WOMEN'S HEALTH IN SOUTH TYNESIDE

England & Wales · Charity number 1119901

Details

Status	Registered
Legal form	Charitable company
Company number	06175697
Registered	2007-07-03
Register	View on the Charity Commission register

Contact

Address	Salus House 33 Mile End Road South Shields NE33 1TA
Phone	01914546959
Email	info@whist.org.uk
Website	www.whist.org.uk

Activities

Objects: TO ADVANCE THE EDUCATION OF WOMEN TO ENABLE THEM TO USE THEIR TALENTS TO THE FULL AND TO EXTEND THEIR KNOWLEDGE OF SPECIFIC SKILLS.

Activities: We offer gender specific services to women with mental, physical and emotional issues who live or work in South Tyneside. We provide a broad based holistic approach offering individual and group support, personal development, Health & Wellbeing courses. The project offers provision in a safe and confidential environment.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Defined Groups

Downloaded from opencharities.uk/ew/1119901

Geography

- **Area of benefit:** UNDEFINED. IN PRACTICE SOUTH TYNESIDE
- South Tyneside

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£553,480	£555,569	£1,145,765	10
2024-03-31	£479,637	£535,331	-	-
2023-03-31	£430,498	£480,966	-	-
2022-03-31	£513,144	£424,276	£1,254,016	13
2021-03-31	£441,080	£352,046	-	-

Trustees

Name	Role	Appointed
Susan Key	Chair	2022-09-07
DONNA DI STEFANO		
Jayne Estelle Daglish		2021-09-22

Downloaded from opencharities.uk/ew/1119901

WOMEN'S HEALTH IN SOUTH TYNESIDE

England & Wales - Charity number 1119901

Accounts

WOMEN'S HEALTH IN SOUTH TYNESIDE

Company Limited by Guarantee

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

Charity Number: 1119901

Company Registered Number: 06175697

Debére Limited
Chartered Accountants
Swallow House
Parsons Road
Washington
Tyne and Wear
NE37 1EZ

WOMEN'S HEALTH IN SOUTH TYNESIDE

FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

CONTENTS	**PAGES**
Officers and professional advisers	1
The trustees' annual report	2 to 14
Independent examiner's report	15 to 16
Statement of financial activities	17
Statement of financial position	18
Notes to the financial statements	19 to 35

The following pages do not form part of the financial statements

Detailed statement of financial activities	37 to 39

WOMEN'S HEALTH IN SOUTH TYNESIDE

MEMBERS OF THE BOARD AND PROFESSIONAL ADVISERS

YEAR ENDED 31 MARCH 2025

The board of trustees	Donna di Stefano Judith Helen Taylor Anna Kozaczek Jayne Estelle Daglish – Vice Chair Sarah Rowan Hewitt Susan Ann Key - Chair
Local Authority representative	Judith Helen Taylor
Charity secretary	Anna Kozaczek
Registered office	Salus House 33 & 35 Mile End Road South Shields Tyne and Wear NE33 1TA
Charity number	1119901
Company registration number	06175697
Accountants	Debére Limited Chartered Accountants Swallow House Parsons House Washington Tyne and Wear NE37 1EZ
Bankers	Virgin Money 30 Fowler Street South Shields Tyne and Wear NE33 1NE
Solicitor	Ward Hadaway Sandgate House 102 Quayside Newcastle upon Tyne Tyne and Wear NE1 3DX

WOMEN'S HEALTH IN SOUTH TYNESIDE

COMPANY LIMITED BY GUARANTEE

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2025

The trustees, who are the directors of the organisation for the purpose of Company Law, present their annual director's report together with the charity's financial statements for the year ended 31 March 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006 and "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 (FRS102) (effective 1 January 2019)".

1. Objectives and Activities

WHiST is a registered charity and company limited by guarantee, it was established in 1986 with the following charitable objectives,

- To preserve and protect good health, both mental and physical, of women, particularly by providing appropriate health advice, counselling and assistance and finding effective ways of meeting specific health problems.

- To advance the education of women to enable them to use their talents to the full and to extend their knowledge and specific skills and to encourage them to participate more fully in local and international affairs, in voluntary activities and in their working lives.

We are committed to offering women only services that are open to women over 16, irrespective of class, sexual orientation, ethnicity, or disability/ability.

Our values are key to achieving the following outcomes for women:

- Promote independence, choice and control over their lives
- Increase knowledge and skills
- Improve physical and mental health awareness
- Improve access to services
- Promote social inclusion
- Improve confidence, self-esteem and well-being

We offer a wide range of holistic services offering mental, physical and emotional support in a safe, confidential and non-judgemental environment that encourages equity, independence and empowerment. We encourage women to take control of their health and decision making by supporting them to choose their own route through services to suit their changing needs and supporting them to access services in the wider community to assist their progression.

This year we achieved our aims by delivering the following services:

- Counselling
- Personal development and training courses
- Cooking on a budget provision
- Volunteering opportunities
- Listening ear service
- Support around financial hardship
- Advocacy
- Support for women's progression relating to education, work, and career
- Services for Black and minoritised women
- Support groups
- Drop-in sessions
- Exercise sessions
- Health and wellbeing support
- Information, advice & guidance
- Social and awareness raising events
- Support for the development of a Poverty Truth Commission

Our services complement Local and National Government Strategic plans and priorities, and we participate in forums and working parties contributing to aligning the development of future services with the needs of local women.

2. Achievement and Performance

- We delivered services to **2,615** members, accessing in person, online or by phone.
- We secured funding to continue delivery of all major projects.
- **58 volunteers** and **8 volunteer counsellors** were central in the planning and delivery of services and peer support.
- Volunteers offered over **7,000 hours** of support across the year, an increase of **30.5%**.
- We continued to work in partnership with other organisations who delivered support at WHiST.
    - ✓ With **Apna Ghar, Sangini and CREST** we are planning a 'United Women' project in response to the racist violence seen in the UK in 2024.
    - ✓ Numerous partners supported the delivery of financial wellbeing support from our Tuesday drop in including **Hannay Family Law Solicitors, South Tyneside Council Welfare Support, Gateshead CAB, STARS, NECA** and **Changing Lives**.
    - ✓ We continued to work with **Changing Lives** and **Probation** to support women in the criminal justice system, delivering a weekly women's hub from WHiST.
    - ✓ Our long-standing partnership with the **WEA** (Workers Educational Association) provided access to adult education for local women.
    - ✓ We continued as lead organisation of the Food Fair partnership, addressing food insecurity and sustainability with the **local authority**, **Apna Ghar** and **Hospitality and Hope,** funded by the UKSPF.
    - ✓ We worked with **Rise NE** to support women furthest removed from the labour market to build confidence and take steps toward work.
    - ✓ **The Angelou Centre** delivered therapeutic play for children living with domestic abuse from WHiST creche. They also provided support for their mothers at fortnightly sessions.
    - ✓ **Rape Crisis Tyneside Northumberland (RCTN)** delivered specialist counselling at WHiST for women who have experienced rape and childhood sexual abuse. Having RCTN and Angelou Centre deliver from WHiST allowed South Tyneside residents to access trauma informed support nearer to home without the need to travel to Newcastle.
    - ✓ We continued to support the development of a **Poverty Truth Commission** for South Tyneside acting as a steering group member and employing the Community Facilitator whose role is to recruit and support people with lived experience of poverty to work as Community Commissioners.

3. Provision

Learning Programme

Learning Programme Coordinator, Asia Uddin, coordinates courses and workshops at WHiST and supports the team of self-employed tutors.

- **397** individual women have accessed one or more of the **103** different short courses and workshops provided this year, with **995** course places taken meaning women are attending 2-3 courses a year.
- **19** paid tutors and **16** volunteer facilitators worked with us to offer a wider range of provision. Sessional tutors and WHiST volunteers used their considerable skill to deliver social activities, exercise, personal development courses, creative courses, volunteer training and support with physical and mental health issues.
- We worked in partnership with the following organisations to provide additional courses within our learning programme: **Tailored Leisure, Thriving Alone CIC, Active Families** and **WEA.**
- The ages of women attending ranged from **18-91 years**.
- **91%** of women completing an evaluation said they felt more positive following attendance on a course.
- **79%** of women completing an evaluation reported an improved sense of wellbeing and **87%** of women felt more confident.
- **72%** of women said that attending a course reduced feelings of anxiety and depression

Volunteering

The Volunteer team are a core part of WHiST team and central to our delivery of support services.

- **58** volunteers, supported by Volunteer Coordinator, Joy Nancarrow, and project and admin support workers Gell Kay, Wendy Stonehouse and Debra McBride, delivered services to over **650** women. Volunteers have offered over **7000** hours of support to women over this year
- Many women report feeling isolated and alone, this year **10** volunteers have provided a service to welcome women who may be feeling anxious about accessing services and support into WHiST. Welcome volunteers are now also making sure that all women attending WHiST are made aware of activities that are both ongoing and current events.
- **8** volunteers provided meet and greet to introduce **153** women, new to WHiST, to our services. Workers from over **18** organisations from across South Tyneside attended professional meet and greet sessions.
- **14** volunteers staffed our coffee bar and kitchen providing a range of refreshments to women dropping into our project both to access services and as a welcoming place to meet and talk to other women. We delivered Welcoming Places support from the coffee bar throughout the year providing free tea/coffee and low-cost meals.
- **8** volunteers worked in our garden throughout the year to ensure women can access this tranquil outdoor space.
- **16** volunteers facilitated groups including a craft group, memory group, book club, digital skills drop in and women and activism group who supporting local transport and digital awareness surveys
- **2** Financial wellbeing champions supported women at the financial support drop in.
- The volunteer team organised and delivered events attended by our members including International Women's Day, a summer garden party at WHiST and a Makers Market to support women to build confidence and skills to take their ideas to market.
- Our supported volunteering model is essential to the success of our work. We provide a solution focused environment which enables volunteers to set, reach and evaluate goals. It enables personal risk taking, allowing women to push themselves beyond pre-existing comfort zones by providing a safety net to test and explore in a supported environment.

Counselling Service

- We are largely funded by the Office of the Police Crime Commissioner with additional funding from the Integrated Care Board.
- We offered short term structured therapy and medium to longer term therapy including Cognitive Behavioural Therapy (CBT), Person Centred Therapy, Creative Action Methods, Gestalt, and Integrative approaches. Medium to longer term therapy was required by most clients with an average of **16.5** sessions per client.
- **15** counsellors delivered sessions from WHiST this year. In March, we selected four new advanced counselling trainees for supervised placement. Over the year, we had **8** advanced counselling trainees on supervised placement working with us.
- All counsellors receive clinical supervision in line with BACP and UKCP regulations; counsellor's group supervision is also offered.
- The Coordinator and Senior Counsellor offered a minimum of **127** clinical supervision sessions in the year; additionally, there was a minimum of 11 additional consultations for safeguarding/urgent support. **180** assessments were offered in the year
- **2,125** sessions of counselling were offered with 72% attendance rate
- We recorded a minimum of **150** additional support and follow up calls, mainly to women on the counselling waiting list who were isolated and managing emotional crisis.
- **174** new women were referred, and **129** women received counselling support over the year.
- We use the wellbeing evaluation tool WEMWBS with clients at the start, part way and at the end of therapy. Statistics gathered over the year to date, show a median wellbeing score of **34.2** at the start of counselling and a median score of **49** at completion for all clients who did the questionnaires, with **71.8%** of clients who completed the full number of WEMWBS indicated a **meaningful positive change.**
- We have ongoing links with South Tyneside DA Steering Group, Impact Family Services, Apna Ghar, Restart, Evolve, FLOWS and First Contact Clinical.

Food Fair Project

The Food Fair Project is a partnership with Apna Ghar, a Minority Ethnic Women's organisation, and Hospitality & Hope, a food insecurity, homelessness, and community wellbeing charity. It was borne out of a poverty research project called "Hear my Voice" which took place at WHiST in 2020. Research found that many women were struggling to feed themselves and their families and being able to afford nutritious food was seen as a luxury. Stella Carmichael, the Food Fair Community Connector, encourages local people to cook affordable, tasty, healthy meals using more fresh fruit, vegetables, lentils, beans etc., and less meat, salt, and sugar.

- **593** women benefitted from the Food Fair Project in 24-25.
- **85%** of course and workshop participants increased their knowledge and skill of cooking on a budget.
- **15** organisations were contacted to engender interest in the Food Fair project.
- **72** events were delivered across South Tyneside at community centres, charities and voluntary organisations, Family Hubs, South Shields FC, on the Key Community Bus and in Welcoming Places.
- **2** tutors were recruited and have delivered workshops on affordable cooking and health related topics

Advocacy Service
Women's Advocate, Rebecca Hardy, supports women on a one-to-one basis, including attending meetings and signposting to partners. Rebecca provides support to women experiencing multiple and complex issues, creating an action plan to address and tackle those issues that "keep them awake at night". Issues addressed included childhood sexual abuse, housing, debt and financial hardship, domestic violence, physical and mental ill health, parenting issues including child to parent violence, family relationships.

- **133** women supported via 1-2-1 advocacy
- **31** women were supported to engage with Children's Services
- **25** with debt issues
- **42** with housing issues.
- **24** support with benefits
- **61** referrals came from the WHiST counselling service
- **33** Women received support at the weekly Tuesday drop-in session, where women can get advocacy support or meet with partner organisations.
- **4** partner organisations regularly attend the weekly financial wellbeing drop-in with other partners attending as required.

Self Help and Peer Support groups

Support groups delivered throughout the year by volunteers and tutors included,

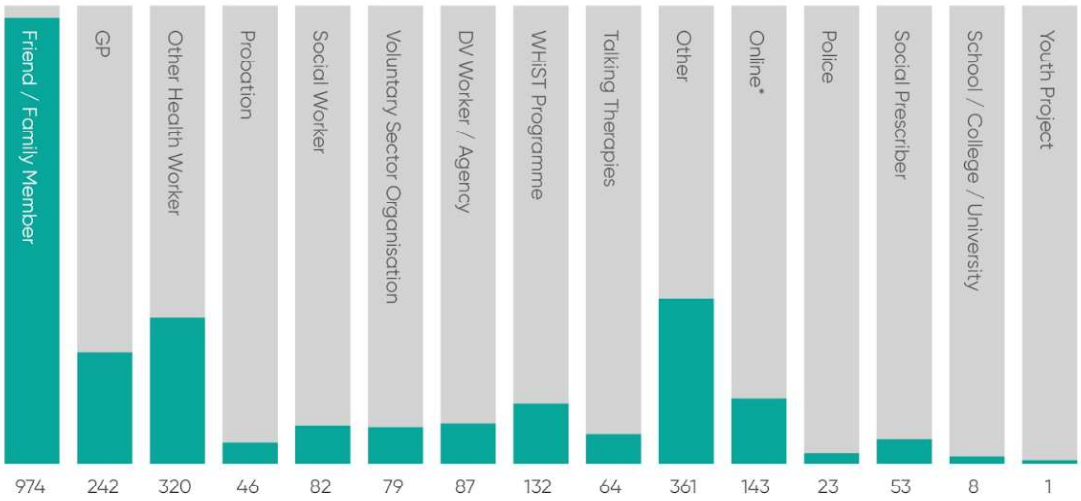
- Fortnightly Relaxation session with a trained facilitator.
- Living with Long Term Health Conditions, delivered fortnightly.
- IT support.
- Women and Activism group.
- Craft group with peer and volunteer support.
- Weekly volunteer led art group.
- Meet and Greet - volunteer led service.
- Re-MIND – a volunteer led memory support group.
- Weekly volunteer led gardening group.
- Find out about Tuesday social hub.
- Chatty café.
- Walking groups.
- Book club.
- Late night Thursday food and social 4pm – 6pm

4. Profile of members

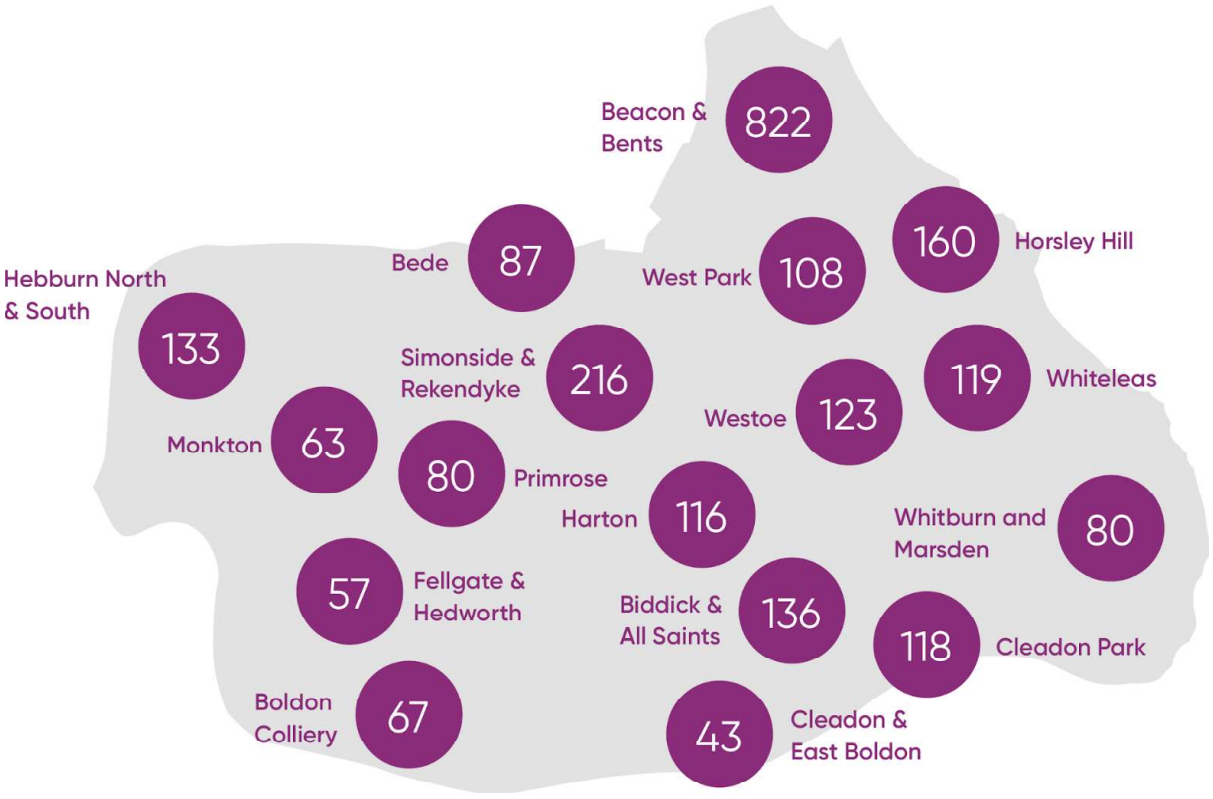
26% of referrals to WHiST came from statutory health professionals with 37% being referred by a friend or self-referrals. Other referrals came from social prescribers, Northumbria Police, probation, social services, and other VCSE organisations.

24% of referrals to WHiST were from statutory health professionals. 37% of referrals were via a friend or family member. 11% of members self-referred after viewing WHiST marketing including programmes, website and social media.

Members by Referral Source

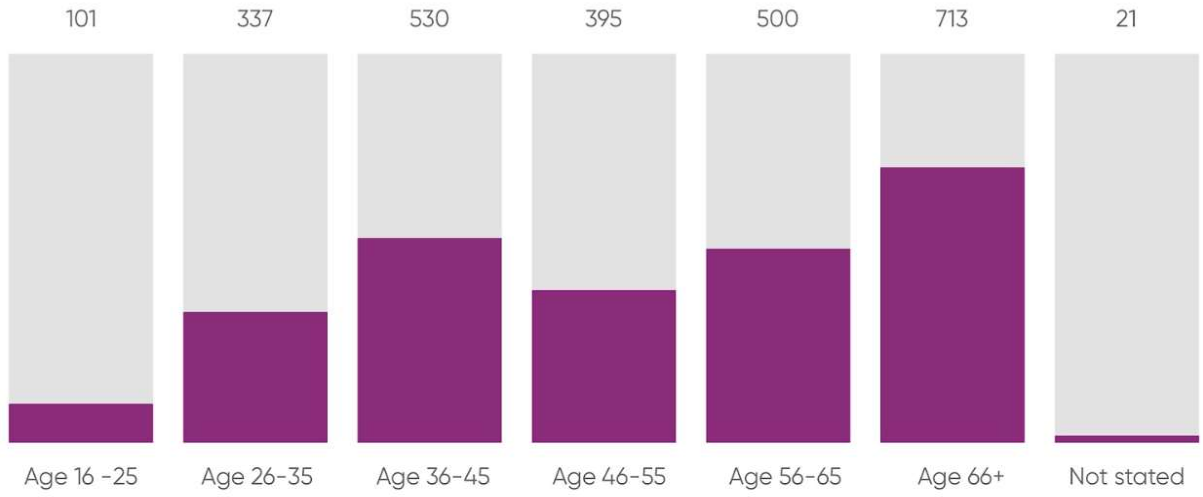


Women attending WHiST live in the following wards



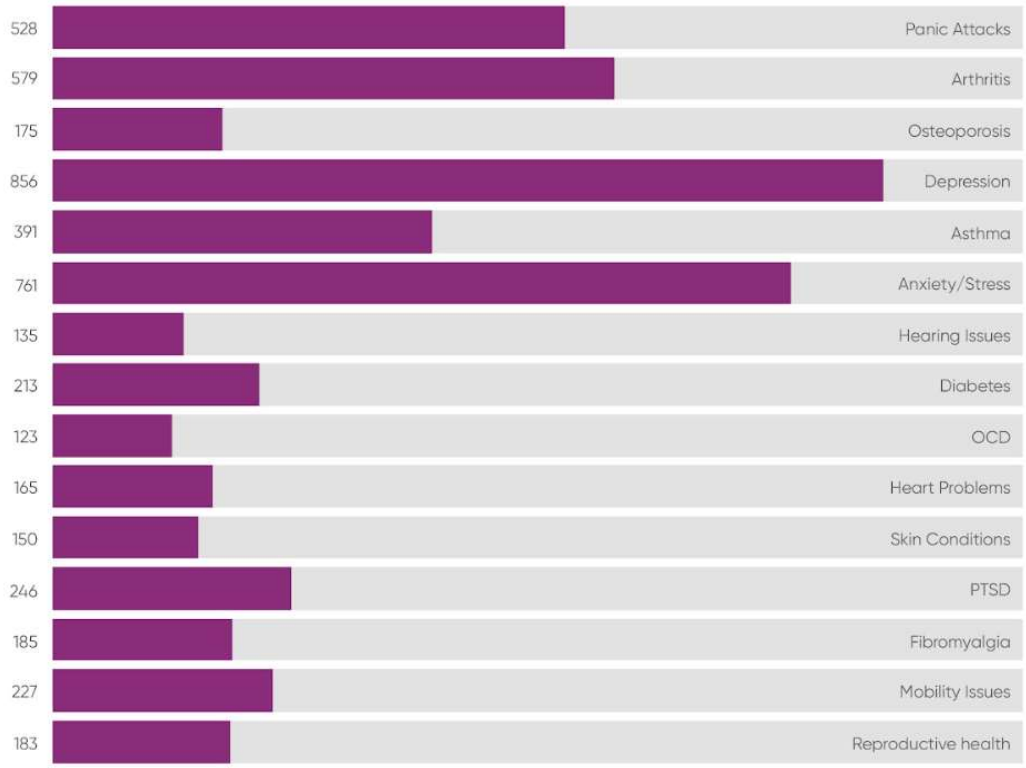
87 members attend from outside of South Tyneside

Members by Age Group



Health Conditions

The 15 most reported health conditions of members at the point of referral

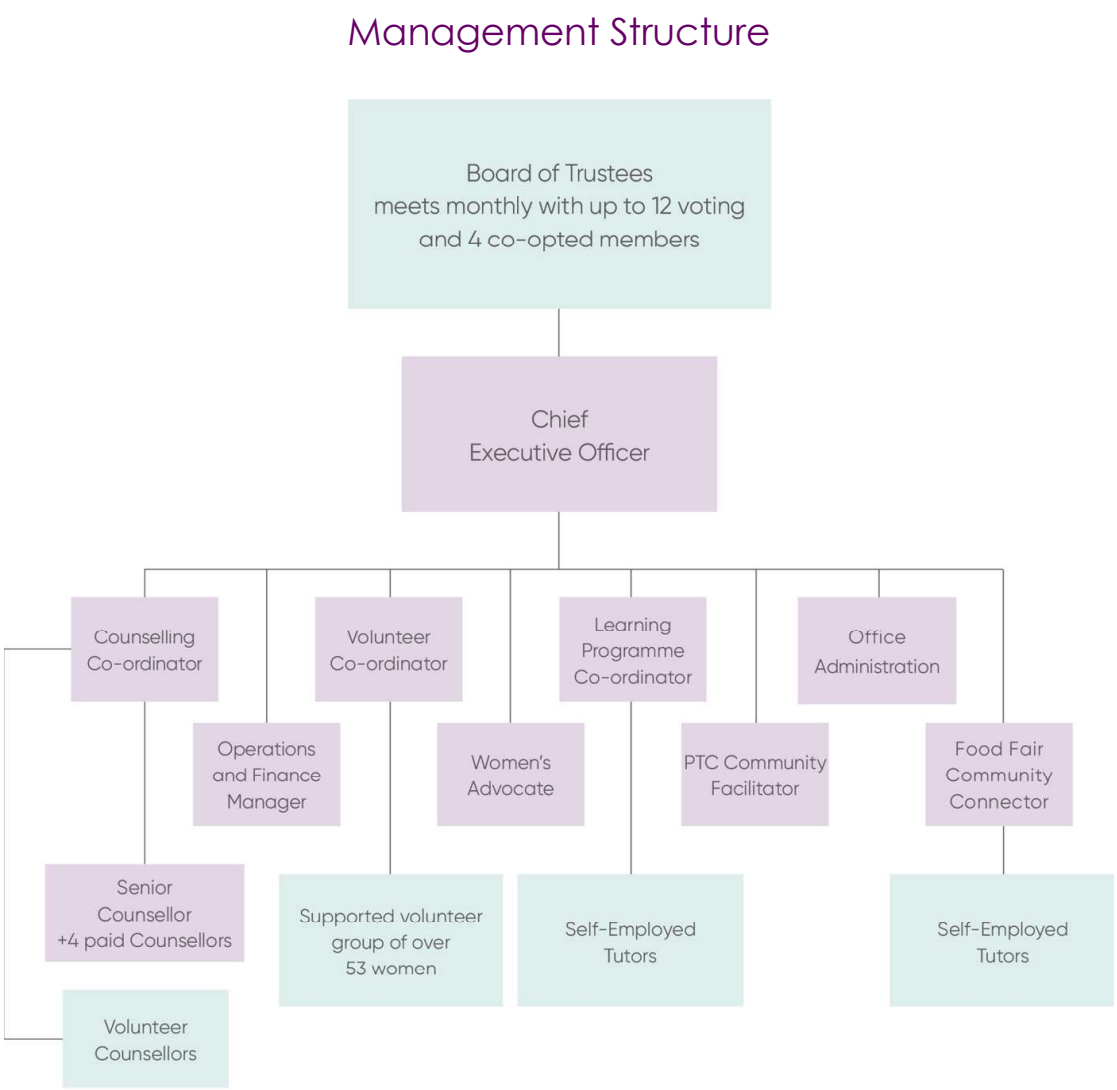


Ethnicity

Most members are White British. **14.7%** of members are from the following ethnic groups

- Asian / Asian British - Indian
- Asian / Asian British - Pakistani
- Asian / Asian British - Bangladeshi
- Asian / Asian British - Other
- Black / African / Caribbean / Black British
- Mixed / Multiple Ethnic Groups
- Other Ethnic Group
- White - Irish
- White - Other

6. Governance



- There have been 6 voting members sitting on the Trustee Board during this year (Maximum 12).
- This is a 3-year term of office and persons may then be co-opted for one year.
- There is 1 Co-opted (Local Authority) member (Maximum 4).
- Co-opted members are valued, experienced people who aid discussion but have no voting status.
- Experts/Consultants are invited to attend as required.
- At least 2 staff members attend the meeting but have no voting rights.
- Staff members report on the progress of their projects at monthly meetings
- Meetings have continued since lockdown via Zoom to enable working women to stand on the Board
- CEO, Corinne Devine, and Chair, Sue Key, meet regularly to ensure the Trustees are kept up to date.

Team working
WHiST has a strong team working ethic.

Regular **"Thinking Together"** sessions have been held during the year bringing together staff, volunteers, trustees, and members to look at specific topics, review progress, and new initiatives. This year we reviewed our safeguarding practices including support for staff following serious incidents.

The staff team meet weekly to look ahead at provision, discuss progress, share ideas and address any issues including Safeguarding, Equity, Diversity and Inclusion.

Project Coordinators are supported by the work of our highly skilled admin team of Wendy Stonehouse, Debra McBride and Gell Kay.

REFERENCE AND ADMINISTRATIVE DETAILS

List of Trustees
Sue Key: Chair
Jayne Daglish
Donna di Stefano
Sarah Hewitt
Anna Kozaczek: Charity Secretary
Judith Helen Taylor; Councillor

Anna Shields – resigned 5 September 2024

RESERVES AND FINANCIAL HEALTH

Our Finances

The Statement of Financial Activities show:

- Incoming resources of **£553,480**
- Expenditure of **£555,569**

The total funds of **£1,145,765** includes:

- Restricted Funds of **£721,427–** mainly consisting of the freehold property and other tangible fixed assets of **£635,693**
- Unrestricted Funds of **£180,338**
- Designated Funds of **£244,000**

There are restrictions on the Freehold property in line with the grant funding for the extension.

The Trustees have a reserves and designated funds policy to cover:

- Reserves for between 3 to 6 months expenditure in light of the main risks of the organisation. In the current year we are running with three months reserves.
- A continuing programme of maintenance, repairs, and regular servicing to ensure the building is well maintained and all statutory regulations are met.
- Contingencies for end of contractual term to meet legal employment obligations.

The Trustees receive monthly financial reports to ensure the financial viability of the organisation and grant budgets are on target. The Trustees have also considered the extent to which activities could be curtailed in the short term should such circumstances arise.

Risk Policy

The Trustees review risks on a regular cycle. Internal control risks are minimised by the implementation of policies and procedures to ensure compliance with accountancy procedures, employment law, health and safety, equity, diversity and inclusion. The policies are updated on a rolling programme to ensure they meet with the charities needs and compliance regulations.

Pension Liability

All pension funds are paid into either stakeholder policies or the auto enrolment pension fund. The assets of the scheme are held separately from those of the charity. The annual contributions payable are charged to the Statement of Financial activities.

Investment Policy

There is funding towards the Contingencies for end of contractual term held in a charitable bond which is renewable every March. Aside from retaining a prudent amount in reserves most of the charity's funds are spent to meet the organisations objectives.

The principal funders for this Financial Year are

- Ballinger Trust
- Changing Lives
- Community Foundation North East
    - Kellet Foundation
    - Know Your Neighbourhood fund
    - Linden Family Fund
    - NHS North East and Cumbria Waiting Well Fund
    - Proctor and Gamble (P&G)
    - Pargiter Trust
    - Port of Tyne
    - Women's Fund
- Foundation of Light – Get out, Get Active
- Hadrian Trust
- Inspire (to host the PTC Community Facilitator)
- Integrated Care Board
- LGA Foundation
- Northumberland Police and Crime Commissioner
- Postcode Neighbourhood Trust
- Rise North East
- Rosa
- Sir James Knott
- Smallwood Trust
- South Tyneside Strategic Commissioning Unit
- UK Shared Prosperity Fund
- Virgin Money Foundation

Supporting the key objectives

- The funding from the above sources paid towards staff salaries, tutor costs and the organisation overheads enabling the project to provide services and support the users.
- **£63,234** of the total expenditure for the year was paid to partners to deliver the Food Fair project of which WHiST was the lead organisation.
- We work with a range of partners who deliver their services and give advice from WHiST to our members (details under section 2).

Fundraising

The volunteers and members raised funds from coffee bar provision and donations in addition to the funding raised by the staff team.

RESPONSIBILITIES OF THE TRUSTEES

The trustees are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law and regulations.

Company law requires the trustees to prepare financial statements for each financial year. Under that law the trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The financial statements are required by law to 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.

RESPONSIBILITIES OF THE TRUSTEES

In preparing the 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 2019 (FRS 102).
- Make judgements 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; and
- 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 adequate accounting records that 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 Companies Act 2006. The trustees are also responsible for safeguarding the assets of the charitable company and hence for taking responsible steps for the prevention and detection of fraud and other irregularities.

INDEPENDENT EXAMINER

A resolution to re-appoint Claire Miller of Debére Limited as Independent Examiner for the ensuing year will be proposed at the Annual General Meeting.

SMALL COMPANY PROVISIONS

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Signed on behalf of the trustees

Sue Key
Chair

Approved by the trustees on 13 August 2025

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF WOMEN'S HEALTH IN SOUTH TYNESIDE

YEAR ENDED 31 MARCH 2025

I report on the accounts of Women's Health in South Tyneside for the year ended 31 March 2025, which are set out on pages 17 to 35.

Respective responsibilities of trustees and independent examiner

The charity's trustees (who are also the directors of Women's Health in South Tyneside for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 Act (the 2011 Act) and that an independent examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales.

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

Basis of independent examiner's report

My examination was carried out in accordance with the 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 give 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 Act; and

- to prepare accounts which accord with the accounting records and 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.

Claire Miller BA (Hons) FCA
Independent Examiner

ON BEHALF OF DEBÉRE LIMITED
Chartered Accountants
Swallow House
Parsons Road
Washington
Tyne and Wear
NE37 1EZ

Date: 13 September 2025

WOMEN'S HEALTH IN SOUTH TYNESIDE

COMPANY LIMITED BY GUARANTEE

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING THE INCOME STATEMENT)

YEAR ENDED 31 MARCH 2025

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	*Total Funds 2024 £*
Income and endowments					
Donations and legacies:					
Donations and legacies	5	18,378		18,378	*5,958*
Charitable activities	6	8,049	499,750	507,799	*451,788*
Investment income	7	12,629	–	12,629	*14,061*
Other trading activities	8	11,374	3,300	14,674	*7,830*
Total income		50,430	503,050	553,480	*479,637*
Expenditure on:					
Charitable activities		3,704	551,865	555,569	*535,331*
Total expenditure	9	3,704	551,865	555,569	*535,331*
Net income/(expenditure)	11	46,726	(48,815)	(2,089)	*(55,694)*
Transfer between funds		–	–	–	–
Balances brought forward		377,612	770,242	1,147,854	*1,203,548*
Balances carried forward		424,338	721,427	1,145,765	*1,147,854*

The Statement of Financial Activities includes all gains and losses in the year and therefore a statement of total recognised gains and losses has not been prepared.

All of the above amounts relate to continuing activities.

WOMEN'S HEALTH IN SOUTH TYNESIDE

COMPANY LIMITED BY GUARANTEE
Registered Number 06175697

STATEMENT OF FINANCIAL POSITION

31 MARCH 2025

	Note	2025		*2024*	
		£	£	£	£
Fixed assets					
Tangible assets	12		727,151		752,955
Current assets					
Debtors	13	74,344		*59,144*	
Cash at bank and in hand		484,123		*415,012*	
		558,467		*474,156*	
Creditors: amounts falling due within one year	14	(139,853)		*(79,257)*	
NET CURRENT ASSETS			418,614		394,899
NET ASSETS			1,145,765		*1,147,854*
FUNDS					
Restricted income funds	15		721,427		*770,242*
Unrestricted income funds:					
Designated funds	16		244,000		*244,000*
General unrestricted funds	16		180,338		*133,612*
TOTAL FUNDS	17		1,145,765		*1,147,854*

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP 2019 (FRS 102)).

For the year ended 31 March 2025 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors/trustees responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors/trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements were approved by the members of the committee and authorised for issue on 13 September 2025 and are signed on their behalf by:

Sue Key
Chair

The notes on pages 19 to 35 form part of these financial statements

1 General information

The charity is a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is Salus House, Mile End Road, South Shields, Tyne and Wear, NE33 1TA.

2 Statement of compliance

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006 and "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) (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

3 Accounting policies

The principal accounting policies are set out below. The accounting policies have been adopted consistently throughout the year.

Going concern

The financial statements have been prepared on a going concern basis. The trustees have reviewed and considered relevant information, including the annual budget and future cash flows in making their assessment. Based on these assessments, given the measures that could be undertaken to mitigate the current adverse conditions, and the current resources available, the trustees have concluded that they can continue to adopt the going concern basis in preparing the annual report and accounts.

Cash flow exemption

The charity has elected to adopt the exemption from preparing a cash flow statement on the grounds that the charity qualifies as a small charity.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

3 Accounting policies *(continued)*

Incoming resources

Voluntary income includes donations and their associated tax claims, subscriptions (as these are voluntary) and grants that provide core funding or are of a general nature. Voluntary income is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability. Such income is only deferred when the donor specifies that the grant or donation relates to future accounting periods.

Other income from charitable activities is recognised as earned, as the related services are provided. Grant income included in this category provides funding to support the charitable activities and is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Grant income

Revenue grants are credited to incoming resources on the earlier date of when they are received or when they are receivable, unless they relate to a specific future period, in which case they are deferred.

Capital grants are credited to income when received and form a restricted fund, which will be transferred to unrestricted funds in line with the depreciation on the grant-funded assets. This treatment accords with the requirements of the Charity SORP 2019 but not that of Statement of Standard Accounting Practice No 4 "Accounting for Government Grants".

Interest receivable

Interest is recognised on a receivable basis.

Resources expended

Resources expended are included in the Statement of Financial Activities on an accruals basis, inclusive of VAT. They include:

(i) Charitable activities include all costs relating to activities where the primary aim is part of the objects of the charity along with the indirect costs. All of the direct costs have been included within this cost heading. The indirect costs, i.e. support costs include central functions and have been allocated to activity cost categories based on room availability.

(ii) Cost of generating funds are those costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

(iii) Governance costs include those incurred in the governance of its assets and are primarily associated with constitutional and statutory requirements.

Staff costs and overhead expenses

Staff costs and overhead expenses are allocated to activities on the basis of staff time spent on these activities.

3 Accounting policies *(continued)*

Support cost allocation

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs and administrative payroll costs. They are incurred directly in support of expenditure on the objects of the charity.

Pension costs

The charity provides a defined contribution scheme for employees. The assets of the scheme are held separately from those of the charity. The annual contributions payable are charged to the Statement of Financial Activities.

Tangible fixed assets and depreciation

Tangible fixed assets are included in the balance sheet at cost or at market value at the date of the acquisition. Tangible fixed assets are capitalised and included at cost.

Depreciation is calculated so as to write off an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Freehold property	– 2% straight line
Equipment	– 25% straight line
Database development	– 33.33% straight line

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.

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.

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 after allowing for any trade discounts due.

3 Accounting policies *(continued)*

Funds

The funds held by charity are either:

- Unrestricted general funds – these are funds which are available for use at the discretion of the directors in furtherance of the general objectives of the Charity and which have not been designated for other purposes; or

- Restricted funds – these are funds that can only be used for particular restricted purposes within the objects of the charity. Funds are held as restricted funds until such time as the purposes for which the funds were received have been fulfilled, at which time they are transferred to general funds; or

- Designated funds are unrestricted funds earmarked by the trustees for particular purposes. In the year ended 31 March 2025 designated funds relate to the building fund (i.e. on-going maintenance of the building), a general reserve (i.e. to retain a minimum of three months reserves) and the redundancy fund.

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.

4 Statement of Financial Activities for the prior year

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Income and endowments				
Donations and legacies:				
Donations and legacies	*5*	*5,958*	*–*	*5,958*
Charitable activities	*6*	*20,720*	*431,068*	*451,788*
Investment income	*7*	*14,061*	*–*	*14,061*
Other trading activities	*8*	*7,830*	*–*	*7,830*
Total income		*48,569*	*431,068*	*479,637*
Expenditure on:				
Charitable activities		*26,305*	*509,026*	*535,331*
Total expenditure	*9*	*26,305*	*509,026*	*535,331*
Net income/(expenditure)	*11*	*22,264*	*(77,958)*	*(55,694)*
Transfer between funds		*–*	*–*	*–*
Balances brought forward		*355,348*	*848,200*	*1,203,548*
Balances carried forward		*377,612*	*770,242*	*1,147,854*

5 Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total funds 2025 £	*Total funds 2024 £*
Donations	15,786	–	15,786	*3,486*
Subscriptions	2,592	–	2,592	*2,472*
Gifts in kind	–	–	–	–
	18,378	–	18,378	*5,958*

6 Charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	*Total Funds 2024 £*
ST Joint Commissioning Team	–	38,912	38,912	*38,912*
Coffee bar sales	4,149	–	4,149	*4,251*
Miscellaneous income	1,000	–	1,000	*832*
Big Lottery Fund – Wise Group	–	–	–	*9,579*
Community Foundation Women's Fund	–	7,000	7,000	*7,000*
Northumbria Police and Crime Commissioner	–	84,000	84,000	*85,684*
Changing Lives	–	11,000	11,000	*11,000*
Ballinger	–	20,000	20,000	*20,000*
Smallwood Trust and Rosa	–	20,000	20,000	*10,000*
Sir James Knott	–	–	–	*5,000*
South Tyneside CCG	–	20,680	20,680	*20,680*
Money Saving Expert	–	–	–	*641*
Community Foundation – Know Your Neighbourhood	–	52,554	52,554	*40,586*
Virgin Foundation	–	156	156	–
Inspire	–	12,000	12,000	*8,000*
STC – household vouchers	1,500	–	1,500	*4,500*
LGA	–	10,000	10,000	–
Community Foundation – Port of Tyne	–	1,625	1,625	–
Community Foundation – Kellet Fund	–	–	–	*11,929*
The Joicey Trust	–	–	–	*2,000*
Rise - Courses	–	34,576	34,576	*1,248*
Community Foundation – Newcastle Building Society	–	–	–	*4,391*
Postcode Neighbourhood Trust	–	–	–	*25,000*
UK Shares Prosperity Fund – Food Fare	–	147,407	147,407	*128,892*
Community Foundation – Waiting Well	–	–	–	*5,000*
Be The Sea	–	–	–	*2,000*
UK Shares Prosperity Fund – Rise	–	25,065	25,065	*3,105*
Access to Work	–	–	–	*1,558*
CF – Pargiter Fund	–	9,775	9,775	–
Foundation of Light	–	4,000	4,000	–
Hadrian Trust	–	1,000	1,000	–
Northumbria University	1,400	–	1,400	–
	8,049	499,750	507,799	*451,788*

7 Investment income

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	*Total Funds 2024 £*
Bank interest receivable	12,629	–	12,629	*14,061*

8 Other trading activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	*Total Funds 2024 £*
Fundraising events	529	–	529	–
Room hire	10,845	3,300	14,145	*7,830*
	11,374	3,300	14,674	*7,830*

9 Total resources expended costs of charitable activities

	Staff Costs £	Direct Costs £	Depre-ciation £	Support Costs £	Total Funds 2025 £	*Total Funds 2024 £*
Charitable activities:						
Coffee shop	89,802	629	6,837	36,468	133,736	*131,227*
Studio	89,802	33,084	6,837	32,505	162,228	*145,251*
Counselling	89,801	2,461	6,837	32,505	131,604	*129,381*
Seminars	89,801	6	6,838	32,505	129,150	*126,712*
Gifts in kind	–	–	–	–	–	–
Governance costs	–	–	–	(1,149)	(1,149)	*2,760*
	359,206	36,180	27,349	132,834	555,569	*535,331*

Support costs have been allocated across activities on the basis of room usage. These include costs associated with providing accommodation, finance, personal and other central activities to the charity's clients. Total funds includes restricted costs of £551,865 (2024: £509,026) and unrestricted costs of £3,704 (2024: £26,305).

10 Staff numbers and emoluments

The aggregate payroll costs were:

	2025 £	*2024 £*
Wages and salaries	303,890	*293,488*
Social security costs	19,295	*18,224*
Other pension costs	36,021	*34,700*
	359,206	*346,412*

10 Staff numbers and emoluments (*continued)*

Particular of employees

The average number employees during the year, calculated on the basis of full time equivalents, was as follows:

	2025	*2024*
	£	*£*
Number of management and administration staff	10	10

No employee received emoluments of more than £60,000 during the year (2024: £60,000 - none).

The total remuneration and benefits paid to key management amounted to £51,022 (2024: £49,777).

No (2024: none) trustee received reimbursement of expenses for their role as a volunteer. The amount claimed was £nil (2024: £nil). Trustee/volunteer indemnity insurance has been provided by the charity at a cost of approximately £550 (2024: £550).

11 Net movements in funds

Net movement in funds is stated after charging:

	2025	*2024*
	£	*£*
Accountancy and Independent Examination	2,820	*2,760*
Depreciation	37,349	*28,366*

12 Tangible fixed assets

	Freehold Property	**Equipment**	**Total**
	£	**£**	**£**
Cost			
At 1 April 2024	1,129,672	67,686	1,197,358
Additions	–	1,545	1,545
Disposals	–	–	–
At 31 March 2025	1,129,672	69,231	1,198,903
Depreciation			
At 1 April 2024	383,085	61,318	444,403
Charge for the year	22,593	4,756	27,349
Disposals	–	–	–
At 31 March 2025	405,678	66,074	471,752
Net book value			
At 31 March 2025	723,994	3,157	727,151
At 31 March 2024	*746,587*	*6,368*	*752,955*

13 Debtors

	2025	*2024*
	£	*£*
Trade debtors	53,359	*7,870*
Prepayments and accrued income	20,888	*51,177*
Other debtors	97	*97*
	74,344	*59,144*

14 Creditors: amounts falling due within one year

	2025	*2024*
	£	*£*
Trade creditors	9,240	*12,801*
Taxation and social security	5,657	*5,871*
Accruals	119,614	*60,585*
Other creditors	5,342	*–*
	139,853	*79,257*

15 Restricted funds

For the year ended 31 March 2025

		Movement in resources:			
	Balance at 1 Apr 2024 £	Incoming £	Outgoing £	Transfers £	Balance At 31 Mar 2025 £
Freehold property ***	*658,079*	–	(22,386)	–	*635,693*
Coalfields – Regional Impact Fund **	*2,963*	–	(2,930)	–	*33*
Changing Lives	*39,126*	11,000	(14,211)	–	*35,915*
ST Joint Commissioning Team	–	38,912	(38,912)	–	–
WEA	–	3,300	(3,300)	–	–
Garfield Weston **	*2,952*	–	(149)	–	*2,803*
Community Foundation Women's Fund	–	7,000	(7,000)	–	–
Ballinger Trust	–	20,000	(20,000)	–	–
Cloth Workers Fund **	*4,918*	–	(123)	–	*4,795*
Northumbria Police and Crime Commissioner	–	84,000	(82,919)	–	*1,081*
Wise Group BBO **	*22,992*	–	(22,992)	–	–
Smallwood Trust and Rosa	*1,318*	20,000	(19,715)	–	*1,603*
Virgin Foundation	–	156	(156)	–	–
Tudor Trust **	700	–	(63)	–	*637*
Awards For All **	2,698	–	(225)	–	*2,473*
Community Foundation	6,420	–	–	–	*6,420*
Karbon Homes **	81	–	(53)	–	*28*
ST PHE	2,727	–	–	–	*2,727*
Community Foundation – Linden Family	835	–	(835)	–	–
South Tyneside CCG	–	20,680	(20,680)	–	–
Sir James Knott	2,112	–	–	–	2,112
Community Foundation – Kellet Fund	2,141	–	(2,141)	–	–
Community Foundation – Port of Tyne	–	1,625	(1,625)	–	–
Community Foundation – Know Your Neighbourhood	–	52,554	(50,811)	–	1,743
UK Shared Prosperity Fund – Food Fare Project	8,624	147,407	(146,534)	–	9,497
Postcode Neighbourhood Trust	6,556	–	(6,556)	–	–
Inspire	–	12,000	(12,000)	–	–
Community Foundation – Waiting Well	5,000	–	(1,804)	–	3,196
UK Shared Prosperity Fund - Rise	–	59,641	(57,270)	–	2,371
LGA Foundation	–	10,000	(10,000)	–	–
Get out, Get active	–	4,000	(4,000)	–	–
Community Foundation - Pargiter Fund	–	9,775	(2,475)	–	7,300
Community Foundation - Hadrian Trust	–	1,000	–	–	1,000
	770,242	503,050	(551,865)	–	721,427

15 Restricted funds *(continued)*

For the year ended 31 March 2024

		Movement in resources:			
	Balance at 1 Apr 2023	Incoming	Outgoing	Transfers	Balance At 31 Mar 2024
	£	£	£	£	£
Freehold property ***	680,465	–	(22,386)	–	658,079
Coalfields – Regional Impact Fund **	9,501	–	(6,538)	–	2,963
Changing Lives	39,126	11,000	(11,000)	–	39,126
ST Joint Commissioning Team	–	38,912	(38,912)	–	–
WEA	2,893	–	(2,893)	–	–
Garfield Weston **	3,022	–	(70)	–	2,952
Community Foundation Women's Fund	–	7,000	(7,000)	–	–
Ballinger Trust	–	20,000	(20,000)	–	–
Cloth Workers Fund **	5,041	–	(123)	–	4,918
Northumbria Police and Crime Commissioner	–	85,684	(85,684)	–	–
Wise Group BBO **	23,009	–	(17)	–	22,992
Smallwood Trust and Rosa	–	10,000	(8,682)	–	1,318
Virgin Foundation	11,201	–	(11,201)	–	–
Tudor Trust **	861	–	(161)	–	700
Awards For All **	3,597	–	(899)	–	2,698
Community Foundation	6,420	–	–	–	6,420
Karbon Homes **	134	–	(53)	–	81
ST PHE	37,252	–	(34,525)	–	2,727
The Joicey Trust	–	2,000	(2,000)	–	–
Community Foundation Newcastle Building Society	–	4,391	(4,391)	–	–
Community Foundation – Linden Family	5,517	–	(4,682)	–	835
South Tyneside CCG	100	20,680	(20,780)	–	–
Sir James Knott	3,563	5,000	(6,451)	–	2,112
Community Foundation – Kellet Fund	4,858	11,929	(14,646)	–	2,141
Lottery Community Fund	7,502	–	(7,502)	–	–
Money Saving Expert	3,768	641	(4,409)	–	–
Community Foundation – Port of Tyne	370	–	(370)	–	–
Community Foundation – Know Your Neighbourhood	–	40,586	(40,586)	–	–
UK Shared Prosperity Fund – Food Fare Project	–	128,892	(120,268)	–	8,624
Postcode Neighbourhood Trust	–	25,000	(18,444)	–	6,556
Inspire		9,248	(9,248)	–	–
Community Foundation – Waiting Well	–	5,000	–	–	5,000
Be The Sea	–	2,000	(2,000)	–	–
UK Shared Prosperity Fund - Rise	–	3,105	(3,105)	–	–
	848,200	431,068	(509,026)	–	770,242

15 Restricted funds *(continued)*

** Capital funds (i.e. where the assets have been capitalised and the depreciation is charged against these balances).

*** *The balance brought forward combines freehold property, Big Lottery Fund – Extension and Big Lottery Fund – Grant for Extension balances taken from the 2015 financial statements.*

Sufficient funds are held in an appropriate form to enable each fund to be applied in accordance with any restrictions placed on it.

Coalfields – Regional Impact Fund
Funding towards purchasing some assets. The capital balance carried forward is £33 (2024: £2,963).

Changing Lives
Funding received towards partnership work to support the work of the NCRC.

ST Joint Commissioning Team
Funding from ST Joint Commissioning Team towards the Chief Executive Officer salary costs.

WEA
Funding received to pay for course costs for venue and training materials

Garfield Weston
Funding received towards the refurbishment of the kitchen. This fund is being reduced each year by the depreciation charge. The capital balance carried forward is £2,803 (2024: £2,952).

Community Foundation Women's Fund
Funding received for core costs.

Ballinger Trust
Funding received towards salaries and core costs.

Cloth Workers Fund
Funding received towards the refurbishment of the kitchen. This fund is being reduced each year by the depreciation charge. The capital balance carried forward is £4,795 (2024: £4,918).

Northumbria Police and Crime Commissioner
Funding received towards work with Victims of Domestic Violence.

Wise Group BBO
Partnership agreement with the European Social Fund co-funded initiative with the Big Lottery Fund to provide and Employment Coach to identify referrals, provide coaching and wrap around support, provide employability support when appropriate and signposting to wider wrap around support from within the wider partnership and within mainstream services. The capital balance carried forward is £nil (2024: £6).

15 Restricted funds *(continued)*

Community Foundation – Henry Smith
Funding received to cover costs that enable us to provide services and facilities for the participants.

Smallwood Trust and Rosa
Funding received for salaries and overheads to enable the continued support for women experiencing health inequalities.

Community Foundation – WM Leech
Funding received to provide volunteer and peer support

Virgin Foundation
Funding received towards working with women to improve digital inclusion.

Tudor Trust
Funding received towards the purchase of some assets. The capital balance carried forward is £637 (2024: £700).

Awards For All
Funding received for counselling, Covid-19 equipment and remote teaching. The capital balance carried forward is £nil (2024: £225).

Karbon Homes
Funding received for support worker costs to support women dealing with complex circumstances due to Covid. The capital balance carried forward is £27 (2024: £81).

ST PHE
Funding received to fund women's engagement worker, women's advocate and a senior counsellor. This was also towards volunteer expenses and core costs.

Community Foundation – Reed Fund
Funding towards facilitator costs for choir sessions.

Community Foundation – Linden Family
Funding received for eating together sessions. This covers facilitator costs, food costs and volunteer expenses.

South Tyneside CCG
Funding towards the counselling service.

Sir James Knott
Funding towards Learning Programme Co-ordinator salary

Community Foundation – Kellet Fund
Funding for exercise courses and volunteers.

Money Saving Expert
Funding towards financial hardship drop in and advocacy service.

Community Foundation – Port of Tyne
Funding towards the choir.

Community Foundation – Know your Neighbourhood
Funding towards the volunteering project.

15 Restricted funds *(continued)*

Smallwood Trust
Funding received to enable urgent financial wellbeing support to women.

Postcode Neighbourhood Trust
Funding received for core costs.

The Joicey Trust
Funding received for core costs.

Rise – UK Shared Prosperity Fund
Funding for the Learning Programme as part of an employability project.

UK Shared Prosperity Fund – Food Fair Project
A partnership with Hospitality and Hope, Apna Ghar, and the local authority. The contract funds a Community Connector post and Women's Advocacy service at WHiST and posts at partner organisations.

Inspire
Funding for Community Facilitator post recruiting community commissioners with lived experience of poverty for the independent Poverty Truth Commission.

Community Foundation – Waiting Well
Funding received for courses supporting women both pre and post-surgery.

Be the Sea - Seascapes Community Grant
Funding towards choir workshops to recreate sounds identified at the coast.

Get Out, Get Active
Funding for exercise courses.

Community Foundation – Pargiter Fund
Funding for health awareness sessions and exercise courses.

Community Foundation – Hadrian Trust
Funding for wellbeing courses.

LGA Foundation
Funding towards core costs.

16 Unrestricted funds

For the year ended 31 March 2025

	Balance at 1 Apr 2024 £	Incoming £	Outgoing £	Transfers £	Balance At 31 Mar 2025 £
Designated funds:					
Building maintenance and repair	*25,000*	–	–	–	25,000
Reserves	*145,000*	–	–	–	145,000
Contingencies for end of contractual term	*74,000*	–	–	–	74,000
Total designated funds	*244,000*	–	–	–	244,000
General funds	*133,612*	50,430	(3,704)	–	180,338
	377,612	50,430	(3,704)	–	424,338

For the year ended 31 March 2024

	Balance at 1 Apr 2023 £	***Incoming*** £	***Outgoing*** £	***Transfers*** £	***Balance At 31 Mar 2024*** £
Designated funds:					
Building maintenance and repair	*20,000*	–	–	*5,000*	*25,000*
Reserves	*145,000*	–	–	–	*145,000*
Contingencies for end of contractual term	*65,000*	–	–	*9,000*	*74,000*
Total designated funds	*230,000*	–	–	*14,000*	*244,000*
General funds	*125,348*	*48,569*	*(26,305)*	*(14,000)*	*133,612*
	355,348	*48,569*	*(26,305)*	–	*377,612*

The Committee feel it is prudent to hold some designated funding for the enhancement and continuation of the services and the upkeep of the building.

Building Maintenance and Repair
Funding set aside to ensure that the building complies with all legal and health and safety legislation and is repaired and maintained to a reasonable standard. Maintaining the asset is part of the agreement for the building extension grant from the Big Lottery Fund.

Reserves
A minimum of three months reserves have been set aside to enable the Charity to fulfil all of its legal obligations.

Contingencies for end of contractual term
Due to current economic climate the decision has been taken to hold sufficient funding to meet its contractual liabilities, safeguarding the ability of the charity to meet its objectives.

17 Analysis of net assets between funds

For the year ended 31 March 2025

	Tangible Fixed Assets £	Net Current Assets £	Total £
Restricted funds			
Freehold Property	635,693	–	635,693
Changing Lives	–	35,915	35,915
Garfield Weston	2,803	–	2,803
Cloth Workers Fund	4,795	–	4,795
Tudor Trust	637	–	637
Coalfields – Regional Impact Fund	33	–	33
Awards for All	–	2,473	2,473
Community Foundation	–	6,420	6,420
Karbon Homes	28	–	28
ST PHE	–	2,727	2,727
Sir James Knott	–	2,112	2,112
Smallwood Trust	–	1,603	1,603
UK Shared Prosperity Fund – Food Share Project	–	9,497	9,497
CF – Waiting Well	–	3,196	3,196
Know Your Neighbourhood	616	1,127	1,743
Shared Prosperity Fund - Rise	745	1,626	2,371
Community Foundation – Pargiter Fund	–	7,300	7,300
Hadrian Trust	–	1,000	1,000
Northumbria Police and Crime Commissioner	–	1,081	1,081
	645,350	76,077	721,427
Designated funds:			
Building maintenance and repair	–	25,000	25,000
Reserves	–	145,000	145,000
Contingencies for end of contractual term	–	74,000	74,000
General unrestricted funds	81,801	98,537	180,338
Total funds	727,151	418,614	1,145,765

17 Analysis of net assets between funds *(continued)*

For the year ended 31 March 2024

	Tangible Fixed Assets £	*Net Current Assets* £	*Total* £
Restricted funds			
Freehold Property	*658,079*	*–*	*658,079*
Changing Lives	*–*	*39,126*	*39,126*
Garfield Weston	*2,873*	*79*	*2,952*
Cloth Workers Fund	*4,918*	*–*	*4,918*
Wise Group BBO	*6*	*22,986*	*22,992*
Tudor Trust	*700*	*–*	*700*
Coalfields – Regional Impact Fund	*2,963*	*–*	*2,963*
Awards for All	*225*	*2,473*	*2,698*
Community Foundation	*–*	*6,420*	*6,420*
Karbon Homes	*81*	*–*	*81*
Community Foundation – Linden Family	*–*	*835*	*835*
ST PHE	*–*	*2,727*	*2,727*
Sir James Knott	*–*	*2,112*	*2,112*
Community Foundation – Kellet Fund	*–*	*2,141*	*2,141*
Smallwood Trust	*–*	*1,318*	*1,318*
UK Shared Prosperity Fund – Food Share Project	*–*	*8,624*	*8,624*
Postcode Neighbourhood Trust	*–*	*6,556*	*6,556*
CF – Waiting Well	*–*	*5,000*	*5,000*
	669,845	*100,397*	*770,242*
Designated funds:			
Building maintenance and repair	*–*	*25,000*	*25,000*
Reserves	*–*	*145,000*	*145,000*
Contingencies for end of contractual term	*–*	*74,000*	*74,000*
General unrestricted funds	*83,110*	*50,502*	*133,612*
Total funds	*752,955*	*394,899*	*1,147,854*

18 Future Sustainability

We will continue to apply for funding to provide a sustainable range of services to support the women in South Tyneside. We have a large asset in the building which we operate from, and this is shown in the accounts. This results in the impression that the charity is richer on paper than we are in real life.

19 Related party transactions

There have been no related party transactions during the year.

20 Company limited by guarantee

The company is limited by guarantee and has no share capital. In the event of a winding up, every member undertakes to contribute such an amount as may be required for the payment of liabilities not exceeding a total of £1 each.

The following pages do not form part of the statutory financial statements which are subject to the independent examiner's report on pages 15 to 16.

	2025 £	*2024* *£*
Income		
STC – CEO	38,912	*38,912*
Donations	15,786	*3,486*
Fund Raising Events	529	–
Coffee bar sales	235	*522*
Drop-in sales	3,914	*3,729*
Subscription members	2,592	*2,472*
Room hire	14,145	*7,830*
Interest received	12,629	*14,061*
Miscellaneous income	1,000	*832*
Changing Lives	11,000	*11,000*
Northumbria Police and Crime Commissioner	84,000	*85,684*
Big Lottery Fund – Wise Group	–	*9,579*
Community Foundation Women's Fund	7,000	*7,000*
Ballinger Trust	20,000	*20,000*
Smallwood Trust	20,000	*10,000*
CF – Newcastle Building Society	–	*4,391*
Postcode Neighbourhood Trust	–	*25,000*
UK Shared Prosperity Fund – Food Share	147,407	*128,892*
CF – Waiting Well	–	*5,000*
Virgin Foundation	156	–
STC – household vouchers	1,500	*4,500*
Community Foundation – Port of Tyne	1,625	–
Community Foundation – Kellett Fund	–	*11,929*
Money Saving Expert	–	*641*
Community Foundation – Know Your Neighbourhood	52,554	*40,586*
St – PCT – Counselling	20,680	*20,680*
Sir James Knott	–	*5,000*
The Joicey Trust	–	*2,000*
Rise - Courses	34,576	*1,248*
Be The Sea	–	*2,000*
Inspire	12,000	*8,000*
UKSPF – Rise	25,065	*3,105*
Access to Work	–	*1,558*
Northumbria University	1,400	–
Community Foundation – Pargiter Fund	9,775	–
Foundation of Light	4,000	–
Hadrian Trust	1,000	–
LGA Foundation	10,000	–
Total income	553,480	*479,637*

	2025 £	*2024* *£*
Charitable Activities		
Staff salaries and pension costs	359,206	*346,412*
Coffee bar purchases	624	*687*
Sundry purchases	3,234	*1,901*
Drop-in supplies	3,964	*3,828*
Sessional workers	33,079	*18,539*
Supervision	2,455	*2,670*
Material for courses	4,186	*3,638*
Water	1,710	*1,189*
General rates	475	*395*
Refuse collection	574	*827*
Heat and light	6,544	*5,567*
Travel expenses	4,644	*5,116*
Printing, postage and stationery	4,584	*4,208*
Telephone	5,979	*5,582*
Computer software and consumables	11,001	*12,092*
Repairs and renewals	4,340	*5,643*
Cleaning	7,053	*8,460*
Subscriptions	585	*492*
Training costs	441	*246*
Insurance	5,921	*6,726*
Refreshments and entertaining	1,567	*2,202*
Depreciation	27,349	*28,366*
Flowers and gifts	135	*235*
Legal fees	1,572	*1,489*
Bank charges	573	*293*
Consultancy fees	–	*383*
Function costs	23	*624*
Garden purchases	150	*151*
Volunteer expenses	1,005	*1,127*
Partnership salary costs	63,247	*63,483*
Recruitment expenses	60	–
Advertising	438	–
Total Expenditure	556,718	*532,571*

	2025 £	*2024* *£*
Governance costs		
Accountancy fees and independent examination	2,820	*2,760*
Accreditation fees	(3,969)	–
Total expenditure	555,569	*535,331*
Net (expenditure)/income for the year	(2,089)	*(55,694)*

WOMEN'S HEALTH IN SOUTH TYNESIDE

England & Wales - Charity number 1119901

Accounts

WOMEN'S HEALTH IN SOUTH TYNESIDE

Company Limited by Guarantee

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

Charity Number: 1119901

Company Registered Number: 06175697

Debére Limited
Chartered Accountants
Swallow House
Parsons Road
Washington
Tyne and Wear
NE37 1EZ

WOMEN'S HEALTH IN SOUTH TYNESIDE

FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

CONTENTS	**PAGES**
Officers and professional advisers	1
The trustees' annual report	2 to 14
Independent examiner's report	15 to 16
Statement of financial activities	17
Statement of financial position	18
Notes to the financial statements	19 to 35

WOMEN'S HEALTH IN SOUTH TYNESIDE

MEMBERS OF THE BOARD AND PROFESSIONAL ADVISERS

YEAR ENDED 31 MARCH 2024

The board of trustees	Donna di Stefano Judith Helen Taylor Anna Shields Anna Kozaczek Jayne Estelle Daglish – Vice Chair Sarah Rowan Hewitt Susan Ann Key - Chair
Local Authority representative	Judith Helen Taylor
Charity secretary	Anna Kozaczek
Registered office	Salus House 33 Mile End Road South Shields Tyne and Wear NE33 1TA
Charity number	1119901
Company registration number	06175697
Accountants	Debére Limited Chartered Accountants Swallow House Parsons House Washington Tyne and Wear NE37 1EZ
Bankers	Virgin Money 30 Fowler Street South Shields Tyne and Wear NE33 1NE
Solicitor	Ward Hadaway Sandgate House 102 Quayside Newcastle upon Tyne Tyne and Wear NE1 3DX

WOMEN'S HEALTH IN SOUTH TYNESIDE

COMPANY LIMITED BY GUARANTEE

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2024

The trustees, who are the directors of the organisation for the purpose of Company Law, present their annual director's report together with the charity's financial statements for the year ended 31 March 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006 and "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 (FRS102) (effective 1 January 2019)".

Objectives and Activities

WHiST is a registered charity and company limited by guarantee, it was established in 1986 with the following charitable objectives,

- To preserve and protect good health, both mental and physical, of women, particularly by providing appropriate health advice, counselling and assistance and finding effective ways of meeting specific health problems.

- To advance the education of women to enable them to use their talents to the full and to extend their knowledge and specific skills and to encourage them to participate more fully in local and international affairs in voluntary activities and in their working lives.

We are committed to offering women only services that are open to women over 16, irrespective of class, sexual orientation, ethnicity or disability/ability.

Our values are key to achieving the following outcomes for women:

- Promote independence, choice and control over their lives
- Increase knowledge and skills
- Improve physical and mental health awareness
- Improve access to services
- Promote social inclusion
- Improve confidence, self-esteem and well-being

We offer a wide range of holistic services offering mental, physical and emotional support in a safe, confidential and non-judgemental environment that encourages equality, independence and empowerment. We encourage women to take control of their health and decision making by supporting them to choose their own route through services to suit their changing needs and supporting them to access services in the wider community to assist their progression.

This year we achieved our aims by delivering the following services:

- Counselling
- Personal development and training courses
- Cooking on a budget provision
- Volunteering opportunities
- Listening ear service
- Support around financial hardship
- Services for women age 16-25 years
- Advocacy
- Support groups
- Drop-in sessions
- Exercise sessions
- Health and wellbeing support
- Information, advice & guidance
- Social events
- Support for the development of a Poverty Truth Commission

Our services complement Local and National Government Strategic plans and priorities, and we participate in forums and working parties contributing to aligning the development of future services with the needs of local women.

Achievement and Performance

- We delivered services to **2,303** members, accessing in person, online or by phone.
- There has been an increase in demand for services with a **49% increase** in the number of women accessing the advocacy service and **22% increase** in the number of women receiving counselling.
- We secured funding to continue to deliver the majority of our services however the Young Women's Development project came to an end. Staff are building on the work delivered to continue to offer younger women the support they need. Finding funding to further develop this provision is a current priority.
- **53 volunteers** and **9 volunteer counsellors** were central in the planning and delivery of services and peer support.
- Volunteers offered **5,360 hours** of support across the year.
- We continued to work in partnership with other organisations in the Borough. We planned and hosted another successful International Women's Day event with **Apna Ghar and CREST**. Numerous partners supported the delivery of financial wellbeing support from our Tuesday drop in including **South Tyneside Homes, ACTS, Your Voice Counts, Northern Rights, Changing Lives, NECA, STARS, Hannay Family Law Solicitors and local authority adult and children's services.** We addressed health needs in the borough in partnership with other VCSE organisations and Public Health through attendance at **Alliance Working groups**. We continued to work with **Changing Lives** to support women in the criminal justice system and this year extended this partnership to include **Probation** services. Our long-standing partnership with the **WEA** (Workers Educational Association) provided access to adult education for local women. We delivered a new partnership addressing food sustainability with the **local authority**, **Apna Ghar** and **Hospitality and Hope** funded by the UKSPF.
- We held **"Thinking Together"** sessions to review and monitor our progress with our Strategic Plans and to strengthen our teamwork.
- We continued working toward the adoption of an Anti-Racism Charter developed by Black and minoritised women working in the VAWG sector.

Provision

Learning Programme

Learning Programme Coordinator, Asia Uddin, coordinates courses and workshops at WHiST and supports the team of self-employed tutors.

- **390** individual women have accessed one or more of the **117** different short courses and workshops provided this year, with **1,007** course places taken meaning women are attending 2-3 courses a year. Attendance on courses is now back to pre-pandemic levels.
- **19** paid tutors and **16** volunteer facilitators worked with us to offer a wider range of provision. Sessional tutors and WHiST volunteers used their considerable skill to deliver social activities, exercise, personal development courses, creative courses, volunteer training and support with physical and mental health issues.

Learning Programme *(continued)*

- We worked in partnership with the following organisations to provide additional courses within our learning programme, **Active Families, Tailored Leisure, True Connections NE CIC,** and **WEA.**
- The ages of women attending ranged from **18-90 years**.
- **90%** of women completing an evaluation said they felt more positive following attendance on a course.
- **80%** of women completing an evaluation reported an improved sense of wellbeing and **77%** of women felt more confident.
- **61%** of women said that attending a course reduced feelings of anxiety and depression.

Volunteering

The Volunteer team are a core part of WHiST team and central to our delivery of support services.

- **53** volunteers, supported by Volunteer Coordinator, Joy Nancarrow, delivered services to over **600** women.
- Many women report feeling isolated and alone, this year **11** volunteers have provided a service to welcome women who may be feeling anxious about accessing services and support into WHiST.
- **6** volunteers provided meet and greet to introduce **162** women, new to WHiST, to our services. Workers from over **15** organisations from across South Tyneside attended professional meet and greet sessions.
- **11** volunteers staffed our coffee bar and kitchen providing a range of refreshments to women dropping into our project both to access services and as a welcoming place to meet and talk to other women. We delivered Welcoming Places support from the coffee bar throughout the year providing free tea/coffee and low-cost meals.
- **9** volunteers worked in our garden throughout the year to ensure women can access this tranquil outdoor space.
- **16** volunteers facilitated groups including a creative arts group, find out about drop in, book club and women and activism group.
- **2** Financial wellbeing champions supported women at the financial support drop in.
- The volunteer team organised and delivered events attended by our members including International Women's Day, Kings Coronation Event and World Mental Health Day.
- Our supported volunteering model is essential to the success of our work. We provide a solution focused environment which enables volunteers to set, reach and evaluate goals. It enables personal risk taking, allowing women to push themselves beyond pre-existing comfort zones by providing a safety net to test and explore in a supported environment.

Counselling Service

- We offered short term and medium to longer term therapy including Cognitive Behavioural Therapy (CBT), Person Centred Therapy, Gestalt, Integrative and Neuro-Linguistic Programming (NLP),
- The service is largely funded by the Office of the Police Crime Commissioner with additional funding from the Integrated Care Board.
- **15** counsellors delivered sessions from WHiST this year.
- All counsellors receive supervision in line with BACP and UKCP regulations, in addition group supervision has been offered.

- The Coordinator offered a minimum of **85** clinical supervision sessions in the year plus **45** additional support/supervision contacts for safeguarding/urgent support. Over the year, we had **7** advanced counselling trainees on supervised placement working with us.
- **197** assessments were offered in the year
- **2,022** sessions of counselling were offered.
- We made **184** additional support and follow up calls, many to women on the counselling waiting list who were isolated and in emotional crisis.
- **170** new women were referred, and **199** women received counselling support over the year.
- Our long-standing partner, **Rape Crisis Tyneside Northumberland (RCTN)** provides outreach services at WHiST.
- We have ongoing links with South Tyneside DA Steering Group, Impact Family Services, Apna Ghar, Restart, Evolve, FLOWS and First Contact Clinical.

Food Fair Project

The Food Fair Project is a partnership with Apna Ghar, a Minority Ethnic Women's organisation, and Hospitality & Hope, a food insecurity, homelessness, and community wellbeing charity. It was borne out of a poverty research project called "Hear my Voice" which took place at WHiST in 2020. Research found that many women were struggling to feed themselves and their families and being able to afford nutritious food was seen as a luxury. Stella Carmichael, the Food Fair Community Connector, encourages local people to cook affordable, tasty, healthy meals using more fresh fruit, vegetables, lentils, beans etc., and less meat, salt, and sugar.

- **443** women benefitted from the Food Fair Project (July 23-March 24).
- **85%** of course and workshop participants increased their knowledge and skill of cooking on a budget.
- **30** organisations were contacted to engender interest in the Food Fair project.
- **29** events were delivered across South Tyneside at community centres, charities and voluntary organisations, Family Hubs, South Shields FC, on the Key Community Bus and in Welcoming Places.
- **4** tutors were recruited and have delivered workshops on affordable cooking and health related topics.

Advocacy Service

Women's Advocate, Rebecca Hardy, supports women on a one-to-one basis, including attending meetings and signposting to partners. Rebecca provides support to women experiencing multiple and complex issues, creating an action plan to address and tackle those issues that "keep them awake at night".

- **118** women supported via 1-2-1 advocacy.
- Issues addressed included childhood sexual abuse, housing, debt and financial hardship, domestic violence, physical and mental ill health, parenting issues including child to parent violence, family relationships.
- **16** women were supported to engage with Children's Services, **33** with debt issues, **63** with housing issues.
- **73** Women received support from visiting our weekly Tuesday drop-in session, where women can get advocacy support or meet with partner organisations.
- **8** partner organisations regularly attend the drop-in.

Self Help and Peer Support groups

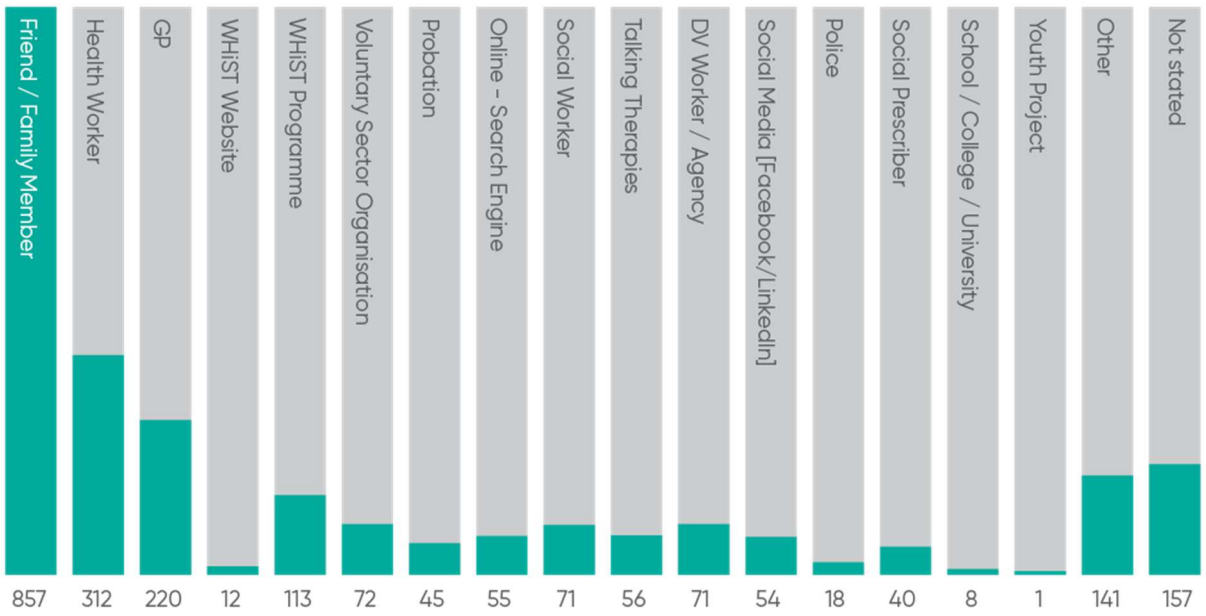
Support groups delivered throughout the year by volunteers and tutors included,

- Weekly Relaxation session with a trained facilitator.
- Living with Long Term Health Conditions, delivered fortnightly.
- IT support.
- Women and Activism group.
- Craft group with peer and volunteer support.
- Weekly volunteer led art group.
- Meet and Greet - volunteer led service.
- Re-MIND – a volunteer led memory support group.
- Weekly volunteer led gardening group.
- Find out about Tuesday social hub.
- Chatty café.
- Walking group.
- Book club.

Profile of members

26% of referrals to WHiST came from statutory health professionals with 37% being referred by a friend or self-referrals. Other referrals came from social prescribers, Northumbria Police, probation, social services, and other VCSE organisations.

Members by Referral Source

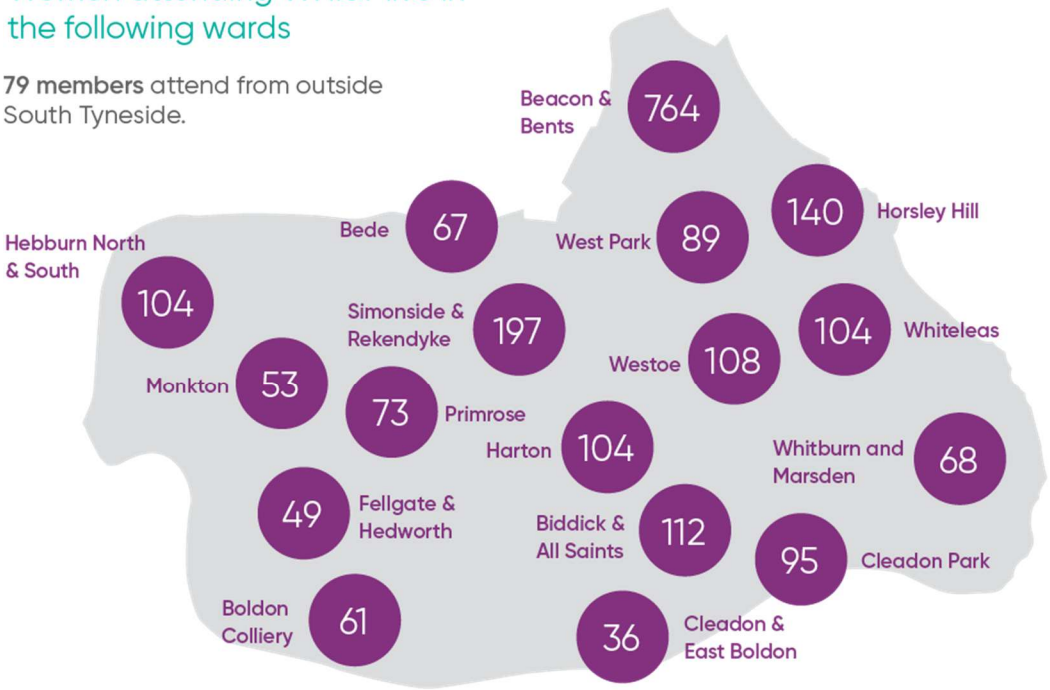


Profile of members

WHiST Members **2303**

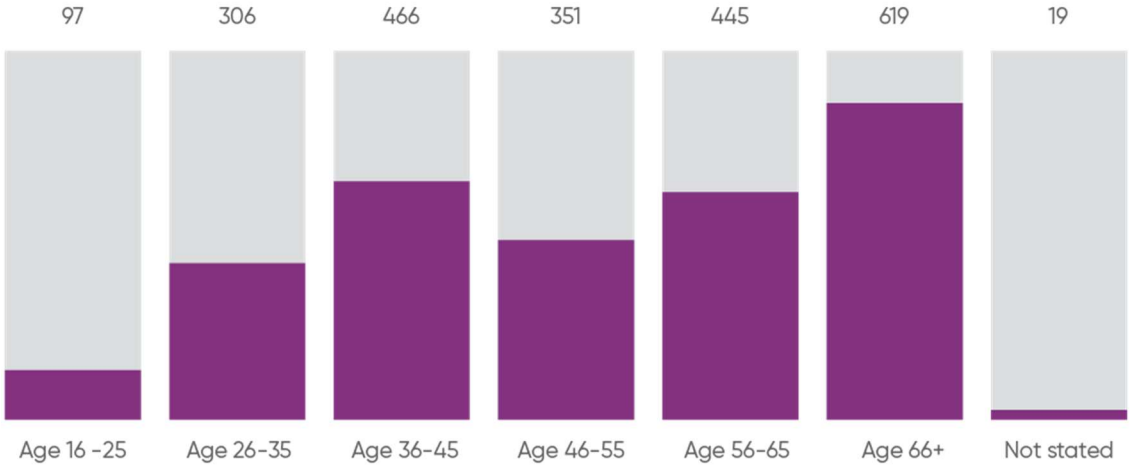
Women attending WHiST live in the following wards

79 members attend from outside South Tyneside.



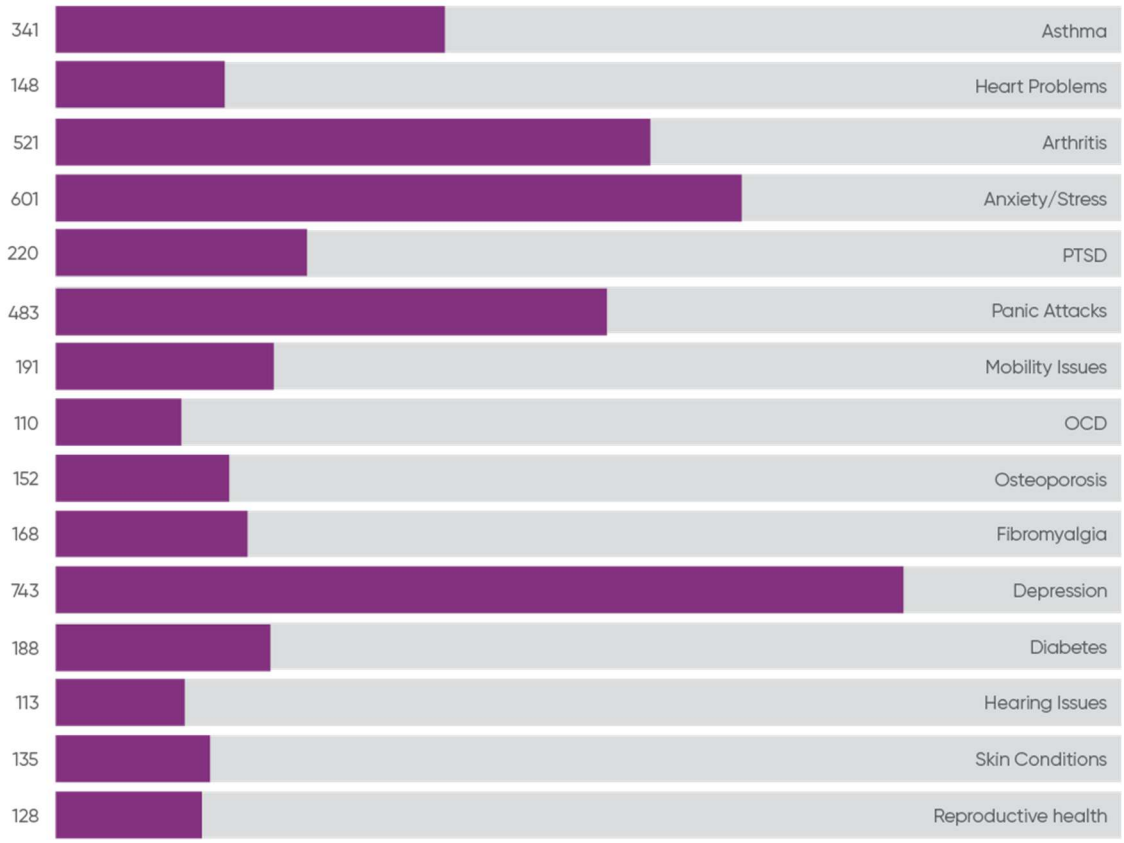
Members by Age Group

The number of **members aged 35** and under increased by **11.6% in 23/24**



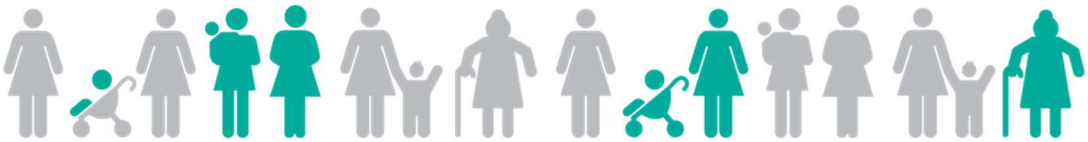
Health Condition

The 15 most reported health conditions of members at the point of referral

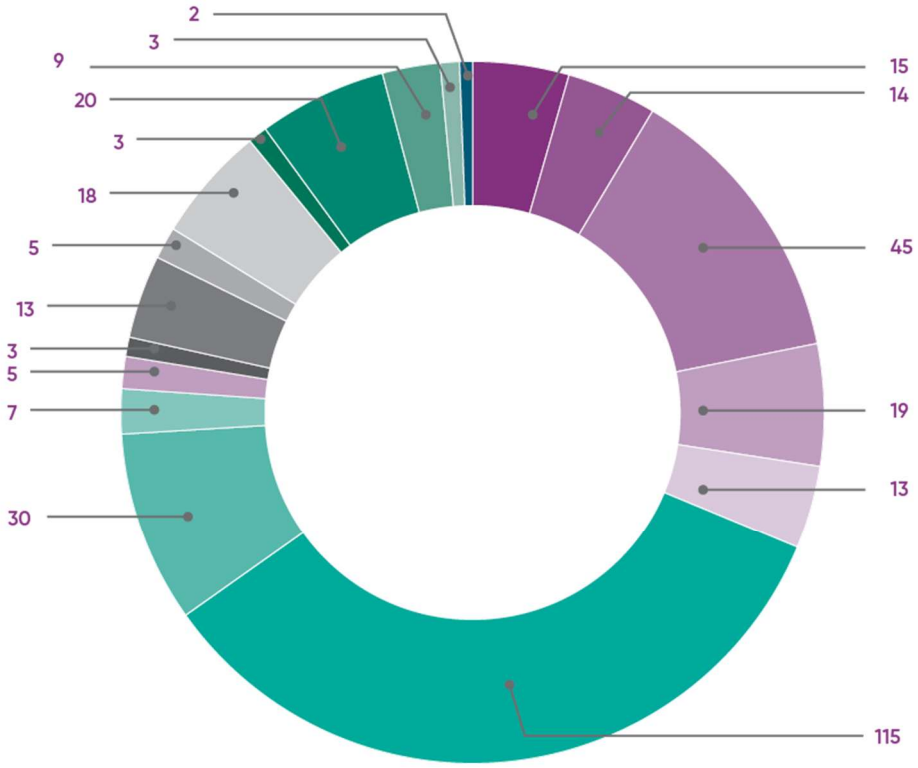


Ethnicity

The majority of members identify as White British

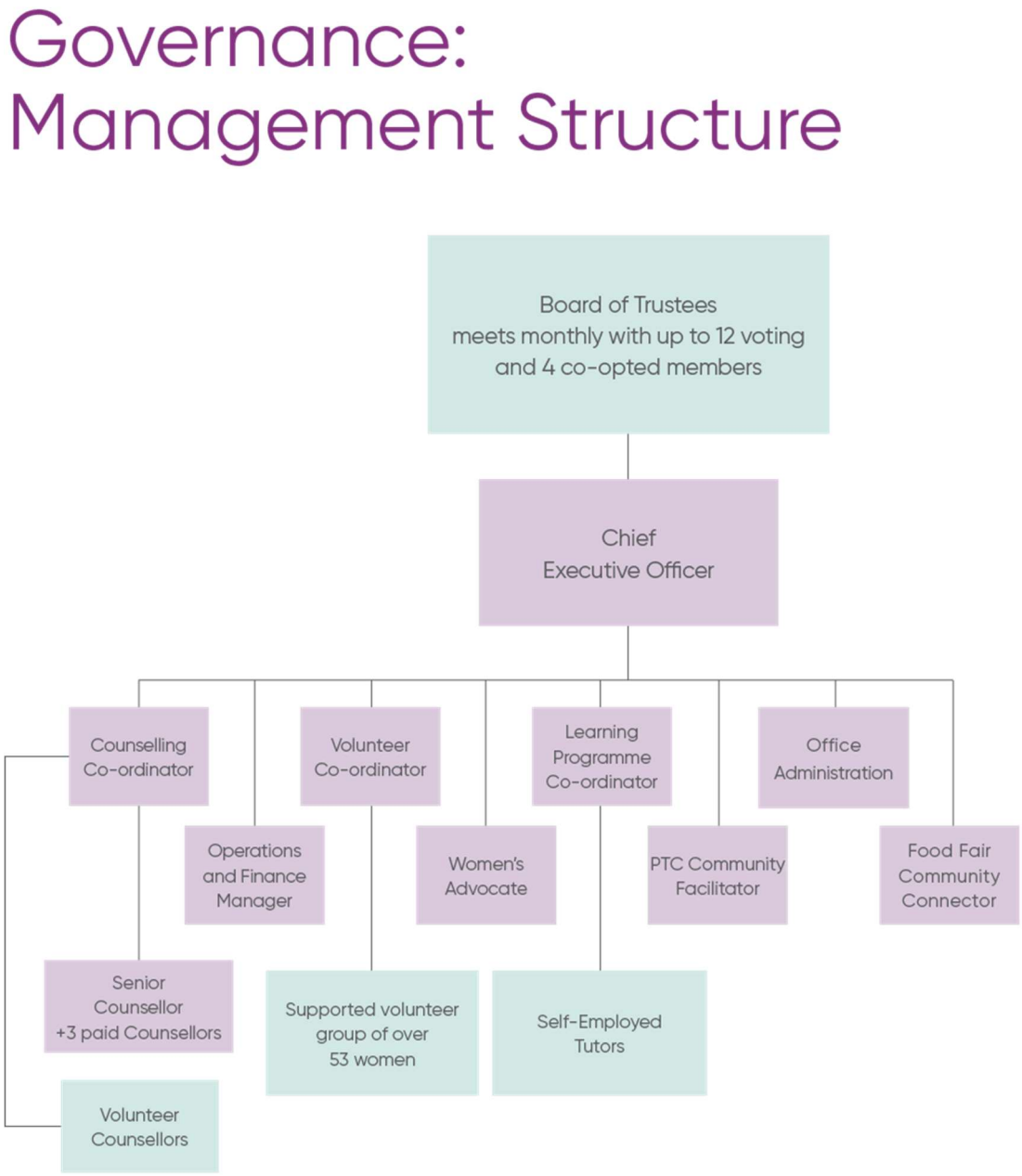


14.7% of members are from the following ethnic groups.



- Asian / Asian British - Indian
- Asian / Asian British - Other
- White - Other
- Mixed / Multiple Ethnic Groups - Other
- Mixed / Multiple Ethnic Groups - White and Asian
- Asian / Asian British - Bangladeshi
- Other Ethnic Group - Other
- Asian / Asian British - Pakistani
- Black / African / Caribbean / Black British - Other
- Black / African / Caribbean / Black British - Caribbean
- White - Irish
- Asian / Asian British - Chinese
- Black / African / Caribbean / Black British - African
- Mixed / Multiple Ethnic Groups - White and Black Caribbean
- Other Ethnic Group - Arab
- Mixed / Multiple Ethnic Groups - White and Black African
- White - Gypsy or Irish Traveller
- Black / African / Caribbean / Black British - Welsh- Scottish- Northern Irish or British

Governance


Governance:
Management Structure
Board of Trustees
meets monthly with up to 12 voting
and 4 co-opted members
Chief
Executive Officer
Counselling
Co-ordinator
Volunteer
Co-ordinator
Learning
Programme
Co-ordinator
Office
Administration
Operations
and Finance
Manager
Women's
Advocate
PTC Community
Facilitator
Food Fair
Community
Connector
Senior
Counsellor
+3 paid Counsellors
Supported volunteer
group of over
53 women
Self-Employed
Tutors
Volunteer
Counsellors

- There have been 7 voting members sitting on the Trustee Board during this year (Maximum 12).
- This is a 3-year term of office and persons may then be co-opted for one year.
- There is 1 Co-opted (Local Authority) member (Maximum 4).
- Co-opted members are valued, experienced people who aid discussion but have no voting status.
- Experts/Consultants are invited to attend as required.
- At least 2 staff members attend the meeting but have no voting rights.
- Staff members report on the progress of their projects at monthly meetings
- Meetings have continued since lockdown via Zoom to enable working women to stand on the Board
- CEO, Corinne Devine, and Chair, Sue Key, meet regularly to ensure the Trustees are kept up to date.

Team working

WHiST has a strong team working ethic.

Regular **"Thinking Together"** sessions have been held during the year bringing together staff, volunteers, Trustees and members to look at specific topics, review progress, and new initiatives. We are working toward an Anti-Racism Charter developed by Black and minoritised women in the Violence Against Women and Girls (VAWG) sector.

The staff team meet weekly to look ahead at provision, discuss progress, share ideas and address any issues including Safeguarding, Equality, Diversity and Inclusion.

Project Coordinators are supported by the work of our highly skilled admin team of Wendy Stonehouse, Debra McBride and Gell Kay.

REFERENCE AND ADMINISTRATIVE DETAILS

List of Trustees

Sue Key: Chair
Jayne Daglish
Donna di Stefano
Sarah Hewitt
Anna Kozaczek: Charity Secretary
Anna Shields
Judith Helen Taylor; Councillor

RESERVES AND FINANCIAL HEALTH

Our Finances

The Statement of Financial Activities show:

- Incoming resources of £479,637
- Expenditure of £535,331

The total funds of £1,147,854 includes:

- Restricted Funds of £770,242 – mainly consisting of the freehold property and other tangible fixed assets of £669,845
- Unrestricted Funds of £133,612
- Designated Funds of £244,000

There are restrictions on the Freehold property in line with the grant funding for the extension.

The Trustees have a reserves and designated funds policy to cover:

- Reserves for between 3 to 6 months expenditure in light of the main risks of the organisation. In the current year we are running with three months reserves.
- A continuing programme of maintenance, repairs and regular servicing to ensure the building is well maintained and all statutory regulations are met.
- Contingencies for end of contractual term to meet legal employment obligations.

The Trustees receive monthly financial reports to ensure the financial viability of the organisation and grant budgets are on target. The Trustees have also considered the extent to which activities could be curtailed in the short term should such circumstances arise.

Risk Policy

The Trustees review risks on a regular cycle. Internal control risks are minimised by the implementation of policies and procedures to ensure compliance with accountancy procedures, employment law, health and safety, equality, diversity and inclusion. The policies are updated on a rolling programme to ensure they meet with the charities needs and compliance regulations.

Pension Liability

All pension funds are paid into either stakeholder policies or the auto enrolment pension fund. The assets of the scheme are held separately from those of the charity. The annual contributions payable are charged to the Statement of Financial activities.

Investment Policy

There is funding towards the Contingencies for end of contractual term held in a charitable bond which is renewable every March. Aside from retaining a prudent amount in reserves most of the charity's funds are spent to meet the organisations objectives.

The principal funders for this Financial Year are

- Northumberland Police and Crime Commissioner
- Public Health – Better Mental Health fund
- South Tyneside Joint Commissioning Unit
- Tyne and Wear Community Foundation Women's Fund
- UK Shared Prosperity Fund
- Virgin Money Foundation
- Know Your Neighbourhood fund via Tyne and Wear Community Foundation
- Smallwood Trust
- Ballinger Trust
- Inspire (to host the PTC Community Facilitator)
- Postcode Neighbourhood Trust
- National Lottery Connecting Places
- Sir James Knott
- Rise North East
- South Tyneside Integrated Care Board
- Newcastle Building Society via Tyne and Wear Community Foundation
- Be the Sea – Seascapes Community Grant
- The Joicey Trust
- Kellet Foundation via Tyne and Wear Community Foundation
- Linden Family via Tyne and Wear Community Foundation
- Changing Lives

Supporting the key objectives

- The funding from the above sources paid towards staff salaries and the organisation overheads enabling the project to provide services and support the users.
- Funding from several organisations enabled us to provide personal development and exercise courses. We worked with **Active Families** who financed a weekly Seated Exercise class.
- All funding is used to provide support services for the beneficiaries and to cover the organisation overheads.
- **£63,483** of the total expenditure for the year was paid to partners to deliver the Food Fair project of which WHiST was the lead organisation.

Fundraising

The volunteers and members raised funds from coffee bar provision and donations in addition to the funding raised by the staff team.

RESPONSIBILITIES OF THE TRUSTEES

The trustees are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law and regulations.

Company law requires the trustees to prepare financial statements for each financial year. Under that law the trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The financial statements are required by law to 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.

RESPONSIBILITIES OF THE TRUSTEES

In preparing the 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 2015 (FRS 102).
- Make judgements 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; and
- 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 adequate accounting records that 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 Companies Act 2006. The trustees are also responsible for safeguarding the assets of the charitable company and hence for taking responsible steps for the prevention and detection of fraud and other irregularities.

INDEPENDENT EXAMINER

A resolution to re-appoint Claire Miller of Debére Limited as Independent Examiner for the ensuing year will be proposed at the Annual General Meeting.

SMALL COMPANY PROVISIONS

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Signed on behalf of the directors

Sue Key
Chair

Approved by the Trustees on 14 August 2024

WOMEN'S HEALTH IN SOUTH TYNESIDE

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF WOMEN'S HEALTH IN SOUTH TYNESIDE

YEAR ENDED 31 MARCH 2024

I report on the accounts of Women's Health in South Tyneside for the year ended 31 March 2024, which are set out on pages 17 to 35.

Respective responsibilities of trustees and independent examiner

The charity's trustees (who are also the directors of Women's Health in South Tyneside for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 Act (the 2011 Act) and that an independent examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales.

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

Basis of independent examiner's report

My examination was carried out in accordance with the 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 give 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 Act; and

- to prepare accounts which accord with the accounting records and 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.

Claire Miller BA (Hons) FCA
Independent Examiner

ON BEHALF OF DEBÉRE LIMITED
Chartered Accountants
Swallow House
Parsons Road
Washington
Tyne and Wear
NE37 1EZ

Date: 14 August 2024

WOMEN'S HEALTH IN SOUTH TYNESIDE

COMPANY LIMITED BY GUARANTEE

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING THE INCOME STATEMENT)

YEAR ENDED 31 MARCH 2024

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	*Total Funds 2023 £*
Income and endowments					
Donations and legacies:					
Donations and legacies	5	5,958	–	5,958	*10,940*
Charitable activities	6	20,720	431,068	451,788	*406,329*
Investment income	7	14,061	–	14,061	*3,260*
Other trading activities	8	7,830	–	7,830	*9,969*
Total income		48,569	431,068	479,637	*430,498*
Expenditure on:					
Charitable activities		26,305	509,026	535,331	*480,966*
Total expenditure	9	26,305	509,026	535,331	*480,966*
Net income/(expenditure)	11	22,264	(77,958)	(55,694)	*(50,468)*
Transfer between funds		–	–	–	–
Balances brought forward		355,348	848,200	1,203,548	*1,254,016*
Balances carried forward		377,612	770,242	1,147,854	*1,203,548*

The Statement of Financial Activities includes all gains and losses in the year and therefore a statement of total recognised gains and losses has not been prepared.

All of the above amounts relate to continuing activities.

WOMEN'S HEALTH IN SOUTH TYNESIDE

COMPANY LIMITED BY GUARANTEE
Registered Number 06175697

STATEMENT OF FINANCIAL POSITION

31 MARCH 2024

	Note	2024		2023	
		£	£	£	£
Fixed assets					
Tangible assets	12		752,955		*779,763*
Current assets					
Debtors	13	59,144		*24,662*	
Cash at bank and in hand		415,012		*433,975*	
		474,156		*458,637*	
Creditors: amounts falling due within one year	14	(79,257)		*(34,852)*	
NET CURRENT ASSETS			394,899		*423,785*
NET ASSETS			1,147,854		*1,203,548*
FUNDS					
Restricted income funds	15		770,242		*848,200*
Unrestricted income funds:					
Designated funds	16		244,000		*230,000*
General unrestricted funds	16		133,612		*125,348*
TOTAL FUNDS	17		1,147,854		*1,203,548*

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)).

For the year ended 31 March 2024 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors/trustees responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors/trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements were approved by the members of the committee and authorised for issue on 14 August 2024 and are signed on their behalf by:

Sue Key
Chair

1 General information

The charity is a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is Salus House, Mile End Road, South Shields, Tyne and Wear, NE33 1TA.

2 Statement of compliance

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006 and "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) (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

3 Accounting policies

The principal accounting policies are set out below. The accounting policies have been adopted consistently throughout the year.

Going concern

The financial statements have been prepared on a going concern basis. The trustees have reviewed and considered relevant information, including the annual budget and future cash flows in making their assessment. Based on these assessments, given the measures that could be undertaken to mitigate the current adverse conditions, and the current resources available, the trustees have concluded that they can continue to adopt the going concern basis in preparing the annual report and accounts.

Cash flow exemption

The charity has elected to adopt the exemption from preparing a cash flow statement on the grounds that the charity qualifies as a small charity.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

3 Accounting policies *(continued)*

Incoming resources

Voluntary income includes donations and their associated tax claims, subscriptions (as these are voluntary) and grants that provide core funding or are of a general nature. Voluntary income is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability. Such income is only deferred when the donor specifies that the grant or donation relates to future accounting periods.

Other income from charitable activities is recognised as earned, as the related services are provided. Grant income included in this category provides funding to support the charitable activities and is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Grant income

Revenue grants are credited to incoming resources on the earlier date of when they are received or when they are receivable, unless they relate to a specific future period, in which case they are deferred.

Capital grants are credited to income when received and form a restricted fund, which will be transferred to unrestricted funds in line with the depreciation on the grant-funded assets. This treatment accords with the requirements of the Charity SORP but not that of Statement of Standard Accounting Practice No 4 "Accounting for Government Grants".

Interest receivable

Interest is recognised on a receivable basis.

Resources expended

Resources expended are included in the Statement of Financial Activities on an accruals basis, inclusive of VAT. They include:

(i) Charitable activities include all costs relating to activities where the primary aim is part of the objects of the charity along with the indirect costs. All of the direct costs have been included within this cost heading. The indirect costs, i.e. support costs include central functions and have been allocated to activity cost categories based on room availability.

(ii) Cost of generating funds are those costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

(iii) Governance costs include those incurred in the governance of its assets and are primarily associated with constitutional and statutory requirements.

Staff costs and overhead expenses

Staff costs and overhead expenses are allocated to activities on the basis of staff time spent on these activities.

3 Accounting policies *(continued)*

Support cost allocation

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs and administrative payroll costs. They are incurred directly in support of expenditure on the objects of the charity.

Pension costs

The charity provides a defined contribution scheme for employees. The assets of the scheme are held separately from those of the charity. The annual contributions payable are charged to the Statement of Financial Activities.

Tangible fixed assets and depreciation

Tangible fixed assets are included in the balance sheet at cost or at market value at the date of the acquisition. Tangible fixed assets are capitalised and included at cost.

Depreciation is calculated so as to write off an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Freehold property	– 2% straight line
Equipment	– 25% straight line
Database development	– 33.33% straight line

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.

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.

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 after allowing for any trade discounts due.

3 Accounting policies *(continued)*

Funds

The funds held by charity are either:

- Unrestricted general funds – these are funds which are available for use at the discretion of the directors in furtherance of the general objectives of the Charity and which have not been designated for other purposes; or

- Restricted funds – these are funds that can only be used for particular restricted purposes within the objects of the charity. Funds are held as restricted funds until such time as the purposes for which the funds were received have been fulfilled, at which time they are transferred to general funds; or

- Designated funds are unrestricted funds earmarked by the trustees for particular purposes. In the year ended 31 March 2024 designated funds relate to the building fund (i.e. on-going maintenance of the building), a general reserve (i.e. to retain a minimum of three months reserves) and the redundancy fund.

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.

4 Statement of Financial Activities for the prior year

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Income and endowments				
Donations and legacies:				
Donations and legacies	*5*	*10,940*	*–*	*10,940*
Charitable activities	*6*	*16,442*	*389,887*	*406,329*
Investment income	*7*	*3,260*	*–*	*3,260*
Other trading activities	*8*	*9,969*	*–*	*9,969*
Total income		*40,611*	*389,887*	*430,498*
Expenditure on:				
Charitable activities		*3,914*	*477,052*	*480,966*
Total expenditure	*9*	*3,914*	*477,052*	*480,966*
Net income/(expenditure)	*11*	*36,697*	*(87,165)*	*(50,468)*
Transfer between funds				
Balances brought forward		*318,651*	*935,365*	*1,254,016*
Balances carried forward		*355,348*	*848,200*	*1,203,548*

5 Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total funds 2024 £	*Total funds 2023 £*
Donations	3,486	–	3,486	*6,379*
Subscriptions	2,472	–	2,472	*4,561*
Gifts in kind	–	–	–	*–*
	5,958	–	5,958	*10,940*

6 Charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	*Total Funds 2023 £*
ST Joint Commissioning Team	–	38,912	38,912	*44,912*
Coffee bar sales	4,251	–	4,251	*4,566*
Miscellaneous income	832	–	832	*2,470*
Big Lottery Fund – Wise Group	9,579	–	9,579	*27,053*
Community Foundation Women's Fund	–	7,000	7,000	–
Northumbria Police and Crime Commissioner	–	85,684	85,684	*79,000*
Changing Lives	–	11,000	11,000	*10,000*
Ballinger	–	20,000	20,000	*15,000*
Smallwood Trust and Rosa	–	10,000	10,000	–
National Lottery Community Fund	–	–	–	*9,600*
Sir James Knott	–	5,000	5,000	*5,750*
South Tyneside CCG	–	20,680	20,680	*20,680*
Money Saving Expert	–	641	641	*5,768*
Community Foundation – Know Your Neighbourhood	–	40,586	40,586	*16,087*
Virgin Foundation	–	–	–	33,000
Inspire	–	8,000	8,000	–
STC – household vouchers	4,500	–	4,500	4,200
Community Foundation – Linden Family	–	–	–	8,712
STC Skills	–	–	–	206
STC Public Health	–	–	–	101,396
Warm Space	–	–	–	*5,000*
Community Foundation – Port of Tyne	–	–	–	*1,000*
Community Foundation – Kellet Fund	–	11,929	11,929	*11,929*
The Joicey Trust	–	2,000	2,000	–
Rise - Courses	–	1,248	1,248	–
Community Foundation – Newcastle Building Society	–	4,391	4,391	–
Postcode Neighbourhood Trust	–	25,000	25,000	–
UK Shares Prosperity Fund – Food Care	–	128,892	128,892	–
Community Foundation – Waiting Well	–	5,000	5,000	–
Be The Sea	–	2,000	2,000	–
UK Shares Prosperity Fund – Rise	–	3,105	3,105	–
Access to Work	1,558	–	1,558	–
	20,720	431,068	451,788	*406,329*

7 Investment income

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	*Total Funds 2023 £*
Bank interest receivable	14,061	–	14,061	*3,260*

8 Other trading activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	*Total Funds 2023 £*
Fundraising events	–	–	–	*159*
Room hire	7,830	–	7,830	*9,810*
	7,830	–	7,830	*9,969*

9 Total resources expended costs of charitable activities

	Staff Costs £	Direct Costs £	Depre-ciation £	Support Costs £	Total Funds 2024 £	*Total Funds 2023 £*
Charitable activities:						
Coffee shop	86,603	843	7,092	36,689	131,227	*115,471*
Studio	86,603	18,695	7,092	32,861	145,251	*131,603*
Counselling	86,603	2,826	7,091	32,861	129,381	*114,834*
Seminars	86,603	156	7,091	32,862	126,712	*112,329*
Gifts in kind	–	–	–	–	–	–
Governance costs	–	–	–	2,760	2,760	*6,729*
	346,412	22,520	28,366	138,033	535,331	*480,966*

Support costs have been allocated across activities on the basis of room usage. These include costs associated with providing accommodation, finance, personal and other central activities to the charity's clients. Total funds includes restricted costs of £509,026 (2023: £477,052) and unrestricted costs of £48,569 (2023: £3,914).

10 Staff numbers and emoluments

The aggregate payroll costs were:

	2024 £	*2023 £*
Wages and salaries	293,488	*300,928*
Social security costs	18,224	*19,593*
Other pension costs	34,700	*35,164*
	346,412	*355,685*

10 Staff numbers and emoluments (*continued)*

Particular of employees

The average number employees during the year, calculated on the basis of full time equivalents, was as follows:

	2024	*2023*
	£	*£*
Number of management and administration staff	10	*11*

No employee received emoluments of more than £60,000 during the year (2023: £60,000 - none).

The total remuneration and benefits paid to key management amounted to £49,777 (2023: £48,698).

No (2023: none) trustee received reimbursement of expenses for their role as a volunteer. The amount claimed was £nil (2023: £nil). Trustee/volunteer indemnity insurance has been provided by the charity at a cost of approximately £550 (2023: £550).

11 Net movements in funds

Net movement in funds is stated after charging:

	2024	*2023*
	£	*£*
Accountancy and Independent Examination	2,760	*2,760*
Depreciation	28,366	*28,428*

12 Tangible fixed assets

	Freehold Property	**Equipment**	**Total**
	£	**£**	**£**
Cost			
At 1 April 2023	1,129,672	66,128	1,195,800
Additions	–	1,558	1,558
Disposals	–	–	–
At 31 March 2024	1,129,672	67,686	1,197,358
Depreciation			
At 1 April 2023	360,492	55,545	416,037
Charge for the year	22,593	5,773	28,366
Disposals	–	–	–
At 31 March 2024	383,085	61,318	444,403
Net book value			
At 31 March 2024	746,587	6,368	752,955
At 31 March 2023	*769,180*	*10,583*	*779,763*

13 Debtors

	2024	*2023*
	£	*£*
Trade debtors	7,870	*23,180*
Prepayments and accrued income	51,177	*1,385*
Other debtors	97	*97*
	59,144	*24,662*

14 Creditors: amounts falling due within one year

	2024	*2023*
	£	*£*
Trade creditors	12,801	*2,499*
Taxation and social security	5,871	*5,807*
Accruals	60,585	*25,955*
Other creditors	–	*591*
	79,257	*34,852*

15 Restricted funds

For the year ended 31 March 2024

		Movement in resources:			
	Balance at 1 Apr 2023	Incoming	Outgoing	Transfers	Balance At 31 Mar 2024
	£	£	£	£	£
Freehold property ***	*680,465*	–	(22,386)	–	658,079
Coalfields – Regional Impact Fund **	*9,501*	–	(6,538)	–	2,963
Changing Lives	*39,126*	11,000	(11,000)	–	39,126
ST Joint Commissioning Team	–	38,912	(38,912)	–	–
WEA	*2,893*	–	(2,893)	–	–
Garfield Weston **	*3,022*	–	(70)	–	2,952
Community Foundation Women's Fund	–	7,000	(7,000)	–	–
Ballinger Trust	–	20,000	(20,000)	–	–
Cloth Workers Fund **	*5,041*	–	(123)	–	4,918
Northumbria Police and Crime Commissioner	–	85,684	(85,684)	–	–
Wise Group BBO **	*23,009*	–	(17)	–	22,992
Smallwood Trust and Rosa	–	10,000	(8,682)	–	1,318
Virgin Foundation	*11,201*	–	(11,201)	–	–
Tudor Trust **	*861*	–	(161)	–	700
Awards For All **	*3,597*	–	(899)	–	2,698
Community Foundation	*6,420*	–	–	–	6,420
Karbon Homes **	*134*	–	(53)	–	81
ST PHE	*37,252*	–	(34,525)	–	2,727

15 Restricted funds *(continued)*

For the year ended 31 March 2024 *(continued)*

		Movement in resources:			
	Balance at 1 Apr 2023 £	Incoming £	Outgoing £	Transfers £	Balance At 31 Mar 2024 £
The Joicey Trust	–	2,000	(2,000)	–	–
Community Foundation Newcastle Building Society	–	4,391	(4,391)	–	–
Community Foundation – Linden Family	*5,517*	–	(4,682)	–	835
South Tyneside CCG	*100*	20,680	(20,780)	–	–
Sir James Knott	*3,563*	5,000	(6,451)	–	2,112
Community Foundation – Kellet Fund	*4,858*	11,929	(14,646)	–	2,141
Lottery Community Fund	*7,502*	–	(7,502)	–	–
Money Saving Expert	*3,768*	641	(4,409)	–	–
Community Foundation – Port of Tyne	*370*	–	(370)	–	–
Community Foundation – Know Your Neighbourhood	–	40,586	(40,586)	–	–
UK Shared Prosperity Fund – Food Fare Project	–	128,892	(120,268)	–	8,624
Postcode Neighbourhood Trust	–	25,000	(18,444)	–	6,556
Inspire		9,248	(9,248)	–	–
Community Foundation – Waiting Well	–	5,000	–	–	5,000
Be The Sea	–	2,000	(2,000)	–	–
UK Shared Prosperity Fund - Rise	–	3,105	(3,105)	–	–
	848,200	431,068	(509,026)	–	770,242

For the year ended 31 March 2023

		Movement in resources:			
	Balance at 1 Apr 2022 £	Incoming £	Outgoing £	Transfers £	Balance At 31 Mar 2023 £
Freehold property ***	*702,851*	–	(22,386)	–	680,465
Coalfields – Regional Impact Fund **	*9,501*	–	–	–	9,501
Changing Lives	*29,126*	10,000	–	–	39,126
ST Joint Commissioning Team	–	44,912	(44,912)	–	–
WEA	*2,893*	–	–	–	2,893
Garfield Weston **	*3,092*	–	(70)	–	3,022
Community Foundation Women's Fund	*1,477*	–	(1,477)	–	–
Ballinger Trust	–	15,000	(15,000)	–	–
Cloth Workers Fund **	*5,164*	–	(123)	–	5,041
Northumbria Police and Crime Commissioner	*6,946*	79,000	(85,946)	–	–
Wise Group BBO **	*25,240*	27,053	(29,284)	–	23,009
Community Foundation – Henry Smith	*2,468*	–	(2,468)	–	–
Smallwood Trust and Rosa	*42,455*	–	(42,455)	–	–
Virgin Foundation	–	33,000	(21,799)	–	11,201

15 Restricted funds *(continued)*

For the year ended 31 March 2023 *(continued)*

		Movement in resources:			
	Balance at 1 Apr 2022	**Incoming**	**Outgoing**	**Transfers**	**Balance At 31 Mar 2023**
	£	**£**	**£**	**£**	**£**
Tudor Trust **	*1,021*	–	(160)	–	861
Awards For All **	*4,496*	–	(899)	–	3,597
Community Foundation	*20,382*	–	(13,962)	–	6,420
Co-operative Community Fund	*1,420*	–	(1,420)	–	–
Karbon Homes **	*187*	–	(53)	–	134
ST PHE	*60,567*	101,396	(124,711)	–	37,252
Coalfields Regeneration Trust	*15,109*	–	(15,109)	–	–
Community Foundation – Reed Fund	*970*		(970)	–	–
Community Foundation – Linden Family	–	8,712	(3,195)	–	5,517
South Tyneside CCG	–	20,680	(20,580)	–	100
Sir James Knott	–	5,750	(2,187)	–	3,563
Community Foundation – Kellet Fund	–	11,929	(7,071)	–	4,858
Lottery Community Fund	–	9,600	(2,098)	–	7,502
Money Saving Expert	–	5,768	(2,000)	–	3,768
Community Foundation – Port of Tyne	–	1,000	(630)	–	370
Community Foundation – Know Your Neighbourhood	–	16,087	(16,087)	–	–
	935,365	389,887	(477,052)	–	848,200

** Capital funds (i.e. where the assets have been capitalised and the depreciation is charged against these balances).

*** *The balance brought forward combines freehold property, Big Lottery Fund – Extension and Big Lottery Fund – Grant for Extension balances taken from the 2015 financial statements.*

Sufficient funds are held in an appropriate form to enable each fund to be applied in accordance with any restrictions placed on it.

Coalfields – Regional Impact Fund
Funding towards purchasing some assets. The capital balance carried forward is £2,963 (2023: £9,501).

Changing Lives
Funding received towards partnership work to support the work of the NCRC.

ST Joint Commissioning Team
Funding from ST Joint Commissioning Team towards the Chief Executive Officer salary costs.

15 Restricted funds *(continued)*

WEA
Funding received to pay for course costs for venue and training materials

Garfield Weston
Funding received towards the refurbishment of the kitchen. This fund is being reduced each year by the depreciation charge. The capital balance carried forward is £2,875 (2023: £2,944).

Community Foundation Women's Fund
Funding received for core costs.

Ballinger Trust
Funding received towards salaries and core costs.

Cloth Workers Fund
Funding received towards the refurbishment of the kitchen. This fund is being reduced each year by the depreciation charge. The capital balance carried forward is £4,918 (2023: £5,041).

Northumbria Police and Crime Commissioner
Funding received towards work with Victims of Domestic Violence.

Wise Group BBO
Partnership agreement with the European Social Fund co-funded initiative with the Big Lottery Fund to provide and Employment Coach to identify referrals, provide coaching and wrap around support, provide employability support when appropriate and signposting to wider wrap around support from within the wider partnership and within mainstream services. The capital balance carried forward is £xx (2023: £23).

Community Foundation – Henry Smith
Funding received to cover costs that enable us to provide services and facilities for the participants.

Smallwood Trust and Rosa
Funding received for salaries and overheads to enable the continued support for women experiencing health inequalities.

Community Foundation – WM Leech
Funding received to provide volunteer and peer support

Virgin Foundation
Funding received towards volunteer co-ordinator salary.

Tudor Trust
Funding received towards the purchase of some assets. The capital balance carried forward is £700 (2023: £861).

Awards For All
Funding received for counselling, Covid-19 equipment and remote teaching. The capital balance carried forward is £225 (2023: £1,124).

Co-operative Community Fund
Funding received for tutor costs to facilitate a support group.

15 Restricted funds *(continued)*

Karbon Homes
Funding received for support worker costs to support women dealing with complex circumstances due to Covid. The capital balance carried forward is £81 (2023: £134).

ST PHE
Funding received to fund women's engagement worker, women's advocate and a senior counsellor. This was also towards volunteer expenses and core costs.

Coalfields Regeneration Trust
Funding received towards the employment of counselling staff.

Community Foundation – Reed Fund
Funding towards facilitator costs for choir sessions.

Community Foundation – Linden Family
Funding received for eating together sessions. This covers facilitator costs, food costs and volunteer expenses.

South Tyneside CCG
Funding towards the counselling service.

Sir James Knott
Funding towards Learning Programme Co-ordinator salary

Community Foundation – Kellet Fund
Funding for exercise courses and volunteers.

Money Saving Expert
Funding towards financial hardship drop in and advocacy service.

Community Foundation – Port of Tyne
Funding towards the choir.

Community Foundation – Know your Neighbourhood
Funding towards the volunteering project.

Smallwood Trust
Funding for urgent financial support for women.

Postcode Neighbourhood Trust
Funding received for core costs.

The Joicey Trust
Funding received for core costs.

Rise – UK Shared Prosperity Fund
Funding for the Learning Programme as part of an employability project.

UK Shared Prosperity Fund – Food Fair Project
A partnership with Hospitality and Hope, Apna Ghar, and the local authority. The contract funds a Community Connector post and Women's Advocacy service at WHiST and posts at partner organisations.

15 Restricted funds *(continued)*

Inspire
Funding for Community Connector post recruiting community commissioners with lived experience of poverty for the independent Poverty Truth Commission.

Community Foundation – Waiting Well
Funding received for courses supporting women both pre and post-surgery.

Be the Sea - Seascapes Community Grant
Funding towards choir workshops to recreate sounds identified at the coast.

16 Unrestricted funds

For the year ended 31 March 2024

	Balance at 1 Apr 2023 £	Incoming £	Outgoing £	Transfers £	Balance At 31 Mar 2024 £
Designated funds:					
Building maintenance and repair	*20,000*	–	–	5,000	25,000
Reserves	*145,000*	–	–	–	145,000
Contingencies for end of contractual term	*65,000*	–	–	9,000	74,000
Total designated funds	*230,000*	–	–	14,000	244,000
General funds	*125,348*	48,569	(26,305)	(14,000)	133,612
	355,348	48,569	(26,305)	–	377,612

For the year ended 31 March 2023

	Balance at 1 Apr 2022 £	Incoming £	Outgoing £	Transfers £	Balance At 31 Mar 2023 £
Designated funds:					
Building maintenance and repair	*10,000*	–	–	10,000	20,000
Reserves	*125,000*	–	–	20,000	145,000
Contingencies for end of contractual term	*59,000*	–	–	6,000	65,000
Total designated funds	*194,000*	–	–	36,000	230,000
General funds	*124,651*	40,611	(3,914)	(36,000)	125,348
	318,651	40,611	(3,914)	–	355,348

The Committee feel it is prudent to hold some designated funding for the enhancement and continuation of the services and the upkeep of the building.

Building Maintenance and Repair
Funding set aside to ensure that the building complies with all legal and health and safety legislation and is repaired and maintained to a reasonable standard. Maintaining the asset is part of the agreement for the building extension grant from the Big Lottery Fund.

Reserves
A minimum of three months reserves have been set aside to enable the Charity to fulfil all of its legal obligations.

Contingencies for end of contractual term
Due to current economic climate the decision has been taken to hold sufficient funding to meet its contractual liabilities, safeguarding the ability of the charity to meet its objectives.

17 Analysis of net assets between funds

For the year ended 31 March 2024

	Tangible Fixed Assets £	Net Current Assets £	Total £
Restricted funds			
Freehold Property	658,079	–	658,079
Changing Lives	–	39,126	39,126
Garfield Weston	2,873	79	2,952
Cloth Workers Fund	4,918	–	4,918
Wise Group BBO	6	22,986	22,992
Tudor Trust	700	–	700
Coalfields – Regional Impact Fund	2,963	–	2,963
Awards for All	225	2,473	2,698
Community Foundation	–	6,420	6,420
Karbon Homes	81	–	81
Community Foundation – Linden Family	–	835	835
ST PHE	–	2,727	2,727
Sir James Knott	–	2,112	2,112
Community Foundation – Kellet Fund	–	2,141	2,141
Smallwood Trust	–	1,318	1,318
UK Shared Prosperity Fund – Food Share Project	–	8,624	8,624
Postcode Neighbourhood Trust	–	6,556	6,556
CF – Waiting Well	–	5,000	5,000
	669,845	100,397	770,242
Designated funds:			
Building maintenance and repair	–	25,000	25,000
Reserves	–	145,000	145,000
Contingencies for end of contractual term	–	74,000	74,000
General unrestricted funds	83,110	50,502	133,612
Total funds	752,955	394,899	1,147,854

17 Analysis of net assets between funds *(continued)*

For the year ended 31 March 2023

	Tangible Fixed Assets £	*Net Current Assets* £	*Total* £
Restricted funds			
Freehold Property	*680,465*		*680,465*
Changing Lives	*–*	*39,126*	*39,126*
Garfield Weston	*2,944*	*78*	*3,022*
Cloth Workers Fund	*5,041*	*–*	*5,041*
WEA	*–*	*2,893*	*2,893*
Wise Group BBO	*23*	*22,986*	*23,009*
Tudor Trust	*861*	*–*	*861*
Coalfields – Regional Impact Fund	*6,232*	*3,269*	*9,501*
Awards for All	*1,124*	*2,473*	*3,597*
Community Foundation	*–*	*6,420*	*6,420*
Karbon Homes	*134*	*–*	*134*
Community Foundation – Linden Family	*–*	*5,517*	*5,517*
ST PHE	*–*	*37,252*	*37,252*
Virgin Foundation	*–*	*11,201*	*11,201*
South Tyneside CCG	*–*	*100*	*100*
Sir James Knott	*–*	*3,563*	*3,563*
Community Foundation – Kellet Fund	*–*	*4,858*	*4,858*
Lottery Community Fund	*–*	*7,502*	*7,502*
Money Saving Expert	*–*	*3,768*	*3,768*
Community Foundation – Port of Tyne	*–*	*370*	*370*
	696,824	*151,376*	*848,200*
Designated funds:			
Building maintenance and repair	*–*	*20,000*	*20,000*
Reserves	*–*	*145,000*	*145,000*
Contingencies for end of contractual term	*–*	*65,000*	*65,000*
General unrestricted funds	*82,939*	*42,409*	*125,348*
Total funds	*779,763*	*423,785*	*1,203,548*

18 Future Sustainability

We will continue to apply for grant funding to provide a sustainable range of services to support the women in South Tyneside. The extension will enable us to drive forward new initiatives and develop our partnership work.

We have a large asset in the building which we operate from and this is shown in the accounts. The asset has significant restrictions imposed by the Big Lottery Fund for the next year under the terms and conditions of the grant awarded. This appears that the charity is richer on paper than we are in real life.

19 Related party transactions

There have been no related party transactions during the year.

20 Company limited by guarantee

The company is limited by guarantee and has no share capital. In the event of a winding up, every member undertakes to contribute such an amount as may be required for the payment of liabilities not exceeding a total of £1 each.

WOMEN'S HEALTH IN SOUTH TYNESIDE

England & Wales - Charity number 1119901

Accounts

WOMEN'S HEALTH IN SOUTH TYNESIDE

Company Limited by Guarantee

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

Charity Number: 1119901

Company Registered Number: 06175697

Debére Limited
Chartered Accountants
Swallow House
Parsons Road
Washington
Tyne and Wear
NE37 1EZ

WOMEN'S HEALTH IN SOUTH TYNESIDE

FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

CONTENTS	**PAGES**
Officers and professional advisers	1
The trustees' annual report	2 to 14
Independent examiner's report	15 to 16
Statement of financial activities	17
Statement of financial position	18
Notes to the financial statements	19 to 36

The following pages do not form part of the financial statements

Detailed statement of financial activities	38 to 40

WOMEN'S HEALTH IN SOUTH TYNESIDE

MEMBERS OF THE BOARD AND PROFESSIONAL ADVISERS

YEAR ENDED 31 MARCH 2023

The board of trustees	Donna di Stefano Judith Helen Taylor Anna Shields Sarah Bullock Anna Kozaczek Jayne Estelle Daglish – Vice Chair Sarah Rowan Hewitt Susan Ann Key - Chair
Local Authority representative	Judith Helen Taylor
Charity secretary	Anna Kozaczek
Registered office	Salus House 33 Mile End Road South Shields Tyne and Wear NE33 1TA
Charity number	1119901
Company registration number	06175697
Accountants	Debére Limited Chartered Accountants Swallow House Parsons House Washington Tyne and Wear NE37 1EZ
Bankers	Virgin Money 30 Fowler Street South Shields Tyne and Wear NE33 1NE
Solicitor	Ward Hadaway Sandgate House 102 Quayside Newcastle upon Tyne Tyne and Wear NE1 3DX

WOMEN'S HEALTH IN SOUTH TYNESIDE

COMPANY LIMITED BY GUARANTEE

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2023

The trustees, who are the directors of the organisation for the purpose of Company Law, present their annual director's report together with the charity's financial statements for the year ended 31 March 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006 and "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 (FRS102) (effective 1 January 2019)".

Objectives and Activities

WHiST is a registered charity and company limited by guarantee, it was established in 1986 with the following charitable objectives:

- To preserve and protect good health, both mental and physical, of women, particularly by providing appropriate health advice, counselling and assistance and finding effective ways of meeting specific health problems.

- To advance the education of women to enable them to use their talents to the full and to extend their knowledge and specific skills and to encourage them to participate more fully in local and international affairs in voluntary activities and in their working lives.

We are committed to offering women only services that are open to women over 16, irrespective of class, sexual orientation, ethnicity or disability/ability.

Our values are key to achieving the following outcomes for women:

- Promote independence, choice and control over their lives
- Increase knowledge and skills
- Improve physical and mental health awareness
- Improve access to services
- Promote social inclusion
- Improve confidence, self-esteem and well-being

We offer a wide range of holistic services offering mental, physical and emotional support in a safe, confidential and non-judgemental environment that encourages equality, independence and empowerment. We encourage women to take control of their health and decision making by supporting them to choose their own route through services to suit their changing needs and supporting them to access services in the wider community to assist their progression.

This year we achieved our aims by delivering the following services:

- Counselling
- Personal development and training courses
- Employability support
- Volunteering opportunities
- Listening ear service
- Support around financial hardship
- Services for women age 16-25 years
- Advocacy
- Support groups
- Drop-in sessions
- Exercise sessions
- Health and wellbeing support
- Information, advice & guidance
- Social events including a late evening meal

Our services complement Local and National Government Strategic plans and priorities, and we participate in forums and working parties contributing to aligning the development of future services with the needs of local women.

Achievement and Performance

- We delivered services to **1,932** members, accessing in person, online or by phone. Most members felt able to return to in person provision this year. Nevertheless, we have seen increased levels of anxiety post pandemic.
- There has been an increase in demand for services with a **200% increase** in women accessing courses, **50% increase** in the number of women receiving counselling and **62% increase** in the number of women support by the Women's Advocate.
- We secured funding to continue to deliver the majority of our services however the Employment Project and Women Thrive project came to an end. Both projects were successful, exceeding the expected targets. Many of the services set up have continued beyond the end of the grant including the weekly financial support drop in and work of the Financial Wellbeing volunteers.
- **41 volunteers** and **10 volunteer counsellors** were central in the planning and delivery of services and peer support.
- Volunteers offered over **6,000 hours** of support across the year, an **increase of 47%** on last year.
- We continued to work in partnership with other organisations in the Borough. We planned and hosted another successful International Women's Day event with **Apna Ghar, CREST, Hindu Nari Sangh and Sangini**. Numerous partners supported the delivery of financial wellbeing support from our Tuesday drop in including **South Tyneside Homes, ACTS, Your Voice Counts, Northern Rights, Changing Lives, NECA, STARS, Hannay Family Law Solicitors and local authority adult and children's services.** We addressed health needs in the borough in partnership with other VCSE organisations and Public Health through attendance at **Alliance Working groups**. We continued to work with **Changing Lives** to support women in the criminal justice system. Our long-standing partnership with the **WEA** (Workers Educational Association) provided access to adult education for local women. We have developed a new partnership addressing food sustainability with the **local authority**, **Apna Ghar** and **Hospitality and Hope.**
- Eve Allen stepped down from her role as Chair and was replaced by Sue Key. We are grateful to Eve for her support and welcome Sue to the role.

- We held **"Thinking Together"** sessions to review and monitor our progress with our Strategic Plans and to strengthen our teamwork.

We continued working toward the adoption of an Anti-Racism Charter developed by Black and minoritised women working in the VAWG sector.

Provision

Learning Programme

The Service Development and Delivery Coordinator, Janet Cresswell, moved on in September 2022 and Asia Uddin moved into the role in March 2023. The role was renamed as Learning Programme Coordinator.

- **406** individual women have accessed one or more of the **103** different short courses and workshops provided this year, with **1120** course places taken meaning women are attending 2-3 courses a year. The number of women supported by the learning programme is a **200% increase** on the previous year. We feel this is as women feel less anxious in social spaces following the pandemic.
- **18** paid tutors and **14** volunteer facilitators worked with us to offer a wider range of provision. Sessional tutors and WHiST volunteers used their considerable skill to deliver social activities, exercise, personal development courses, creative courses, volunteer training and support with physical and mental health issues.
- **99%** of women completing an evaluation said that their levels of confidence increased following attendance on the course
- **100%** of women completing an evaluation reported an increased sense of wellbeing

Volunteering

The Volunteer team are a core part of WHiST team and central to our delivery of support services.

- **41** volunteers supported by Volunteer Coordinator, Joy Nancarrow, delivered services to over **600** women.
- Lockdown brought about many changes in the way women live and work and volunteers have developed new roles to welcome women, some of whom continue to feel anxious about attending.**10** volunteers have provided this support throughout the year.
- **6** volunteers have provided meet and greet to introduce **162** women, new to WHiST, to our support and services. Over **20** workers from across South Tyneside have also been introduced to WHiST by volunteers.
- **11** volunteers have staffed our Coffee Bar kitchen providing a range of refreshments to women dropping into our project both to access services and as a welcoming place to meet and talk to other women. We delivered Warm Spaces support from the coffee bar over the winter months.
- **9** volunteers have worked in our garden throughout the year to ensure women can access this tranquil outdoor space.
- **14** volunteers have facilitated groups including a memory group, creative writing, book club and women and activism group.
- **4** Financial wellbeing champions have supported women at the weekly financial support drop in.
- Our supported volunteering model is essential to the success of our work. We provide a solution focused environment which enables volunteer to set, reach and evaluate goals. It enables personal risk taking, allowing women to push themselves beyond pre-existing comfort zones by providing a safety net to test and explore in a supported environment.

Counselling

We have offered Cognitive Behavioural Therapy (CBT), Person Centred Therapy, Gestalt, Psychodynamic, Group and Neuro-Linguistic Programming (NLP):

- **15** counsellors have delivered sessions from WHiST this year.
- Funding from the **Office of the Police Crime Commissioner** secured the full time Counselling Coordinator role provided by Margaret Bird for 3 years. Additional PCC and Public Health funding allowed us to employ counsellors Lindsey Howe, Sonia Tabassum and Louise Wilson for 2 years. Funding from the **Integrated Care Board** will secure the Senior Counsellor post delivered by Ruth Marshall for 3 years.
- All counsellors receive **supervision** in line with BACP and UKCP regulations, in addition group supervision has been offered.
- The Counselling Coordinator delivered **122 hours** of clinical supervision sessions and urgent supervision related calls to volunteer counsellors including **4** trainees.
- **164** assessments were offered and **82% increase** on 21/22.
- **2,152** sessions of counselling were offered.
- **197** women were referred, and **163** women received counselling support, a **50% increase** on the previous year
- Our long-standing partner, **Rape Crisis Tyneside Northumberland (RCTN)** provides outreach services at WHiST.
- We have ongoing links with **South Tyneside DA Steering Group, Impact Family Services, Apna Ghar,** and **FLOWS.**

Employability Project

Delivered through partnership working with Wise Steps, funded by the National Lottery Community Fund and European Social Fund. Employment Coach, Asia Uddin works alongside Admin Worker, Debra McBride.

- **29** Women enrolled on the programme by March 2021.
- **14** women attended job interviews and **6** women moved into employment.
- **1** woman gained a qualification.
- **6** women gained a Level 1 Employability Award.
- **2** women completed functional skills in English.
- **6** women entered volunteering.
- **47** referrals to specialist partners to access support including counselling, IT skills, confidence building and benefits advice.
- We are working with diverse women reaching our targets to engage women over 50, women with a disability, women from BAME communities, lone parents and carers.
- The programme will end in March 2023.

Women's Advocate

Women's Advocate, Rebecca Hardy, supports women on a one-to-one basis, including attending meetings and signposting to partners. Rebecca provides support to women experiencing complex issues, creating an action plan to address and tackle those issues that "keep them awake at night".

- **128** women supported, accessing **1,152** sessions. This is a **62% increase** on the number of women seen last year.
- A wide range of issues addressed including childhood sexual abuse, housing, debt and financial hardship, domestic violence, physical and mental ill health, parenting issues including child to parent violence, family relationships.
- **100** Referrals made to **37** partner organisations in South Tyneside.

Young Women's Development Work

Our Young Women's Development Worker, Megan Thompson engages with organisations and young women aged 16-25 years to increase their participation in WHiST services.

- **50** organisations engaged with.
- **140** young women engaged in focus groups and workshops.
- **20% increase** in young women becoming a WHiST member.
- Life skills course delivered "All the stuff they don't teach you in school".
- Team of **4** young volunteers working on the project.
- Services support young women with their mental health, developing life skills, reducing isolation, exploring healthy relationships and improving their confidence.

Women Thrive Project

Funded by **Smallwood Trust** and **Rosa** and starting in January 2022, Project Lead, Roweena Russell is implementing recommendations from WHiST Poverty Project reports. Working with South Tyneside Homes, Moving On Tyne and Wear, Hannay's Solicitors and WHiST Women's Advocate, Roweena facilitates the Tuesday drop-in providing support to women struggling with the cost of living including fuel and food poverty, debt, benefit and housing issues.

- Tuesday drop in, **17** sessions for **19** women, restored **£12,000** of benefit entitlements.
- **£28,000** of household support fund vouchers distributed to **161** women.
- **3** training events for **21** women on the impact of poverty, evaluation techniques and use of different media tools.
- Eating Together provided **120** meals and **10** cooking sessions.

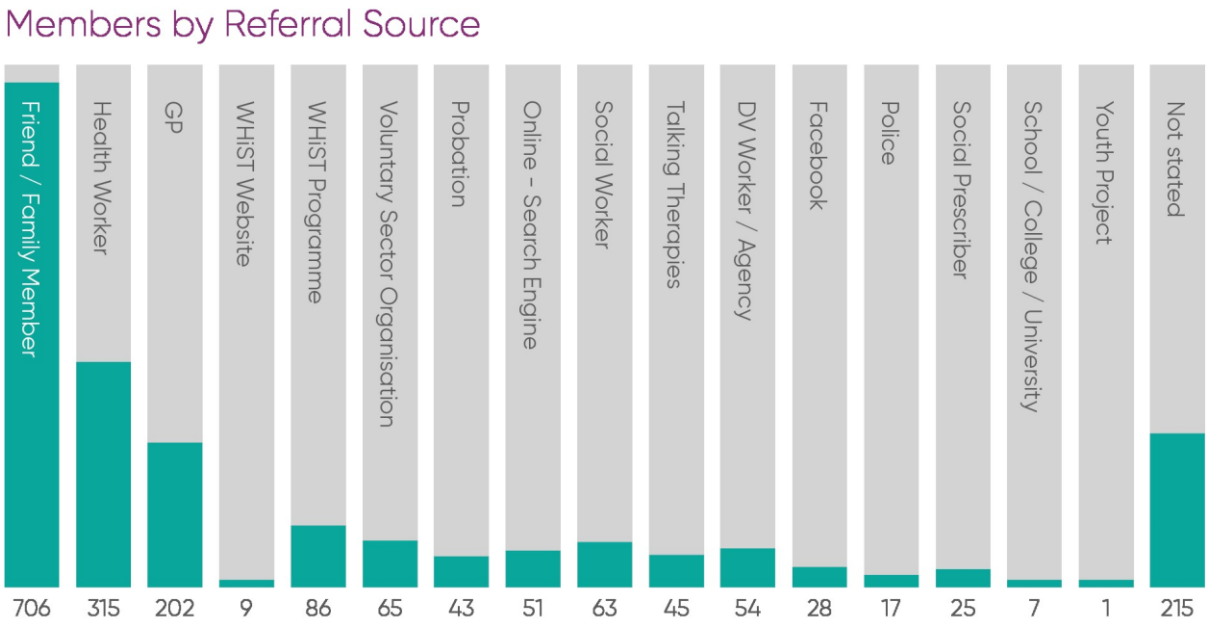
Self Help and Peer Support groups

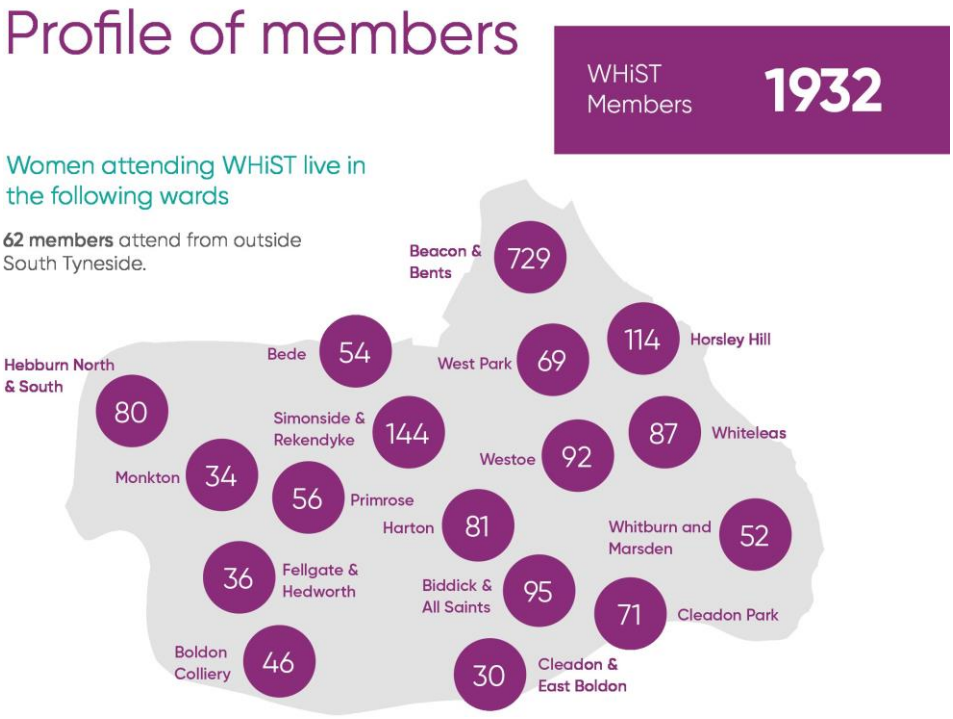
Support groups delivered throughout the year by volunteers and tutors included:

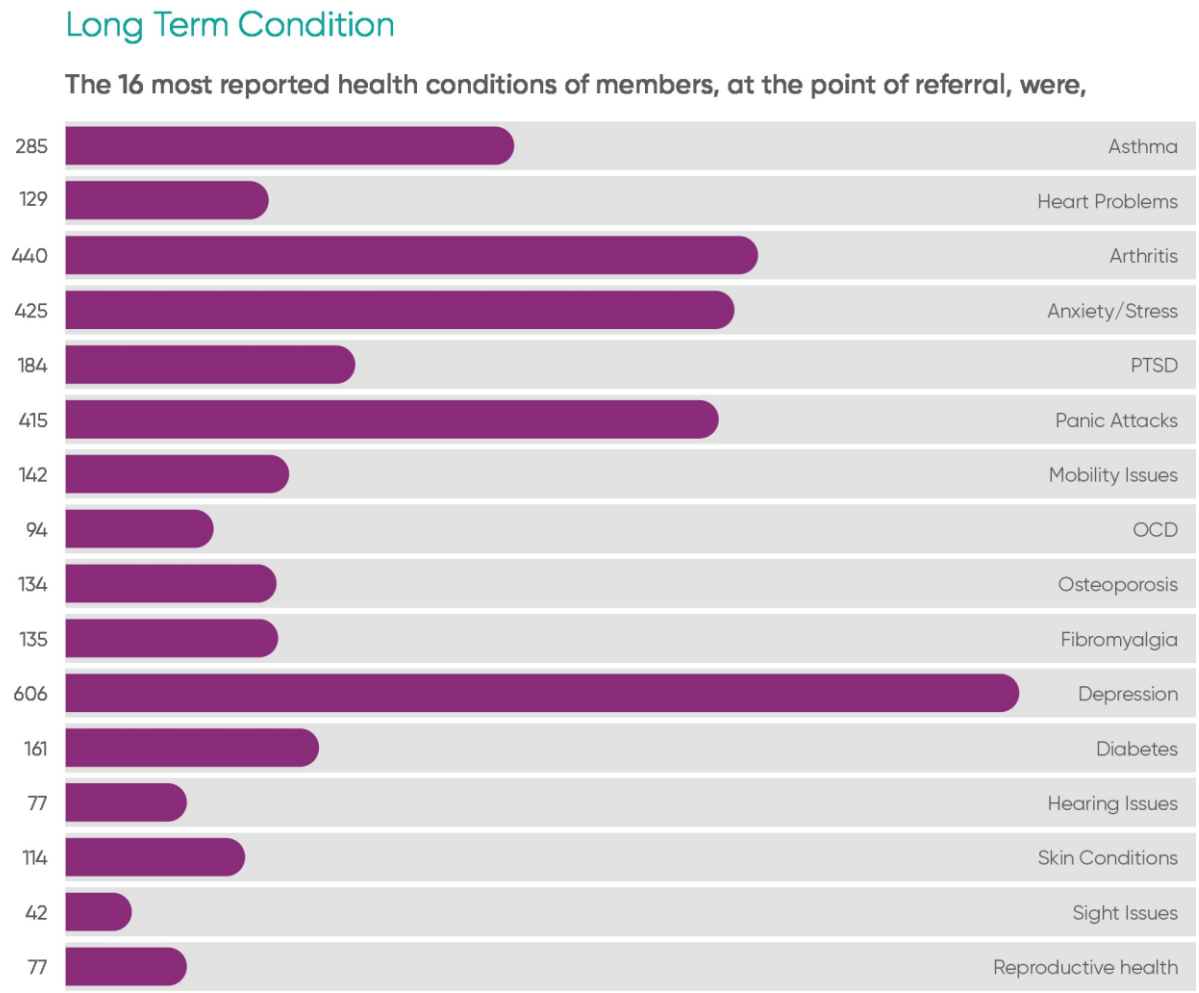
- Weekly Relaxation session with a trained facilitator.
- Fibromyalgia support
- IT support
- Women and Activism group
- Living with Long Term Health Conditions, delivered fortnightly.
- Craft group with peer and volunteer support
- Weekly volunteer led art group
- Meet and Greet - volunteer led service
- Re-MIND – a volunteer led memory support group
- Creative Writing
- Credit union collection point with Moneywise Credit Union
- Weekly volunteer led gardening group

Profile of members

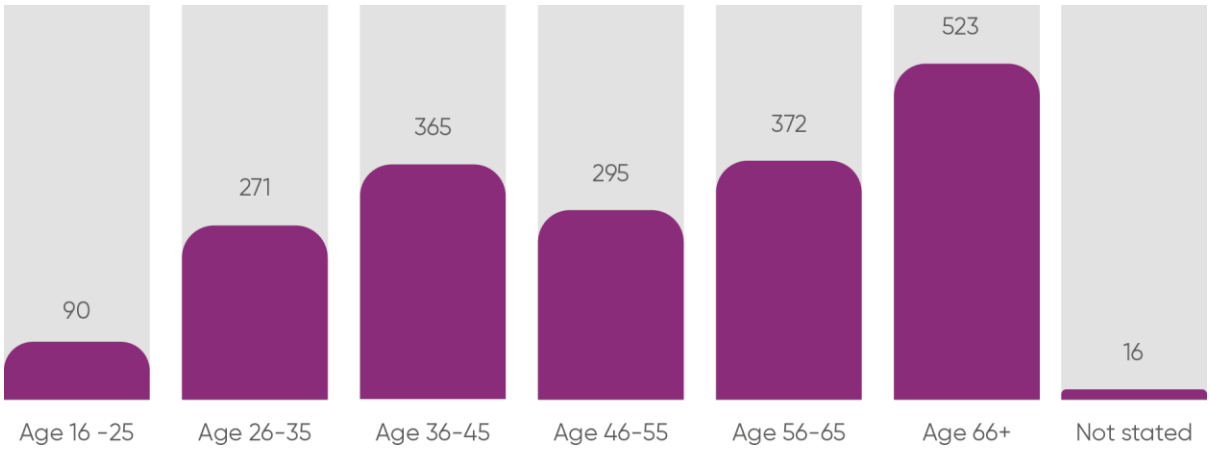
27% of referrals to WHiST came from statutory health professionals with 41.5% being referred by a friend or self-referrals. Other referrals came from Northumbria Police, probation, social services, and other VCSE organisations.







Members by age group
Numbers of women under 30 accessing provision rose by 20% this year.

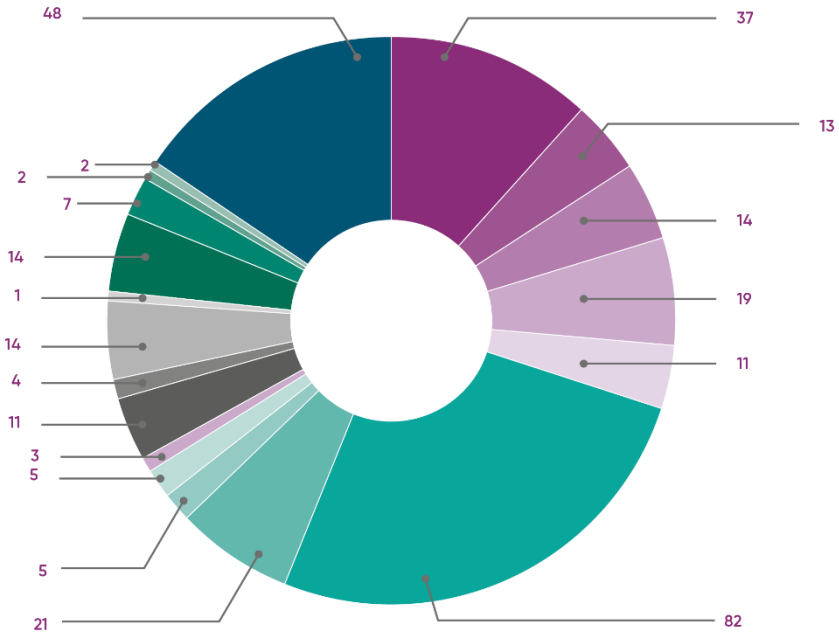


Ethnicity
The majority of our members are White British, however, 14% are from the following ethnic groups.

Ethnicity

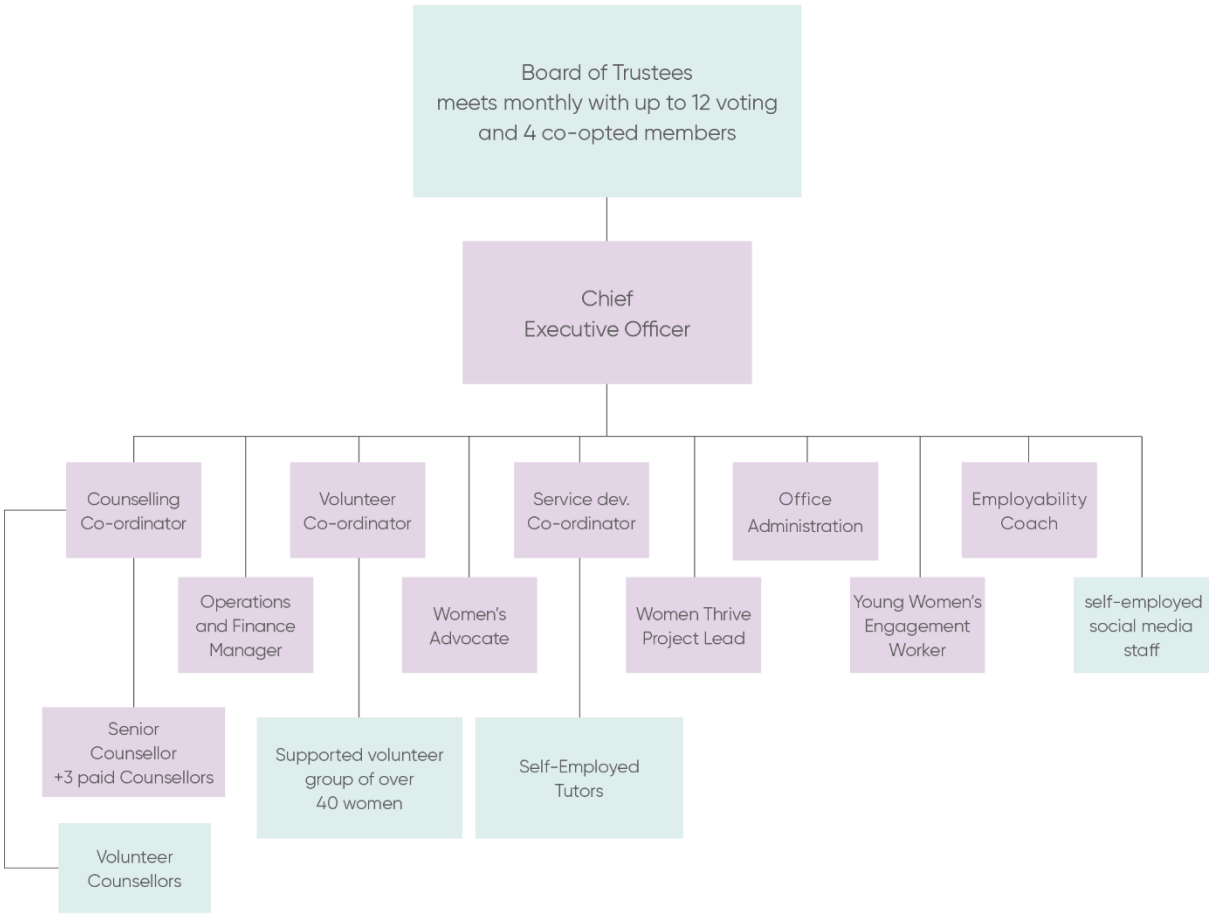
The majority of members identify as White British

14% of members are from the following ethnic groups.



- White - Other
- Asian / Asian British - Indian
- Asian / Asian British - Other
- Mixed / Multiple Ethnic Groups - Other
- Mixed / Multiple Ethnic Groups - White and Asian
- Asian / Asian British - Bangladeshi
- Other Ethnic Group - Other
- Asian / Asian British - Pakistani
- Black / African / Caribbean / Black British - Other
- Black / African / Caribbean / Black British - Caribbean
- White - Irish
- Asian / Asian British - Chinese
- Black / African / Caribbean / Black British - African
- Mixed / Multiple Ethnic Groups - White and Black Caribbean
- Other Ethnic Group - Arab
- Mixed / Multiple Ethnic Groups - White and Black African
- White - Gypsy or Irish Traveller
- Black / African / Caribbean / Black British - Welsh- Scottish- Northern Irish or British
- Not stated

Governance



- There have been 8 voting members sitting on the Trustee Board during this year (Maximum 12).
- This is a 3-year term of office and persons may then be co-opted for one year.
- There is 1 Co-opted (Local Authority) member (Maximum 4).
- Co-opted members are valued, experienced people who aid discussion but have no voting status.
- Experts/Consultants are invited to attend as required.
- At least 2 staff members attend the meeting but have no voting rights.
- Staff members report on the progress of their projects at monthly meetings
- Meetings have continued since lockdown via Zoom to enable working women to stand on the Board.
- CEO, Corinne Devine, and Chair, Sue Key, meet regularly to ensure the Trustees are kept up to date.

Team working

WHiST has a strong team working ethic.

Regular **"Thinking Together"** sessions have been held during the year bringing together staff, volunteers, Trustees and members to look at specific topics, review progress, and new initiatives. We are working toward an Anti-Racism Charter developed by Black and minoritised women in the Violence Against Women and Girls (VAWG) sector.

The staff team meet weekly to look ahead at provision, discuss progress, share ideas and address any issues including Safeguarding, Equality, Diversity and Inclusion.

Project Coordinators are supported by the work of our highly skilled admin team of Wendy Stonehouse, Debra McBride and Gell Kay.

REFERENCE AND ADMINISTRATIVE DETAILS

List of Trustees
Sue Key: Chair
Sarah Bullock
Jayne Daglish
Donna di Stefano
Sarah Hewitt
Anna Kozaczek: Charity Secretary
Anna Shields
Judith Helen Taylor: Councillor

Key Employees of the charitable company
Corinne Devine: Chief Executive Officer

RESERVES AND FINANCIAL HEALTH

Our Finances

The Statement of Financial Activities show:

- Incoming resources of £430,498
- Expenditure of £480,966

The total funds of £1,203,548 includes:

- Restricted Funds of £848,200 – mainly consisting of the freehold property and other tangible fixed assets of £779,763
- Unrestricted Funds of £125,348
- Designated Funds of £230,000

There are restrictions on the Freehold property in line with the grant funding for the extension.

The Trustees have a reserves and designated funds policy to cover:

- Reserves for between 3 to 6 months expenditure in light of the main risks of the organisation. In the current year we are running with three months reserves.
- A continuing programme of maintenance, repairs and regular servicing to ensure the building is well maintained and all statutory regulations are met.
- Contingencies for end of contractual term to meet legal employment obligations.

The Trustees receive monthly financial reports to ensure the financial viability of the project and grant budgets are on target. In the short term the Trustees have also considered the extent to which activities could be curtailed in the short term should such circumstances arise.

Risk Policy

The Trustees review risks on a regular cycle. Internal control risks are minimised by the implementation of policies and procedures to ensure compliance with accountancy procedures, employment law, health and safety, equality, diversity and inclusion. The policies are updated on a rolling programme to ensure they meet with the charities needs and compliance regulations.

Pension Liability

All pension funds are paid into either stakeholder policies or the auto enrolment pension fund. The assets of the scheme are held separately from those of the charity. The annual contributions payable are charged to the Statement of Financial activities.

Investment Policy

There is funding towards the Contingencies for end of contractual term held in a charitable bond which is renewable every March. Aside from retaining a prudent amount in reserves most of the charity's funds are spent to meet the organisations objectives.

The principal funders for this Financial Year are the

- Northumberland Police and Crime Commissioners
- Public Health
- South Tyneside Joint Commissioning Team
- Community Foundation
- The Wise Group in partnership with the National Lottery Community Fund and European Social Fund
- Virgin Money Foundation
- Smallwood Trust
- Ballinger Trust

Supporting the key objectives

- The funding from the above charities have paid towards staff salaries and the organisation overheads enabling the project to provide services and support the users.
- We have had funding from several organisations to which enabled us to provide personal development and exercise courses
- All funding is used to provide support services for the beneficiaries and to cover the organisation overheads.
- Northumberland Police and Crime Commissioners re: staff salaries for Domestic Violence work.
- Wise Group: for Employment Coaching Support.

Fundraising

The volunteers and members raised funds from coffee bar provision and donations.

RESPONSIBILITIES OF THE TRUSTEES

The trustees are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law and regulations.

Company law requires the trustees to prepare financial statements for each financial year. Under that law the trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The financial statements are required by law to 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.

RESPONSIBILITIES OF THE TRUSTEES

In preparing the 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 2015 (FRS 102);
- Make judgements 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; and
- 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 adequate accounting records that 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 Companies Act 2006. The trustees are also responsible for safeguarding the assets of the charitable company and hence for taking responsible steps for the prevention and detection of fraud and other irregularities.

INDEPENDENT EXAMINER

A resolution to re-appoint Claire Miller of Debére Limited as Independent Examiner for the ensuring year will be proposed at the Annual General Meeting.

SMALL COMPANY PROVISIONS

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Signed on behalf of the directors

Sue Key
Chair

Approved by the Trustees on 9 August 2023

WOMEN'S HEALTH IN SOUTH TYNESIDE

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF WOMEN'S HEALTH IN SOUTH TYNESIDE

YEAR ENDED 31 MARCH 2023

I report on the accounts of Women's Health in South Tyneside for the year ended 31 March 2023, which are set out on pages 17 to 36.

Respective responsibilities of trustees and independent examiner

The charity's trustees (who are also the directors of Women's Health in South Tyneside for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 Act (the 2011 Act) and that an independent examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales.

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

Basis of independent examiner's report

My examination was carried out in accordance with the 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 give 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 Act; and

- to prepare accounts which accord with the accounting records and 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.

Claire Miller BA (Hons) FCA
Independent Examiner

ON BEHALF OF DEBÉRE LIMITED
Chartered Accountants
Swallow House
Parsons Road
Washington
Tyne and Wear
NE37 1EZ

Date: 9 August 2023

WOMEN'S HEALTH IN SOUTH TYNESIDE

COMPANY LIMITED BY GUARANTEE

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING THE INCOME STATEMENT)

YEAR ENDED 31 MARCH 2023

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	*Total Funds 2022 £*
Income and endowments					
Donations and legacies:					
Donations and legacies	5	10,940	–	10,940	*7,843*
Charitable activities	6	9,969	–	9,969	*3,864*
Investment income	7	3,260	–	3,260	*260*
Other trading activities	8	16,442	389,887	406,329	*501,177*
Total income		40,611	389,887	430,498	*513,144*
Expenditure on:					
Charitable activities		3,914	477,052	480,966	*424,276*
Total expenditure	9	3,914	477,052	480,966	*424,276*
Net income/(expenditure)	11	36,697	(87,165)	(50,468)	*88,868*
Transfer between funds					–
Balances brought forward		318,651	935,365	1,254,016	*1,165,148*
Balances carried forward		355,348	848,200	1,203,548	*1,254,016*

The Statement of Financial Activities includes all gains and losses in the year and therefore a statement of total recognised gains and losses has not been prepared.

All of the above amounts relate to continuing activities.

WOMEN'S HEALTH IN SOUTH TYNESIDE

COMPANY LIMITED BY GUARANTEE
Registered Number 06175697

STATEMENT OF FINANCIAL POSITION

31 MARCH 2023

	Note	2023		2022	
		£	£	£	£
Fixed assets					
Tangible assets	12		779,763		*807,384*
Current assets					
Debtors	13	24,662		*16,620*	
Cash at bank and in hand		433,975		*445,739*	
		458,637		*462,359*	
Creditors: amounts falling due within one year	14	(34,852)		*(15,727)*	
NET CURRENT ASSETS			423,785		*446,632*
NET ASSETS			1,203,548		*1,254,016*
FUNDS					
Restricted income funds	15		848,200		*935,365*
Unrestricted income funds:					
Designated funds	16		230,000		*194,000*
General unrestricted funds	16		125,348		*124,651*
TOTAL FUNDS	17		1,203,548		*1,254,016*

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)).

For the year ended 31 March 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors/trustees responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors/trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements were approved by the members of the committee and authorised for issue on 9 August 2023 and are signed on their behalf by:

Sue Key– Chair

The notes on pages 19 to 36 form part of these financial statements

1 General information

The charity is a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is Salus House, Mile End Road, South Shields, Tyne and Wear, NE33 1TA.

2 Statement of compliance

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006 and "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) (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

3 Accounting policies

The principal accounting policies are set out below. The accounting policies have been adopted consistently throughout the year.

Going concern

The financial statements have been prepared on a going concern basis. The trustees have reviewed and considered relevant information, including the annual budget and future cash flows in making their assessment. Based on these assessments, given the measures that could be undertaken to mitigate the current adverse conditions, and the current resources available, the trustees have concluded that they can continue to adopt the going concern basis in preparing the annual report and accounts.

Cash flow exemption

The charity has elected to adopt the exemption from preparing a cash flow statement on the grounds that the charity qualifies as a small charity.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

3 Accounting policies *(continued)*

Incoming resources

Voluntary income includes donations and their associated tax claims, subscriptions (as these are voluntary) and grants that provide core funding or are of a general nature. Voluntary income is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability. Such income is only deferred when the donor specifies that the grant or donation relates to future accounting periods.

Other income from charitable activities is recognised as earned, as the related services are provided. Grant income included in this category provides funding to support the charitable activities and is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Grant income

Revenue grants are credited to incoming resources on the earlier date of when they are received or when they are receivable, unless they relate to a specific future period, in which case they are deferred.

Capital grants are credited to income when received and form a restricted fund, which will be transferred to unrestricted funds in line with the depreciation on the grant-funded assets. This treatment accords with the requirements of the Charity SORP but not that of Statement of Standard Accounting Practice No 4 "Accounting for Government Grants".

Interest receivable

Interest is recognised on a receivable basis.

Resources expended

Resources expended are included in the Statement of Financial Activities on an accruals basis, inclusive of VAT. They include:

(i) Charitable activities include all costs relating to activities where the primary aim is part of the objects of the charity along with the indirect costs. All of the direct costs have been included within this cost heading. The indirect costs, i.e. support costs include central functions and have been allocated to activity cost categories based on room availability.

(ii) Cost of generating funds are those costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

(iii) Governance costs include those incurred in the governance of its assets and are primarily associated with constitutional and statutory requirements.

Staff costs and overhead expenses

Staff costs and overhead expenses are allocated to activities on the basis of staff time spent on these activities.

3 Accounting policies *(continued)*

Support cost allocation

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs and administrative payroll costs. They are incurred directly in support of expenditure on the objects of the charity.

Pension costs

The charity provides a defined contribution scheme for employees. The assets of the scheme are held separately from those of the charity. The annual contributions payable are charged to the Statement of Financial Activities.

Tangible fixed assets and depreciation

Tangible fixed assets are included in the balance sheet at cost or at market value at the date of the acquisition. Tangible fixed assets are capitalised and included at cost.

Depreciation is calculated so as to write off an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Freehold	– 2% straight line
Equipment	– 25% straight line
Database development	– 33.33% straight line

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.

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.

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 after allowing for any trade discounts due.

3 Accounting policies *(continued)*

Funds

The funds held by charity are either:

- Unrestricted general funds – these are funds which are available for use at the discretion of the directors in furtherance of the general objectives of the Charity and which have not been designated for other purposes; or

- Restricted funds – these are funds that can only be used for particular restricted purposes within the objects of the charity. Funds are held as restricted funds until such time as the purposes for which the funds were received have been fulfilled, at which time they are transferred to general funds; or

- Designated funds are unrestricted funds earmarked by the trustees for particular purposes. In the year ended 31 March 2023 designated funds relate to the building fund (i.e. on-going maintenance of the building), a general reserve (i.e. to retain a minimum of three months reserves) and the redundancy fund.

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.

4 Statement of Financial Activities for the prior year

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Income and endowments				
Donations and legacies:				
Donations and legacies	*5*	*7,843*	*–*	*7,843*
Charitable activities	*6*	*3,604*	*260*	*3,864*
Investment income	*7*	*260*	*–*	*260*
Other trading activities	*8*	*33,172*	*468,005*	*501,177*
Total income		*44,879*	*468,265*	*513,144*
Expenditure on:				
Charitable activities		*16,999*	*407,277*	*424,276*
Total expenditure	*9*	*16,999*	*407,277*	*424,276*
Net income/(expenditure)	*11*	*27,880*	*60,988*	*88,868*
Transfer between funds		*(3,126)*	*3,126*	*–*
Balances brought forward		*293,897*	*871,251*	*1,165,148*
Balances carried forward		*318,651*	*935,365*	*1,254,016*

5 Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total funds 2023 £	*Total funds 2022 £*
Donations	6,379	–	6,379	*6,443*
Subscriptions	4,561	–	4,561	*1,400*
Gifts in kind	–	–	–	*–*
	10,940	–	10,940	*7,843*

6 Charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	*Total Funds 2022 £*
Fundraising events	159	–	159	*994*
Room hire	9,810	–	9,810	*2,870*
	9,969	–	9,969	*3,864*

7 Investment income

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	*Total Funds 2022 £*
Bank interest receivable	3,260	–	3,260	*260*

8 Other trading activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	*Total Funds 2022 £*
ST Joint Commissioning Team	–	44,912	44,912	*32,912*
Coffee bar sales	4,566	–	4,566	*4,404*
Miscellaneous income	2,470	–	2,470	*2,184*
Big Lottery Fund – Wise Group	–	27,053	27,053	*36,317*
Community Foundation Women's Fund	–	–	–	*15,000*
Northumbria Police and Crime Commissioner	–	*79,000*	*79,000*	*57,570*
Changing Lives	–	10,000	10,000	*9,230*
Ballinger	–	15,000	15,000	*15,000*
Smallwood Trust and Rosa	–	–	–	*48,550*
Community Fund – Henry Smith	–	–	–	*36,400*
National Lottery Community Fund	–	9,600	9,600	–
Sir James Knott	–	5,750	5,750	–
South Tyneside CCG	–	20,680	20,680	–
Community Foundation	–	–	–	*26,000*
Tudor Trust	–	–	–	*30,000*
Money Saving Expert	–	5,768	5,768	–
Community Foundation – Know Your Neighbourhood	–	16,087	16,087	–
Good Things Foundation	–	–	–	*1,960*
Community Fund – WM Leech	–	–	–	*5,000*
Virgin Foundation	–	33,000	33,000	*25,000*
Inspire Covid	–	–	–	*1,000*
Arnold Clark	–	–	–	*1,000*
Sports England	–	–	–	*6,980*
STC – household vouchers	4,200	–	4,200	*4,200*
Community Foundation – Linden Family		8,712	8,712	*4,950*
STC Skills	206	–	206	*14,396*
Barbour Trust	–	–	–	*6,000*
STC Public Health	–	101,396	101,396	*89,869*
Community Foundation – Reed Fund	–	–	–	*3,000*
Coalfield Regeneration Trust	–	–	–	*24,255*
Warm Space	5,000	–	5,000	–
Community Foundation – Port of Tyne	–	1,000	1,000	–
Community Foundation – Kellet Fund	–	11,929	11,929	–
	16,442	389,887	406,329	*501,177*

9 Total resources expended costs of charitable activities

	Staff Costs £	Direct Costs £	Depre-ciation £	Support Costs £	Total Funds 2023 £	*Total Funds 2022 £*
Charitable activities:						
Coffee shop	88,922	1,300	7,107	18,142	115,471	*100,404*
Studio	88,921	20,085	7,107	15,490	131,603	*123,315*
Counselling	88,921	3,316	7,107	15,490	114,834	*99,963*
Seminars	88,921	811	7,107	15,490	112,329	*98,074*
Gifts in kind	–	–	–	–	–	–
Governance costs	–	–	–	6,729	6,729	*2,520*
	355,685	25,512	28,428	71,341	480,966	*424,276*

Support costs have been allocated across activities on the basis of room usage. These include costs associated with providing accommodation, finance, personal and other central activities to the charity's clients. Total funds includes restricted costs of £477,052 (2022: £407,277) and unrestricted costs of £3,914 (2022: £16,999).

10 Staff numbers and emoluments

The aggregate payroll costs were:

	2023 £	*2022 £*
Wages and salaries	300,928	*253,037*
Social security costs	19,593	*15,802*
Other pension costs	35,164	*29,836*
	355,685	*298,675*

Particular of employees

The average number employees during the year, calculated on the basis of full time equivalents, was as follows:

	2023 £	*2022 £*
Number of management and administration staff	11	*9*

No employee received emoluments of more than £60,000 during the year (2022: £60,000 - none).

The total remuneration and benefits paid to key management amounted to £48,698 (2022: £47,728).

No (2022: none) trustee received reimbursement of expenses for their role as a volunteer. The amount claimed was £nil (2022: £nil). Trustee/volunteer indemnity insurance has been provided by the charity at a cost of approximately £550 (2022: £550).

11 Net movements in funds

Net movement in funds is stated after charging:

	2023	*2022*
	£	*£*
Accountancy and Independent Examination	2,760	*2,520*
Depreciation	28,428	*27,898*

12 Tangible fixed assets

	Freehold Property	Equipment	Total
	£	£	£
Cost			
At 1 April 2022	1,129,672	65,321	1,194,993
Additions	–	807	807
Disposals	–	–	–
At 31 March 2023	1,129,672	66,128	1,195,800
Depreciation			
At 1 April 2022	337,899	49,710	387,609
Charge for the year	22,593	5,835	28,428
Disposals	–	–	–
At 31 March 2023	360,492	55,545	416,037
Net book value			
At 31 March 2023	769,180	10,583	779,763
At 31 March 2022	*791,773*	*15,611*	*807,384*

13 Debtors

	2023	*2022*
	£	*£*
Trade debtors	23,180	*8,555*
Prepayments and accrued income	1,385	*7,968*
Other debtors	97	*97*
	24,662	*16,620*

14 Creditors: amounts falling due within one year

	2023	*2022*
	£	*£*
Trade creditors	2,499	*5,657*
Taxation and social security	5,807	*6,165*
Accruals	25,955	*3,905*
Other creditors	591	–
	34,852	*15,727*

15 Restricted funds

For the year ended 31 March 2023

		Movement in resources:			
	Balance at 1 Apr 2022	Incoming	Outgoing	Transfers	Balance At 31 Mar 2023
	£	£	£	£	£
Freehold property ***	*702,851*	–	(22,386)	–	680,465
Coalfields – Regional Impact Fund **	*9,501*	–	–	–	9,501
Changing Lives	*29,126*	10,000	–	–	39,126
ST Joint Commissioning Team	–	44,912	(44,912)	–	–
WEA	*2,893*	–	–	–	2,893
Garfield Weston **	*3,092*	–	(70)	–	3,022
Community Foundation Women's Fund	*1,477*	–	(1,477)	–	–
Ballinger Trust	–	15,000	(15,000)	–	–
Cloth Workers Fund **	*5,164*	–	(123)	–	5,041
Northumbria Police and Crime Commissioner	*6,946*	79,000	(85,946)	–	–
Wise Group BBO **	*25,240*	27,053	(29,284)	–	23,009
Big Lottery Fund – Celebration fund	–	–	–	–	–
Community Foundation – Henry Smith	*2,468*	–	(2,468)	–	–
Smallwood Trust and Rosa	*42,455*	–	(42,455)	–	–
Virgin Foundation	–	33,000	(21,799)	–	11,201

15 Restricted funds *(continued)*

For the year ended 31 March 2023 *(continued)*

		Movement in resources:			
	Balance at 1 Apr 2022	**Incoming**	**Outgoing**	**Transfers**	**Balance At 31 Mar 2023**
	£	**£**	**£**	**£**	**£**
Tudor Trust **	*1,021*	–	(160)	–	861
Awards For All **	*4,496*	–	(899)	–	3,597
Community Foundation	*20,382*	–	(13,962)	–	6,420
Co-operative Community Fund	*1,420*	–	(1,420)	–	–
Karbon Homes **	*187*	–	(53)	–	134
ST PHE	*60,567*	101,396	(124,711)	–	37,252
Coalfields Regeneration Trust	*15,109*	–	(15,109)	–	–
Community Foundation – Reed Fund	*970*		(970)	–	–
Community Foundation – Linden Family	–	8,712	(3,195)	–	5,517
South Tyneside CCG	–	20,680	(20,580)	–	100
Sir James Knott	–	5,750	(2,187)	–	3,563
Community Foundation – Kellet Fund	–	11,929	(7,071)	–	4,858
Lottery Community Fund	–	9,600	(2,098)	–	7,502
Money Saving Expert	–	5,768	(2,000)	–	3,768
Community Foundation – Port of Tyne	–	1,000	(630)	–	370
Community Foundation – Know Your Neighbourhood	–	16,087	(16,087)	–	–
	935,365	389,887	(477,052)	–	848,200

For the year ended 31 March 2022

		Movement in resources:			
	Balance at 1 Apr 2021	***Incoming***	***Outgoing***	***Transfers***	***Balance At 31 Mar 2022***
	£	***£***	***£***	***£***	***£***
*Freehold property ****	*725,238*	–	*(22,387)*	–	*702,851*
*Coalfields – Regional Impact Fund **	*11,177*	–	*(3,932)*	*2,256*	*9,501*
Changing Lives	*19,896*	*9,230*	–	–	*29,126*
ST Joint Commissioning Team	–	*32,924*	*(32,924)*	–	–
WEA	*2,758*	*260*	*(125)*	–	*2,893*
*Garfield Weston **	*3,162*	–	*(70)*	–	*3,092*
Community Foundation Women's Fund	*18,938*	*15,000*	*(32,461)*	–	*1,477*
Ballinger Trust	*12,552*	*15,000*	*(28,128)*	*576*	–
*Cloth Workers Fund **	*5,287*	–	*(123)*	–	*5,164*
Northumbria Police and Crime Commissioner	–	*57,570*	*(50,624)*	–	*6,946*
*Wise Group BBO **	*17,741*	*36,317*	*(28,818)*	–	*25,240*
Big Lottery Fund – Celebration fund	*77*	–	*(77)*	–	–
Community Foundation – Henry Smith	*13,028*	*36,400*	*(46,960)*	–	*2,468*

15 Restricted funds *(continued)*

For the year ended 31 March 2022 *(continued)*

		Movement in resources:			
	Balance at 1 Apr 2021	***Incoming***	***Outgoing***	***Transfers***	***Balance At 31 Mar 2022***
	£	***£***	***£***	***£***	***£***
Smallwood Trust and Rosa	*–*	*48,550*	*(6,095)*	*–*	*42,455*
Community Foundation – Wm Leech	*1,856*	*5,000*	*(6,856)*	*–*	*–*
Virgin Foundation	*–*	*25,000*	*(25,000)*	*–*	*–*
*Tudor Trust ** *	*490*	*685*	*(154)*	*–*	*1,021*
Tudor Trust – Wellbeing Fund	*2,000*	*29,315*	*(31,315)*	*–*	*–*
Rise – Courses	*4,570*	*–*	*(4,570)*	*–*	*–*
*Awards For All ** *	*6,668*	*–*	*(2,172)*	*–*	*4,496*
Community Foundation	*5,423*	*26,000*	*(11,041)*	*–*	*20,382*
Community Foundation - Ringtons	*4,906*	*–*	*(4,906)*	*–*	*–*
The Good Things Foundation	*2,681*	*1,960*	*(4,641)*	*–*	*–*
Independent Age Grant	*8,848*	*–*	*(8,848)*	*–*	*–*
Co-operative Community Fund	*3,955*	*–*	*(2,535)*	*–*	*1,420*
*Karbon Homes ** *	*–*	*–*	*(27)*	*214*	*187*
Santander	*–*	*–*	*(80)*	*80*	*–*
Sports England	*–*	*6,980*	*(6,980)*	*–*	*–*
ST PHE	*–*	*89,869*	*(29,302)*	*–*	*60,567*
Coalfields Regeneration Trust	*–*	*24,255*	*(9,146)*	*–*	*15,109*
Community Foundation – Reed Fund	*–*	*3,000*	*(2,030)*	*–*	*970*
Community Foundation – Linden Family	*–*	*4,950*	*(4,950)*	*–*	*–*
	871,251	*468,265*	*(407,277)*	*3,126*	*935,365*

** Capital funds (i.e. where the assets have been capitalised and the depreciation is charged against these balances).

*** *The balance brought forward combines freehold property, Big Lottery Fund – Extension and Big Lottery Fund – Grant for Extension balances taken from the 2015 financial statements.*

Sufficient funds are held in an appropriate form to enable each fund to be applied in accordance with any restrictions placed on it.

Coalfields – Regional Impact Fund
Funding towards purchasing some assets. The capital balance carried forward is £6,232 (2022: £9,501).

Changing Lives
Funding received towards partnership work to support the work of the NCRC.

ST Joint Commissioning Team
Funding from ST Joint Commissioning Team towards the Chief Executive Officer salary costs.

15 Restricted funds *(continued)*

WEA
Funding received to pay for course costs for venue and training materials

Garfield Weston
Funding received towards the refurbishment of the kitchen. This fund is being reduced each year by the depreciation charge. The capital balance carried forward is £2,944 (2022: £3,092).

Community Foundation Women's Fund
Funding received for core costs.

Ballinger Trust
Funding received towards salaries and core costs.

Cloth Workers Fund
Funding received towards the refurbishment of the kitchen. This fund is being reduced each year by the depreciation charge. The capital balance carried forward is £5,041 (2022: £5,164).

Northumbria Police and Crime Commissioner
Funding received towards work with Victims of Domestic Violence.

Wise Group BBO
Partnership agreement with the European Social Fund co-funded initiative with the Big Lottery Fund to provide and Employment Coach to identify referrals, provide coaching and wrap around support, provide employability support when appropriate and signposting to wider wrap around support from within the wider partnership and within mainstream services. The capital balance carried forward is £23 (2022: £41).

Big Lottery Fund – Celebration Fund
International Women's Day celebration working with other women's group to encourage integration and improve community cohesion to promote diversity.

Community Foundation – Henry Smith
Funding received to cover costs that enable us to provide services and facilities for the participants.

Smallwood Trust and Rosa
Funding received for salaries and overheads to enable the continued support for women experiencing health inequalities.

Community Foundation – WM Leech
Funding received to provide volunteer and peer support

Virgin Foundation
Funding received towards volunteer co-ordinator salary.

Tudor Trust
Funding received towards the purchase of some assets. The capital balance carried forward is £861 (2022: £1,021).

Tudor Trust – Wellbeing Fund
Funding received towards salaries, trustees and volunteers.

15 Restricted funds *(continued)*

Rise Courses
Funding for exercise provision

Awards For All
Funding received for counselling, Covid-19 equipment and remote teaching. The capital balance carried forward is £1,124 (2022: £2,022).

Community Foundation – Growth and Resilience Fund
Funding to enable the charity to move forward with its sustainability plans.

Community Foundation – Ringtons
Funding received for sessional support workers.

The Good Things Foundation
Funding to provide census support.

Independent Age Grant
Funding received to organise and run courses.

Co-operative Community Fund
Funding received for tutor costs to facilitate a support group.

Karbon Homes
Funding received for support worker costs to support women dealing with complex circumstances due to Covid. The capital balance carried forward is £134 (2022: £187).

Sports England
Funding towards sessional teaching, course expenses and volunteer expenses

ST PHE
Funding received to fund women's engagement worker, women's advocate and a senior counsellor. This was also towards volunteer expenses and core costs.

Coalfields Regeneration Trust
Funding received towards the employment of counselling staff.

Community Foundation – Reed Fund
Funding towards facilitator costs for choir sessions.

Community Foundation – Linden Family
Funding received for eating together sessions. This covers facilitator costs, food costs and volunteer expenses.

South Tyneside CCG
Funding towards the counselling service.

Sir James Knott
Funding towards Learning Programme Co-ordinator salary

Community Foundation – Kellet Fund
Funding for exercise courses and volunteers.

15 Restricted funds *(continued)*

Money Saving Expert
Funding towards financial hardship drop in and advocacy service.

Community Foundation – Port of Tyne
Funding towards the choir.

Community Foundation – Know your Neighbourhood
Funding towards the volunteering project.

16 Unrestricted funds

For the year ended 31 March 2023

	Balance at 1 Apr 2022 £	Incoming £	Outgoing £	Transfers £	Balance At 31 Mar 2023 £
Designated funds:					
Building maintenance and repair	*10,000*	–	–	10,000	20,000
Reserves	*125,000*	–	–	20,000	145,000
Contingencies for end of contractual term	*59,000*	–	–	6,000	65,000
Total designated funds	*194,000*	–	–	36,000	230,000
General funds	*124,651*	40,611	(3,914)	(36,000)	125,348
	318,651	40,611	(3,914)	–	355,348

16 Unrestricted funds *(continued)*

For the year ended 31 March 2022

	Balance at 1 Apr 2021 £	**Incoming £**	**Outgoing £**	**Transfers £**	**Balance At 31 Mar 2022 £**
Designated funds:					
Building maintenance and repair	*10,000*	–	(554)	554	10,000
Reserves	*85,000*	–	–	40,000	125,000
Contingencies for end of contractual term	*65,000*	–	–	(6,000)	59,000
Total designated funds	*160,000*	–	(554)	34,554	194,000
General funds	*133,897*	44,879	(16,445)	(37,680)	124,651
	293,897	44,879	(16,999)	(3,126)	318,651

The Committee feel it is prudent to hold some designated funding for the enhancement and continuation of the services and the upkeep of the building.

Building Maintenance and Repair
Funding set aside to ensure that the building complies with all legal and health and safety legislation and is repaired and maintained to a reasonable standard. Maintaining the asset is part of the agreement for the building extension grant from the Big Lottery Fund.

Reserves
A minimum of three months reserves have been set aside to enable the Charity to fulfil all of its legal obligations.

Contingencies for end of contractual term
Due to current economic climate the decision has been taken to hold sufficient funding to meet its contractual liabilities, safeguarding the ability of the charity to meet its objectives.

17 Analysis of net assets between funds

For the year ended 31 March 2023

	Tangible Fixed Assets £	Net Current Assets £	Total £
Restricted funds			
Freehold Property	680,465		680,465
Changing Lives	–	39,126	39,126
Garfield Weston	2,944	78	3,022
Cloth Workers Fund	5,041	–	5,041
WEA	–	2,893	2,893
Wise Group BBO	23	22,986	23,009
Tudor Trust	861	–	861
Coalfields – Regional Impact Fund	6,232	3,269	9,501
Awards for All	1,124	2,473	3,597
Community Foundation	–	6,420	6,420
Karbon Homes	134	–	134
Community Foundation – Linden Family	–	5,517	5,517
ST PHE	–	37,252	37,252
Virgin Foundation	–	11,201	11,201
South Tyneside CCG	–	100	100
Sir James Knott	–	3,563	3,563
Community Foundation – Kellet Fund	–	4,858	4,858
Lottery Community Fund	–	7,502	7,502
Money Saving Expert	–	3,768	3,768
Community Foundation – Port of Tyne	–	370	370
	696,824	151,376	848,200
Designated funds:			
Building maintenance and repair	–	20,000	20,000
Reserves	–	145,000	145,000
Contingencies for end of contractual term	–	65,000	65,000
General unrestricted funds	82,939	42,409	125,348
Total funds	779,763	423,785	1,203,548

17 Analysis of net assets between funds *(continued)*

For the year ended 31 March 2022

	Tangible Fixed Assets £	*Net Current Assets £*	*Total £*
Restricted funds			
Freehold Property	*702,851*	*–*	*702,851*
Changing Lives	*–*	*29,126*	*29,126*
Garfield Weston	*3,014*	*78*	*3,092*
Cloth Workers Fund	*5,164*	*–*	*5,164*
WEA	*–*	*2,893*	*2,893*
Community Foundation Women's Fund	*–*	*1,477*	*1,477*
Community Foundation – Henry Smith	*–*	*2,468*	*2,468*
Wise Group BBO	*41*	*25,199*	*25,240*
Tudor Trust	*1,021*	*–*	*1,021*
Coalfields – Regional Impact Fund	*9,501*	*–*	*9,501*
Awards for All	*2,022*	*2,474*	*4,496*
Community Foundation	*–*	*20,382*	*20,382*
Co-operative Community Fund	*–*	*1,420*	*1,420*
Karbon Homes	*187*	*–*	*187*
Smallwood Trust and Rosa	*–*	*42,455*	*42,455*
Community Foundation – Reed Fund	*–*	*970*	*970*
Northumbria Police & Crime Commissioner	*–*	*6,946*	*6,946*
ST PHE	*–*	*60,567*	*60,567*
Coalfields Regeneration Trust	*–*	*15,109*	*15,109*
	723,801	*211,564*	*935,365*
Designated funds:			
Building maintenance and repair	*–*	*10,000*	*10,000*
Reserves	*–*	*125,000*	*125,000*
Contingencies for end of contractual term	*–*	*59,000*	*59,000*
General unrestricted funds	*83,583*	*41,068*	*124,651*
Total funds	*807,384*	*446,632*	*1,254,016*

18 Future Sustainability

We will continue to apply for grant funding to provide a sustainable range of services to support the women in South Tyneside. The extension will enable us to drive forward new initiatives and develop our partnership work.

We have a large asset in the building which we operate from and this is shown in the accounts. The asset has significant restrictions imposed by the Big Lottery Fund for the next 2 years under the terms and conditions of the grant awarded. This appears that the charity is richer on paper than we are in real life.

19 Related party transactions

There have been no related party transactions during the year.

20 Company limited by guarantee

The company is limited by guarantee and has no share capital. In the event of a winding up, every member undertakes to contribute such an amount as may be required for the payment of liabilities not exceeding a total of £1 each.

The following pages do not form part of the statutory financial statements which are subject to the independent examiner's report on pages 16 to 17.

WOMEN'S HEALTH IN SOUTH TYNESIDE

COMPANY LIMITED BY GUARANTEE

MANAGEMENT INFORMATION

YEAR ENDED 31 MARCH 2023

	2023	*2022*
	£	*£*
Income		
STC – CEO	44,912	*32,912*
Donations	6,379	*6,443*
Fund Raising Events	159	*994*
Coffee bar sales	1,114	*796*
Drop-in sales	3,452	*3,608*
Subscription members	4,561	*1,400*
Room hire	9,810	*2,870*
Photocopying	5	*7*
Interest received	3,260	*260*
Small grants and donations	–	*16,396*
Miscellaneous income	2,671	*2,177*
Changing Lives	10,000	*9,230*
Northumbria Police and Crime Commissioner	79,000	*57,570*
Big Lottery Fund – Wise Group	27,053	*36,317*
Coalfields – Rengeration Trust	–	*24,255*
Community Foundation Women's Fund	–	*15,000*
Ballinger Trust	15,000	*15,000*
Smallwood Trust	–	*48,550*
Sports England	–	*6,980*
ST PHE	101,396	*89,869*
Community Foundation – Reed Fund	–	*3,000*
Community Fund – Henry Smith	–	*36,400*
Community Foundation – Linden Family	8,712	*4,950*
Gifts in kind	–	–
Community Foundation – WM Leech	–	*5,000*
Tudor Trust	–	*30,000*
Awards for All	–	–
Community Foundation	–	*26,000*
Good Things Foundation	–	*1,960*
Virgin Foundation	33,000	*25,000*
STC – household vouchers	4,200	*4,200*
Barbour costs	–	*6,000*
Community Foundation – Port of Tyn	1,000	–
Warm Spaces	5,000	–
Community Foundation – Kellett Fund	11,929	–
The Big Lottery Fund – Including Women	9,600	–
Money Saving Expert	5,768	–
Community Foundation – Know Your Neighbourhood	16,087	–
St – PCT – Counselling	20,680	–
Sir James Knott	5,750	–
Total income	430,498	*513,144*

	2023	*2022*
	£	*£*
Charitable Activities		
Staff salaries and pension costs	355,685	*298,675*
Recruitment expenses	–	*945*
Coffee bar purchases	489	*380*
Sundry purchases	141	*1,165*
Drop-in supplies	1,658	*1,952*
Monday Lunch	1,008	–
Sessional workers	19,274	*25,242*
Facilitator	–	–
Supervision	2,505	*1,888*
Material for courses	414	*285*
Water	1,351	*804*
General rates	(678)	*346*
Refuse collection	965	*1,213*
Heat and light	5,509	*6,837*
Travel expenses	3,985	*2,291*
Printing, postage and stationery	4,106	*3,696*
Telephone	5,030	*7,161*
Computer software and consumables	11,453	*10,141*
Repairs and renewals	6,060	*10,336*
Cleaning	7,086	*7,987*
Subscriptions	829	*861*
Training costs	550	*850*
Insurance	5,583	*4,528*
Refreshments and entertaining	3,073	*2,272*
Depreciation	28,428	*27,898*
Flowers and gifts	308	*496*
Legal fees	1,381	*1,182*
Bank charges	95	*83*
Consultancy fees	2,543	–
Repayment of grant	788	–
Function costs	3,242	*1,107*
Garden purchases	152	*300*
Volunteer expenses	1,224	*835*
Gifts in kind	–	–
Total Expenditure	474,237	*421,756*

	2023	*2022*
	£	*£*
Governance costs		
Accountancy fees and independent examination	2,760	*2,520*
Accreditation fees	3,969	–
Total expenditure	480,966	*424,276*
Net expenditure/(income) for the year	(50,468)	*88,868*

WOMEN'S HEALTH IN SOUTH TYNESIDE

England & Wales - Charity number 1119901

Accounts

WOMEN'S HEALTH IN SOUTH TYNESIDE

Company Limited by Guarantee

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

Charity Number: 1119901

Company Registered Number: 06175697

Debére Limited
Chartered Accountants
Swallow House
Parsons Road
Washington
Tyne and Wear
NE37 1EZ

WOMEN'S HEALTH IN SOUTH TYNESIDE

FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2022

CONTENTS **PAGES**

Officers and professional advisers	1
The trustees' annual report	2 to 15
Independent examiner's report	16 to 17
Statement of financial activities	18
Statement of financial position	19
Notes to the financial statements	20 to 37

The following pages do not form part of the financial statements

Detailed statement of financial activities	39 to 41

WOMEN'S HEALTH IN SOUTH TYNESIDE

MEMBERS OF THE BOARD AND PROFESSIONAL ADVISERS

YEAR ENDED 31 MARCH 2022

The board of trustees	Donna di Stefano Eva Allen Judith Helen Taylor Anna Shields Sarah Bullock Anna Kozaczek Jayne Estelle Daglish
Local Authority representative	Judith Helen Taylor
Charity secretary	Anna Kozaczek
Registered office	Salus House 33 Mile End Road South Shields Tyne and Wear NE33 1TA
Charity number	1119901
Company registration number	06175697
Accountants	Debére Limited Chartered Accountants Swallow House Parsons House Washington Tyne and Wear NE37 1EZ
Bankers	Virgin Money 30 Fowler Street South Shields Tyne and Wear NE33 1NE
Solicitor	Ward Hadaway Sandgate House 102 Quayside Newcastle upon Tyne Tyne and Wear NE1 3DX

WOMEN'S HEALTH IN SOUTH TYNESIDE

COMPANY LIMITED BY GUARANTEE

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2022

The trustees, who are the directors of the organisation for the purpose of Company Law, present their annual director's report together with the charity's financial statements for the year ended 31 March 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006 and "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 (FRS102) (effective 1 January 2019)".

Objectives and Activities

WHiST is a registered charity and company limited by guarantee, it was established in 1986 with the following charitable objectives:

- To preserve and protect good health, both mental and physical, of women, particularly by providing appropriate health advice, counselling and assistance and finding effective ways of meeting specific health problems.

- To advance the education of women to enable them to use their talents to the full and to extend their knowledge and specific skills and to encourage them to participate more fully in local and international affairs in voluntary activities and in their working lives.

- We are committed to offering women only services that are open to women over 16, irrespective of class, sexual orientation, ethnicity or disability/ability.

Our values are key to achieving the following outcomes for women:

• Promote independence, choice and control over their lives
• Increase knowledge and skills
• Improve physical and mental health awareness
• Improve access to services
• Promote social inclusion
• Improve confidence, self-esteem and well-being

We offer a wide range of holistic services offering mental, physical and emotional support in a safe, confidential and non-judgemental environment that encourages equality, independence and empowerment. We encourage women to take control of their health and decision making by supporting them to choose their own route through services to suit their changing needs and supporting them to access services in the wider community to assist their progression.

This year we achieved our aims by delivering the following services:

- Counselling
- Personal development and training courses
- Employability support
- Volunteering opportunities
- Listening ear service
- IT support including access to equipment and broadband
- Support around financial hardship
- Services for women age 16-25 years
- Advocacy
- Support groups
- Drop-in sessions
- Exercise sessions
- Health and wellbeing support
- Information, advice & guidance
- Social events including a late evening meal

Our services complement Local and National Government Strategic plans and priorities, and we participate in forums and working parties contributing to aligning the development of future services with the needs of local women.

Achievement and Performance

- We delivered services to our members through lockdown and are now seeing women return to our building. We secured additional funding allowing us to deliver more services than pre pandemic. **1,612** members access in person, online or by phone.
- New services this year include,
  Women Thrive – funded by **Smallwood Trust** and **Rosa** to support women experiencing financial hardship
  Additional paid counselling posts funded by **Public Health, Coalfields Regeneration Trust** and the **Office of the Police Crime Commissioner.** This funding has enabled us to double the number of women receiving counselling.
- We worked with **Public Health** to provide mental health services for women including a **Women's Advocate** and **Young Women's Engagement Worker.**
- **40 volunteers** and **9 volunteer counsellors** were central in the planning and delivery of services and peer support.
- Volunteers offered over **4,063 hours** of support across the year. Counselling volunteers delivered **1,427** sessions.
- We employed two women through the Government **Kickstart** scheme. They worked with us for 6 months on young women development work and social media and marketing. Both women have now moved into paid roles at WHiST.
- We continued to work in partnership with other organisations in the Borough. We planned and hosted another successful International Women's Day event with **Apna Ghar, CREST, Customs House, Hindu Nari Sangh and Sangini**. We worked with **First Contact Clinical** to deliver healthy lifestyle support to women at WHiST and at Bilton Hall Community Centre. We addressed health needs in the borough in partnership with other VCSE organisations and Public Health through attendance at **Alliance Working groups**. We continued to work with **Changing Lives** to support women in the criminal justice system. Our long-standing partnership with the **WEA** (Workers Educational Association) provided access to adult education for local women.
- We welcomed one new Trustee to our Board, increasing the representation of younger women. We held **"Thinking Together"** sessions to review and monitor our progress with our Strategic Plans and to strengthen our teamwork.
- We began to work toward the adoption of an Anti-Racism Charter developed by Black and minoritised women working in the VAWG sector. Work toward the Charter is ongoing.

Provision

Our Service Development and Delivery Coordinator, Janet Cresswell, oversees WHiST learning programme.

Courses

- **135** individual women have accessed one or more of the **92** different short courses and workshops provided this year, attending **574** sessions, with **694** course places taken.
- **10** new tutors worked with us to widen the kinds of courses on offer. Paid sessional tutors and WHiST volunteers used their considerable skill to deliver exercise, personal development courses, creative courses, volunteer training and support with physical and mental health issues.
- **91%** of women improved their levels of confidence
- **79%** said they felt more positive
- **76%** felt more motivated
- **95%** improved their sense of wellbeing

Volunteering

The Volunteer team are a core part of WHiST team and central to our delivery of support services.

- **40** volunteers supported by Volunteer Coordinator, Joy Nancarrow, delivered services to over **532** women.
- As we moved from lockdown, some women continued to feel anxious about attending. **7** women were supported by volunteers with regular wellbeing calls.
- Listening Ear volunteers supported **33** women who were living with multiple challenges.
- Funded by the Linden Family and supported by Community Chef Roweena, **12** volunteers are supporting the provision of fully funded 3 course meals on Thursday evenings, both in the kitchen and Front of House. The meals are attended by between **25-30** women, who would otherwise eat alone, each week.
- Our supported volunteering model is essential to the success of our work. We provide a solution focused environment which enables volunteer to set, reach and evaluate goals. It enables personal risk taking, allowing women to push themselves beyond pre-existing comfort zones by providing a safety net to test and explore in a supported environment

Counselling

We have offered Cognitive Behavioural Therapy (CBT), Person Centred Therapy, Gestalt, Psychodynamic, Group and Neuro-Linguistic Programming (NLP),

- **14** counsellors have delivered sessions from WHiST this year.
- Funding from the **Police Crime Commissioner** allowed Margaret Bird to continue in the full time Counselling Coordinator role. Additional PCC funding meant we could employ Ruth Marshall in a Senior Counsellor role. Funding from **Coalfields Regeneration Trust** allowed us to offer paid positions to long standing volunteers. Lindsey Howe, Sonia Tabassum and Louise Wilson moved into these roles in September 2021.
- All counsellors receive **supervision** in line with BACP and UKCP regulations, in addition group supervision has been offered.
- The Counselling Coordinator delivered **141 hours** of clinical supervision sessions and urgent supervision related calls to volunteer counsellors including **4** trainees.
- **90** assessments were offered.
- **1,427** sessions of counselling were offered.
- **177** women were referred, and **109** women received counselling
- Our long-standing partner, **Rape Crisis Tyneside Northumberland (RCTN)** provides outreach services at WHiST.
- We have ongoing links with **South Tyneside DV Forum, Impact Family Services, Angelou Centre, Apna Ghar,** and **FLOWS.**

Employability Project

Delivered through partnership working with Wise Steps, funded by the National Lottery Community Fund and European Social Fund. Employment Coach, Asia Uddin works alongside Admin Worker, Debra McBride.

- **29** Women enrolled on the programme by March 2021.
- **14** women attended job interviews and **6** women moved into employment
- **1** woman gained a qualification
- **6** women gained a Level 1 Employability Award
- **2** women completed functional skills in English
- **6** women entered volunteering
- **47** referrals to specialist partners to access support including counselling, IT skills, confidence building and benefits advice.
- We are working with diverse women reaching our targets to engage women over 50, women with a disability, women from BAME communities, lone parents and carers.
- The programme will end in March 2023.

Women's Advocate

A new service emerging from the focused support work delivered during lockdown. Advocate, Rebecca Johnston provides 1-2-1 support to women helping them to tackle the issues that "keep them awake at night".

- **79** women supported accessing **675** sessions
- A wide range of issues addressed including childhood sexual abuse, housing, debt and financial hardship, domestic violence, physical and mental ill health, parenting issues including child to parent violence, family relationships
- **62** Referrals made to **32** partner organisations in South Tyneside.

Young Women's Development Work

Our Young Women's Development Worker, Megan Thompson oversees the project which is funded by Public Health. Employed since September 2021, Megan is listening to the views of young women, involving them in planning and helping them feel WHiST is their organisation.

- **32** organisations engaged with
- **25** 1-2-1 support sessions with **13** women
- Healthy relationship work with **35** women
- Body Positivity Art group facilitated with artist Victoria Hackett
- Team of **4** young volunteers working on the project
- Services support young women with their mental health, developing life skills, reducing isolation and improving their confidence.

Women Thrive Project

Funded by **Smallwood Trust** and **Rosa** and starting in January 2022, Project Lead, Roweena Russell is implementing recommendations from WHiST Poverty Project reports. Working with South Tyneside Homes, Moving On Tyne and Wear, Hannay's Solicitors and WHiST Women's Advocate, Roweena facilitates the Tuesday drop-in providing support to women struggling with the cost of living including fuel and food poverty, debt, benefit and housing issues.

- Tuesday drop in, **17** sessions for **19** women, restored **£12,000** of benefit entitlements
- **£28,000** of household support fund vouchers distributed to **161** women
- **3** training events for **21** women on the impact of poverty, evaluation techniques and use of different media tools
- Eating Together provided **120** meals and **10** cooking sessions

Self Help and Peer Support groups

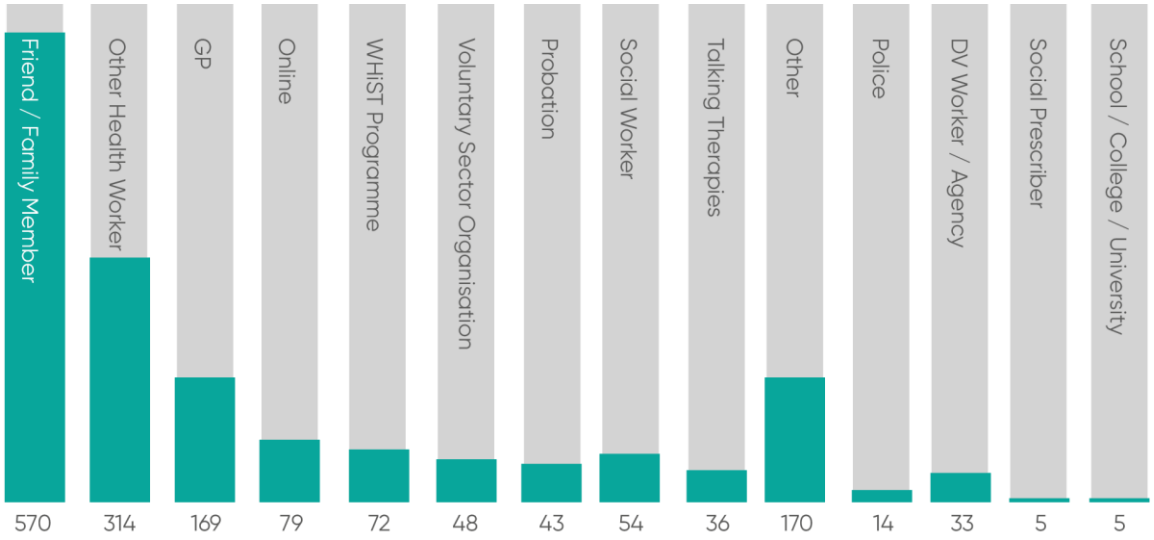
Support groups delivered throughout the year by volunteers and tutors included:

- Weekly Relaxation session with a trained facilitator.
- Women and Activism group
- Living with Long Term Health Conditions, delivered fortnightly.
- Support for women with a life limiting diagnosis
- Craft group with peer and volunteer support
- Meet and Greet volunteer led service
- Re-MIND – a volunteer memory support group
- Photography Group
- Creative Writing
- Credit union collection point with Moneywise Credit Union

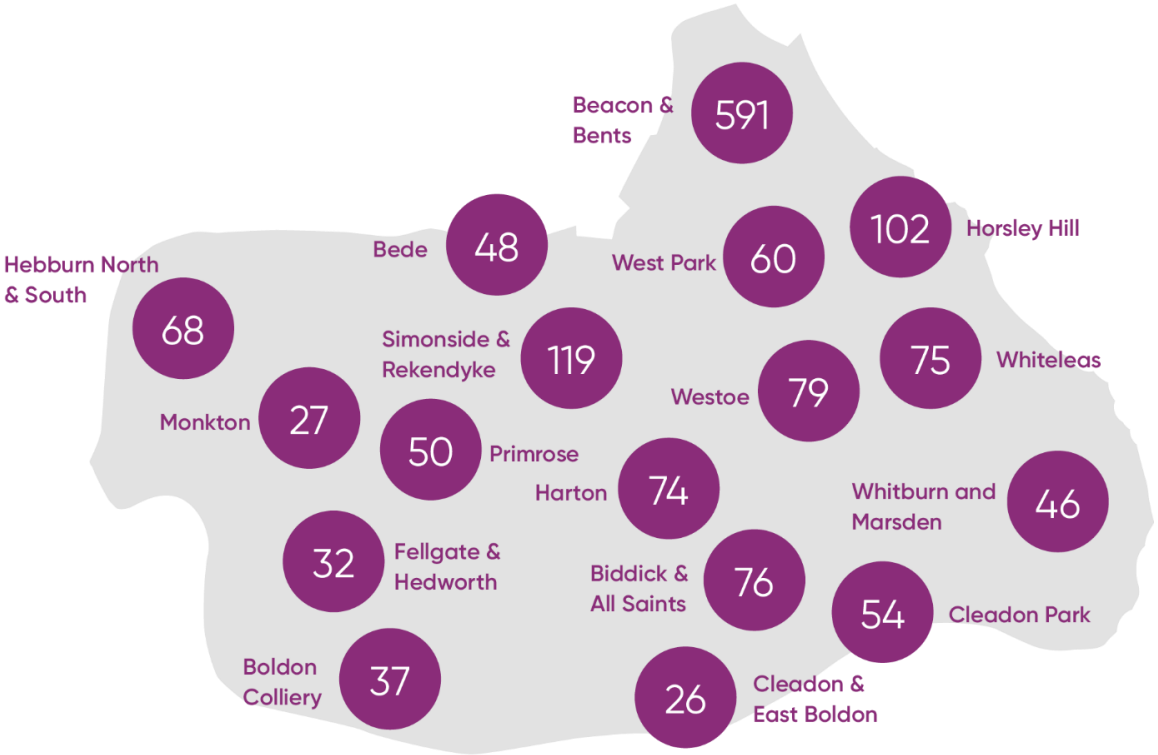
Profile of members

32.2%% of referrals to WHiST came from statutory health professionals with 35.4% being referred by a friend. Other referrals came from Northumbria Police, probation, social services, WHiST website and social media platforms.

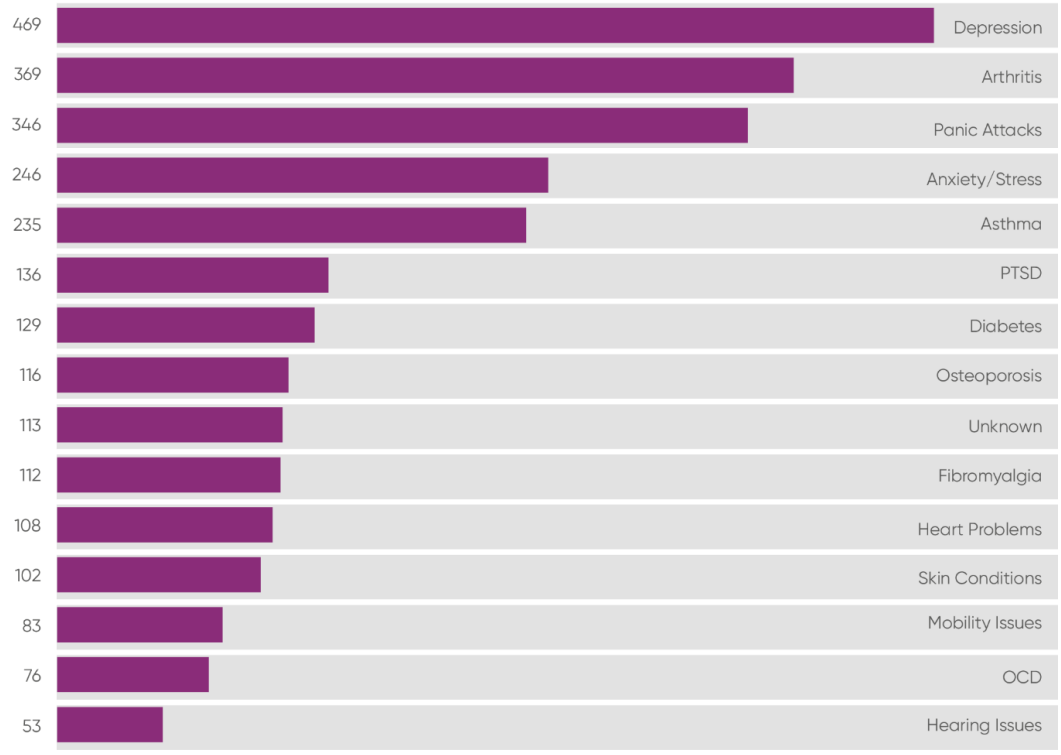
Members by Referral Source



Women attending WHiST live in the following wards

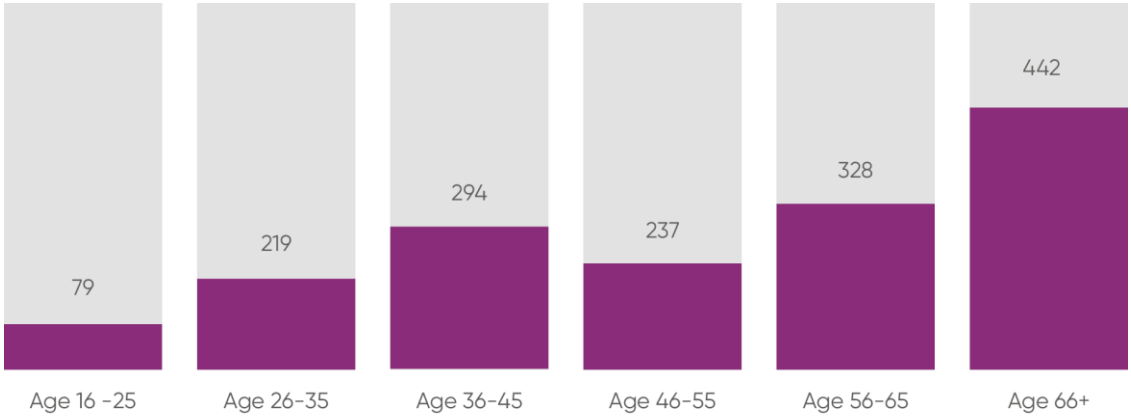


Top 15 most reported health conditions of WHiST members



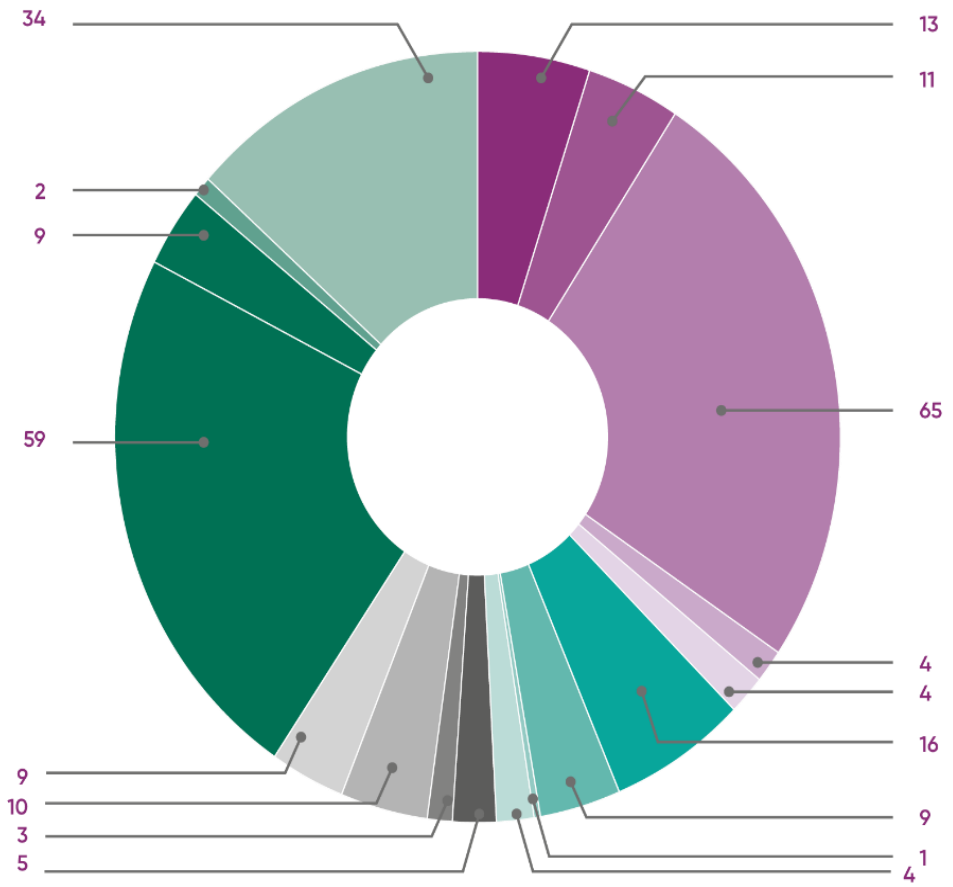
Members by age group

Numbers of women under 35 accessing the provision rose by 47.5% this year



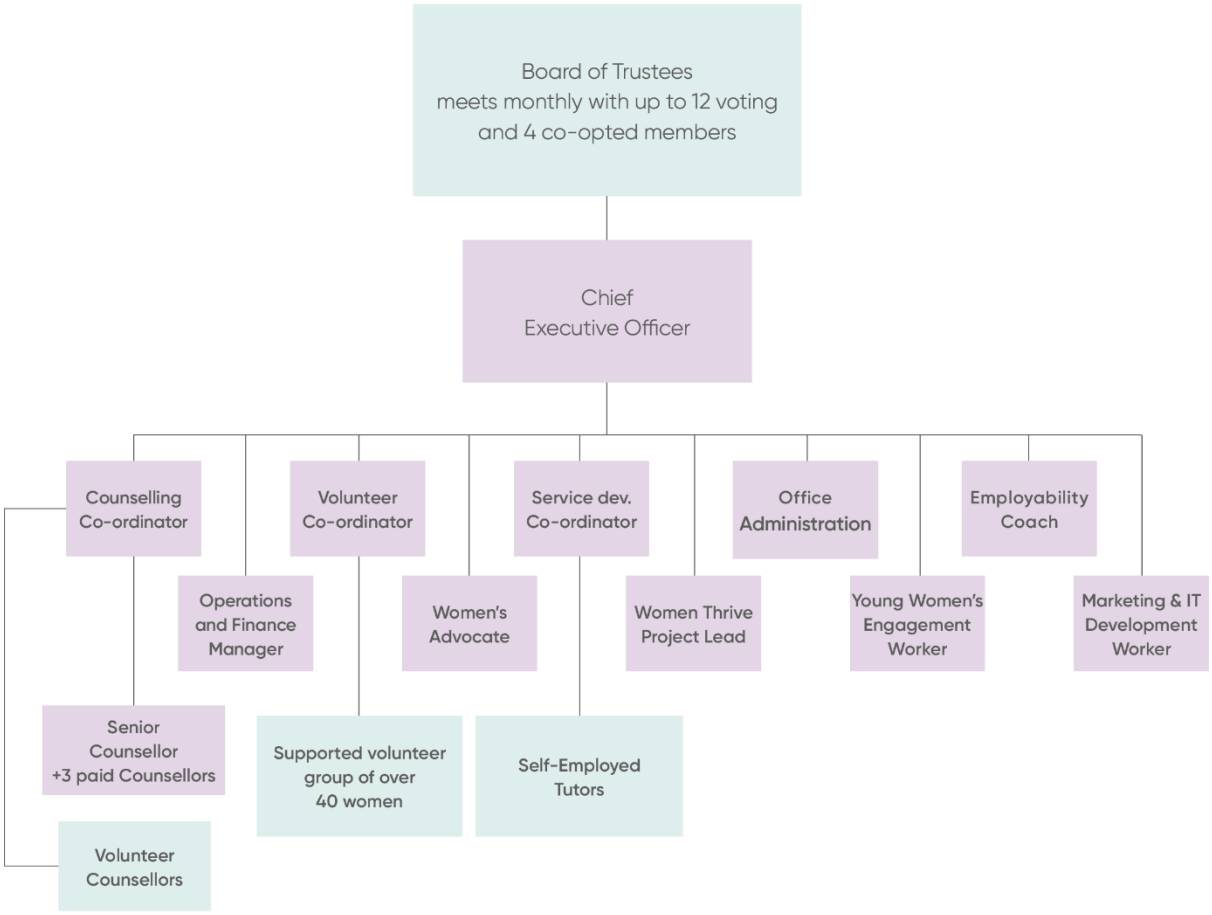
Ethnicity

The majority of our members are White British, however, 16% are from the following ethnic groups.



- Asian / Asian British - Indian
- Asian / Asian British - Other
- Asian/Asian British - Bangladeshi
- Asian/Asian British - Pakistani
- Asian/Asian British - Chinese
- Mixed / Multiple Ethnic Groups - Other
- Mixed / Multiple Ethnic Groups - White and Asian
- Mixed/Multiple Ethnic Groups - White and Black Caribbean
- Mixed/Multiple Ethnic Groups - White and Black African
- Black / African / Caribbean / Black British - Other
- Black / African / Caribbean / Black British - Caribbean
- Black / African / Caribbean / Black British - African
- Other Ethnic Group - Arab
- Other Ethnic Group - other
- White - Irish
- White - Gypsy or Irish Traveller
- White - Other

Governance



- There have been 7 voting members sitting on the Trustee Board during this year (Maximum 12).
- This is a 3-year term of office and persons may then be co-opted for one year.
- There is 1 Co-opted (Local Authority) member (Maximum 4).
- Co-opted members are valued, experienced people who aid discussion but have no voting status.
- Experts/Consultants are invited to attend as required.
- At least 2 staff members attend the meeting but have no voting rights.
- Staff members report on the progress of their projects at monthly meetings
- Meetings have continued since lockdown via Zoom to enable working women to stand on the Board
- CEO, Corinne Devine, and Chair, Eve Allen, meet weekly to ensure the Trustees are kept up to date.

Team working

WHiST has a strong team working ethic.

Regular **"Thinking Together"** sessions have been held during the year bringing together staff, volunteers, Trustees and members to look at specific topics, review progress, and new initiatives. We are working toward an Anti-Racism Charter developed by Black and minoritised women in the Violence Against Women and Girls (VAWG) sector.

The staff team meet weekly to look ahead at provision, discuss progress, share ideas and address any issues including Safeguarding, Equality, Diversity and Inclusion and Covid planning.

Project Coordinators are supported by the work of our highly skilled admin team of Wendy Stonehouse, Debra McBride and Gell Kay.

Plans for the future

- We intend to maintain current levels of delivery by identifying and making applications for funding through grants, contracts, service level agreements. We will broaden our portfolio to include enterprise and room/building hire to generate an income and strengthen partnerships to enable joint funding bids.
- We aim to secure funding to re-open the under 5s creche to ensure women with young children can access support.
- Working with First Contact Clinical, we aim to develop support for working women and employers around reproductive health, including, menopause, fertility, pregnancy loss and other gynaecological issues.
- We will continue to expand out of hours provision including Saturdays and evenings.
- We intend to deliver more classes where women can attend with their children including on weekends.
- We will ensure that policies and procedures are kept up to date and that Governance is conducted professionally.

REFERENCE AND ADMINISTRATIVE DETAILS

List of Trustees
Eva Allen: Chair
Sarah Bullock
Jayne Daglish – appointed 22 September 2021
Donna di Stefano
Anna Kozaczek: Charity Secretary
Anna Shields
Judith Helen Taylor; Councillor

Key Employees of the charitable company
Corinne Devine: Chief Executive Officer

RESERVES AND FINANCIAL HEALTH

Our Finances

The Statement of Financial Activities show:

- Incoming resources of £513,144
- Expenditure of £424,276

The total funds of £1,254,016 includes:

- Restricted Funds of £935,365 – mainly consisting of the freehold property and other tangible fixed assets of £723,801
- Unrestricted Funds of £124,651
- Designated Funds of £194,000

There are restrictions on the Freehold property in line with the grant funding for the extension.

The Trustees have a reserves and designated funds policy to cover:

- Reserves for between 3 to 6 months expenditure in light of the main risks of the organisation. In the current year we are running with three months reserves.
- A continuing programme of maintenance, repairs and regular servicing to ensure the building is well maintained and all statutory regulations are met.
- Contingencies for end of contractual term to meet legal employment obligations.

The Trustees receive monthly financial reports to ensure the financial viability of the project and grant budgets are on target. In the short term the Trustees have also considered the extent to which activities could be curtailed in the short term should such circumstances arise.

Risk Policy

The Trustees review risks on a regular cycle. Internal control risks are minimised by the implementation of policies and procedures to ensure compliance with accountancy procedures, employment law, health and safety, equality, diversity and inclusion. The policies are updated on a rolling programme to ensure they meet with the charities needs and compliance regulations.

Pension Liability

All pension funds are paid into either stakeholder policies or the auto enrolment pension fund. The assets of the scheme are held separately from those of the charity. The annual contributions payable are charged to the Statement of Financial activities.

Investment Policy

There is funding towards the Contingencies for end of contractual term held in a charitable bond which is renewable every March. Aside from retaining a prudent amount in reserves most of the charity's funds are spent to meet the organisations objectives.

The principal funders for this Financial Year are the

- Northumberland Police and Crime Commissioners
- The Henry Smith Charity
- Public Health
- South Tyneside Joint Commissioning Team
- The Tudor Trust
- The Wise Group in partnership with the National Lottery Community Fund and European Social Fund
- Virgin Money Foundation
- Smallwood Trust
- Ballinger Trust

Supporting the key objectives

- The funding from the above charities have paid towards staff salaries and the organisation overheads enabling the project to provide services and support the users.
- We have had funding from several organisations to which enabled us to provide personal development and exercise courses
- All funding is used to provide support services for the beneficiaries and to cover the organisation overheads.
- Northumberland Police and Crime Commissioners re: staff salaries for Domestic Violence work.
- Wise Group: for Employment Coaching Support.

Fundraising

The volunteers and members raised funds from coffee bar provision and donations.

RESPONSIBILITIES OF THE TRUSTEES

The trustees are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law and regulations.

Company law requires the trustees to prepare financial statements for each financial year. Under that law the trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The financial statements are required by law to 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.

RESPONSIBILITIES OF THE TRUSTEES

In preparing the 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 2015 (FRS 102);
- Make judgements 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; and
- 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 adequate accounting records that 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 Companies Act 2006. The trustees are also responsible for safeguarding the assets of the charitable company and hence for taking responsible steps for the prevention and detection of fraud and other irregularities.

INDEPENDENT EXAMINER

A resolution to re-appoint Claire Miller of Debére Limited as Independent Examiner for the ensuring year will be proposed at the Annual General Meeting.

SMALL COMPANY PROVISIONS

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Signed on behalf of the directors

Eva Allen
Chair

Approved by the Trustees on 1 September 2022

WOMEN'S HEALTH IN SOUTH TYNESIDE

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF WOMEN'S HEALTH IN SOUTH TYNESIDE

YEAR ENDED 31 MARCH 2022

I report on the accounts of Women's Health in South Tyneside for the year ended 31 March 2022, which are set out on pages 18 to 37.

Respective responsibilities of trustees and independent examiner

The charity's trustees (who are also the directors of Women's Health in South Tyneside for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 Act (the 2011 Act) and that an independent examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales.

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

Basis of independent examiner's report

My examination was carried out in accordance with the 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 give 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 Act; and

- to prepare accounts which accord with the accounting records and 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.

Claire Miller BA (Hons) FCA
Independent Examiner

ON BEHALF OF DEBÉRE LIMITED
Chartered Accountants
Swallow House
Parsons Road
Washington
Tyne and Wear
NE37 1EZ

Date: 1 September 2022

WOMEN'S HEALTH IN SOUTH TYNESIDE

COMPANY LIMITED BY GUARANTEE

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING THE INCOME STATEMENT)

YEAR ENDED 31 MARCH 2022

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	*Total Funds 2021 £*
Income and endowments					
Donations and legacies:					
Donations and legacies	5	7,843	–	7,843	*3,230*
Charitable activities	6	3,604	260	3,864	*2,168*
Investment income	7	260	–	260	*740*
Other trading activities	8	33,172	468,005	501,177	*434,942*
Total income		44,879	468,265	513,144	*441,080*
Expenditure on:					
Charitable activities		16,999	407,277	424,276	*352,046*
Total expenditure	9	16,999	407,277	424,276	*352,046*
Net income/(expenditure)	11	27,880	60,988	88,868	*89,034*
Transfer between funds		(3,126)	3,126	–	–
Balances brought forward		293,897	871,251	1,165,148	*1,076,114*
Balances carried forward		318,651	935,365	1,254,016	*1,165,148*

The Statement of Financial Activities includes all gains and losses in the year and therefore a statement of total recognised gains and losses has not been prepared.

All of the above amounts relate to continuing activities.

The notes on pages 20 to 37 form part of these financial statements

WOMEN'S HEALTH IN SOUTH TYNESIDE

COMPANY LIMITED BY GUARANTEE
Registered Number 06175697

STATEMENT OF FINANCIAL POSITION

31 MARCH 2022

	Note	2022		*2021*	
		£	**£**	*£*	*£*
Fixed assets					
Tangible assets	12		807,384		*829,955*
Current assets					
Debtors	13	16,620		*9,201*	
Cash at bank and in hand ***(includes unrestricted cash at bank and in hand of £40,175 and restricted/designated cash at bank and in hand of £405,564)***		445,739		*346,438*	
		462,359		*355,639*	
Creditors: amounts falling due within one year	14	(15,727)		*(20,446)*	
NET CURRENT ASSETS			446,632		*335,193*
NET ASSETS			1,254,016		*1,165,148*
FUNDS					
Restricted income funds	15		935,365		*871,251*
Unrestricted income funds:					
Designated funds	16		194,000		*160,000*
General unrestricted funds	16		124,651		*133,897*
TOTAL FUNDS	17		1,254,016		*1,165,148*

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)).

For the year ended 31 March 2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors/trustees responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors/trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements were approved by the members of the committee and authorised for issue on 1 September 2022 and are signed on their behalf by:

Eva Allen – Chair

The notes on pages 20 to 37 form part of these financial statements

1 General information

The charity is a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is Salus House, Mile End Road, South Shields, Tyne and Wear, NE33 1TA.

2 Statement of compliance

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006 and "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) (effective 1 January 2019)". The charity is a Public Benefit Entity as defined by FRS 102.

3 Accounting policies

The principal accounting policies are set out below. The accounting policies have been adopted consistently throughout the year.

Going concern

The financial statements have been prepared on a going concern basis. The trustees have reviewed and considered relevant information, including the annual budget and future cash flows in making their assessment. In particular, in response to the COVID-19 pandemic, the trustees have taken into account the impact on their business of possible scenarios brought on by the impact of COVID-19, alongside the measures that they can take to mitigate the impact. Based on these assessments, given the measures that could be undertaken to mitigate the current adverse conditions, and the current resources available, the trustees have concluded that they can continue to adopt the going concern basis in preparing the annual report and accounts.

Cash flow exemption

The charity has elected to adopt the exemption from preparing a cash flow statement on the grounds that the charity qualifies as a small charity.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

3 Accounting policies *(continued)*

Incoming resources

Voluntary income includes donations and their associated tax claims, subscriptions (as these are voluntary) and grants that provide core funding or are of a general nature. Voluntary income is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability. Such income is only deferred when the donor specifies that the grant or donation relates to future accounting periods.

Other income from charitable activities is recognised as earned, as the related services are provided. Grant income included in this category provides funding to support the charitable activities and is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Grant income

Revenue grants are credited to incoming resources on the earlier date of when they are received or when they are receivable, unless they relate to a specific future period, in which case they are deferred.

Capital grants are credited to income when received and form a restricted fund, which will be transferred to unrestricted funds in line with the depreciation on the grant-funded assets. This treatment accords with the requirements of the Charity SORP but not that of Statement of Standard Accounting Practice No 4 "Accounting for Government Grants".

Interest receivable

Interest is recognised on a receivable basis.

Resources expended

Resources expended are included in the Statement of Financial Activities on an accruals basis, inclusive of VAT. They include:

(i) Charitable activities include all costs relating to activities where the primary aim is part of the objects of the charity along with the indirect costs. All of the direct costs have been included within this cost heading. The indirect costs, i.e. support costs include central functions and have been allocated to activity cost categories based on room availability.

(ii) Cost of generating funds are those costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

(iii) Governance costs include those incurred in the governance of its assets and are primarily associated with constitutional and statutory requirements.

Staff costs and overhead expenses

Staff costs and overhead expenses are allocated to activities on the basis of staff time spent on these activities.

3 Accounting policies *(continued)*

Support cost allocation

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs and administrative payroll costs. They are incurred directly in support of expenditure on the objects of the charity.

Pension costs

The charity provides a defined contribution scheme for employees. The assets of the scheme are held separately from those of the charity. The annual contributions payable are charged to the Statement of Financial Activities.

Tangible fixed assets and depreciation

Tangible fixed assets are included in the balance sheet at cost or at market value at the date of the acquisition. Tangible fixed assets are capitalised and included at cost.

Depreciation is calculated so as to write off an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Freehold	– 2% straight line
Equipment	– 25% straight line
Database development	– 33.33% straight line

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.

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.

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 after allowing for any trade discounts due.

3 Accounting policies *(continued)*

Funds

The funds held by charity are either:

- Unrestricted general funds – these are funds which are available for use at the discretion of the directors in furtherance of the general objectives of the Charity and which have not been designated for other purposes; or

- Restricted funds – these are funds that can only be used for particular restricted purposes within the objects of the charity. Funds are held as restricted funds until such time as the purposes for which the funds were received have been fulfilled, at which time they are transferred to general funds; or

- Designated funds are unrestricted funds earmarked by the trustees for particular purposes. In the year ended 31 March 2022 designated funds relate to the building fund (i.e. on-going maintenance of the building), a general reserve (i.e. to retain a minimum of three months reserves) and the redundancy fund.

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.

4 Statement of Financial Activities for the prior year

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Income and endowments				
Donations and legacies:				
Donations and legacies	*5*	*3,230*	*–*	*3,230*
Charitable activities	*6*	*278*	*1,890*	*2,168*
Investment income	*7*	*740*	*–*	*740*
Other trading activities	*8*	*34,875*	*400,067*	*434,942*
Total income		*39,123*	*401,957*	*441,080*
Expenditure on:				
Charitable activities		*8,750*	*343,296*	*352,046*
Total expenditure	*9*	*8,750*	*343,296*	*352,046*
Net income/(expenditure)	*11*	*30,373*	*58,661*	*89,034*
Transfer between funds		*(3,592)*	*3,592*	*–*
Balances brought forward		*267,116*	*808,998*	*1,076,114*
Balances carried forward		*293,897*	*871,251*	*1,165,148*

5 Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total funds 2022 £	*Total funds 2021 £*
Donations	6,443	–	6,443	*2,929*
Subscriptions	1,400	–	1,400	*301*
Gifts in kind	–	–	–	–
	7,843	–	7,843	*3,230*

6 Charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	*Total Funds 2021 £*
Fundraising events	994	–	994	*278*
Room hire	2,610	260	2,870	*1,890*
	3,604	260	3,864	*2,168*

7 Investment income

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	*Total Funds 2021 £*
Bank interest receivable	260	–	260	*740*

8 Other trading activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	*Total Funds 2021 £*
ST Joint Commissioning Team	–	32,912	32,912	*32,912*
Coffee bar sales	796	–	796	*17*
Drop-in sales	3,596	12	3,608	*505*
Miscellaneous income	2,184	–	2,184	*28,839*
Big Lottery Fund – Wise Group	–	36,317	36,317	*31,251*
Business Education Skills	–	–	–	*1,140*
Community Foundation Women's Fund	–	15,000	15,000	*15,000*
Northumbria Police and Crime Commissioner	–	57,570	57,570	*66,510*
Coalfields – Regional Impact Fund	–	–	–	*19,720*
Changing Lives	–	9,230	9,230	*6,920*
Ballinger	–	15,000	15,000	*15,000*
Smallwood Trust and Rosa	–	48,550	48,550	*29,308*
Community Fund – Henry Smith	–	36,400	36,400	*44,450*
Catherine Cookson	–	–	–	*1,000*
Wm Webster Charitable Trust	–	–	–	*1,500*
Community Foundation – Ringtons	–	–	–	*4,968*
BM Covid Fund	–	–	–	*1,000*
Community Foundations – NBS	–	–	–	*3,000*
Rise – courses	–	–	–	*7,200*
Community Foundation	–	26,000	26,000	*9,955*
Awards for All	–	–	–	*8,836*
Tudor Trust	–	30,000	30,000	*42,000*
Co-operative Community Fund	–	–	–	*3,955*
Karbon Homes	–	–	–	*1,000*
Furlough refunds	–	–	–	*11,247*
Independent Age Grant	–	–	–	*9,383*
Good Things Foundation	–	1,960	1,960	*3,326*
Community Fund – WM Leech	–	5,000	5,000	*10,000*
Virgin Foundation	–	25,000	25,000	*25,000*
Inspire Covid	1,000	–	1,000	–
Arnold Clark	1,000	–	1,000	–
Sports England	–	6,980	6,980	–
STC – household vouchers	4,200	–	4,200	–
Community Foundation – Linden Family	–	4,950	4,950	–
STC Skills	14,396	–	14,396	–
Barbour Trust	6,000	–	6,000	–
ST PHE	–	89,869	89,869	–
Community Foundation – Reed Fund	–	3,000	3,000	–
Coalfield Regeneration Trust	–	24,255	24,255	–
	33,172	468,005	501,177	*434,942*

9 Total resources expended costs of charitable activities

	Staff Costs £	Direct Costs £	Depre-ciation £	Support Costs £	Total Funds 2022 £	*Total Funds 2021 £*
Charitable activities:						
Coffee shop	74,669	657	6,974	18,104	100,404	80,608
Studio	74,669	25,518	6,974	16,154	123,315	104,822
Counselling	74,669	2,165	6,975	16,154	99,963	81,088
Seminars	74,668	277	6,975	16,154	98,074	83,008
Gifts in kind	–	–	–	–	–	–
Governance costs	–	–	–	2,520	2,520	2,520
	298,675	28,617	27,898	69,086	424,276	352,046

Support costs have been allocated across activities on the basis of room usage. These include costs associated with providing accommodation, finance, personal and other central activities to the charity's clients. Total funds includes restricted costs of £407,277 (2021: £343,296) and unrestricted costs of £16,999 (2021: £8,750).

10 Staff numbers and emoluments

The aggregate payroll costs were:

	2022 £	*2021 £*
Wages and salaries	253,037	*185,689*
Social security costs	15,802	*11,487*
Other pension costs	29,836	*21,814*
	298,675	*218,990*

Particular of employees

The average number employees during the year, calculated on the basis of full time equivalents, was as follows:

	2022 £	*2021 £*
Number of management and administration staff	9	7

No employee received emoluments of more than £60,000 during the year (2021: £60,000 - none).

The total remuneration and benefits paid to key management amounted to £47,728 (2021: £46,449).

No (2021: none) trustee received reimbursement of expenses for their role as a volunteer. The amount claimed was £nil (2021: £nil). Trustee/volunteer indemnity insurance has been provided by the charity at a cost of approximately £550 (2021: £550).

11 Net movements in funds

Net movement in funds is stated after charging:

	2022	*2021*
	£	*£*
Accountancy and Independent Examination	2,520	*2,520*
Depreciation	27,898	*24,373*

12 Tangible fixed assets

	Freehold Property	Equipment	Total
	£	£	£
Cost			
At 1 April 2021	1,128,987	60,679	1,189,666
Additions	685	4,642	5,327
Disposals	–	–	–
At 31 March 2022	1,129,672	65,321	1,194,993
Depreciation			
At 1 April 2021	315,312	44,399	359,711
Charge for the year	22,587	5,311	27,898
Disposals	–	–	–
At 31 March 2022	337,899	49,710	387,609
Net book value			
At 31 March 2022	791,773	15,611	807,384
At 31 March 2021	*813,675*	*16,280*	*829,955*

13 Debtors

	2022	*2021*
	£	*£*
Trade debtors	8,555	*1,175*
Prepayments and accrued income	7,968	*7,269*
Other debtors	97	*757*
	16,620	*9,201*

14 Creditors: amounts falling due within one year

	2022	*2021*
	£	*£*
Trade creditors	5,657	*8,073*
Taxation and social security	6,165	*4,133*
Accruals	3,905	*8,240*
	15,727	*20,446*

15 Restricted funds

For the year ended 31 March 2022

		Movement in resources:			
	Balance at 1 Apr 2021	Incoming	Outgoing	Transfers	Balance At 31 Mar 2022
	£	£	£	£	£
Freehold property ***	*725,238*	–	(22,387)	–	702,851
Coalfields – Regional Impact Fund **	*11,177*	–	(3,932)	2,256	9,501
Changing Lives	*19,896*	9,230	–	–	29,126
ST Joint Commissioning Team	–	32,924	(32,924)	–	–
WEA	*2,758*	260	(125)	–	2,893
Garfield Weston **	*3,162*	–	(70)	–	3,092
Community Foundation Women's Fund	*18,938*	15,000	(32,461)	–	1,477
Ballinger Trust	*12,552*	15,000	(28,128)	576	–
Cloth Workers Fund **	*5,287*	–	(123)	–	5,164
Northumbria Police and Crime Commissioner	–	57,570	(50,624)	–	6,946
Wise Group BBO **	*17,741*	36,317	(28,818)	–	25,240
Big Lottery Fund – Celebration fund	*77*	–	*(77)*	–	–
Community Foundation – Henry Smith	*13,028*	36,400	(46,960)	–	2,468

15 Restricted funds *(continued)*

For the year ended 31 March 2022 *(continued)*

		Movement in resources:			
	Balance at 1 Apr 2021	**Incoming**	**Outgoing**	**Transfers**	**Balance At 31 Mar 2022**
	£	**£**	**£**	**£**	**£**
Smallwood Trust and Rosa	–	48,550	(6,095)	–	42,455
Community Foundation – Wm Leech	*1,856*	5,000	(6,856)	–	–
Virgin Foundation	–	25,000	(25,000)	–	–
Tudor Trust **	*490*	685	(154)	–	1,021
Tudor Trust – Wellbeing Fund	*2,000*	29,315	(31,315)	–	–
Rise – Courses	*4,570*	–	(4,570)	–	–
Awards For All **	*6,668*	–	(2,172)	–	4,496
Community Foundation	*5,423*	26,000	(11,041)	–	20,382
Community Foundation - Ringtons	*4,906*	–	(4,906)	–	–
The Good Things Foundation	*2,681*	1,960	(4,641)	–	–
Independent Age Grant	*8,848*	–	(8,848)	–	–
Co-operative Community Fund	*3,955*	–	(2,535)	–	1,420
Karbon Homes	–	–	(27)	214	187
Santander	–	–	(80)	80	–
Sports England	–	6,980	(6,980)	–	–
ST PHE	–	89,869	(29,302)	–	60,567
Coalfields Regeneration Trust	–	24,255	(9,146)	–	15,109
Community Foundation – Reed Fund	–	3,000	(2,030)	–	970
Community Foundation – Linden Family	–	4,950	(4,950)	–	–
	871,251	468,265	(407,277)	3,126	935,365

For the year ended 31 March 2021

		Movement in resources:			
	Balance at 1 Apr 2020	**Incoming**	**Outgoing**	**Transfers**	**Balance At 31 Mar 2021**
	£	**£**	**£**	**£**	**£**
Freehold property ***	*747,586*	–	(22,348)	–	725,238
South Tyneside Business Skills and Employment	*6,451*	1,140	(10,006)	2,415	–
Coalfields - Peer Support	*610*	–	(610)	–	–
Coalfields – Regional Impact Fund **	–	19,720	(8,543)	–	11,177
Changing Lives	*14,026*	6,920	(1,050)	–	19,896
ST Joint Commissioning Team	*3,258*	32,912	(37,347)	1,177	–
WEA	*868*	1,890	–	–	2,758
Garfield Weston **	*3,232*	–	(70)	–	3,162
Community Foundation Women's Fund	*3,938*	15,000	–	–	18,938
Big Lottery Fund – volunteers, admin, crèche	*1,593*	–	(1,593)	–	–
Ballinger Trust	*271*	15,000	(2,719)	–	12,552
Cloth Workers Fund **	*5,411*	–	(124)	–	5,287
Northumbria Police and Crime Commissioner	–	66,510	(66,510)	–	–
Wise Group BBO **	*9,452*	31,251	(22,962)	–	17,741

15 Restricted funds *(continued)*

For the year ended 31 March 2021 *(continued)*

		Movement in resources:			
	Balance at 1 Apr 2020 £	**Incoming £**	**Outgoing £**	**Transfers £**	**Balance At 31 Mar 2021 £**
Big Lottery Fund – Celebration fund	*77*	–	–	–	77
Community Foundation – Henry Smith	*1,425*	49,478	(37,875)	–	13,028
Sir James Knott	*72*	–	(72)	–	–
Rothley Trust	*1,000*	–	(1,000)	–	–
STC – children, adults and health	*1,792*	–	(1,792)	–	–
The Hadrian Trust	*1,000*	–	(1,000)	–	–
Smallwood Trust – Women and Poverty	6,936	–	(6,936)	–	–
Smallwood Trust and Rosa	–	29,308	(29,308)	–	–
Community Foundation – Wm Leech	–	10,000	(8,144)	–	1,856
Virgin Foundation	–	25,000	(25,000)	–	–
Tudor Trust **	–	588	(98)	–	490
Tudor Trust – Wellbeing Fund	–	45,117	(43,117)	–	2,000
Rise – Courses	–	7,200	(2,630)	–	4,570
Awards For All **	–	8,836	(2,168)	–	6,668
Community Foundation	–	9,955	(4,532)	–	5,423
Catherine Cookson	–	1,000	(1,000)	–	–
Community Foundation - Ringtons	–	4,968	(62)	–	4,906
The Good Things Foundation	–	3,326	(645)	–	2,681
Independent Age Grant	–	9,383	(535)	–	8,848
Co-operative Community Fund	–	3,955	–	–	3,955
Karbon Homes	–	1,000	(1,000)	–	–
WM Webster extension costs	–	1,500	(1,500)	–	–
BM Covid Fund	–	1,000	(1,000)	–	–
	808,998	401,957	(343,296)	3,592	871,251

** Capital funds (i.e. where the assets have been capitalised and the depreciation is charged against these balances).

*** *The balance brought forward combines freehold property, Big Lottery Fund – Extension and Big Lottery Fund – Grant for Extension balances taken from the 2015 financial statements.*

Sufficient funds are held in an appropriate form to enable each fund to be applied in accordance with any restrictions placed on it.

Coalfields – Regional Impact Fund
Funding towards purchasing some assets. The capital balance carried forward is £9,501 (2021: £11,177).

Changing Lives
Funding received towards partnership work to support the work of the NCRC.

South Tyneside Adult Services
Funding from South Tyneside Adult Services towards the Chief Executive Officer salary costs.

15 Restricted funds *(continued)*

WEA
Funding received to pay for course costs for venue and training materials

Garfield Weston
Funding received towards the refurbishment of the kitchen. This fund is being reduced each year by the depreciation charge. The capital balance carried forward is £3,092 (2021: £3,162).

Community Foundation Women's Fund
Funding received for core costs.

Big Lottery – volunteers, admin, crèche
Funding received to help towards salary and core costs.

Ballinger Trust
Funding received towards salaries and core costs.

Cloth Workers Fund
Funding received towards the refurbishment of the kitchen. This fund is being reduced each year by the depreciation charge. The capital balance carried forward is £5,164 (2021: £5,287).

Northumbria Police and Crime Commissioner
Funding received towards work with Victims of Domestic Violence.

Wise Group BBO
Partnership agreement with the European Social Fund co-funded initiative with the Big Lottery Fund to provide and Employment Coach to identify referrals, provide coaching and wrap around support, provide employability support when appropriate and signposting to wider wrap around support from within the wider partnership and within mainstream services. The capital balance carried forward is £41 (2021: £58l).

Big Lottery Fund – Celebration Fund
International Women's Day celebration working with other women's group to encourage integration and improve community cohesion to promote diversity.

Community Foundation – Henry Smith
Funding received to cover costs that enable us to provide services and facilities for the participants.

Smallwood Trust and Rosa
Funding received for salaries and overheads to enable the continued support for women experiencing health inequalities.

Community Foundation – WM Leech
Funding received to provide volunteer and peer support

Virgin Foundation
Funding received towards volunteer co-ordinator salary.

Tudor Trust
Funding received towards the purchase of some assets. The capital balance carried forward is £1,021 (2021: £490).

Tudor Trust – Wellbeing Fund
Funding received towards salaries, trustees and volunteers.

15 Restricted funds *(continued)*

Rise Courses
Funding for exercise provision

Awards For All
Funding received for counselling, Covid-19 equipment and remote teaching. The capital balance carried forward is £2,022 (2021: £2,921).

Community Foundation – Growth and Resilience Fund
Funding to enable the charity to move forward with its sustainability plans.

Catherine Cookson
Funding received towards replacing the external automatic door.

Community Foundation – Ringtons
Funding received for sessional support workers.

The Good Things Foundation
Funding to provide census support.

Independent Age Grant
Funding received to organise and run courses.

Co-operative Community Fund
Funding received for tutor costs to facilitate a support group.

Karbon Homes
Funding received for support worker costs to support women dealing with complex circumstances due to Covid. The capital balance carried forward is £187 (2021: £nil).

Sports England
Funding towards sessional teaching, course expenses and volunteer expenses

ST PHE
Funding received to fund women's engagement worker, women's advocate and a senior counsellor. This was also towards volunteer expenses and core costs.

Coalfields Regeneration Trust
Funding received towards the employment of counselling staff.

Community Foundation – Reed Fund
Funding towards facilitator costs for choir sessions.

Community Foundation – Linden Family
Funding received for eating together sessions. This covers facilitator costs, food costs and volunteer expenses.

16 Unrestricted funds

For the year ended 31 March 2022

	Balance at 1 Apr 2021 £	Incoming £	Outgoing £	Transfers £	Balance At 31 Mar 2022 £
Designated funds:					
Building maintenance and repair	*10,000*	–	(554)	554	10,000
Reserves	*85,000*	–	–	40,000	125,000
Contingencies for end of contractual term	*65,000*	–	–	(6,000)	59,000
Total designated funds	*160,000*	–	(554)	34,554	194,000
General funds	*133,897*	44,879	(16,445)	(37,680)	124,651
	293,897	44,879	(16,999)	(3,126)	318,651

For the year ended 31 March 2021

	Balance at 1 Apr 2020 £	Incoming £	Outgoing £	Transfers £	Balance At 31 Mar 2021 £
Designated funds:					
Building maintenance and repair	*7,052*	–	(2,640)	5,588	10,000
Reserves	*79,866*	–	–	5,134	85,000
Contingencies for end of contractual term	*51,145*	–	–	13,855	65,000
Total designated funds	*138,063*	–	(2,640)	24,577	160,000
General funds	*129,053*	39,123	(6,110)	(28,169)	133,897
	267,116	39,123	(8,750)	(3,592)	293,897

The Committee feel it is prudent to hold some designated funding for the enhancement and continuation of the services and the upkeep of the building.

Building Maintenance and Repair
Funding set aside to ensure that the building complies with all legal and health and safety legislation and is repaired and maintained to a reasonable standard. Maintaining the asset is part of the agreement for the building extension grant from the Big Lottery Fund.

16 Unrestricted funds *(continued)*

Reserves
A minimum of three months reserves have been set aside to enable the Charity to fulfil all of its legal obligations.

Contingencies for end of contractual term
Due to current economic climate the decision has been taken to hold sufficient funding to meet its contractual liabilities, safeguarding the ability of the charity to meet its objectives.

17 Analysis of net assets between funds

For the year ended 31 March 2022

	Tangible Fixed Assets £	Net Current Assets £	Total £
Restricted funds			
Freehold Property	702,851	–	702,851
Changing Lives	–	29,126	29,126
Garfield Weston	3,014	78	3,092
Cloth Workers Fund	5,164	–	5,164
WEA	–	2,893	2,893
Community Foundation Women's Fund	–	1,477	1,477
Community Foundation – Henry Smith	–	2,468	2,468
Wise Group BBO	41	25,199	25,240
Tudor Trust	1,021	–	1,021
Coalfields – Regional Impact Fund	9,501	–	9,501
Awards for All	2,022	2,474	4,496
Community Foundation	–	20,382	20,382
Co-operative Community Fund	–	1,420	1,420
Karbon Homes	187	–	187
Smallwood Trust and Rosa	–	42,455	42,455
Community Foundation – Reed Fund	–	970	970
Northumbria Police & Crime Commissioner	–	6,946	6,946
ST PHE	–	60,567	60,567
Coalfields Regeneration Trust	–	15,109	15,109
	723,801	211,564	935,365
Designated funds:			
Building maintenance and repair	–	10,000	10,000
Reserves	–	125,000	125,000
Contingencies for end of contractual term	–	59,000	59,000
General unrestricted funds	83,583	41,068	124,651
Total funds	807,384	446,632	1,254,016

17 Analysis of net assets between funds *(continued)*

For the year ended 31 March 2021

	Tangible Fixed Assets £	Net Current Assets £	Total £
Restricted funds			
Freehold Property	725,238	–	725,238
Changing Lives	–	19,896	19,896
Garfield Weston	3,162	–	3,162
Cloth Workers Fund	5,287	–	5,287
WEA	–	2,758	2,758
Community Foundation Women's Fund	–	18,938	18,938
Ballinger Trust	–	12,552	12,552
BLF – Celebration Fund	–	77	77
Community Foundation – Henry Smith	–	13,028	13,028
Wise Group BBO	58	17,683	17,741
Community Foundation – WM Leech	–	1,856	1,856
Tudor Trust	490	–	490
Tudor Trust – Wellbeing Fund	–	2,000	2,000
Rise – Courses	–	4,570	4,570
Coalfields – Regional Impact Fund	11,177	–	11,177
Awards for All	2,921	3,747	6,668
Community Foundation	–	5,423	5,423
Community Foundation - Ringtons	–	4,906	4,906
The Good Things Foundation	–	2,681	2,681
Independent Age Grant	–	8,848	8,848
Co-operative Community Fund	–	3,955	3,955
	748,333	122,918	871,251
Designated funds:			
Building maintenance and repair	–	10,000	10,000
Reserves	–	85,000	85,000
Contingencies for end of contractual term	–	65,000	65,000
General unrestricted funds	81,622	52,275	133,897
Total funds	829,955	335,193	1,165,148

18 Future Sustainability

We will continue to apply for grant funding to provide a sustainable range of services to support the women in South Tyneside. The extension will enable us to drive forward new initiatives and develop our partnership work.

We have a large asset in the building which we operate from and this is shown in the accounts. The asset has significant restrictions imposed by the Big Lottery Fund for the next 6 years under the terms and conditions of the grant awarded. This appears that the charity is richer on paper than we are in real life.

19 Related party transactions

There have been no related party transactions during the year.

20 Company limited by guarantee

The company is limited by guarantee and has no share capital. In the event of a winding up, every member undertakes to contribute such an amount as may be required for the payment of liabilities not exceeding a total of £1 each.

The following pages do not form part of the statutory financial statements which are subject to the independent examiner's report on pages 15 to 16.

WOMEN'S HEALTH IN SOUTH TYNESIDE

COMPANY LIMITED BY GUARANTEE

MANAGEMENT INFORMATION

YEAR ENDED 31 MARCH 2022

	2022	*2021*
	£	*£*
Income		
STC – CEO	32,912	*32,912*
South Tyneside Business Skills and Employment	–	*1,140*
Donations	6,443	*2,929*
Fund Raising Events	994	*278*
Coffee bar sales	796	*521*
Drop-in sales	3,608	–
Subscription members	1,400	*301*
Room hire	2,870	*1,890*
Photocopying	7	*10*
Interest received	260	*740*
Small grants and donations	16,396	*19,200*
Miscellaneous income	2,177	*5,686*
Changing Lives	9,230	*6,920*
Northumbria Police and Crime Commissioner	57,570	*66,510*
Big Lottery Fund – Wise Group	36,317	*31,251*
Coalfields – Rengeration Trust	24,255	–
Coalfields – Regional Impact Fund	–	*19,720*
Community Foundation Women's Fund	15,000	*15,000*
Ballinger Trust	15,000	*15,000*
WM Webster Charitable Trust	–	*1,500*
Smallwood Trust	48,550	*29,308*
Sports England	6,980	–
ST PHE	89,869	–
Community Foundation – Reed Fund	3,000	–
Community Fund – Henry Smith	36,400	*44,450*
Community Foundation – Linden Family	4,950	–
Gifts in kind	–	–
Community Foundation – WM Leech	5,000	*10,000*
Catherine Cookson Furniture	–	*1,000*
Community Foundation – Ringtons	–	*4,968*
Furlough refunds	–	*11,248*
Insurance claims	–	*3,943*
Independent Age Grant	–	*9,383*
Tudor Trust	30,000	*42,000*
Awards for All	–	*8,836*
Community Foundation	26,000	*9,955*
Rise – Courses	–	*7,200*
BM Covid Fund	–	*1,000*
Good Things Foundation	1,960	*3,326*
Virgin Foundation	25,000	*25,000*
STC – household vouchers	4,200	–
Co-operative Community Foundation	–	*3,955*
Karbon Homes	–	*1,000*
Community foundation – NBS	–	*3,000*
Barbour costs	6,000	–
Total income	513,144	*441,080*

	2022	*2021*
	£	*£*
Charitable Activities		
Staff salaries and pension costs	298,675	218,990
Recruitment expenses	945	–
Coffee bar purchases	380	54
Sundry purchases	1,165	921
Drop-in supplies	1,952	364
Monday Lunch	–	15
Sessional workers	25,242	24,633
Facilitator	–	2,820
Supervision	1,888	900
Material for courses	285	32
Water	804	1,418
General rates	346	1,357
Refuse collection	1,213	717
Heat and light	6,837	5,667
Travel expenses	2,291	401
Printing, postage and stationery	3,696	4,136
Telephone	7,161	6,666
Computer software and consumables	10,141	19,765
Repairs and renewals	10,336	22,813
Cleaning	7,987	6,295
Subscriptions	861	765
Training costs	850	455
Insurance	4,528	3,988
Refreshments and entertaining	2,272	235
Depreciation	27,898	24,373
Flowers and gifts	496	285
Legal fees	1,182	1,257
Bank charges	83	(10)
Function costs	1,107	50
Garden purchases	300	–
Volunteer expenses	835	164
Gifts in kind	–	–
Total Expenditure	421,756	349,526

	2022	*2021*
	£	*£*
Governance costs		
Accountancy fees and independent examination	2,520	*2,520*
Total expenditure	424,276	*352,046*
Net income/(expenditure) for the year	88,868	*89,034*

WOMEN'S HEALTH IN SOUTH TYNESIDE

England & Wales - Charity number 1119901

Accounts

WOMEN'S HEALTH IN SOUTH TYNESIDE

Company Limited by Guarantee

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

Charity Number: 1119901

Company Registered Number: 06175697

Debére Limited
Chartered Accountants
Swallow House
Parsons Road
Washington
Tyne and Wear
NE37 1EZ

WOMEN'S HEALTH IN SOUTH TYNESIDE

FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2021

CONTENTS	PAGES
Officers and professional advisers	1
The trustees' annual report	2 to 14
Independent examiner's report	15 to 16
Statement of financial activities	17
Statement of financial position	18
Notes to the financial statements	19 to 36

WOMEN'S HEALTH IN SOUTH TYNESIDE

MEMBERS OF THE BOARD AND PROFESSIONAL ADVISERS

YEAR ENDED 31 MARCH 2021

The board of trustees	Donna di Stefano Chris Westbury Eva Allen Judith Helen Taylor Anna Shields Sarah Bullock Anna Kozaczek
Local Authority representative	Judith Helen Taylor
Charity secretary	Anna Kozaczek
Registered office	Salus House 33 Mile End Road South Shields Tyne and Wear NE33 1TA
Charity number	1119901
Company registration number	06175697
Accountants	Debére Limited Chartered Accountants Swallow House Parsons House Washington Tyne and Wear NE37 1EZ
Bankers	Virgin Money 30 Fowler Street South Shields Tyne and Wear NE33 1NE
Solicitor	Ward Hadaway Sandgate House 102 Quayside Newcastle upon Tyne Tyne and Wear NE1 3DX

WOMEN'S HEALTH IN SOUTH TYNESIDE

COMPANY LIMITED BY GUARANTEE

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2021

The trustees, who are the directors of the organisation for the purpose of Company Law, present their annual director's report together with the charity's financial statements for the year ended 31 March 2021.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006 and "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 (FRS102) (effective 1 January 2019)".

Objectives and Activities

WHiST is a registered charity and company limited by guarantee, it was established in 1986 with the following charitable objectives;

To Preserve and protect good health, both mental and physical, of women, particularly by providing appropriate health advice, counselling and assistance and finding effective ways of meeting specific health problems.

And

To advance the education of women to enable them to use their talents to the full and to extend their knowledge and specific skills and to encourage them to participate more fully in local and international affairs in voluntary activities and in their working lives.
We are committed to offering women only services that are open to all women over 16, irrespective of class, sexual orientation, ethnic background or disability/ability.

Our values are key to achieving the following outcomes for women:

- Promote independence, choice and control over their lives
- Increase knowledge and skills
- Improve physical and mental health awareness
- Improve access to services
- Promote social inclusion
- Improve confidence, self-esteem and well-being

We offer a wide range of holistic services offering mental, physical and emotional support in a safe, confidential and non-judgemental environment that encourages equality, independence and empowerment. We encourage women to take control of their health and decision making by supporting them to choose their own route through services to suit their changing needs and supporting them to access services in the wider community to assist their progression.

We work to achieve our aims by providing the following services:

- Counselling
- Personal development and training courses
- Employability support
- Volunteering opportunities
- Listening ear service
- IT support including access to equipment and broadband
- Focused Telephone Support
- Support groups
- Drop-in sessions
- Exercise sessions
- Health and wellbeing support
- Information, advice & guidance
- Library

Our services compliment Local and Government Strategic plans and priorities and we participate in forums and working parties contributing to aligning the development of future services with the needs of local women.

Achievement and Performance

- We responded swiftly and effectively to the lockdown imposed due to the pandemic, delivering online or via phone. We contacted all **1250** members during lockdown to assess their immediate needs and provide ongoing support where necessary.
- We secured funding via **Coalfields Regeneration Trust** to purchase PPE and adapt our building to enable covid safe working. Grants from the **Community Foundation** and **National Lottery Community Fund** funded work to support women through the pandemic including providing access to IT equipment and broadband.
- A new service, **Focused Support**, was established to respond flexibly to women's changing circumstances. Workers provided telephone support with whatever issues were being experienced by women including bereavement, mental and physical ill health, addiction, domestic violence, debt, housing, wellbeing planning, advocacy and support to recover from isolation. The funding for this work came from the **Police Crime Commissioner's Office.**
- **35 volunteers** and **13 volunteer counsellors** were central in the planning and delivery of services and peer support.
- Volunteers offered over **1200 hours** of support across the year. Counselling volunteers delivered **1217** sessions.
- We continued to work in partnership with other organisations in the Borough. We planned and hosted another successful International Women's Day event with **Aspire, Angelou Centre, Apna Ghar, Bright Futures, CREST, Hindu Nari Sangh and Sangini**. We worked closely with **Hospitality and Hope** to provide food bags to women in need. We addressed health needs in the Borough in partnership with other VCSE organisations and Public Health through attendance at **Alliance Working groups**. We continued to work with **Changing Lives** and **Probation** to host a successful women's hub. Our long-standing partnership with the **WEA** (Workers Educational Association) provided access to adult education for local women.
- We welcomed one new Trustee to our Board and have held **"Thinking Together"** sessions to review and monitor our progress with our Strategic Plans and to strengthen our teamwork. Thank you to Lysa Morrison for her work facilitating these sessions with Trustees, staff, and volunteers.
- We developed a new database, working with Chris Grant from Throneware. This enables us to count numbers of women accessing provision and provide more detail about the benefits of our services. The full impact of this will be seen in next year's annual report.

Provision

Our Service Development and Delivery Coordinator, Janet Cresswell, oversees WHiST learning programme.

Courses

64 different women have accessed one or more of the **20** different courses were provided this year, attending **131** sessions. Courses were designed to support women in isolation. We initially delivered on zoom and later with a hybrid model, mixing classroom and online learning. This enabled women who needed face to face support to attend alongside those isolating at home. Numbers of courses and learners are down on previous years due to the challenges of delivering online and the traumatic circumstances women were experiencing. We nevertheless delivered a third of our usual number of courses. Staff and volunteers used their considerable skill to make online learning engaging and supportive. We developed a **Recovery and Resilience** course to support women during and coming out of lockdown.

We established a **Young Women's Support Group** and are planning to extend this work in 21/22 with employment of a Young Women's Engagement Worker.

Volunteering

The Volunteer team have been a central part of WHiST response to the pandemic. Volunteers are delivering support sessions and courses having gained Level 3 teaching qualifications.

- **35** volunteers supported by Volunteer Coordinator, Joy Nancarrow, delivered services to over **600** women.
- **450** women were contacted with Wellbeing Calls.
- Listening Ear volunteers supported **60** women who were living with multiple challenges and isolated at home. Weekly telephone support was provided.
- **100** cards were hand delivered to women who we were unable to contact by phone.
- **100** women who felt unable to access WHiST due to fears around Covid were called. Their experiences are being used to plan support services for the most isolated women.
- We developed an online **Volunteer Skills Course**, which was co-produced and delivered with **4** volunteers and graded by South Tyneside Skills Service as **Exceptional.**
- Volunteers identified the need for and developed **new** Virtual support groups and piloted evening and Saturday opening to extend the services provided to new women including young women **age 16-25.**

Counselling

We have offered Cognitive Behavioural Therapy (CBT), Person Centred Therapy, Gestalt, Psychodynamic, Group and Neuro-Linguistic Programming (NLP):

- **13** counsellors have delivered sessions from WHiST this year.
- Funding from the Police Crime Commissioner allowed Margaret Bird to continue in the full time Counselling Coordinator role. Additional PCC funding meant we could employ Ruth Marshall in a Senior Counsellor role.
- All counsellors receive **supervision** in line with BACP and UKCP regulations, in addition group supervision has been offered.
- The Counselling Coordinator delivered **141 hours** of clinical supervision sessions and urgent supervision related calls to volunteer counsellors including **4** trainees.
- **61** assessments were delivered. There was a decrease in the number of assessments **not attended**. We believe this is a consequence of remote delivery and the impacts of lockdown.
- **1217** sessions of counselling were attended.
- **109** women were referred, and **76** women received counselling

Our long-standing partners include Rape Crisis Tyneside Northumberland (RCTN) who provide outreach services at WHiST and Changing Lives/Probation who deliver the Women's Hub from WHiST.

We have ongoing links with South Tyneside DV Forum, Impact Family Services, Angelou Centre, Apna Ghar, FLOWS and the South of Tyne Women's Partnership.

Employability Project

Delivered through partnership working with The Wise Steps Project, funded by the Lottery and European Social Fund. Employment Coach, Asia Uddin works alongside Admin Worker, Debra McBride.

- **18** Women enrolled on the programme by March 2020.
- **6** women moved into employment
- **1** woman gained a qualification
- **6** women gained a Level 1 Employability Award
- **2** women completed functional skills in English
- **6** women entered volunteering
- **25** referrals to specialist partners to access support including counselling, IT skills, confidence building and benefits advice.
- We are working with diverse women reaching our targets to engage women over 50, women with a disability, women from BAME communities, lone parents and carers.
- Referral to the programme will close in December 2021.

Focused Support Service

A new service developed in response to the pandemic. Sessional staff Karen Ambelez, Rebecca Johnston, Anna Shields, and Sonia Tabassum delivered telephone support to women isolated at home and experiencing difficult circumstances. Focused Support was also offered to women waiting for counselling.

- **41** women supported with weekly calls for up to an hour in duration.
- A wide range of issues addressed including PTSD, anxiety, depression, addiction, housing, debt and financial hardship, domestic violence, physical and mental ill health, self-neglect, eating distress, parenting issues including child to parent violence.
- Referrals made to **26** partner organisations in South Tyneside.
- Support offered by the Focused Support Workers included Mindfulness, applications for housing, benefits and college, CBT, journaling, advocacy, access to food, medication, furniture, clothing, support to take medication, dealing with debt and rent arrears, walk and talk.

Self Help and Peer Support groups

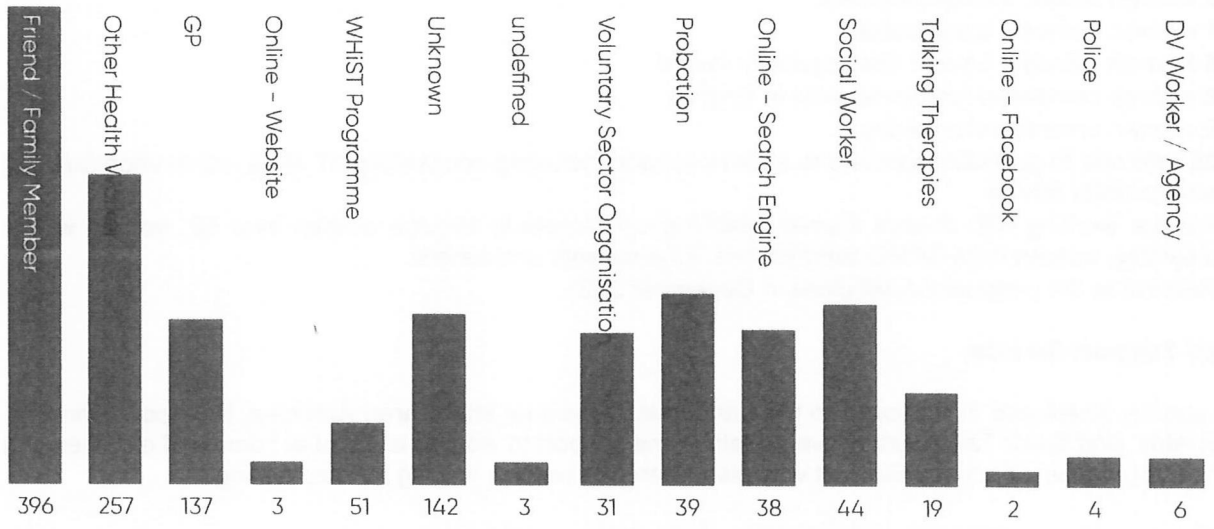
Support groups delivered throughout the year by volunteers and tutors included:

- Weekly Relaxation session with a trained facilitator.
- Living with Long Term Health Conditions, delivered fortnightly.
- Craft group with peer and volunteer support
- Meet and Greet volunteer led service
- Re-MIND – a volunteer memory support group
- Photography Group
- Creative Writing
- Simply Social drop in
- Young Women's Support Group
- Financial Support – developing a credit union collection point with Moneywise Credit Union

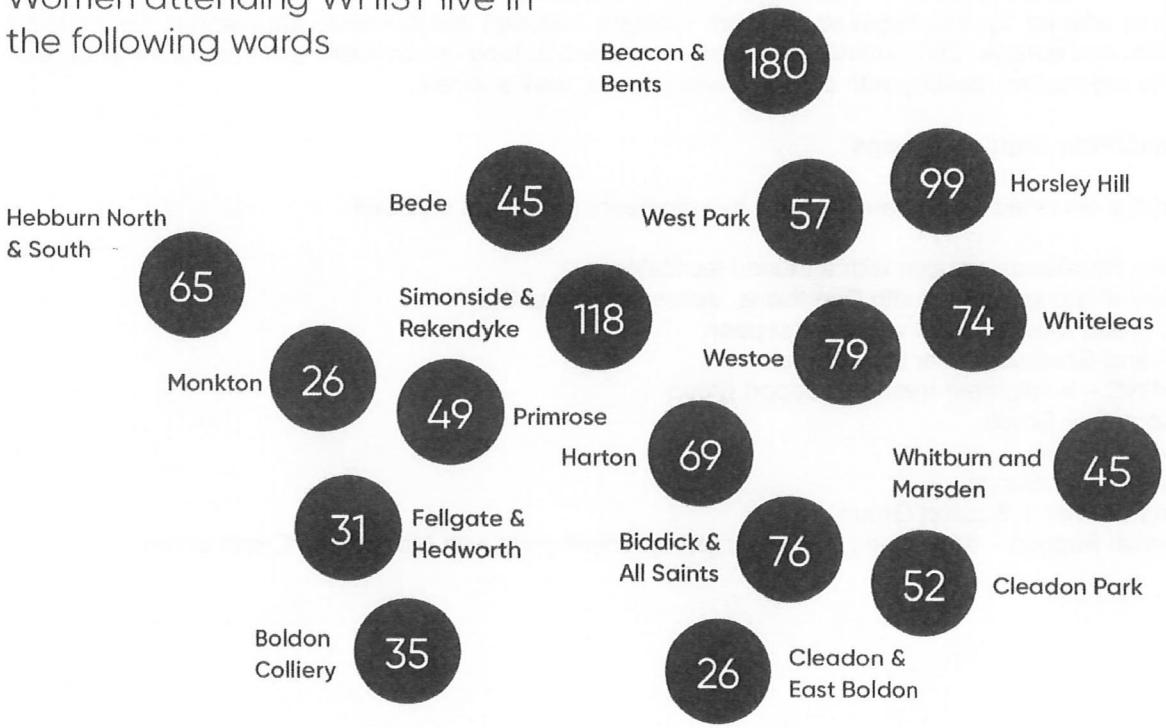
Profile of members

42.7% of referrals to WHiST come from statutory health professionals with 33.8% being referred by a friend.

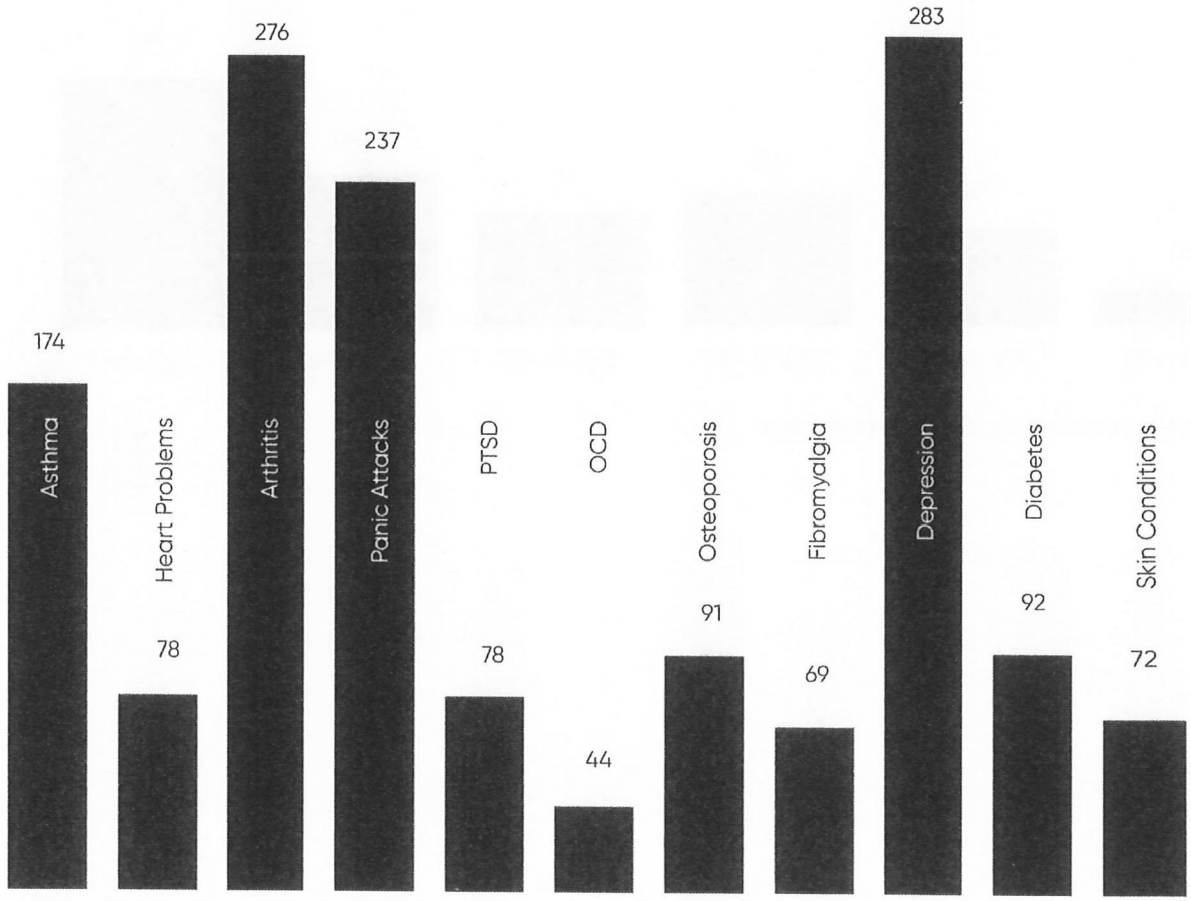
Members by Referral Source



Women attending WHiST live in the following wards

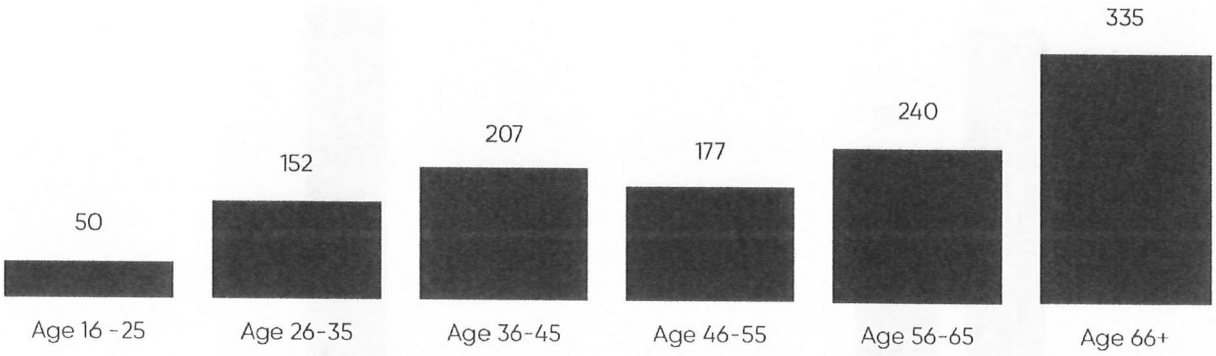


Top 10 most reported health conditions of WHiST members



Members by Age Group

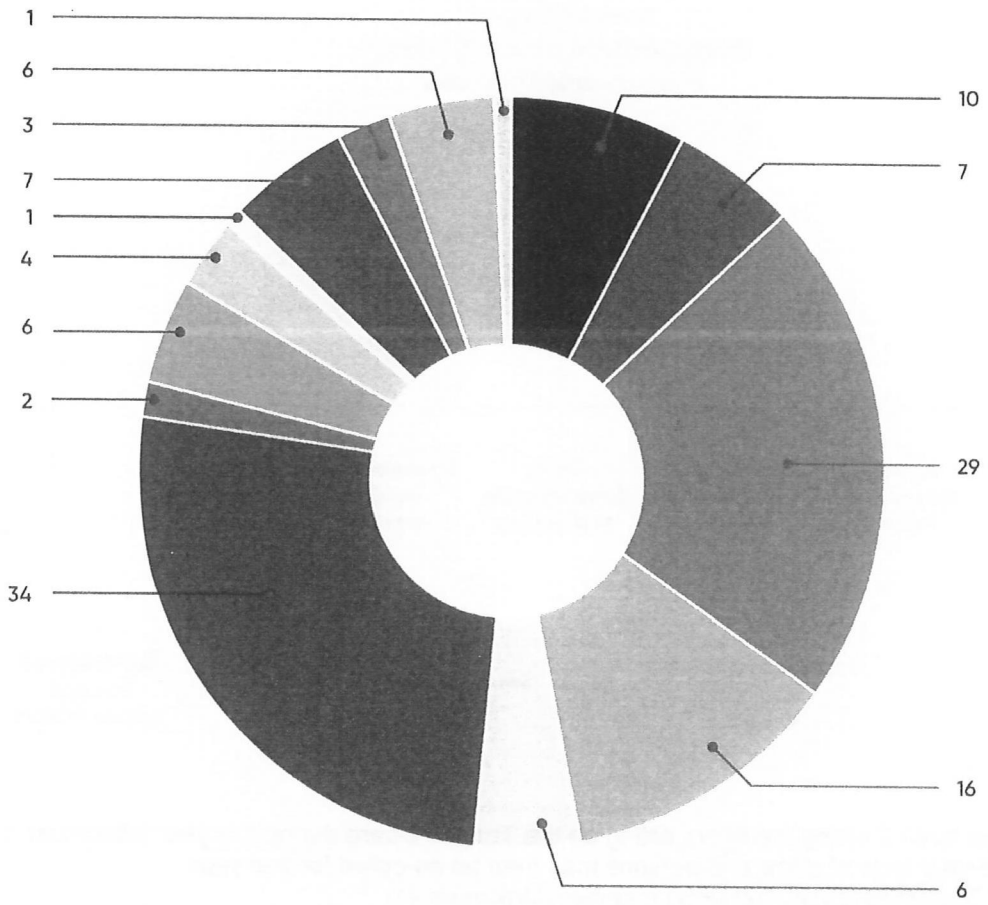
Numbers of **women under 35** accessing provision continued to rise this year.



11 women chose not to state their age

Ethnicity

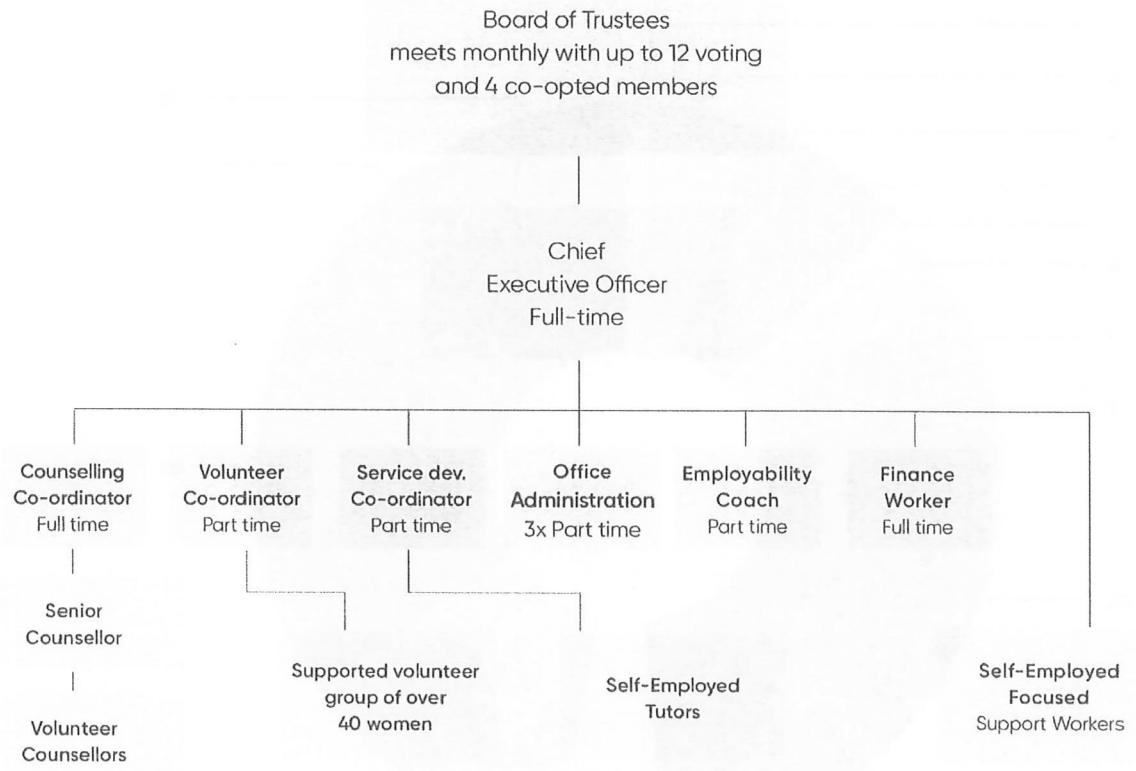
11.3% of members are from the following ethnic groups



- Asian / Asian British - Indian
- Asian / Asian British - Other
- White - Other
- Mixed / Multiple Ethnic Groups - Other
- Mixed / Multiple Ethnic Groups - White and Asian
- Asian / Asian British - Bangladeshi
- Asian / Asian British - Pakistani
- Other Ethnic Group - Other
- Black / African / Caribbean / Black British - Other
- Black / African / Caribbean / Black British - Caribbean
- White - Irish
- Asian / Asian British - Chinese
- Black / African / Caribbean / Black British - African
- Mixed / Multiple Ethnic Groups - White and Black Caribbean

The majority of members identify as White British

Governance



- There have been 7 voting members sitting on the Trustee Board during this year (Maximum 12).
- This is a 3-year term of office and persons may then be co-opted for one year.
- There is 1 Co-opted (Local Authority) member (Maximum 4).
- Co-opted members are valued, experienced people who aid discussion but have no voting status.
- Experts/Consultants are invited to attend as required.
- At least 2 staff members attend the meeting but have no voting rights.
- Staff members report on the progress of their projects on a monthly basis
- Meetings are held monthly and have continued through lockdown via Zoom.
- CEO, Corinne Devine, and Chair, Eve Allen, meet weekly to ensure the Trustees are kept up to date.

Team working

WHiST has a strong team working ethic.

Regular "Thinking Together" sessions have been held during the year bringing together staff, volunteers, Trustees and members to look at specific topics, review progress, and new initiatives. We have also worked together to review our staffing structure and Strategic Plans.

The staff team meet weekly to look ahead at provision, discuss progress, share ideas and address any issues including Safeguarding and Equality and Diversity.

Project Coordinators are supported by the work of our highly skilled admin team of Wendy Stonehouse, Debra McBride and Gell Kay.

Plans for the future

- We intend to maintain current levels of delivery by identifying and making applications for funding through grants, contracts, service level agreements and broadening our portfolio to include social enterprise development to generate an income and strengthening partnerships.
- We will build on the developments established in response to Covid 19, continuing to deliver a hybrid model of in person and online/telephone services, addressing digital poverty and expanding services for younger women age 16-25 years.
- We will explore the use of the V Learn platform run by the Olive Group and NOCN to provide accredited and non-accredited learning.
- We will provide placements for two young women age 16-25 under the Kickstart scheme.
- With funding secured from Public Health we will employ a Women's Advocate to support women around debt, a part time Counsellor and a Young Women's Engagement Worker to support women age 16-25 with their mental health.
- The Smallwood Trust/Rosa have provided a one-year grant to employ a Women Thrive Project Coordinator helping women move towards financial resilience. We will work with Apna Ghar Women's Centre on this project to ensure women from BAME communities can access provision.
- Coalfields Regeneration Trust funding will provide a three-day Counsellor post, enabling the service to respond to increasing demand.
- We will re-open the under 5s creche, for part of the week, as part of the Women Thrive project.
- We will ensure that policies and procedures are kept up to date and that Governance is conducted professionally.
- We will identify and work toward a new quality mark following on from our trusted Charity Mark Level 2.

REFERENCE AND ADMINISTRATIVE DETAILS

Advisors and consultants involved during the year were as follows:

Lysa Morrison from TSHP Consultancy – running Strategic Development Workshops to review the staffing structure and develop the Five-Year Plan.

Paula Barclay – HR consultant from Professional People Management - to assist with policies ensuring we comply with legislative changes for compliance with our PQASSO kite mark and ongoing HR advice and support.

List of Trustees
Donna di Stefano
Chris Westbury – resigned 22 September 2021
Eva Allen; Chair
Judith Helen Taylor; Councillor
Anna Shields
Sarah Bullock – appointed 19 August 2020
Anna Kozaczek; Charity Secretary – appointed 30 September 2020
Jayne Daglish – appointed 22 September 2021

Key Employees of the charitable company
Corinne Devine: Chief Executive Officer

RESERVES AND FINANCIAL HEALTH

Our Finances

The Statement of Financial Activities show:

- Incoming resources of £441,080
- Expenditure of £352,046

The total funds of £1,165,148 includes:

- Restricted Funds of £871,251 – mainly consisting of the freehold property and other tangible fixed assets of £748,333
- Unrestricted Funds of £133,897
- Designated Funds of £160,000

There are restrictions on the Freehold property in line with the grant funding for the extension.

The Trustees have a reserves and designated funds policy to cover:

- Reserves for between 3 to 6 months expenditure in light of the main risks of the organisation. In the current year we are running with three months reserves.
- A continuing programme of maintenance, repairs and regular servicing to ensure the building is well maintained and all statutory regulations are met.
- Contingencies for end of contractual term to meet legal employment obligations.

The Trustees receive monthly financial reports to ensure the financial viability of the project and grant budgets are on target. In the short term the Trustees have also considered the extent to which activities could be curtailed in the short term should such circumstances arise.

Risk Policy

The Trustees review risks on a regular cycle. Internal control risks are minimised by the implementation of policies and procedures to ensure compliance with accountancy procedures, employment law, health and safety, equality, diversity and inclusion. The policies are updated on a rolling programme to ensure they meet with the charities needs and compliance regulations.

Pension Liability

All pension funds are paid into either stakeholder policies or the auto enrolment pension fund. The assets of the scheme are held separately from those of the charity. The annual contributions payable are charged to the Statement of Financial activities.

Investment Policy

There is funding towards the Contingencies for end of contractual term held in a charitable bond which is renewable every March.

Aside from retaining a prudent amount in reserves most of the charity's funds are spent to meet the organisations objectives.

The principal funders for this Financial Year are the

- Northumberland Police and Crime Commissioners
- The Henry Smith Charity
- South Tyneside Joint Commissioning Team
- The Tudor Trust
- The Wise Group in partnership with the National Lottery Community Fund and European Social Fund
- Virgin Money Foundation

Supporting the key objectives

- The funding from the above charities have paid towards staff salaries and the organisation overheads enabling the project to provide services and support the users.
- We have had funding from several organisations to which enabled us to provide personal development and exercise courses
- All funding is used to provide support services for the beneficiaries and to cover the organisation overheads.
- Northumberland Police and Crime Commissioners re: staff salaries for Domestic Violence work.
- Wise Group: for Employment Coaching Support.

Fundraising

The volunteers and members raised funds from coffee bar provision and donations.

RESPONSIBILITIES OF THE TRUSTEES

The trustees are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law and regulations.

Company law requires the trustees to prepare financial statements for each financial year. Under that law the trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The financial statements are required by law to 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.

RESPONSIBILITIES OF THE TRUSTEES

In preparing the 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 2015 (FRS 102);
- Make judgements 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; and
- 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 adequate accounting records that 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 Companies Act 2006. The trustees are also responsible for safeguarding the assets of the charitable company and hence for taking responsible steps for the prevention and detection of fraud and other irregularities.

INDEPENDENT EXAMINER

A resolution to re-appoint Claire Miller of Debére Limited as Independent Examiner for the ensuring year will be proposed at the Annual General Meeting.

SMALL COMPANY PROVISIONS

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Signed on behalf of the directors

Eva Allen
Chair

Approved by the Trustees on 22 September 2021

WOMEN'S HEALTH IN SOUTH TYNESIDE

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF WOMEN'S HEALTH IN SOUTH TYNESIDE

YEAR ENDED 31 MARCH 2021

I report on the accounts of Women's Health in South Tyneside for the year ended 31 March 2021, which are set out on pages 16 to 37.

Respective responsibilities of trustees and independent examiner

The charity's trustees (who are also the directors of Women's Health in South Tyneside for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 Act (the 2011 Act) and that an independent examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales.

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

Basis of independent examiner's report

My examination was carried out in accordance with the 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 give 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 Act; and

- to prepare accounts which accord with the accounting records and 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.

Claire Miller BA (Hons) FCA
Independent Examiner

ON BEHALF OF DEBÉRE LIMITED
Chartered Accountants
Swallow House
Parsons Road
Washington
Tyne and Wear
NE37 1EZ

Date: 22 September 2021

WOMEN'S HEALTH IN SOUTH TYNESIDE

COMPANY LIMITED BY GUARANTEE

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING THE INCOME STATEMENT)

YEAR ENDED 31 MARCH 2021

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	*Total Funds 2020 £*
Income and endowments					
Donations and legacies:					
Donations and legacies	5	3,230	–	3,230	*11,518*
Charitable activities	6	278	1,890	2,168	*5,189*
Investment income	7	740	–	740	*738*
Other trading activities	8	34,875	400,067	434,942	*290,819*
Total income		39,123	401,957	441,080	*308,264*
Expenditure on:					
Charitable activities		8,750	343,296	352,046	*324,339*
Total expenditure	9	8,750	343,296	352,046	*324,339*
Net income/(expenditure)	11	30,373	58,661	89,034	*(16,075)*
Transfer between funds		(3,592)	3,592	–	–
Balances brought forward		267,116	808,998	1,076,114	*1,092,189*
Balances carried forward		293,897	871,251	1,165,148	*1,076,114*

The Statement of Financial Activities includes all gains and losses in the year and therefore a statement of total recognised gains and losses has not been prepared.

All of the above amounts relate to continuing activities.

The notes on pages 19 to 36 form part of these financial statements

WOMEN'S HEALTH IN SOUTH TYNESIDE

COMPANY LIMITED BY GUARANTEE
Registered Number 06175697

STATEMENT OF FINANCIAL POSITION

31 MARCH 2021

	Note	2021		2020	
		£	£	£	£
Fixed assets					
Tangible assets	12		829,955		836,363
Current assets					
Debtors	13	9,201		11,697	
Cash at bank and in hand ***(includes unrestricted cash at bank and in hand of £50,766 and restricted/designated cash at bank and in hand of £295,672)***		346,438		255,919	
		355,639		267,616	
Creditors: amounts falling due within one year	14	(20,446)		(27,865)	
NET CURRENT ASSETS			335,193		239,751
NET ASSETS			1,165,148		1,076,114
FUNDS					
Restricted income funds	15		871,251		808,998
Unrestricted income funds:					
Designated funds	16		160,000		138,063
General unrestricted funds	16		133,897		129,053
TOTAL FUNDS	17		1,165,148		1,076,114

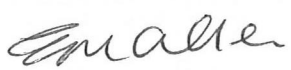
These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)).

For the year ended 31 March 2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors/trustees responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors/trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements were approved by the members of the committee and authorised for issue on 22 September 2021 and are signed on their behalf by:

Eva Allen – Chair 

The notes on pages 19 to 36 form part of these financial statements

1 General information

The charity is a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is Salus House, Mile End Road, South Shields, Tyne and Wear, NE33 1TA.

2 Statement of compliance

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006 and "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) (effective 1 January 2019)". The charity is a Public Benefit Entity as defined by FRS 102.

3 Accounting policies

The principal accounting policies are set out below. The accounting policies have been adopted consistently throughout the year.

Going concern

The financial statements have been prepared on a going concern basis. The trustees have reviewed and considered relevant information, including the annual budget and future cash flows in making their assessment. In particular, in response to the COVID-19 pandemic, the trustees have taken into account the impact on their business of possible scenarios brought on by the impact of COVID-19, alongside the measures that they can take to mitigate the impact. Based on these assessments, given the measures that could be undertaken to mitigate the current adverse conditions, and the current resources available, the trustees have concluded that they can continue to adopt the going concern basis in preparing the annual report and accounts.

Cash flow exemption

The charity has elected to adopt the exemption from preparing a cash flow statement on the grounds that the charity qualifies as a small charity.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

3 **Accounting policies** *(continued)*

Incoming resources

Voluntary income includes donations and their associated tax claims, subscriptions (as these are voluntary) and grants that provide core funding or are of a general nature. Voluntary income is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability. Such income is only deferred when the donor specifies that the grant or donation relates to future accounting periods.

Other income from charitable activities is recognised as earned, as the related services are provided. Grant income included in this category provides funding to support the charitable activities and is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Grant income

Revenue grants are credited to incoming resources on the earlier date of when they are received or when they are receivable, unless they relate to a specific future period, in which case they are deferred.

Capital grants are credited to income when received and form a restricted fund, which will be transferred to unrestricted funds in line with the depreciation on the grant-funded assets. This treatment accords with the requirements of the Charity SORP but not that of Statement of Standard Accounting Practice No 4 "Accounting for Government Grants".

Interest receivable

Interest is recognised on a receivable basis.

Resources expended

Resources expended are included in the Statement of Financial Activities on an accruals basis, inclusive of VAT. They include:

(i) Charitable activities include all costs relating to activities where the primary aim is part of the objects of the charity along with the indirect costs. All of the direct costs have been included within this cost heading. The indirect costs, i.e. support costs include central functions and have been allocated to activity cost categories based on room availability.

(ii) Cost of generating funds are those costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

(iii) Governance costs include those incurred in the governance of its assets and are primarily associated with constitutional and statutory requirements.

Staff costs and overhead expenses

Staff costs and overhead expenses are allocated to activities on the basis of staff time spent on these activities.

3 **Accounting policies** *(continued)*

Support cost allocation

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs and administrative payroll costs. They are incurred directly in support of expenditure on the objects of the charity.

Pension costs

The charity provides a defined contribution scheme for employees. The assets of the scheme are held separately from those of the charity. The annual contributions payable are charged to the Statement of Financial Activities.

Tangible fixed assets and depreciation

Tangible fixed assets are included in the balance sheet at cost or at market value at the date of the acquisition. Tangible fixed assets are capitalised and included at cost.

Depreciation is calculated so as to write off an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Freehold	– 2% straight line
Equipment	– 25% straight line
Database development	– 33.33% straight line

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.

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.

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 after allowing for any trade discounts due.

3 **Accounting policies** *(continued)*

Funds

The funds held by charity are either:

- Unrestricted general funds – these are funds which are available for use at the discretion of the directors in furtherance of the general objectives of the Charity and which have not been designated for other purposes; or

- Restricted funds – these are funds that can only be used for particular restricted purposes within the objects of the charity. Funds are held as restricted funds until such time as the purposes for which the funds were received have been fulfilled, at which time they are transferred to general funds; or

- Designated funds are unrestricted funds earmarked by the trustees for particular purposes. In the year ended 31 March 2021 designated funds relate to the building fund (i.e. on-going maintenance of the building), a general reserve (i.e. to retain a minimum of three months reserves) and the redundancy fund.

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.

4 Statement of Financial Activities for the prior year

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Income and endowments				
Donations and legacies:				
Donations and legacies	5	7,268	4,250	11,518
Charitable activities	6	4,859	330	5,189
Investment income	7	738	–	738
Other trading activities	8	13,966	276,853	290,819
Total income		26,831	281,433	308,264
Expenditure on:				
Charitable activities	9	42,800	281,539	324,339
Total expenditure		42,800	281,539	324,339
Net income/(expenditure)	11	(15,969)	(106)	(16,075)
Transfer between funds		(53)	53	–
Balances brought forward		283,138	809,051	1,092,189
Balances carried forward		267,116	808,998	1,076,114

5 Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total funds 2021 £	*Total funds 2020 £*
Donations	2,929	–	2,929	*6,109*
Subscriptions	301	–	301	*1,159*
Gifts in kind	–	–	–	*4,250*
	3,230	–	3,230	*11,518*

6 Charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	*Total Funds 2020 £*
Fundraising events	278	–	278	*2,605*
Room hire	–	1,890	1,890	*2,026*
Volunteer Therapists	–	–	–	*73*
Unfunded classes	–	–	–	*485*
	278	1,890	2,168	*5,189*

7 Investment income

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	*Total Funds 2020 £*
Bank interest receivable	740	–	740	*738*

8 Other trading activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	*Total Funds 2020 £*
STC – Chief Executive Officer	–	32,912	32,912	*32,912*
ST Public Health – core costs	–	–	–	*15,000*
Coffee bar sales	17	–	17	*1,329*
Breakfast club income	–	–	–	*979*
Drop-in sales	505	–	505	*5,428*
Miscellaneous income	28,839	–	28,839	*6,230*
Big Lottery Fund – Wise Group	–	31,251	31,251	*37,150*
Business Education Skills	–	1,140	1,140	*12,431*
Community Foundation Women's Fund	–	15,000	15,000	*5,241*
Northumbria Police and Crime Commissioner	–	66,510	66,510	*38,295*
Coalfields – Peer Support	–	–	–	*10,000*
Coalfields – Regional Impact Fund	–	19,720	19,720	–
Changing Lives	–	6,920	6,920	*6,650*
The Hadrian Trust	–	–	–	*1,000*
Ballinger	–	15,000	15,000	*15,000*
Celebration Fund	–	–	–	*1,000*
Smallwood Trust – Women and Poverty	–	–	–	*14,740*
Smallwood Trust – Resilience Fund	–	29,308	29,308	–
Community Foundation – growth	–	–	–	*25,000*
MHN – coffee bar	–	–	–	*984*
Rothley Trust	–	–	–	*1,000*
Sir James Knott	–	–	–	*4,200*
The Joicey Trust	–	–	–	*5,000*
Community Fund – Henry Smith	–	44,450	44,450	*26,250*
Garfield Weston	–	–	–	*25,000*
Catherine Cookson	–	1,000	1,000	–
Wm Webster Charitable Trust	–	1,500	1,500	–
Community Foundation – Ringtons	–	4,968	4,968	–
BM Covid Fund	–	1,000	1,000	–
Community Foundations – NBS	3,000	–	3,000	–
Rise – courses	–	7,200	7,200	–
Community Foundation	–	9,955	9,955	–
Awards for All	–	8,836	8,836	–
Tudor Trust	–	42,000	42,000	–
Co-operative Community Fund	–	3,955	3,955	–
Karbon Homes Funding	–	1,000	1,000	–
Furlough refunds	2,514	8,733	11,247	–
Independent Age Grant	–	9,383	9,383	–
Good Things Foundation	–	3,326	3,326	–
Community Fund – WM Leech	–	10,000	10,000	–
Virgin Foundation	–	25,000	25,000	–
	34,875	400,067	434,942	*290,819*

9 Total resources expended costs of charitable activities

	Staff Costs £	Direct Costs £	Depre-ciation £	Support Costs £	Total Funds 2021 £	*Total Funds 2020 £*
Charitable activities:						
Crèche	–	–	–	–	–	–
Coffee shop	54,748	67	6,093	19,700	80,608	*75,754*
Studio	54,748	24,645	6,093	19,336	104,822	*90,616*
Counselling	54,747	913	6,093	19,335	81,088	*72,624*
Seminars	54,747	2,832	6,094	19,335	83,008	*78,575*
Gifts in kind	–	–	–	–	–	*4,250*
Governance costs	–	–	–	2,520	2,520	*2,520*
	218,990	28,457	24,373	80,226	352,046	*324,339*

Support costs have been allocated across activities on the basis of room usage. These include costs associated with providing accommodation, finance, personal and other central activities to the charity's clients. Total funds includes restricted costs of £321,312 (2020: £281,539) and unrestricted costs of £30,734 (2020: £42,800).

10 Staff numbers and emoluments

The aggregate payroll costs were:

	2021 £	*2020 £*
Wages and salaries	185,689	*167,743*
Social security costs	11,487	*8,827*
Other pension costs	21,814	*19,441*
	218,990	*196,011*

Particular of employees

The average number employees during the year, calculated on the basis of full time equivalents, was as follows:

	2021 £	*2020 £*
Number of management and administration staff	7	*6*

No employee received emoluments of more than £60,000 during the year (2020: £60,000 - none).

The total remuneration and benefits paid to key management amounted to £46,449 (2020: £48,837).

No (2020: one) trustee received reimbursement of expenses for their role as a volunteer. The amount claimed was £nil (2020: £27). Trustee/volunteer indemnity insurance has been provided by the charity at a cost of approximately £550 (2020: £550).

11 Net movements in funds

Net movement in funds is stated after charging:

	2021	*2020*
	£	*£*
Accountancy and Independent Examination	2,520	*2,520*
Depreciation	24,373	*25,722*

12 Tangible fixed assets

	Freehold Property	Equipment	Total
	£	£	£
Cost			
At 1 April 2020	1,126,792	44,909	1,171,701
Additions	2,195	15,770	17,965
Disposals	–	–	–
At 31 March 2021	1,128,987	60,679	1,189,666
Depreciation			
At 1 April 2020	292,771	42,567	335,338
Charge for the year	22,541	1,832	24,373
Disposals	–	–	–
At 31 March 2021	315,312	44,399	359,711
Net book value			
At 31 March 2021	813,675	16,280	829,955
At 31 March 2020	*834,021*	*2,342*	*836,363*

13 Debtors

	2021	*2020*
	£	*£*
Trade debtors	1,175	4,284
Prepayments and accrued income	7,269	7,316
Other debtors	757	97
	9,201	11,697

14 Creditors: amounts falling due within one year

	2021	*2020*
	£	*£*
Trade creditors	8,073	*2,371*
Taxation and social security	4,133	*3,315*
Accruals	8,240	*22,179*
	20,446	*27,865*

15 Restricted funds

For the year ended 31 March 2021

	Balance at 1 Apr 2020	Movement in resources: Incoming	Outgoing	Transfers	Balance At 31 Mar 2021
	£	£	£	£	£
Freehold property ***	*747,586*	–	(22,348)	–	725,238
South Tyneside Business Skills and Employment	*6,451*	1,140	(10,006)	2,415	–
Coalfields - Peer Support	*610*	–	(610)	–	–
Coalfields – Regional Impact Fund **	–	19,720	(8,543)	–	11,177
Changing Lives	*14,026*	6,920	(1,050)	–	19,896
STC – Chief Executive Officer	*3,258*	32,912	(37,347)	1,177	–
WEA	*868*	1,890	–	–	2,758
Garfield Weston **	*3,232*	–	(70)	–	3,162
Community Foundation Women's Fund	*3,938*	15,000	–	–	18,938
Big Lottery Fund – volunteers, admin, crèche	*1,593*	–	(1,593)	–	–
Ballinger Trust	*271*	15,000	(2,719)	–	12,552
Cloth Workers Fund **	*5,411*	–	(124)	–	5,287
Northumbria Police and Crime Commissioner	–	66,510	(66,510)	–	–
Wise Group BBO **	*9,452*	31,251	(22,962)	–	17,741
Big Lottery Fund – Celebration fund	*77*	–	–	–	77
Community Foundation – Henry Smith	*1,425*	49,478	(37,875)	–	13,028
Sir James Knott	*72*	–	(72)	–	–
Rothley Trust	*1,000*	–	(1,000)	–	–

15 **Restricted funds** *(continued)*

For the year ended 31 March 2021 *(continued)*

	Balance at 1 Apr 2020	Movement in resources: Incoming	Outgoing	Transfers	Balance At 31 Mar 2021
	£	£	£	£	£
STC – children, adults and health	*1,792*	–	(1,792)	–	–
The Hadrian Trust	*1,000*	–	(1,000)	–	–
Smallwood Trust – Women and Poverty	6,936	–	(6,936)	–	–
Smallwood Trust – Resilience Fund	–	29,308	(29,308)	–	–
Community Foundation – Wm Leech	–	10,000	(8,144)	–	1,856
Virgin Foundation	–	25,000	(25,000)	–	–
Tudor Trust **	–	588	(98)	–	490
Tudor Trust – Wellbeing Fund	–	45,117	(43,117)	–	2,000
Rise – Courses	–	7,200	(2,630)	–	4,570
Awards For All **	–	8,836	(2,168)	–	6,668
Community Foundation	–	9,955	(4,532)	–	5,423
Catherine Cookson	–	1,000	(1,000)	–	–
Community Foundation - Ringtons	–	4,968	(62)	–	4,906
The Good Things Foundation	–	3,326	(645)	–	2,681
Independent Age Grant	–	9,383	(535)	–	8,848
Co-operative Community Fund	–	3,955	–	–	3,955
Karbon Homes Funding	–	1,000	(1,000)	–	–
WM Webster extension costs	–	1,500	(1,500)	–	–
BM Covid Fund	–	1,000	(1,000)	–	–
	808,998	401,957	(343,296)	3,592	871,251

For the year ended 31 March 2020

	Balance At 1 Apr 2019	Movement in resources: Incoming	Outgoing	Transfers	Balance At 31 Mar 2020
	£	£	£	£	£
Freehold property ***	*769,929*	–	(22,343)	–	747,586
South Tyneside Business Skills and Employment	*4,473*	12,431	(10,453)	–	6,451
Coalfields – Peer Support	–	10,000	(9,390)	–	610
Changing Lives	*9,126*	6,650	(1,750)	–	14,026
Willan Charitable Trust	*4,800*	–	(4,800)	–	–
STC – Chief Executive Officer	*2,509*	32,912	(32,163)	–	3,258
WEA	*701*	330	(163)	–	868
Garfield Weston **	*3,224*	25,000	(24,992)	–	3,232
Community Foundation – Growth and Resilience Foundation	–	25,000	(25,051)	51	–
Community Foundation Women's Fund	–	5,241	(1,303)	–	3,938
Big Lottery Fund – volunteers, admin, crèche	*2,696*	–	(1,103)	–	1,593
Ballinger Trust	–	15,000	(14,729)	–	271
Cloth Workers Fund **	*5,534*	–	(123)	–	5,411

15 **Restricted funds** *(continued)*

For the year ended 31 March 2020 *(continued)*

		Movement in resources:			
	Balance at 1 Apr 2019 £	Incoming £	Outgoing £	Transfers £	Balance At 31 Mar 2020 £
Community Foundation – Business Training	*3,000*	–	*(3,000)*	–	–
Northumbria Police and Crime Commissioner	*367*	38,295	(38,662)	–	–
BLF Building Capacity, Database **	*2,692*	–	(2,692)	–	–
Wise Group BBO	–	37,150	(27,698)	–	9,452
MHN – coffee bar	–	984	*(984)*	–	–
Big Lottery Fund – Celebration fund	–	1,000	(923)	–	77
Community Foundation – Henry Smith	–	26,250	(24,825)	–	1,425
The Joicey Trust	–	5,000	(5,002)	2	–
Sir James Knott	–	4,200	(4,128)	–	72
Rothley Trust	–	1,000	–	–	1,000
STC – children, adults and health	–	15,000	(13,208)	–	1,792
The Hadrian Trust	–	1,000	–	–	1,000
Gifts in kind		4,250	(4,250)	–	–
Smallwood Trust	–	14,740	(7,804)	–	6,936
	809,051	281,433	(281,539)	53	808,998

** Capital funds (i.e. where the assets have been capitalised and the depreciation is charged against these balances).

*** *The balance brought forward combines freehold property, Big Lottery Fund – Extension and Big Lottery Fund – Grant for Extension balances taken from the 2015 financial statements.*

Sufficient funds are held in an appropriate form to enable each fund to be applied in accordance with any restrictions placed on it.

South Tyneside Business Skills and Employment
This represents funding towards the cost of tutors, administration and building costs to provide courses and exercise.

Coalfields - Peer Support
Funding received for peer support and volunteering support, volunteer expenses and a course.

Coalfields – Regional Impact Fund
Funding towards purchasing some assets. The capital balance carried forward is £11,177 (2020: £nil).

Changing Lives
Funding received towards partnership work to support the work of the NCRC.

South Tyneside Adult Services
Funding from South Tyneside Adult Services towards the Chief Executive Officer salary costs.

WEA
Funding received to pay for course costs for venue and training materials.

15 **Restricted funds** *(continued)*

Garfield Weston
Funding received towards the refurbishment of the kitchen. This fund is being reduced each year by the depreciation charge. The capital balance carried forward is £3,162 (2020: £3,154).

Community Foundation Women's Fund
Funding received for core costs.

Big Lottery – volunteers, admin, crèche
Funding received to help towards salary and core costs.

Ballinger Trust
Funding received towards salaries and core costs.

Cloth Workers Fund
Funding received towards the refurbishment of the kitchen. This fund is being reduced each year by the depreciation charge. The capital balance carried forward is £5,287 (2020: £5,411).

Northumbria Police and Crime Commissioner
Funding received towards work with Victims of Domestic Violence.

Wise Group BBO
Partnership agreement with the European Social Fund co-funded initiative with the Big Lottery Fund to provide and Employment Coach to identify referrals, provide coaching and wrap around support, provide employability support when appropriate and signposting to wider wrap around support from within the wider partnership and within mainstream services. The capital balance carried forward is £58 (2020: £nil).

Big Lottery Fund – Celebration Fund
International Women's Day celebration working with other women's group to encourage integration and improve community cohesion to promote diversity.

Community Foundation – Henry Smith
Funding received to cover costs that enable us to provide services and facilities for the participants.

Sir James Knott
Funding received towards salaries and core costs.

Rothley Trust
Funding received towards replacing external automatic entrance door.

STC – Children, adults & health
Funding received towards the service provision.

The Hadrian Trust
Funding received for group support for long term health conditions and a health course.

Smallwood Trust – Resilience Fund
Funding received for salaries and overheads to enable the continued support for women experiencing health inequalities.

Community Foundation – WM Leech
Funding received to provide volunteer and peer support.

15 **Restricted funds** *(continued)*

Smallwood Trust – Women and Property
Funding received for salaries and overheads to enable the continued support for women experiencing health inequalities.

Virgin Foundation
Funding received towards volunteer co-ordinator salary.

Tudor Trust
Funding received towards the purchase of some assets. The capital balance carried forward is £490 (2020: £nil).

Tudor Trust – Wellbeing Fund
Funding received towards salaries, trustees and volunteers.

Rise Courses
Funding for exercise provision

Awards of All
Funding received for counselling, Covid-19 equipment and remote teaching. The capital balance carried forward is £2,921 (2020: £nil).

Community Foundation – Growth and Resilience Fund
Funding to enable the charity to move forward with its sustainability plans.

Catherine Cookson
Funding received towards replacing the external automatic door.

Community Foundation – Ringtons
Funding received for sessional support workers.

The Good Things Foundation
Funding to provide census support.

Independent Age Grant
Funding received to organise and run courses.

Co-operative Community Fund
Funding received for tutor costs to facilitate a support group.

Karbon Homes
Funding received for support worker costs to support women dealing with complex circumstances due to Covid.

WM Webster Extension costs
Funding received towards the extension costs. This fund is being reduced each year by the depreciation charge. The capital balance carried forward is £nil.

BM Covid Fund
Funding received for remote learning, tutor and equipment costs.

16 Unrestricted funds

For the year ended 31 March 2021

	Balance at 1 Apr 2020 £	Incoming £	Outgoing £	Transfers £	Balance At 31 Mar 2021 £
Designated funds:					
Building maintenance and repair	*7,052*	–	(2,640)	5,588	10,000
Reserves	*79,866*	–	–	5,134	85,000
Contingencies for end of contractual term	*51,145*	–	–	13,855	65,000
Total designated funds	*138,063*	–	(2,640)	24,577	160,000
General funds	*129,053*	39,123	(6,110)	(28,169)	133,897
	267,116	39,123	(8,750)	(3,592)	293,897

For the year ended 31 March 2020

	Balance at 1 Apr 2019 £	Incoming £	Outgoing £	Transfers £	Balance At 31 Mar 2020 £
Designated funds:					
Building maintenance and repair	*9,707*	–	(7,169)	4,514	7,052
Reserves	*79,866*	–	–	–	79,866
Contingencies for end of contractual term	*45,500*	–	–	5,645	51,145
Total designated funds	*135,073*	–	(7,169)	10,159	138,063
General funds	*148,065*	26,831	(35,631)	(10,212)	129,053
	283,138	26,831	(42,800)	(53)	267,116

The Committee feel it is prudent to hold some designated funding for the enhancement and continuation of the services and the upkeep of the building.

Building Maintenance and Repair
Funding set aside to ensure that the building complies with all legal and health and safety legislation and is repaired and maintained to a reasonable standard. Maintaining the asset is part of the agreement for the building extension grant from the Big Lottery Fund.

16 **Unrestricted funds** *(continued)*

Reserves
A minimum of three months reserves have been set aside to enable the Charity to fulfil all of its legal obligations.

Contingencies for end of contractual term
Due to current economic climate the decision has been taken to hold sufficient funding to meet its contractual liabilities, safeguarding the ability of the charity to meet its objectives.

17 **Analysis of net assets between funds**

For the year ended 31 March 2021

	Tangible Fixed Assets £	Net Current Assets £	Total £
Restricted funds			
Freehold Property	725,238	–	725,238
Changing Lives	–	19,896	19,896
Garfield Weston	3,162	–	3,162
Cloth Workers Fund	5,287	–	5,287
WEA	–	2,758	2,758
Community Foundation Women's Fund	–	18,938	18,938
Ballinger Trust	–	12,552	12,552
BLF – Celebration Fund	–	77	77
Community Foundation – Henry Smith	–	13,028	13,028
Wise Group BBO	58	17,683	17,741
Community Foundation – WM Leech	–	1,856	1,856
Tudor Trust	490	–	490
Tudor Trust – Wellbeing Fund	–	2,000	2,000
Rise – Courses	–	4,570	4,570
Coalfields – Regional Impact Fund	11,177	–	11,177
Awards for All	2,921	3,747	6,668
Community Foundation	–	5,423	5,423
Community Foundation - Ringtons	–	4,906	4,906
The Good Things Foundation	–	2,681	2,681
Independent Age Grant	–	8,848	8,848
Co-operative Community Fund	–	3,955	3,955
	748,333	122,918	871,251
Designated funds:			
Building maintenance and repair	–	10,000	10,000
Reserves	–	85,000	85,000
Contingencies for end of contractual term	–	65,000	65,000
General unrestricted funds	81,622	52,275	133,897
Total funds	829,955	335,193	1,165,148

17 **Analysis of net assets between funds** *(continued)*

For the year ended 31 March 2020

	Tangible Fixed Assets £	Net Current Assets £	Total £
Restricted funds			
Freehold Property	747,586	–	747,586
South Tyneside Business Skills and Employment	–	6,451	6,451
Changing Lives	–	14,026	14,026
Garfield Weston	3,154	78	3,232
Cloth Workers Fund	5,411	–	5,411
STC – Chief Executive Officer	–	3,258	3,258
BLF – Volunteers, admin and creche	–	1,593	1,593
WEA	–	868	868
Coalfields Regeneration Trust	–	610	610
Community Foundation Women's Fund	–	3,938	3,938
Ballinger Trust	–	271	271
BLF – Celebration Fund	–	77	77
Community Foundation – Henry Smith	–	1,425	1,425
Sir James Knott	–	72	72
Rothley Trust	–	1,000	1,000
STC – Children, Adults and Health	–	1,792	1,792
Smallwood Trust	–	6,936	6,936
Wise Group BBO	–	9,452	9,452
The Hadrian Trust	–	1,000	1,000
	756,151	52,847	808,998
Designated funds:			
Building maintenance and repair	–	7,052	7,052
Reserves	–	79,866	79,866
Contingencies for end of contractual term	–	51,145	51,145
General unrestricted funds	80,212	48,841	129,053
Total funds	836,363	239,751	1,076,114

18 **Future Sustainability**

We will continue to apply for grant funding to provide a sustainable range of services to support the women in South Tyneside. The extension will enable us to drive forward new initiatives and develop our partnership work.

We have a large asset in the building which we operate from and this is shown in the accounts. The asset has significant restrictions imposed by the Big Lottery Fund for the next 6 years under the terms and conditions of the grant awarded. This appears that the charity is richer on paper than we are in real life.

19 Related party transactions

There have been no related party transactions during the year.

20 Company limited by guarantee

The company is limited by guarantee and has no share capital. In the event of a winding up, every member undertakes to contribute such an amount as may be required for the payment of liabilities not exceeding a total of £1 each.