Success Story

Celebrating Faiza Khurram's Success!

Faiza Khurram recently completed her MSc in Digital Marketing with distinction and works as a Social Media Engagement Officer at Tees Valley Women's Centre, a post funded by the National Lottery Fund. As a digital marketing student, she applies her knowledge to the Centre's social media, website, and digital newsletter. This role is an excellent learning opportunity, helping her polish her digital skills. She is doing an amazing job at TVWC, managing all their digital media with excellence.

Tees Valley Women's Centre has been instrumental in Faiza's professional growth, providing a supportive environment where she has gained invaluable experience and confidence. The Centre is dedicated to women's empowerment, offering programs essential for mental, physical, social, and educational development. With a safe and welcoming atmosphere for all women aged 19+, TVWC is truly a beacon of support and opportunity. Faiza is proud to be part of an organization that makes such a significant impact on the lives of women in the community. She is incredibly thankful to Tees Valley Women's Centre for their unwavering support and encouragement.

Key Services - What the Centre does to achieve

- It provides a safe, comfortable, friendly environment for women to meet, especially for minority ethnic women unable to access other services because of cultural restrictions.
- It provides free training courses along with free onsite crèche places.
- It operates an open-door policy, always there with a listening ear and cup of tea.
- The Centre has direct access to services for women experiencing domestic violence, referral to women's refuge, and police support.
- It provides excellent quality affordable childcare for 0 – 5yrs. Ofsted rated "Good." Also, our onsite ofsted registered crèche facility is free to women attending courses.
- It provides spaces within the nursery for the government free 15 hrs. 2 & 3 yr. old childcare to local families.
- It provides training placements and support for school pupils on work experience and young unemployed seeking a career in childcare.
- The center's core work directly contributes to 15 of Redcar & Cleveland's 35 local area agreement priority indicators.
- It provides legal advice through its partnership with Local solicitors.
- It provides advice, guidance, information, and debt management advice through its partnership with CAB services.
- It provides a warm & safe space to help combat isolation within the community. Providing a hot meal and a warm drink on Welcome Wednesdays.
- It provides an Eco Shop provision to help local families during the cost-of-living crisis

What does the Centre do to sustain its purpose?

- It will continue to provide a listening ear, an open-door policy, and direct referrals to other agencies in developing preventative strategies for vulnerable women, such as those in debt, suffering mental health problems, domestic abuse, and childcare problems.
- It will continue to meet the needs of women in the local community through direct consultation with its members, beneficiaries, and partner organisations
- It will continue to improve its human, physical and financial resources to meet the increased capacity and changes in social and economic policies effecting women.
- It will continue in its search to provide excellent quality accredited/non accredited training acting as a host organisation to all colleges and providers of education.
- It will continue to ensure excellent quality childcare is provided to all women free of charge who are attending courses and to extend the social enterprise side of the nursery in providing affordable childcare spaces for local women and those in receipt of the government subsidies for childcare provision.
- It will continue to develop new strategies with, for and among partner agencies dealing with various projects, helping to give women offenders, or women at risk of offending an alternative to custodial sentencing, integrating them back into the community and supporting a change in lifestyle, building confidence and educational attainment.
- It will continue to diversify its sources of income, continue to expand its income generating resources, and work in partnership with outside agencies on various projects.
- It will also continue to source outside funding for the Centre to ensure that all women have access to help and support when needed.
- It will continue to provide a warm safe space for women with access to an ECO shop, helping to reduce isolation, food poverty and mental health within the community.

Priorities / Provisions

- *We will Maintain the level of commitment and service we provide to all women in need.*
- *Continue and maintain and improve accessibility of the Centre for all women, making sure we hard to reach women in the ethnic communities.*
- *Maintain all the Charity policies and procedures in line with all legislation.*
- *Maintain and upgrade existing I.T. equipment and associated software when necessary.*
- *Maintain and upgrade all crèche and associated equipment when necessary.*
- *Continue to provide excellent quality accredited and non-accredited training courses to meet the needs of the women users.*
- *Maintain and build on our partnerships with local colleges, partners, and training providers to ensure the highest possible success/outcomes for women.*
- *We will maintain our Nursery's Ofsted registration including the 2 & 3 yrs. old provision".*
- *Update and improve the Centre's facilities as and when necessary.*
- *We will maintain funding strategies in line with our future/reserves policy.*
- *We will continue to implement staff training when necessary.*
- *Continue to provide a warm safe space for women in the local community.*
- *Continue to provide an ECO shop to help with the current cost of living crisis.*
- *We will continue to source new services to help provide local women with additional accessible resources within their local community.*

Safeguarding:

TVWC is committed to creating a safe and supportive environment for all women involved in our activities. Our safeguarding policy is comprehensive, regularly reviewed and designed to ensure that all individuals, especially those who are vulnerable, are protected from harm. We have established clear procedures for reporting concerns, and a culture of vigilance that prioritizes the well-being of all women accessing our services, we ensure our safeguarding policy remains fit for purpose, effective and aligned with our core values of safety and respect. Our staff and volunteers receive ongoing safeguarding and professional training. Our nursery is Ofsted registered and follows stringent safeguarding procedures for children. All nursery staff complete a safeguarding course as part of their training and have a good understanding of safeguarding protocols and procedures.

General Data Protection Regulations - The charity is GDPR compliant.

ICO – TVWC is registered with the ICO.

TVWC employs the services of “Avensure” to assist in complying with its legal obligations in regards to HR services & Health & Safety compliance.

Preventative Strategies:

TVWC continues to keep updated and abreast of current political and national issues that could impact on the Centre's wellbeing from various outside sources including, media, web, word of mouth and email notifications. We will advocate for policy changes that promote women's rights and safety, ensuring long term systemic protection.

Centre Update: 2023-24

TVWC is the only women's Centre covering the Tees valley Area. The work we do differs from other women's services locally. We are proud that we are different and want to celebrate our difference with everyone that we meet and work with.



The Centre provides a range of essential services designed to empower women and support their personal growth. Our services are tailored to meet the needs of the women in our local community. Within the past year we have seen significant growth in the number of women accessing our services.

We have also grown the services we offer and are now able to offer the following additional services:

- Partnering with both Thirteen group and Beyond housing offering employability help & support, CV writing, interview techniques and job opportunities.
- In partnership with CAB Redcar we can now offer a debt advice service.
- Regular healthy heart and blood pressure checks.
- Breast Awareness sessions.
- A Focus group for mental health & wellbeing
- Our new "warm Wednesday" project, provides a warm safe space for women to meet and enjoy a hot meal and drink, helping to reduce isolation especially amongst older women who live alone .

During 2023-24 we have continued to offer both educational & vocational courses, with around 350 women per week accessing our services.

We continue to seek out additional services we can offer to women through events, workshops, and partnerships to enhance our current curriculum.

Highlights of 23-24

Menopause Programme With funding from "you got this" We rolled out a Menopause Programme here within the Centre, being the only women's Centre within the Tees Valley we felt it was important to help and support the women, the menopause is affecting women's day-to-day life, brain fog, hot flushes, not sleeping, feeling lethargic, talking to other women who are in a similar situation and getting help and support from the women in a group setting and discussing their symptoms together, including many inactive women of different backgrounds (including those from the BAME community) They had felt that their concerns had been ignored by their healthcare professionals, due to their language barrier issues, so they just gave up asking for any help or support.

The program provided a safe and supportive environment where women can receive, guidance, and practical assistance incorporating exercise to navigate the physical and emotional changes associated with perimenopause, menopause, and any other hormonal related issues.

NELD Event – We were invited to the North East Ladies day event at Hardwick Hall the event is held every year to raise funds for the charity with over 400 women in attendance including local businesses women to distribute to worthy causes, we were lucky enough to receive money to help towards our Eco Shop,

Donna was asked to talk at the event about the services we can offer here at Tees Valley Women’s Centre and the help and support we give women throughout the Tees Valley.



UPCOMING COURSES					
	AM			PM	
MONDAY	9.30-11.30am	Math's Functional Skills	09.09.24	12.30-2.30	English Functional Skills
	9.30-11.30am	English Functional Skills	09.09.24	12.30-2.30	Math's Functional Skills
	9.30-11.30am	Jewellery Making Class	09.09.24	12.30-2.30	Access to Education Course
	9.30-2.30pm	Early Years Level 2 Course	30.09.24	FULL DAY COURSE	Early Years L2 Course
TUESDAY	9.30-11.30am	Makaton Level 3 Course	10.09.24	12.30-2.30pm	Intro to Sign Language
	9.30-11.30am	Teaching Assistant Level 3	10.09.24	12.30-2.30pm	Teaching Assistant Level 2
	9.30am-2.30pm	Essential Skills Course (Manual Handling L2, Food Hygiene L2, Paediatric 1 st Aid Level 3)	17.09.24	FULL DAY COURSE	Essential Skills Course (Manual Handling L2, Food Hygiene L2, Paediatric 1 st Aid Level 3)
	9.30am-11.30am	EVA (Freedom Programme) Domestic Violence Help Course	11.09.24	12.30-2.30pm	Autism Level 3
WEDNESDAY	9.30am-11.30am	Makaton Level 1	11.09.24	12.30-3pm	Counselling Level 2 (award in helping skills)
	9.30am-12.30	Sewing Class (option to pay per term)	18.09.24		
THURSDAY	9.30-2.30pm	Digital Skills Level 1 Course (Full Day)	12.09.24	FULL DAY COURSE	Digital Skills Level 1 Course (Full Day)
	9.30-2.30pm	Access to Health Course (Full Day)	12.09.24	FULL DAY COURSE	Access to Health Course (Full Day)
	9.30-11.30am	Art & Wellbeing Course	12.09.24		
	9.30am-11.30am	Cooking on a Budget (4wks)	12.09.24	12.30-2.30pm	Cooking on a Budget (4wks)

Local Area:

The Tees Valley sub region covers a population of 674,300 (2019) people living in five boroughs which include Darlington, Hartlepool, Middlesbrough, Redcar & Cleveland, and Stockton on Tees; of these (51%) are women.

- Tees Valley has some of the country's highest economic inactivity rates – closely correlated with relatively low levels of health and well-being – and stubbornly high unemployment rates when compared to other areas. Youth unemployment is an issue with a higher-than-average number of young people unemployed and claiming benefits and a high number NEET (Not in Education, Employment or Training).
- Tees Valley has a relatively high proportion of LSOAs within the most deprived 10% nationally, ranking as the second most deprived LEP in England (out of 38 LEP areas). This ranking is unchanged since 2015.
- 121 or 29% of Tees Valley's 417 LSOAs are in the 10% most deprived nationally, almost three times the national rate.
- Tees Valley is most deprived in the health domain, with Employment deprivation second and Income deprivation a close third.
- At the local authority level and out of 317 districts nationally, Middlesbrough has the highest proportion of LSOAs within the national most deprived 10% with Hartlepool 10th, Redcar & Cleveland 29th, Stockton-on-Tees 39th and Darlington 47th.
- All five local authority areas now rank amongst the 15% most deprived local authorities in England.

TVWC Centre is located in South Bank, a ward within the administrative boundaries of the Borough of Redcar & Cleveland. The borough is an area of contrasting geography with rural, urban & coastal settlements, containing neighborhoods that have persistent experience of high levels of multiple deprivation and social exclusion.

The area suffers from a high crime rate (mainly theft and burglary) much of which is linked to drugs and alcohol related issues.

Many people are caught in the credit and loan culture which has led to the increase of personal debt amongst local people.

The Women's Centre targets its activities at women from deprived communities within these different areas of the borough.

English Indices of Deprivation 2019

ON each measure, the local authority district with a rank of 1 is the most deprived

Local Authority District code (2019)	Local Authority District name (2019)	Employment - Average rank	Employment - Rank of average rank	Employment - Proportion of LSOAs in most deprived 10% nationally	Employment - Rank of proportion of LSOAs in most deprived 10% nationally	Employment scale	Rank of Employment Scale
E06000001	Hartlepool	24902.51	5	0.4310	5	9715.25	111
E06000002	Middlesbrough	25231.38	4	0.4884	2	15542.50	62
E06000003	Redcar and Cleveland	23809.65	17	0.3295	12	12291.00	86
E06000004	Stockton-on-Tees	20104.05	67	0.2083	39	15089.25	64
E06000005	Darlington	20134.54	65	0.1846	52	7637.50	132

Local Authority District code (2019)	Local Authority District name (2019)	Education, Skills, and Training - Average rank	Education, Skills, and Training - Rank of average rank	Education, Skills, and Training - Average score	Education, Skills, and Training - Rank of average score	Education, Skills, and Training - Proportion of LSOAs in most deprived 10% nationally	Education, Skills, and Training - Rank of proportion of LSOAs in most deprived 10% nationally
E06000001	Hartlepool	19,980.79	77	30.255	51	0.2069	38
E06000002	Middlesbrough	22,111.75	36	38.850	8	0.3953	3
E06000003	Redcar and Cleveland	18,997.48	102	27.768	73	0.1932	46
E06000004	Stockton-on-Tees	16,899.44	139	24.786	111	0.1667	61
E06000005	Darlington	18,401.65	114	27.402	76	0.2000	42

Local Authority District code (2019)	Local Authority District name (2019)	Health Deprivation and Disability - Average rank	Health Deprivation and Disability - Rank of average rank	Health Deprivation and Disability - Average score	Health Deprivation and Disability - Rank of average score	Health Deprivation and Disability - Proportion of LSOAs in most deprived 10% nationally	Health Deprivation and Disability - Rank of proportion of LSOAs in most deprived 10% nationally
E06000001	Hartlepool	25806.04	21	0.869	16	0.3621	16
E06000002	Middlesbrough	27603.83	9	1.194	6	0.5698	4
E06000003	Redcar and Cleveland	25339.55	26	0.790	27	0.3523	18
E06000004	Stockton-on-Tees	23468.75	48	0.684	36	0.2833	28
E06000005	Darlington	22510.99	61	0.532	57	0.2462	35

QUALIFICATIONS GAINED

Course	Number	Qualification Gained
Access to Healthcare	11	L4
Access to Humanities	8	L4
Education & Training (PTTLS)	11	Level 3
Autism L3	9	C & G L 3
Pediatric 1st aid	4	Level 3
Teaching assistant L3	22	C & G L3
Autism L2	12	C & G L2
Behavior that Challenges	12	L2
Counselling	12	Level 2
Gel Nails	23	Level 2
Mathematics – functional skills	49	Entry L 1/2/3
English – Functional skills	36	Entry L1/2/3
Driving Theory	7	Level 1
Digital Skills	8	Level 1
Makaton	18	Level 1
Multiply – various	39	Level 1
Sign Language	9	Intro Level
Domestic Violence Awareness	19	Information
Asian Cookery	24	Leisure
Cake Baking	8	Leisure
Crafts – Various	16	Leisure
Sewing – General	32	Leisure
Sewing for Beginners	35	Leisure
Wreath Making	24	Leisure
Holistic Crafts	13	Leisure/Wellbeing
Menopause	12	Leisure/wellbeing
Art for Wellbeing	11	Leisure/Wellbeing
Well- Being course	21	Leisure/Wellbeing
Positive Mindset	6	Well being

Overview – Well Being Group - End of course report.

The Wellbeing Group followed a program of weekly sessions delivered at Tees Valley Women's Centre, facilitated by Rachel Chatto.

Key aims of the group are to empower women to improve their physical and mental health through chair-based yoga, mindfulness, and relaxation.

Group members will have opportunities to:

Interact with other women in a safe supportive environment:

- Develop strategies to promote a positive outlook
- Participate in chair-based yoga to reduce physical tension
- Practice mindfulness using breath-work and meditation
- Learn relaxation techniques to manage stress and anxiety more effectively.

Evaluation Process

Evaluating the Wellbeing Group was an informal process that mainly relied on the participants' willingness to share their thoughts and feelings regarding course content and delivery. Participants were encouraged to reflect on what they found challenging in the session and what they were taking away from each session. Participants identified what they hoped to get from the group when they first attended. These hopes have been collated into similar themes and used as sub-headings for this evaluation.

Key Findings

To learn relaxation techniques

Each week comprised of a different breathing practice to increase lung capacity and promote mindfulness, techniques to relax different muscles, and the use of sound (e.g., chimes) and/or guided visualization to aid meditation. Participants were encouraged to practice techniques at home so they could be used more effectively in times of stress and discomfort such as physical and/or emotional pain and insomnia. All the women enjoyed learning a variety of relaxation techniques and sourced music and chimes to use at home. Several women described how the use of the breath benefitted them in managing their pain more effectively and improving their sleep quality. Women particularly liked the informal, relaxed approach to the group.

To improve health

Most women attending this Wellbeing Group have a number of physical health problems which impact on their mobility. Those experiencing chronic pain were particularly anxious about moving in unfamiliar ways, so the chair-based yoga was kept very basic. I observed how their physical pain affected them mentally – at times, some women limited their own mobility through fear saying that they were unable to do something even though they had just done it without realising. Becoming more aware of posture and personal range of movement empowered the women to take more ownership of their physical health and they practiced some of the stretches at home. Those that incorporated a few exercises into their daily routines reported having better posture, increased muscle tone and also felt more energized and motivated.

To make new friends

Similar to the autumn Wellbeing Group, the women spoke about loneliness and isolation, which had been accentuated by the pandemic and some women felt particularly anxious about mixing with others and lacked confidence in their

own social skills. Participants appreciated the friendly, supportive environment and enjoyed using different resources (e.g., positive affirmation cards) to promote open discussions about personal thoughts and feelings. This enabled the women to reflect on their own experiences and share helpful strategies with each other to manage any obstacles that prevent them from feeling relaxed and happy.

Improve confidence

Those that attended more than one session felt more confident in taking care of their own health and wellbeing by utilising the skills they had learnt in the group. Attending the group in itself had boosted their confidence and one woman said she felt *'more like herself everyday'* which is what she'd hoped for. The women particularly liked being able to support each other and connect through shared experiences. As one woman said, *"Listening to others who have been through something similar has made me realise that I can turn my own negative experiences into something positive"*.

Overall summary

Feedback from all participants was positive and the key aims of the group were achieved for those that attended more than one session.

The informal approach to the Wellbeing Group proved successful and can be used again in future groups. Empowering participants to reflect on personal challenges and any obstacles to relaxing, alongside being encouraged to recognise how different techniques benefitted them, resulted in the women taking ownership of their own health and wellbeing. This ongoing process of monitoring shaped the course content and delivery and ensured that individual needs were met.

Evaluation Report written by Rachel Chatto, Group Facilitator –



We would like to say a big **THANK YOU** to all who have supported us over the past 12 months.

We are particularly grateful for the funding & support received from the following organisations during the financial year 2023-24

- Garfield Weston
- Ballinger trust
- National Lottery Community Fund
- The Woodsmith Foundation
- N.E.L.D
- The Hedley Foundation
- C & E Sykes
- Screwfix Foundation
- Hadrian Trust
- Jack Brunton Charitable Trust
- The Masonic Charitable Trust
- Tees Valley community Foundation
- The Noble Charitable Trust
- The 29th of May 1961 charity
- TVCF Everyone Active
- The Rothley Trust
- Erimus Rotary Club
- The Teesside Charity
- The Freemasons Charity
- The Archer Trust
- R & C Councillor Fund
- Household Support Fund
- Karbon Homes
- Thirteen Group
- Beyond Housing
- Trinity School



Success stories 23/24



Success Story

Celebrating Success: Karly Dobson

It's unbelievable how I've managed to gain qualifications the equivalent of three A levels alongside level 2 Maths and English in the space of a year!

Being a single parent to three children and working part time at the local premier shop, it just simply wouldn't have been possible without the Tees Valley Women's Centre.

The support from the amazing teachers, staff and friends I gained along the way was incredible. Juggling work and family life has been hard, it would have been impossible to go to college, I am so thankful for the amazing opportunity I have been given at the centre. I have gained a place at Teesside University studying BSc Nursing starting this September and finally am looking forward to a better future for my family, in a career I know I will love.

Celebrating Success: Senga Foster

My journey this past year studying the Access to HE has been difficult but was made a lot easier by the support I have received from the Tees Valley Women's Centre.

I left school with no grades and thought I would be stuck in the same job forever, since having my little girl I always wanted to progress in my career and since free nursery was given to me from the centre I no longer had obstacles in my way, a childhood dream of becoming a nurse is now turning into reality through the help and support I have had I have completed my Access with high grades and also obtained my Maths and English level 2 along side it at the Tees Valley Women's Centre which has now given me the opportunity to further my education at Teesside University. The girls at the onsite nursery- Tees Valley Tots have brought my daughter on so much she attended the nursery whilst I was on my course and in such a short space of time, she is now so confident and clever and loves being with the kids.

I would encourage any women of age who have an interest in the Health sector to sit their Access at the Tees Valley Women's Centre same qualifications as going to a mainstream college but in a smaller and much more supportive setting.

A circular inset photograph showing a woman with blonde hair (Senga Foster) holding a young child (her daughter) in a white shirt. The background of the entire page features a soft-focus bokeh of warm lights and a large, textured gold brushstroke in the upper left corner.

Success Story

twwc.org.uk

Tees Valley
Women's Centre

TVWC WEEKLY FREE SERVICES

FREE DEBT SERVICES EVERY TUESDAY AT TEES VALLEY WOMEN'S CENTRE!

Our debt adviser offers free, independent, confidential, and non-judgmental advice on managing your debts and implementing your chosen strategy. The earlier you seek advice, the more options you have. We provide support with budgeting, accessing social tariffs for water and telecoms, ensuring you receive all entitled benefits and discounts, understanding creditor actions, negotiating with creditors, applying for Breathing Space, and exploring insolvency options.

Appointments are available on Tuesdays. To book, visit us in person, call 01642 296166, text Laura on 07732 073609, or email debtappointment@citizensad.



FREE EMPLOYMENT SUPPORT EVERY THURSDAY AT TEES VALLEY WOMEN'S CENTRE!



Open to everyone aged 19+, our employment support services offer personalized assistance with job searches, CV writing, interview preparation, and skills development. Join us every Thursday to take the next step in your career!



Tees Valley Tots Nursery



Hi, my name is Laura, and I am the Nursery Manager at Tees Valley Tots.

Our nursery provision is continuously growing and adapting to suit the needs of the local area and childcare demand.

We implement any new relevant Ofsted legislation and changes as and when they are required and keep ahead of any educational changes in the EYFS system.

We provide a small SEN provision for children who need 1:2:1 support and work closely with the local authorities SEN team to give them the best start.

My great staff team encourage all our children to be individuals and reach their full potential, learning through play and also having fun.

Our Nursery is very busy with working parents utilizing the affordable childcare we offer and the governments free childcare scheme for 2- & 3-year-old children, alongside children of parents taking advantage of the free childcare whilst on a course in the Centre.

We also anticipate a lot more interest and take up from Sept 24 when the government funding for babies from 9 months old is rolled out.



OFSTED RATED – GOOD



NURSERY PROVISION:

Tees Valley Tots is based within the Women's Centre and is Ofsted registered for 23 children.

The Nursery follows the EYFS framework for children 0-5 years and can accommodate the government funded 15/30 hours per week free childcare for 2/3-year olds. Our new longer opening hours work well with local employed women who require all day childcare. We are now open from 8am to be more flexible for working parents.

Women attending courses in the Centre are offered free childcare within our creche setting, which removes one of the most common barriers to learning for local women.

Our friendly staff team (All Early Years qualified) continually strive to make learning fun, they work closely with key children planning & executing activities to suit each child's individual needs in line with the EYFS guidelines.

- We offer a wide range of activities and learning experiences to help develop young minds, from messy play, cooking to problem-solving covering all prime and specific areas of the early year's foundation stage. We love to explore the world around us and go out on trips to develop the children's curiosity further.
- We are a fully inclusive setting with an environment that not only nurtures but challenges children to reach their full potential.
- We provide warm, loving, and nurturing childcare and educational support by ensuring our staff have in-depth knowledge and understanding with current legislation and continuing professional development. We develop strong links with outside agencies, the local authority, and our parents.
- We provide healthy nutritional snacks and meals, catering for all cultural & dietary needs.
- We have two rooms our caterpillar room catering for children aged 0-2 and our butterfly room caters for children aged 2-5. Each room has their own outdoor area which we use all year round in all weathers.

EYFS - Framework

1. Every child deserves the best possible start in life and the support that enables them to fulfil their potential. Children develop quickly in the early years and a child's experiences between birth and age five have a major impact on their future life chances. A secure, safe, and happy childhood is important in its own right. Good parenting and high-quality early learning together provide the foundation children need to make the most of their abilities and talents as they grow up.

2. The Early Years Foundation Stage (EYFS) sets the standards that all early year's providers must meet to ensure that children learn and develop well and are kept healthy and safe. It promotes teaching and learning to ensure children's 'school readiness' and gives children the broad range of knowledge and skills that provide the right foundation for good future progress through school and life.

3. The EYFS seeks to provide:

- **quality and consistency** in all early year's settings, so that every child makes good progress, and no child gets left behind
- **a secure foundation** through learning and development opportunities which are planned around the needs and interests of each individual child and are assessed and reviewed regularly
- **partnership working** between practitioners and with parents and/or carers

- **equality of opportunity** and anti-discriminatory practice, ensuring that every child is included and supported
4. The EYFS specifies requirements for learning and development and for safeguarding children and promoting their welfare. The **learning and development requirements** cover:
- the **areas of learning and development** which must shape activities and experiences (**educational programmes**) for children in all early year's settings
 - the **early learning goals** that providers must help children work towards (the knowledge, skills and understanding children should have at the end of the academic year in which they turn five)
 - **assessment arrangements** for measuring progress (and requirements for reporting to parents and/or carers)
5. The **safeguarding and welfare requirements** cover the steps that providers must take to keep children safe and promote their welfare.

The EYFS learning and development requirements?

The learning and development requirements cover seven prime areas, which are considered particularly important for stimulating children's interest in learning, and in building relationships:

- Communication and language development. ...
- Physical development. ...
- Personal, social, and emotional development. ...
- Literacy development. ...
- Mathematics. ...
- Understanding the world. ...
- Expressive arts and design

Additional Training:

Early Years

Professional Development Programme

Two members of our current staff team are now qualified in the EYPDP programme.

The EYPDP is a tailored professional development programme and forms part of the government's Early Years Education Recovery Plan which aims to address the continued effects of the pandemic on young children.

The Early Years Professional Development Programme (EYPDP) supports practitioners working with early years children, helping them to develop their practice and improve outcomes in Communication and Language, Early Mathematics and Personal, Social and Emotional Development (PSED).



We Are Open

Our opening times are 8:00 am - 5:30 pm Monday to Friday

Sessions

Full Day, Morning, and Afternoon Sessions Available.

Ages

We look after children birth-5 years,



TEESVALLEY WOMENS CENTRE LIMITED- 05244511
(A Company Limited by Guarantee)

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31ST MARCH 2024

TEESVALLEY WOMENS CENTRE LIMITED
TRUSTEES' REPORT FOR THE YEAR ENDED 31ST

The Management Committee presents its report and financial statements for the Year ended 31 March 2024.

Reference and Administrative Information

Charity Name:	Tees Valley Women's Centre Ltd
Charity Registration number	1106950
Company Registration number	5244511
Registered Office and Operational Address	TeesValley Women's Centre Upper Albion Street South Bank TS6 6XG

Management Committee:

K Kaur	Chairperson
E McTiernan	Secretary
J Corbett	Secretary (part year)
B Begg	Treasurer
K Coates	
L Keating	

Senior Management Team

D Winstanley	Manager/Finance
D Middleton	Manager/Operational
A Widdowson	Reception/Admin
L Blackmore	Nursery Manager

Accountants

Leonard Bye Limited, 80 Borough Road, Middlesbrough, TS1 2JN

Bankers

Virgin Money, 7 Linthorpe Road, Middlesbrough, TS1 1RF
Shawbrook Bank Limited, Lutea House, Essex, CM13 3BE

Scottish Widows charity deposit account

TEESVALLEY WOMENS CENTRE LIMITED
TRUSTEES' REPORT FOR THE YEAR ENDED 31ST March 2024

Governing Document

The organisation is a charitable company limited by Guarantee; it was incorporated on 28th September 2004 and registered as a charity on 13th July 1994. The Company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its articles of association. In the event of the company being wound up members are required to contribute an amount not exceeding £10.

Recruitment and Appointment of Management Committee

The directors of the company are also charity trustees for the purposes of charity law and under the company's articles are known as members of the Management Committee. Under the requirements of the Memorandum and Articles of Association the members of the Management Committee are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

To enhance the potential pool of trustees, the charity continues through selective advertising and networking with other organisations sought to identify women, especially users of the Centre, who would be willing to become members of the Management Committee and use their own experience to assist the charity.

Trustee Induction and Training

Most Trustees are already familiar with the practical work of the charity having been encouraged to take part in continuous training.

Additionally new trustees are invited and encouraged to attend a series of short training sessions to familiarise themselves with the charity and the context within which it operates. Covering the following:

- The obligations of Management Committee Members
- The main documents which set out the operational framework for the charity including the Memorandum and Articles
- Resourcing and the current financial position as set out in the latest published accounts
- Future plans and objectives.
- Safeguarding.

TEESVALLEY WOMENS CENTRE LIMITED
TRUSTEES' REPORT FOR THE YEAR ENDED 31ST March 2024
(-CONTINUED)

Organisational Structure

TeesValley Women's Centre has a management committee of up to 8 members who meet regularly and are responsible for the strategic direction and policy of the charity.

The Management Team have day-to-day responsibility for the provision of services, supervision of the staff, Staff development of skills and working practices in line with good practice.

Objectives and activities

The Company's objectives and principal activities are to:

- Relieve women residents in Tees Valley and surrounding areas who are in conditions of need, hardship, and distress.
- The protection and preservation of the health of women residents
- The provision of facilities for recreation or other leisure time occupation.

The main objectives and activities for the year continue to focus on Women's needs, the strategies employed to assist the charity to meet these objectives include the following:

- Provide a wide range of vocational/non vocational courses.
- To provide a non-threatening space for women to feel safe and develop their skills and knowledge
- Reduce isolation.
- To provide excellent quality childcare within the Centre crèche.

The trustees confirm that they have taken into consideration the Charity Commissions guidance on public benefit when planning the charity's activities.

Achievements and Performance

Tees Valley Women's Centre is a pioneering grass roots venture managed by a volunteer Management committee, providing a one stop shop for women in a non-threatening safe environment helping to support the wellbeing of local women, improve their quality of life by giving support, advice and guidance, training and education, access to employment and employment opportunities, and helping to tackle social exclusion.

This is supported by free childcare facilities for women attending courses in our Ofsted registered Nursery. The TVT Nursery also runs affordable daily nursery provision and is registered to provide the governments (free 15/30 hrs.) early years provision for 2- & 3-year-old.

The Centre continues to go from strength to strength, with additional services being added when available to enhance and improve the services we can offer to local women.

The Centre will during 2024/25 continue to offer its services to local women looking to gain employment, update training and educational skills, gain self confidence and self-esteem, enabling them to become job ready. We will continue to provide a holistic approach to women's issues especially with regards to mental health & anxiety issues which have risen greatly after the pandemic, offering workshops and well-being courses in smaller groups, alongside a warm space, debt advice, employability sessions and a sexual health drop-in service (available from late 2024) . Our ECO shop will also be available to women attending the Centre.

TEESVALLEY WOMENS CENTRE LIMITED

TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2024

(-CONTINUED)

The Centre is fully committed to meeting the needs of all women including providing a safe place to study, and taking a holistic approach to all issues affecting women's lives hence our constant search for new funding & training opportunities within the Tees Valley Area.

Principal Funding

Against the backdrop of limited resources and greater insecurities over funding it has become increasingly difficult to plan or develop services. Nevertheless, the charity, with the aid of sound financial management and support of both its staff and volunteers managed over the past year to generate funds through its crèche provision, room hire, as well as grant aid from partnerships & trusts.

We are continuously searching for new funding from grant-giving organisations sympathetic to our ethos.

Investment Policy

The Trustees have operated an investment policy of maintaining funds in an interest bearing current & deposit accounts, where the funds are easily accessible for the day-to-day running of the charity.

Reserves Policy

The Trustees have established a policy whereby the unrestricted funds, not committed or invested in tangible fixed assets, held by the charity should be equal to 6 months of the unrestricted expenditure. Our current reserves are currently slightly higher than this as we anticipate much higher running costs in the coming year due to both the energy and cost of living crisis, along with increases to the NMW.

Future Planning

The Charity plans to continue the activities outlined previously during the forthcoming years subject to satisfactory funding arrangements. We look forward to growing our services in line with the needs of the local women in our community.

Funding streams and grant provisions are constantly changing and are in high demand due to the current economic crisis.

With the ever-increasing need for education & training the Centre will hopefully be at the forefront of helping women reach their true potential both in their personal and employment goals.

Our Nursery facility continues to grow and is now offering longer hours for working parents.

Responsibilities of the Management Committee

The Management Committee 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 Management Committee to prepare financial statements for each financial year which give a true and fair view of the state of the affairs of the charitable company and of the incoming resources and application of resources, including income and expenditure, of the charitable company for the financial year. In preparing these financial statements, the management committee are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgments and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards 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 assume that the company will continue on that basis.

TEESVALLEY WOMENS CENTRE LIMITED
TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2024 (-CONTINUED)

The Management committee is responsible for keeping adequate records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. The Management committee is also responsible for safeguarding the assets of the charitable company and for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Members of the Management Committee

Members of the Management Committee, who are directors for the purpose of company law, and trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on Page 2.

In accordance with company law, as the company's directors, we certify that:

- So far as we are aware, there is no relevant information of which the company's independent examiners are unaware
- As the directors of the company, we have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant information and to establish that the charity's independent examiners are aware of that information.

Independent Examiners

Leonard Bye accountants were re-appointed as the charitable company's Independent Examiners during the year and have expressed their willingness to continue in that capacity.

This report has been prepared having taken advantage of the small companies' exemption in the Companies Act 2006.

Approved by the Management Committee on 30th October 2024 and signed on its behalf by:

K. Kaur

Trustee

ACCOUNTANTS REPORT
TEESVALLEY WOMENS CENTRE LIMITED
IN RESPECT OF THE YEAR TO 31ST MARCH 2024

I report on the accounts for the year ended 31st March 2024, set out on pages 8 to 16.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. Having satisfied myself that the charity is not subject to an audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act.
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act; and
- state whether particular matters have come to our attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair view," and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- 1 which gives me reasonable cause to believe that, in any material respect, the requirements:
 - to keep accounting records in accordance with section 386 of the Companies Act 2006; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met; or
- 2 to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Mrs J. E. Shield BA FCA

Dated: 5th November 2024

For and on behalf of:

Leonard Bye Limited
Chartered Accountants

80 Borough Road

Middlesbrough

TS1 2JN

TEESVALLEY WOMEN'S CENTRE LIMITED

**STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME
AND EXPENDITURE ACCOUNT) FOR THE YEAR ENDED 31ST MARCH 2024**

		<u>2024</u>	<u>2024</u>	<u>2024</u>	<u>2023</u>
		£	£	£	£
		<u>Restricted</u>	<u>Unrest'ed</u>		
		<u>Funds</u>	<u>Funds</u>		
				<u>Totals</u>	<u>Totals</u>
INCOMING RESOURCES	Notes				
Incoming resources from generating funds					
Voluntary Income	2	-	23,337	23,337	20,041
Activities for generating funds - room hire		-	32,580	32,580	22,770
Investment Income		-	1,161	1,161	682
Incoming resources from charitable activities	3	86,796	195,894	282,690	228,482
Other Income- Government Grants		-	-	-	-
		----	----	----	----
Total Incoming Resources		86,796	252,972	339,768	271,975
		-----	-----	-----	-----
RESOURCES EXPENDED					
Charitable activities		87,284	192,904	280,188	242,848
Governance costs		-	19,679	19,679	19,670
Cost of Generating funds		-	9,153	9,153	4,763
		----	----	----	----
Total Resources Expended	4	87,284	221,736	309,020	267,281
		-----	-----	-----	-----
NET INCOMING RESOURCES / (RESOURCES EXPENDED) BEFORE TRANSFERS	5	(488)	31,236	30,748	4,694
TRANSFER BETWEEN FUNDS - Reclassification of funding		-	-	-	-
		-----	-----	-----	-----
NET MOVEMENT IN FUNDS		(488)	31,236	30,748	4,694
FUND BALANCES B/F		12,114	211,110	223,224	218,530
		-----	-----	-----	-----
FUND BALANCES C/FORWARD		<u>11,626</u>	<u>242,346</u>	<u>253,972</u>	<u>223,224</u>

TEESVALLEY WOMEN'S CENTRE LIMITED

BALANCE SHEET AS AT 31ST MARCH 2024

		<u>2024</u>		<u>2023</u>
	Notes	£	£	£
FIXED ASSETS				
Tangible Assets	8		76	100
CURRENT ASSETS				
Debtors	9	5,680		3,730
Cash at Bank and in hand		257,745		226,313
		----		----
		263,425		230,043
Creditors - amounts falling due within one year	10	9,529		6,919
		----		----
NET CURRENT ASSETS			253,896	223,124
NET ASSETS			253,972	223,224
			=====	=====
Financed by:				
ACCUMULATED FUNDS	11			
Restricted Funds				
National Lottery 2020		10,322		10,914
Tees Valley Community Foundation		-		1,200
Jack Brunton Charitable Trust		895		-
Middlesbrough Erimus Rotary Club		409		
		----		----
			11,626	12,114
Unrestricted Funds			242,346	211,110
			253,972	223,224
			=====	=====

TEESVALLEY WOMEN'S CENTRE LIMITED

BALANCE SHEET – Continued AS AT 31ST MARCH 2024

The directors are satisfied that the company was entitled to exemption under section 477 of the Companies Act 2006 and that members have not requested an audit in accordance with section 476.

The directors acknowledge their responsibilities for:

- i ensuring that the company keeps accounting records which comply with section 386; and
- ii preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of sections 394 and 395, and which otherwise comply with the requirements of this Act relating to accounts, so far as applicable to the company.

These accounts have been prepared in accordance with the special provisions for small companies under part 15 of the Companies Act 2006 and The Financial Reporting Standard for Smaller Entities (effective January 2019).

Trustee: *K.Kaur*

Trustee: *B. Begg*

Date: 30th October 2024

Date: 30th October 2024

TeesValley Women's Centre- 05244511

TEESVALLEY WOMEN'S CENTRE LIMITED
NOTES TO THE 2024 ACCOUNTS

1. ACCOUNTING POLICIES

1.1 General information and basis of preparation

The charity is a company limited by guarantee. The members of the company are the trustees named on page 2. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £10 per member of the charity. The address of the registered office is given in the charity information on page 2 of these financial statements.

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts.

The accounts have been prepared in accordance with:

- the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16th July 2014
- the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102)
- and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been applied consistently to all years presented unless otherwise stated.

1.2 Funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds arise when the company receives grants and other significant donations, and the use of these funds may be restricted by the donor to a particular area of the company's work. A detailed record is maintained by the company of all transactions relating to income. Unexpended funds at the end of the year are shown separately on the Balance Sheet as restricted funds.

1.3 Income Recognition

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably, and it is probable that the income will be received.

For grants to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation, and this requires a level of performance before entitlement can be obtained then the income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity, and it is probable that they will be fulfilled.

Donated facilities and donated professional services are recognised in income at their fair value when their economic benefit is probable, it can be measured reliably, and the charity has control over the item. Fair value is determined on the basis of the value of the gift to the charity. For example, the amount the charity would be willing to pay in the open market for such facilities and services. A corresponding amount is recognised in expenditure.

TEESVALLEY WOMEN'S CENTRE LIMITED
NOTES TO THE 2024 ACCOUNTS – Continued

1.4 Expenditure recognition

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to that category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required, and the amount of the obligation can be measured reliably.

1.5 Tangible Fixed Assets

Provision is made for depreciation on all tangible assets, at rates calculated to write off the cost or valuation, less estimated residual value, of each asset over its expected useful life, as follows:

Leasehold Buildings Over the lease term

Office Equipment: 25.00% per annum on reducing balance

Computers 50.00% per annum on a straight-line basis

1.6 Debtors and creditors receivable/payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

1.7 Provisions

Provisions are recognised when the charity has an obligation at the balance sheet date as a result of a past event, it is probable that an outflow of economic benefits will be required in settlement and the amount can be reliably estimated.

1.8 Tax

The charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in paragraph 1 schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

1.9 Going Concern

The accounts have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorizing these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

2.	VOLUNTARY INCOME	2024 £	2023 £
	Sundry Donations	6,337	3,041
	Redcar & Cleveland Council: Rent (Donation in Kind)	17,000	17,000
		<u>23,337</u>	<u>20,041</u>

TEESVALLEY WOMEN'S CENTRE LIMITED

NOTES TO THE 2024 ACCOUNTS – Continued

3. INCOMING RESOURCES FROM CHARITABLE ACTIVITIES

	Restri- cted £	Unrest- ricted £	Total 2024 £	2023 £
Crèche Income	-	98,931	98,931	71,477
Government Subsidy-Childcare	-	63,055	63,055	47,637
Community Foundation	-	-	-	3,000
National Lottery 2020	46,787	-	46,787	46,806
Speedomic Foundation	-	-	-	2,000
The Charles & Elsie Sykes Trust	2,500	-	2,500	2,000
Didymus	-	-	-	5,000
Anton Jurgens Charitable Trust	-	-	-	2,000
Police & Crime Commissioner	-	-	-	2,000
Woodsmith Foundation	5,000	-	5,000	2,000
Network for Social Change	-	-	-	22,643
Tees Valley Community Foundation	2,500	-	2,500	2,500
Hartlepool Borough Council	-	-	-	17,619
County Durham Community Foundation	-	-	-	1,800
Free Masons	-	1,200	1,200	-
Masonic Lodge	-	1,200	1,200	-
Ballinger Charitable Trust	-	20,000	20,000	-
The Archer Trust	-	1,000	1,000	-
The Hadrian Trust	-	2,000	2,000	-
Redcar Hydrogen Community Fund	-	1,296	1,296	-
The Noble Charitable Trust	-	1,500	1,500	-
Eco shop & Grant Income	-	5,712	5,712	-
Garfield Weston Foundation	10,000	-	10,000	-
Northeast Ladies Day	500	-	500	-
The Hedley Foundation	2,000	-	2,000	-
The Screwfix Foundation	2,050	-	2,050	-
The Jack Brunton Charitable Trust	2,500	-	2,500	-
29 th May 1961 Charitable Trust	4,000	-	4,000	-
Everyone Active	7,300	-	7,300	-
The Rothley Trust	1,250	-	1,250	-
Middlesbrough Erimus Rotary Club	409	-	409	-
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	86,796	195,894	282,690	228,482
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TEESVALLEY WOMENS CENTRE LIMITED

NOTES TO THE 2024 ACCOUNTS-Continued

4. RESOURCES EXPENDED

	Total 2023	Total 2024
	£	£
Salaries, & NI	211,644	187,996
Staff pensions costs	2,071	843
Crèche Expenses	21,371	9,470
Rent and Rates	18,027	18,197
Heat and Light	7,187	6,111
Printing and Stationery	410	426
Insurance	3,657	3,359
Repair, Renewals and Cleaning	7,993	6,277
Telephone	2,100	2,082
Sundries	874	401
Equipment Leases	2,231	2,281
Accountancy Fees	1,679	2,040
Subscriptions	3,812	3,366
Depreciation	24	5,313
Consultancy & Monitoring Fees	9,153	4,763
Computer Maintenance	3,126	3,176
Grant Funded Projects	5,639	6,223
Beneficiary, Volunteer & Creche Subsidies	-	922
Staff Training	480	295
Bank Charges	1,475	1,531
Eco shop purchases	5,310	1,891
Recruitment expenses	-	318
Donations	757	-
	<hr/>	<hr/>
	309,020	267,281
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5. NET INCOMING RESOURCES

This is stated after charging:	2024	2023
	£	£
Depreciation	24	5,313
Independent Examiners Fees (including VAT)	2,040	2,040

6. TRUSTEES REMUNERATION & RELATED PARTY TRANSACTIONS

No member of the management committee received any remuneration during the year.

TEESVALLEY WOMENS CENTRE LIMITED
NOTES TO THE 2024 ACCOUNTS – Continued

7. EMPLOYEE INFORMATION

	2024 £
7.1 Staff Costs	
Salaries and wages	202,634
Social security costs	9,010

	211,644
	=====

7.2 The average number of employees in the year was 16 (2023-15).

7.3 There were no employees paid by the charity whose annual emoluments were £60,000 or more.

8. TANGIBLE FIXED ASSETS

	<u>Leasehold</u>	<u>Computer</u>	<u>Other</u>	
	<u>Alterations</u>	<u>Equipment</u>	<u>Equipment</u>	<u>Total</u>
Cost at 1 st April 2023	95,040	38,773	19,623	153,436
Additions	-	-	-	-
Disposals	-	-	-	-
	----	----	----	----
Cost at 31 st March 2024	95,040	38,773	19,623	153,436
	----	----	----	----
Depreciation at 1 st April 2023	95,040	38,773	19,523	153,336
Charge for the year	-	-	24	24
Written off on disposal	-	-	-	-
	----	----	----	----
Depreciation at 31 st March 2024	95,040	38773	19547	153,360
	=====	=====	=====	=====
Net book value at 31 st March 2024	-	-	76	76
	=====	=====	=====	=====
Net book value at 1 st April 2023	-	-	100	100
	=====	=====	=====	=====

All assets are used for direct charitable purposes and administration of the charity.

9. DEBTORS

	£ 2024	£ 2023
Trade debtors	5,390	3,482
Prepayments	290	248
Other debtors	-	-
	----	----
	5,680	3,730
	=====	=====

TEESVALLEY WOMENS CENTRE LIMITED

NOTES TO THE 2024 ACCOUNTS - Continued

10. CREDITORS – AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade creditors	704	1,706
Taxes and social security costs	4,626	3,275
Other creditors and accruals	4,199	1,938
Grants received in advance	-	-
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	9,529	6,919
	=====	=====

11. RESTRICTED FUNDS AND ANALYSIS OF NET ASSETS BETWEEN FUNDS

11.1 Restricted Funds

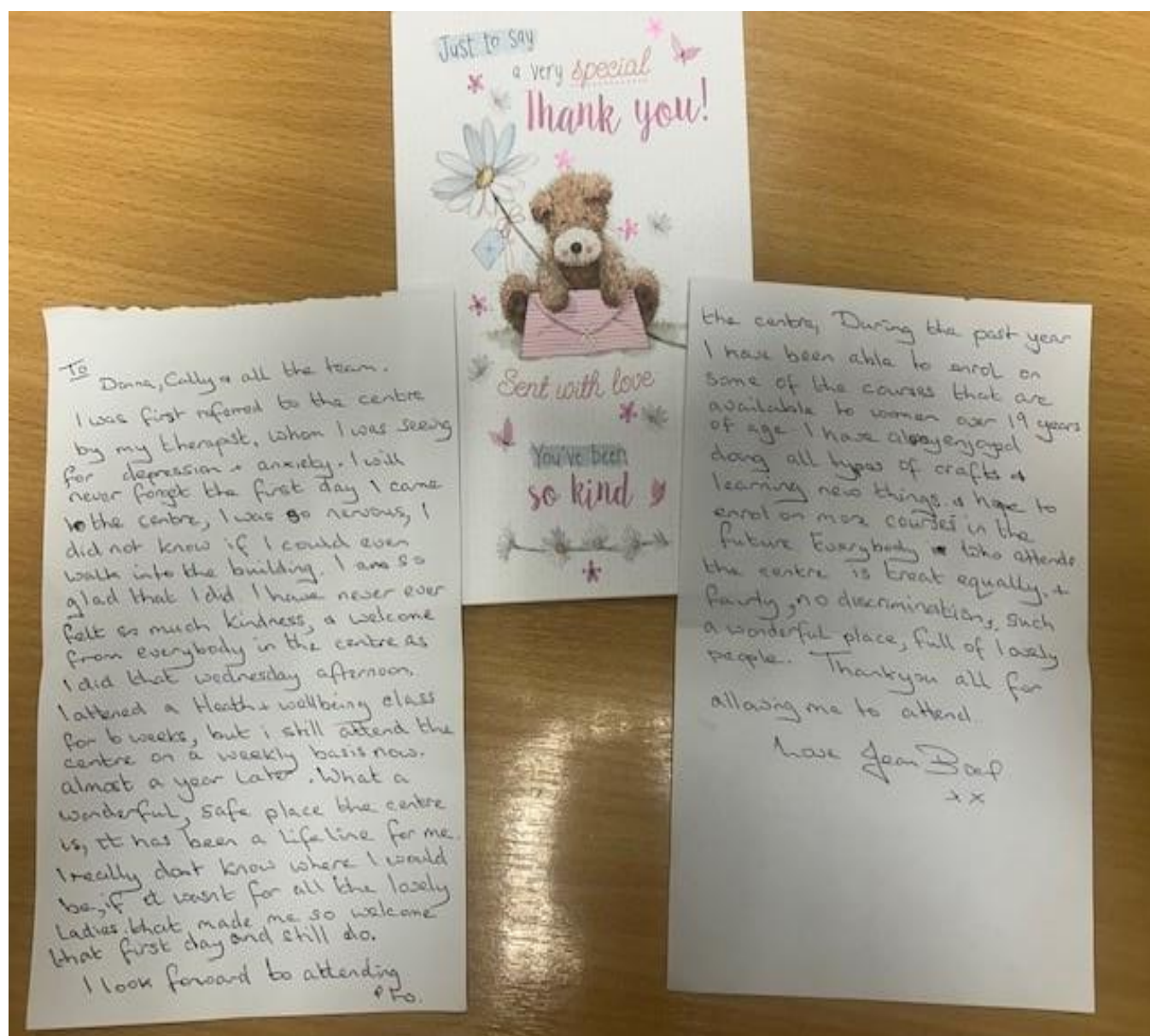
When the company receives grants and other significant donations the use of these funds may be restricted by the donor to a particular area of the company's work. A detailed record is maintained by the company of all transactions relating to income. Unexpended funds at the end of the year are shown separately on the Balance Sheet as restricted funds.

11.2 Analysis of net assets between funds

Fund balances at 31st March 2024 are represented by:

	Restricted Funds £	General Funds £	Total £
Fixed Assets	-	76	76
Current Assets			
Debtors & Prepayments	-	5,680	5,680
Cash at Bank and in Hand	11,626	246,119	257,745
Current Liabilities	-	(9,529)	(9,529)
	=====	=====	=====
	11,626	242,346	253,972
	=====	=====	=====

Thank you



Lovely feedback from one of our ladies. We really appreciate you taking the time to let us know how the Centre works for you.

Its lovely to be appreciated and know that what we are doing here at the Centre is working. #empowering women #health&wellbeing #safespace #support.

TeesValley Women's Centre & TeesValley Tots Nursery

Upper Albion Street

Southbank

TS6 6XG

01642 296166



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