

TYNESIDE WOMEN'S HEALTH

England & Wales · Charity number 1126648

Details

Status Registered

Legal form Charitable company

Company number [06702528](#)

Registered 2008-11-11

Register [View on the Charity Commission register](#)

Contact

Address Tyneside Women's Health
Unit 12
Interchange Centre
West Street
Gateshead
NE8 1BH

Phone 01914777898

Email enquiries@tynesidewomenshealth.org.uk

Website www.tynesidewomenshealth.org.uk

Activities

Objects: THE CHARITY'S OBJECTS ARE:2.1.1 - TO PRESERVE, PROTECT AND IMPROVE THE MENTAL HEALTH AND WELL-BEING OF WOMEN AND GIRLS LIVING IN THE NORTH OF ENGLAND (AREA OF BENEFIT);2.1.2 - TO ADVANCE THE EDUCATION OF WOMAN AND GIRLS IN THE AREA OF BENEFIT IN RELATION TO THEIR HEALTH NEEDS, WHETHER THEY BE PHYSICAL OR EMOTIONAL AND TO DEVELOP THE CAPACITY AND SKILLS OF SUCH PEOPLE IN SUCH A WAY THAT THEY ARE BETTER ABLE TO IDENTIFY, AND HELP MEET, THEIR NEEDS AND TO PARTICIPATE MORE FULLY IN SOCIETY; AND2.1.3 - TO ADVANCE THE EDUCATION OF: 2.1.3.1 - PROFESSIONALS, KEY GROUPS AND SOCIAL NETWORKS OF WOMEN AND GIRLS IN THE AREA OF BENEFIT IN RELATION TO THE MENTAL HEALTH AND WELL-BEING NEEDS OF SUCH PEOPLE; AND 2.1.3.2 - THE GENERAL PUBLIC BY RAISING AWARENESS OF THE MENTAL HEALTH AND WELL-BEING NEEDS OF WOMEN AND GIRLS.

Activities: Improving women's mental health & emotional wellbeing offering: Targeted support to women affected by eg domestic abuse, long term mental ill health or inequality: Mental health courses for women eg coping with depression, managing anxiety, recovery: Counselling over a range of therapeutic approaches: Drop-in sessions; Therapeutic activities; Support enabling onward development & progression.

Classification

- **How:** Provides Services
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

Geography

- **Area of benefit:** AREAS OF GATESHEAD, NEWCASTLE-UPON-TYNE, NORTH TYNESIDE, AND SOUTH TYNESIDE
- Gateshead
- Newcastle Upon Tyne City
- North Tyneside
- Northumberland
- South Tyneside

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£296,915	£341,670	-	-
2024-03-31	£198,098	£259,174	-	-
2023-03-31	£229,780	£279,036	-	-
2022-03-31	£323,621	£261,725	-	-
2021-03-31	£394,680	£281,297	-	-

Trustees

Name	Role	Appointed
Ellen Smith		2024-10-14
Grace Airey		2026-04-29
Maria Humphreys		2018-02-07
Sarah Elizabeth Dodds		2023-01-10

TYNESIDE WOMEN'S HEALTH

England & Wales - Charity number 1126648

Accounts

Tyneside Women's Health

(A Company Limited by Guarantee)

Financial Statements
For The Year Ended 31 March 2025

Charity No. 1126648
Company Registration No. 06702528

Legal and Administrative Information

Name: **Tyneside Women's Health**

Reg'd Charity No: 1126648

Company No: 06702528

Trustees: Chair: Jeannine Hughes until 26.02.2025
Co. Secretary: Elizabeth Stokes
Maria Humphreys
Karen Griffiths until 27.08.2024
Sarah Dodds
Nicola Irving
Ellen Smith

Address: Unit 12
Interchange Centre
West Street
Gateshead
NE8 1BH

Bankers: The Co-operative Bank
131 - 135 Northumberland Street
Newcastle upon Tyne
NE1 7AG

Independent
Examiner: Mark Thompson MAAT
VODA
Spirit of North Tyneside Wing
2nd Floor, Wallsend Customer First Centre
16 The Forum
Wallsend
NE28 8JR

Trustees' Annual Report
For the year ended 31 March 2025

The trustees present their report and accounts for the year ended 31 March 2025

Structure

Tyneside Women's Health is led by a Board of Trustees. Although the Trustees have overall responsibility for governance and management, much of this responsibility is delegated to the Chief Executive Officer who ensures the organisation runs efficiently and effectively. The Trustees work closely with the Chief Executive Officer to provide strategic direction for the organisation. The Chief Executive Officer, in turn, provides direction to line managers and delivery staff to ensure Tyneside Women's Health can act to achieve its vision.

Governance and Management

The Board of Trustees ensures that the organisation is legally compliant in all areas including finance, health and safety, and HR. These matters have been reviewed within monthly Board meetings as well as specific sub groups of the Board. The Board Sub Groups have been reviewed this year and now include Finance & Governance, Service Delivery, and Marketing.

A new Strategic Plan has been launched in the year, and each Sub Group links directly to one of three Strategic Objectives. Trustees are recruited to the Board by way of open recruitment processes on an ongoing basis to ensure a quorate number Trustees at any one time.

After being Chair of the Board of Trustees since 2008, Jeannine Hughes has chosen to step down. A 6 month handover has taken place and our Vice Chair; Maria Humphreys has taken on the role of Chair. Jeannine will remain involved with the organisation as Chair Emeritus and will support us to plan our 40th Anniversary celebrations this year. We thank her for her dedication to the organisation over the last 17 years.

Financial Review and Reserves Policy

Tyneside Women's Health holds reserves in order to provide running costs for three months in the unlikely event that income does not meet expenditure. In such a case, these running costs will enable the organisation to continue with minimal disruption to service delivery and staffing levels. Three months is currently deemed an adequate length of time by Trustees to generate additional income to secure the future of the organisation. Reserves also include various designated pots of money to cover the costs of redundancy and other liabilities should the organisation close.

Additional unrestricted reserves were held in the previous year to mitigate against the cost of living crisis and rising utilities costs. Particularly important as we moved into a new building with no prior knowledge of the associated energy costs. Not only did we use some of these additional reserves on the items described, but we also awarded a salary increment to all staff in the year.

Although our levels of unrestricted reserves have decreased, we continue to maintain three months running costs inclusive of our legal liability funds and plan to increase our unrestricted reserves in the coming year through fundraising and legacy donations.

Achievements and Performance of Trust

'Our vision is a brighter future for North East women & girls.'

To achieve this, our mission is to help communities of women & girls in the North East thrive by providing safe, inclusive & compassionate mental health & wellbeing services. Services help women and girls improve their mental health, reduce social isolation, and help diverse communities participate no matter their mental health or circumstances.

Several frontline services are focused on supporting women and girls to recover from abuse and traumatic events and the impact this has had on their lives and mental health.

The services available can be categorised into six main themes:

- Open Access Activities - providing therapeutic benefit such as singing, physical activity, drop in, Sunday Lunch, and creative sessions. Rolling Anxiety, Depression & Low Mood groups.
- Mental Health Courses – Safety Net (suicide and self-harm), Confidence Building, Anger Management, Mood Food and Me, Grief & Loss, Stress Awareness, Surviving to Thriving (trauma support), and Undoing the Damage of Domestic Abuse.
- Support Groups - targeted at specific groups of women: age range based, those affected by domestic abuse, parenting, and those with enduring mental health issues.
- Counselling - an integrative medium term counselling service is available comprising CBT, person centred and psychodynamic therapies.
- Resilience Support - comprises action planning and goal focussed workshops, future planning, progression support both internally and externally including peer support opportunities, social activities.
- Outreach programmes – providing support in schools to children, delivering our programmes in partnership, and providing awareness training to professionals.

In total 1078 women contacted our services in 2024 – 2025 and we received 474 new referrals.

Referral sources are broken down as follows:

Criminal Justice / Victim Support Services = 11%

Domestic Abuse Services = 18%

Social Services = 8%

Statutory Mental Health Services / GP / Social Prescribing = 36%

Self-Referrals = 21%

Other (including other VCSE, Housing, ETE, Substance Misuse = 6%

167 women attended our Welcome Sessions, and 188 new women attended initial assessments. 19 women who had disengaged from our services attended one to one reassessment appointments. 168 women received one to one support either in person or via telephone.

Throughout the year women had access to the following **Open Access Interventions** where no waiting list is in place:

Online Creative Writing attended by 20 women.

Weekly Drop In at the Gateshead Centre attended by 15 women.

Weekly Drop in at the Newcastle Centre attended by 9 women.

Positive Notes Singing Group attended by 8 women.

Reading Group attended by 6 women who share an enjoyment of books.

Sunday Lunch Group where women prepare and eat a meal together, attended by 10 women.

Physical Activity including Walking Group, Yoga, Mind, Body & Wellness Group attended by 8 women.

Weekly Creative Groups attended by 34 women.

Weekly Anxiety, Depression & Low Mood Groups attended by 14 women.

Reiki appointments attended by 26 women.

Weekly Holistic Health Groups, including menopause peer support, attended by 12 women

Mother & Baby Group attended by 15 women

We offered **Targeted Support Services** including support groups, mental health courses and counselling. These services are delivered based on demand. Over the year the following services were provided:

Outreach Services:

We provided Healing Together Programmes in schools across Newcastle and supported 18 children.

Centre Based Services:

An Anger Management course delivered to 4 women to help them develop assertiveness skills and explore other ways to manage feelings of anger.

Mood, Food & Me courses supported 11 women to explore the relationship between their eating and their mental health.

'Positive About Me' Confidence Building programmes reached 33 women to help them improve

confidence and self-esteem.

Grief & Loss programmes helped 16 women manage feelings around bereavement.

HEARTS Domestic Abuse programme reached 16 women and helped them to recognise the signs of abuse and how abuse has impacted their mental health.

Safer Women Monthly Drop In reached 6 women affected by domestic abuse.

A Stress Awareness programme supported 6 women.

A new Surviving to Thriving programme helped women overcome trauma and reached 21 women.

A new Art course supported 11 women to manage wellbeing through creativity.

New Ways to Wellbeing / Resilience Support helped 8 women develop new budgeting and digital skills.

90 women accessed our **Counselling Services** in the year. We continued to offer virtual and telephone counselling, however the majority of women prefer to access face to face sessions.

New Developments

We are working on a rebrand in the coming year which will involve a new website and more streamlined referral processes.

We have secured funding to deliver mental health support to young women aged 16-25 over the next three years and a new worker is in post who will lead this work.

We are developing a new service strand aimed at women from ethnically marginalised communities and this work will begin in the coming months.

We continue to host two staff as part of a regional Represent Women service to support grass roots, VCS organisations led by and for women to have their voices heard.

Impact

Of women accessing our services (based on 129 returned evaluations) the following outcomes were reported:

98% felt less depressed

88% felt less anxious

96% felt more confident

88% felt less stressed

100% felt less isolated

84% felt more able to manage their mental health

82% had greater self esteem

74% felt they had a better quality of life

Matters pertaining to the Companies Act 2006

For the year ending 31 March 2025 the company was entitled to exemption from audit under section 447 of the Companies Act 2006. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006. The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

Signed:



on behalf of Trustees

Print name: Sarah Dodds

Date: 16th September 2025

INDEPENDENT EXAMINER'S REPORT

Report to the
trustees of

Tyneside Women's Health

On accounts for
the year ended

31 March 2025

Charity no 1126648

**Respective
responsibilities of
trustees and
examiner**

The Trustees of the organisation are responsible for the preparation of accounts; they consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 and that an Independent Examination is needed.

It is my responsibility to

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

**Basis of
independent
examiner's
statement**

My examination was carried out in accordance with General Directions given by the Charity Commissioners. 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 the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

**Independent
examiner's
statement**

In the course of my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in, any material respect, the trustees have not met the requirements to ensure that:

- proper accounting records are kept (in accordance with section 41 of the Act); and
- accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



Date: 4th August 2025

Name:

Mark Thompson MAAT

Address:

VODA

Spirit of North Tyneside Wing

2nd Floor, Wallsend Customer First Centre

16 The Forum

Wallsend

NE28 8JR

Tyneside Women's Health

Statement of Financial Activities for the year ended 31 March 2025

		Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
		2025	2025	2025	2024
	Notes .			£	£
Receipts					
Grants	4	1000	269474	270474	182661
Donations		17049		17049	6432
Fundraising		448		448	2157
Other Fees & Refunds		8446		8446	6369
Bank Interest		498		498	479
Total Receipts		27441	269474	296915	198098
Payments					
Salaries	2	60439	185759	246198	170031
Staff Travel & Training		172	4110	4282	68
Group Work & Activities		469	1198	1667	3148
Counselling Work			1300	1300	140
Office Expenses		690	21154	21844	12611
Premises Expenses		20708	31821	52529	60428
Governance Costs	3	9598	4252	13850	12613
Depreciation				0	135
Total Payments		92076	249594	341670	259174
Surplus / deficit for the year		-64635	19880	-44755	-61076
Net Movement in Funds				0	0
Funds at 1 April 2024		171571	18128	189699	300040
Funds at 31 March 2025		106936	38008	144944	238964

Tyneside Women's Health
Balance Sheet as at 31 March 2025

	2025	2024
	£	£
Fixed Assets	0	0
Current Assets		
Debtors		
Cash at Bank & in Hand	144944	189699
Total Cash Balances	<u>144944</u>	<u>189699</u>
Current Liabilities		
Net Current Assets	144944	189699
Net Assets at 31 March 2025	<u><u>144944</u></u>	<u><u>189699</u></u>
Represented By:	5	
Restricted Funds	38005	18128
Designated Funds	40336	40336
Unrestricted Funds	66603	131235
	<u><u>144944</u></u>	<u><u>189699</u></u>

For the year ending 31/03/2025 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors responsibilities:

- a) The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476, of the Companies Act 2006
- b) The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.
- c) The accounts have been prepared in accordance with the special provisions of the Companies Act relating to small companies.

Signed:



Position: Trustee

Print Name: Sarah Dodds

Date: 16th September 2025

Tyneside Women's Health

Notes to the accounts, 2024-25

1. Basis of accounts

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006

Tyneside Womens Health meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Fixed Assets are depreciated over a useful lifeline at the following rates:

Office Furniture - 20% reducing balance

2. Trustees and Staff

No Trustees were remunerated or received expenses payments, apart from:

£1,800 paid to Maria Humphreys for workshops.

Total Salary Costs	£	246,198
Average no of staff (full time equivalent)		9

3. Costs of financial services

The cost for the Independent Examination for the financial period will be £475

4. Funding received through the year:

Unrestricted:

The Joseph Strong Frazer Trust	1000
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Total Unrestricted Funds Received	1000
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Restricted:

Community Foundation (Ringtons Fund)	3034
Community Foundation (Women's Fund)	7000
UKSPF Community Chest Grant	9628
Henry Smith Charity	67000
NHS North East & North Cumbria ICB	13451
NHS North East & North Cumbria ICB (Heathlier Together)	2122
Smallwood Trust	9551
National Lottery Community Fund Reaching Communities (Represent Women)	93030
Northumbria Police & Crime Commissioner Supporting Victims Fund	24661
Seven Friends Foundation	1700
Gateshead Council (Come on in Service)	36087
Women's Health Community Fund	2210
Total Restricted Funds Received	269474

5. Fund Analysis

Restricted Funds

	April '24	Income	Expend	March '25
Community Foundation (Ringtons Fund)	0	3034	3034	0
Community Foundation (Women's Fund)	0	7000	7000	0
UKSPF Community Chest Grant		9628	9628	0
Henry Smith Charity		67000	67000	0
LGA Foundation	7050		7050	0
NHS North East & North Cumbria ICB	0	13451	13451	0
NHS North East & North Cumbria ICB (Heathlier Together)	0	2122	2122	0
Sport England	4725		4725	0
Smallwood Trust	0	9551	1211	8340
National Lottery Community Fund Reaching Communities (Represent Women)	6350	93030	70693	28687
Northumbria Police & Crime Commissioner Supporting Victims Fund	0	24661	24661	0
Seven Friends Foundation	0	1700	1700	0
Gateshead Council (Come on in Service)	0	36087	36087	0
Women's Health Community Fund	0	2210	1232	978
Total	18125	269474	249594	38005

Notes:

Community Foundation (Ringtons Fund)

Grant to support delivery of our Sunday Lunch Group

Community Foundation (Women's Fund)

Core cost grant

UKSPF Community Chest Grant

Grant to support our pilot Mother & Baby Group

Henry Smith Charity

Core cost grant

LGA Foundation

Grant to provide support to children in schools where families are impacted by abuse

NHS North East & North Cumbria ICB

Funding for the provision of mental health services for women living in Newcastle

NHS North East & North Cumbria ICB (Healthier Together)

Funding for staff training and dissemination of Healthier Together resource

Sport England

Grant to provide physical activity programmes to women to improve wellbeing

Smallwood Trust

Grant to provide resilience interventions for women

National Lottery Community Fund Reaching Communities (Represent Women)

Grant to host two staff working on Represent Women programme

Northumbria Police & Crime Commissioner Supporting Victims Fund

Grant to deliver interventions to victims of domestic abuse

Seven Friends Foundation

Grant to support women experiencing complex motherhood

Gateshead Council (Come on in Service)

Preventative Services contract for Gateshead women's mental health and wellbeing provision

Women's Health Community Fund

Grant to provide menstruation and menopause peer support

Designated Funds

Legal Liability Fund	24780
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Office Move & Rebranding (£19,444 spent in 2023/24)	5556
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Staff Development	10000
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Total	40336
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Notes:**Legal Liability Fund**

This is in place to cover closing costs for the organisation, so it can fulfil its legal obligations, e.g. leases.

Office Move & Rebranding

To cover rebranding and ongoing costs associated with office move.

Staff Development

For staff development.

6. Related party transactions

There were no significant transactions between the project and any related parties during the period.

TYNESIDE WOMEN'S HEALTH

England & Wales - Charity number 1126648

Accounts

Tyneside Women's Health

(A Company Limited by Guarantee)

Financial Statements
For The Year Ended 31 March 2024

Charity No. 1126648
Company Registration No. 06702528

Legal and Administrative Information

Name: **Tyneside Women's Health**

Reg'd Charity No: 1126648
Company No: 06702528

Trustees: Chair: Jeannine Hughes
Co. Secretary: Elizabeth Stokes
Maria Humphreys
Karen Griffiths
Sarah Dodds

Address: Unit 12
Interchange Centre
West Street
Gateshead
NE8 1BH

Bankers: The Co-operative Bank
Norfolk House
Grey Street
Newcastle upon Tyne
NE1 6BZ

Independent
Examiner: Mark Thompson MAAT
VODA
Spirit of North Tyneside Wing
2nd Floor, Wallsend Customer First Centre
16 The Forum
Wallsend
NE28 8JR

Trustees' Annual Report
For the year ended 31 March 2024

The trustees present their report and accounts for the year ended 31 March 2024

Structure

Tyneside Women's Health is led by a Board of Trustees. Although the Trustees have overall responsibility for governance and management, much of this responsibility is delegated to the Chief Executive Officer who ensures the organisation runs efficiently and effectively. The Trustees work closely with the Chief Executive Officer to provide strategic direction for the organisation. The Chief Executive Officer, in turn, provides direction to line managers and delivery staff to ensure Tyneside Women's Health can act to achieve its vision.

Governance and Management

The Board of Trustees ensures that the organisation is legally compliant in all areas including finance, health and safety, and HR. These matters are reviewed within monthly Board meetings as well as specific sub groups of the Board which includes Finance; Governance & Compliance; Service User Representation; Investing in Our People; and various Task & Finish Groups as required. Trustees are recruited to the Board by way of open recruitment processes on an ongoing basis to ensure a quorate number Trustees at any one time.

Financial Review and Reserves Policy

Tyneside Women's Health holds reserves in order to provide running costs for three months in the unlikely event that income does not meet expenditure. In such a case, these running costs will enable the organisation to continue with minimal disruption to service delivery and staffing levels. Three months is currently deemed an adequate length of time by Trustees to generate additional income to secure the future of the organisation. Reserves also include various designated pots of money to cover the costs of redundancy and other liabilities should the organisation close.

Additional unrestricted reserves have been held in the year to mitigate against the cost of living crisis and rising utilities costs. Particularly important as we moved into a new building with no prior knowledge of the associated energy costs.

Achievements and Performance of Trust

'Our vision is a society that is free from mental health stigma, in which all women and girls feel included and empowered'. Services are provided predominantly from two Centres in Gateshead and Newcastle, and on an outreach basis across North Tyneside, and women usually have access to the following interventions:

- Open Access Activities - providing therapeutic benefit such as singing, drop in, Sunday Lunch, and creative sessions.
- Mental Health courses - a full range of courses are available including Managing Anxiety, Coping with Depression, Positive About Me (confidence building), Better Out Than In (anger management), Mood Food and Me, and Undoing the Damage of Domestic Abuse. Stand alone workshops are also available such as Mindfulness.
- Support Groups - these are targeted at specific groups of women such as age related, those affected by domestic abuse, and those with enduring mental health issues.
- Counselling - an integrative medium term counselling service is available and provided on a one to one basis.
- Routes to Recovery & Beyond - comprises action planning and goal focussed workshops, future planning, progression support through signposting to external volunteering, employment and training opportunities as well as internal opportunities.

In total 598 women accessed our services in 2023 - 2024. We received 543 new referrals which is a significant increase on the previous year.

193 women attended our Welcome Sessions and 213 new women attended initial assessments. 22 women who had disengaged from our services attended one to one review appointments. Referral sources are broken down as follows:

Criminal Justice / Victim Support Services = 9%

Domestic Abuse Services = 20%

Social Services = 11%

Statutory Mental Health Services / GP / Social Prescribing = 32%

Self-Referrals = 20%

Other (including other VCSE, Housing, ETE, Substance Misuse = 8%

Throughout the year women had access to the following **Open Access Interventions** where no waiting list is in place:

Online Creative Writing attended by 25 women.

Weekly Drop In at the Gateshead Centre attended by 10 women.

Weekly Drop in at the Newcastle Centre attended by 26 women.

Positive Notes Singing Group attended by 11 women.

Reading Group attended by 4 women who share an enjoyment of books.

Sunday Lunch Group where women prepare and eat a meal together, attended by 10 women.

Physical Activity including Walking Group, Yoga, Mind, Body & Wellness Group attended by 17 women.

Weekly Creative Groups attended by 37 women.

Weekly Anxiety, Depression & Low Mood Groups attended by 25 women

Reiki appointments attended by 20 women

Weekly Support & Explore Groups attended by 20 women

Weekly Holistic Health Groups attended by 16 women

We offered **Targeted Support Services** including support groups, mental health courses and counselling. These services are delivered based on demand. Over the year the following services were provided:

Outreach Services:

We provided Healing Together Programmes in schools across Newcastle and supported 11 children.

Centre Based Services:

Anxiety Management courses delivered to 22 women to help them develop strategies to manage anxiety.

An Anger Management course delivered to 7 women to help them develop assertiveness skills and explore other ways to manage feelings of anger.

Mood, Food & Me courses supported 11 women to explore the relationship between their eating and their mental health.

'Positive About Me' Confidence Building programmes reached 38 women to help them improve confidence and self-esteem.

Grief & Loss programmes helped 10 women manage feelings around bereavement.

A Safety Net group supported 6 women to manage feelings of suicide.

Undoing the Damage of Domestic Abuse programme reached 19 women and helped them to recognise the signs of abuse and how abuse has impacted their mental health.

Safer Women Monthly Drop In reached 6 women affected by domestic abuse.

A new Stress Awareness programme supported 14 women.

A new Surviving to Thriving programme was piloted to help women overcome trauma and reached 8 women.

249 women accessed some level of one to one support.

57 women accessed our counselling services in the year. We continued to offer virtual and telephone counselling, however the majority of women prefer to access face to face sessions.

New Developments

Work has continued to develop our trading subsidiary and the website and social media channels have been launched. We hope this will help us to generate further unrestricted income in future.

We have set up a new Mother & Baby Group and have explored out of hours support for professional women who experience mental health difficulties.

We are in the process of creating new Women's Wellbeing programmes around menstruation and menopause.

We are leading the North East women's sector by hosting two staff as part of a regional Represent Women service to support grass roots, VCS organisations led by and for women to have their voices heard.

Impact

Of women accessing our services (based on 181 returned evaluations) the following outcomes were reported:

84% felt less depressed

79% felt less anxious

88% felt more confident

78% felt less stressed

100% felt less isolated

73% felt more able to manage their mental health

71% had greater self esteem

72% felt they had a better quality of life

Matters pertaining to the Companies Act 2006

For the year ending 31 March 2024 the company was entitled to exemption from audit under section 447 of the Companies Act 2006. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006. The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

Signed:



on behalf of Trustees

Print name: Sarah Dodds

Date: 16th September 2024

INDEPENDENT EXAMINER'S REPORT

Report to the trustees of

Tyneside Women's Health

On accounts for the year ended

31 March 2024

Charity no 1126648

Respective responsibilities of trustees and examiner

The Trustees of the organisation are responsible for the preparation of accounts; they consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 and that an Independent Examination is needed.

It is my responsibility to

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

Basis of independent examiner's statement

My examination was carried out in accordance with General Directions given by the Charity Commissioners. 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 the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in, any material respect, the trustees have not met the requirements to ensure that:
 - proper accounting records are kept (in accordance with section 41 of the Act); and
 - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



Date: 31 July 2024

Name:

Mark Thompson MAAT

Address:

VODA
Spirit of North Tyneside Wing
2nd Floor, Wallsend Customer First Centre
16 The Forum
Wallsend
NE28 8JR

Tyneside Women's Health

Statement of Financial Activities for the year ended 31 March 2024

		Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
		2024	2024	2024	2023
	Notes			£	£
Receipts					
Grants	4	1000	181661	182661	203729
Donations		6432		6432	2981
Fundraising		2157		2157	4045
Other Fees & Refunds		6369		6369	19025
Bank Interest		479		479	0
Total Receipts		16437	181661	198098	229780
Payments					
Salaries	2		170031	170031	177520
Staff Travel & Training			68	68	70
Group Work & Activities			3148	3148	15584
Counselling Work			140	140	2552
Office Expenses			12611	12611	22059
Premises Expenses		19861	40567	60428	46631
Governance Costs	3	1000	11613	12613	14575
Depreciation		135		135	45
Total Payments		20996	238178	259174	279036
Surplus / deficit for the year		-4559	-56517	-61076	-49256
Net Movement in Funds				0	0
Funds at 1 April 2023		176130	74645	250775	300040
Funds at 31 March 2024		171571	18128	189699	250784

Tyneside Women's Health
Balance Sheet as at 31 March 2024

		2024	2023
		£	£
Fixed Assets	7	0	135
Current Assets			
Debtors	8		
Cash at Bank & in Hand		189699	250649
Total Cash Balances		<u>189699</u>	<u>250649</u>
Current Liabilities			
Net Current Assets		189699	250649
Net Assets at 31 March 2024		<u><u>189699</u></u>	<u><u>250784</u></u>
Represented By:	5		
Restricted Funds		18128	74654
Designated Funds		40336	49780
Unrestricted Funds		131235	126350
		<u><u>189699</u></u>	<u><u>250784</u></u>

For the year ending 31/03/2024 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors responsibilities:

- a) The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476, of the Companies Act 2006
- b) The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.
- c) The accounts have been prepared in accordance with the special provisions of the Companies Act relating to small companies.

Signed: 

Position: Trustee

Print Name: Sarah Dodds

Date: 16th September 2024

Tyneside Women's Health

Notes to the accounts, 2023-24

1. Basis of accounts

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006

Tyneside Womens Health meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Fixed Assets are depreciated over a useful lifeline at the following rates:
Office Furniture - 20% reducing balance

2. Trustees and Staff

No Trustees were remunerated or received expenses payments.

Total Salary Costs	£	170,031
Average no of staff (full time equivalent)		7

3. Costs of financial services

The cost for the Independent Examination for the financial period will be £475

4. Funding received through the year:

Unrestricted:

The Joseph Strong Frazer Trust	1000
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Total Unrestricted Funds Received	1000
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Restricted:

Community Foundation (Cost of Living)	10000
Community Foundation (Womens Fund)	7000
Garfield Weston Foundation	10000
The Hadrian Trust	2000
LGA Foundation	10195
Miller Homes	1000
Nancy Barbour Award	3000
Sport England	7609
National Lottery Community Fund (Cost of Living)	48816
National Lottery Community Fund Reaching Communities	7000
Northumbria Police & Crime Commissioner Supporting Victims Fund	25492
NHS Newcastle Gateshead (Alliance CCG)	13462
Gateshead Council (Come on in Service)	36087

Total Restricted Funds Received	181661
--	---------------

5. Fund Analysis

Restricted Funds	April '23	Income	Expend	March '24
Community Foundation (Cost of Living)		10000	10000	0
Community Foundation (Women's Fund)		7000	7000	0
Garfield Weston Foundation		10000	10000	0
The Hadrian Trust		2000	2000	0
LGA Foundation		10195	3145	7050
Miller Homes		1000	1000	0
Nancy Barbour Award		3000	3000	0
Sport England		7609	2884	4725
National Lottery Community Fund (Community Organisations Cost of Living Fund / DCMS)		48816	48816	0
National Lottery Community Fund Reaching Communities (Represent Women)		7000	650	6350

Northumbria Police & Crime Commissioner Supporting Victims Fund	25492	25492	0
NHS Newcastle Gateshead (Alliance CCG)	13462	13462	0
Gateshead Council (Come on in Service)	36087	36087	0
National Lottery Community Fund Reaching Communities	71154	71154	0
Newcastle City Council (Winter Wellbeing Fund)	3500	3500	0

Total **74654** **181661** **238190** **18125**

Notes:

Community Foundation (Cost of Living)

Core cost grant

Community Foundation (Women's Fund)

Core cost grant

Garfield Weston Foundation

Core cost grant

The Hadrian Trust

Small grant to support Sunday Lunch activity

LGA Foundation

Grant to provide support to children in schools where families are impacted by abuse

Miller Homes

Small grant to support Sunday Lunch activity

Nancy Barbour Award

Core cost grant

Sport England

Grant to provide physical activity programmes to women to improve wellbeing

National Lottery Community Fund (Community Organisations Cost of Living Fund / DCMS)

Core costs grant to support vulnerable women with complex mental health needs

National Lottery Community Fund Reaching Communities (Represent Women)

Grant to host two staff working on Represent Women programme

Northumbria Police & Crime Commissioner Supporting Victims Fund

Grant to deliver interventions to victims of domestic abuse

NHS Newcastle Gateshead (Alliance CCG)

Funding for the provision of mental health services for women living in Newcastle

Gateshead Council (Come on in Service)

Preventative Services contract for Gateshead women's mental health and wellbeing provision

National Lottery Community Fund Reaching Communities

Grant to support delivery of mental health courses, support groups, drop in and creative activities

Newcastle City Council (Winter Wellbeing Fund)

Grant towards core costs

Designated Funds

Legal Liability Fund 24780

Office Move & Rebranding (£19,444 spent in 2023/24) 5556

Staff Development 10000

Total **40336**

Legal Liability Fund

This is in place to cover closing costs for the organisation, so it can fulfil its legal obligations, e.g. leases.

Office Move & Rebranding

To cover rebranding and ongoing costs associated with office move.

Staff Development

For staff development.

6. Related party transactions

There were no significant transactions between the project and any related parties during the period. No payments have been made to Trustees.

7. Fixed Assets

Office

	Furniture	Total
Cost		
As at 1 April 2023	10858	10858
Additions		
Disposals		
As at 31 March 2024	10858	10858
Depreciation		
As at 1 April 2023	10723	10723
Charge for the year	135	135
Disposals		
As at 31 March 2024	10858	10858
Net Book Value at 31 March 2024	0	0

TYNESIDE WOMEN'S HEALTH

England & Wales - Charity number 1126648

Accounts

Tyneside Women's Health

(A Company Limited by Guarantee)

Financial Statements
For The Year Ended 31 March 2023

Charity No. 1126648
Company Registration No. 06702528

Legal and Administrative Information

Name: Tyneside Women's Health

Reg'd Charity No: 1126648

Company No: 06702528

Trustees: Chair: Jeannine Hughes
Co. Secretary: Elizabeth Stokes
Christine Sloan (until June 2022)
Maria Humphreys
Julie Pichler (until June 2022)
Karen Griffiths
Joanne Ward (until January 2023)
Sarah Dodds

Address: Unit 12
Interchange Centre
West Street
Gateshead
NE8 1BH

Bankers: The Co-operative Bank
Norfolk House
Grey Street
Newcastle upon Tyne
NE1 6BZ

Independent Examiner: Mark Thompson MAAT
VODA
Spirit of North Tyneside Wing
2nd Floor, Wallsend Customer First Centre
16 The Forum
Wallsend
NE28 8JR

Trustees' Annual Report
For the year ended 31 March 2023

The trustees present their report and accounts for the year ended 31 March 2023

Structure

Tyneside Women's Health is led by a Board of Trustees. Although the Trustees have overall responsibility for governance and management, much of this responsibility is delegated to the Chief Executive Officer who ensures the organisation runs efficiently and effectively. The Trustees work closely with the Chief Executive Officer to provide strategic direction for the organisation. The Chief Executive Officer, in turn, provides direction to line managers and delivery staff to ensure Tyneside Women's Health can act to achieve its vision.

Governance and Management

The Board of Trustees ensures that the organisation is legally compliant in all areas including finance, health and safety, and HR. These matters are reviewed within monthly Board meetings as well as specific sub groups of the Board which includes Finance; Governance & Compliance; Service User Representation; Investing in Our People; and various Task & Finish Groups as required. Trustees are recruited to the Board by way of open recruitment processes on an ongoing basis to ensure a quorate number Trustees at any one time.

Financial Review and Reserves Policy

Tyneside Women's Health holds reserves in order to provide running costs for three months in the unlikely event that income does not meet expenditure. In such a case, these running costs will enable the organisation to continue with minimal disruption to service delivery and staffing levels. Three months is currently deemed an adequate length of time by Trustees to generate additional income to secure the future of the organisation. Reserves also include various designated pots of money to cover the costs of redundancy and other liabilities should the organisation close.

Achievements and Performance of Trust

'Our vision is a society that is free from mental health stigma, in which all women and girls feel included and empowered'. Services are provided predominantly from two Centres in Gateshead and Newcastle, and on an outreach basis across North Tyneside, and women usually have access to the following interventions:

- Open Access Activities - providing therapeutic benefit such as singing, dance, drop in, Sunday Lunch, and creative sessions.
- Mental Health courses - a full range of courses are available including Managing Anxiety, Coping with Depression, Positive About Me (confidence building), Better Out Than In (anger management), Mood Food and Me, and Undoing the Damage of Domestic Abuse. Stand alone workshops are also available such as Mindfulness.
- Support Groups - these are targeted at specific groups of women such as those over 55, those affected by domestic abuse, and those with enduring mental health issues.
- Counselling - an integrative short term counselling service is available and provided on a one to one basis.
- Routes to Recovery & Beyond - comprises action planning and goal focussed workshops, future planning, progression support through signposting to external volunteering, employment and training opportunities as well as internal opportunities.

In total 555 women accessed our services in 2022 - 2023. We received 458 new referrals. 183 women attended our Welcome Sessions and 179 new women attended initial assessments. 23 women who had disengaged from our services attended one to one review appointments. Referral sources are broken down as follows:

Criminal Justice / Victim Support Services = 8%

Domestic Abuse Services = 17%

Social Services = 6%

Statutory Mental Health Services / GP / Social Prescribing = 41%

Self-Referrals = 22%

Other = 6%

All face to face interventions were fully reopened and the majority of virtual services ceased apart from a small number of mental health courses. Throughout the year women had access to the following **Open Access Interventions** where no waiting list is in place:

Online Creative Writing attended by 19 women.

Weekly Drop In at the Gateshead Centre attended by 19 women.

Weekly Drop in at the Newcastle Centre attended by 46 women.

Positive Notes Singing Group attended by 12 women.

Reading Group attended by 8 women who share an enjoyment of books.

Sunday Lunch Group where women prepare and eat a meal together, attended by 10 women.

Holistic Health, including walking group, yoga, mindfulness attended by 17 women.

Weekly Creative Groups attended by 28 women.

We offered **Targeted Support Services** including support groups, mental health courses and counselling. These services are delivered based on demand. Over the year the following services were provided:

Outreach Services:

Weekly Group at North Shields Library aimed at women impacted by domestic abuse reached 5 women.

Centre Based Services:

Anxiety Management courses delivered to 29 women to help them develop strategies to manage anxiety.

An Anger Management course delivered to 14 women to help them develop assertiveness skills and explore other ways to manage feelings of anger.

Coping with Depression course helped 8 women better manage their mental health.

Mood, Food & Me course supported 16 women to explore the relationship between their eating and their mental health.

A 'Positive About Me' Confidence Building programme reached 27 women to help them improve confidence and self-esteem.

A new Grief & Loss programme helped 13 women manage feelings around bereavement.

A new Safety Net group supported women to manage feelings of suicide reached 27 women.

Undoing the Damage of Domestic Abuse programme reached 34 women and helped them to recognise the signs of abuse and how abuse has impacted their mental health.

Safer Women Support Groups reached 11 women affected by domestic abuse.

Wellbeing Groups for women aged 55+ helped 13 women feel less isolated.

A Menopause Support Group reached 9 women.

69 women accessed our counselling services in the year. We continued to offer virtual and telephone counselling, however the majority of women prefer to access face to face sessions.

New Developments

Work has continued to develop our trading subsidiary and the website and social media channels have been launched. We hope this will help us to generate further unrestricted income in future.

We have continued to provide Healing Together programmes in schools across Newcastle and have supported 36 children.

We changed some of our core programmes to create rolling courses to reduce waiting times for women.

We set up new support for women experiencing menopause and for women struggling to cope with loss.

Impact

Of women accessing our services the following outcomes were reported:

84% felt less depressed

88% felt less anxious

88% felt more confident

85% felt less stressed

100% felt less isolated

78% felt more able to manage their mental health

73% had greater self esteem

77% felt they had a better quality of life

Matters pertaining to the Companies Act 2006

For the year ending 31 March 2022 the company was entitled to exemption from audit under section 447 of the Companies Act 2006. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006. The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

Signed:  on behalf of Trustees

Print name: Jeannine Hughes

Date: 18th August 2023

INDEPENDENT EXAMINER'S REPORT

Report to the
trustees of

Tyneside Women's Health

On accounts for
the year ended

31 March 2023

Charity no 1126648

**Respective
responsibilities of
trustees and
examiner**

The Trustees of the organisation are responsible for the preparation of accounts; they consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 and that an Independent Examination is needed.

It is my responsibility to

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

**Basis of
independent
examiner's
statement**

My examination was carried out in accordance with General Directions given by the Charity Commissioners. 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 the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

**Independent
examiner's
statement**

In the course of my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in, any material respect, the trustees have not met the requirements to ensure that:

- proper accounting records are kept (in accordance with section 41 of the Act); and
- accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



Date: 8 June 2023

Name:

Mark Thompson MAAT

Address:

VODA

Spirit of North Tyneside Wing

2nd Floor, Wallsend Customer First Centre

16 The Forum

Wallsend

NE28 8JR

Tyneside Women's Health

Statement of Financial Activities for the year ended 31 March 2023

		Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
		2023	2023	2023	2022
	Notes			£	£
Receipts					
Grants	4	4000	199729	203729	314403
Donations		2981		2981	1225
Fundraising		4045		4045	3459
Other Fees & Refunds		19025		19025	3952
Bank Interest				0	582
Total Receipts		30051	199729	229780	323621
Payments					
Salaries	2	19340	158180	177520	169849
Staff Travel & Training			70	70	360
Group Work & Activities			15584	15584	12793
Counselling Work			2552	2552	
Office Expenses		7	22052	22059	13786
Premises Expenses		5650	40981	46631	55827
Governance Costs	3		14575	14575	9065
Depreciation		45		45	45
Total Payments		25042	253994	279036	261725
Surplus / deficit for the year		5009	-54265	-49256	61896
Net Movement in Funds				0	0
Funds at 1 April 2022		171602	128438	300040	238142
Funds at 31 March 2023		176611	74173	250784	300038


Tyneside Women's Health
Balance Sheet as at 31 March 2023

		2023	2022
		£	£
Fixed Assets	7	135	180
Current Assets			
Debtors	8		2760
Cash at Bank & in Hand		250649	297098
Total Cash Balances		<u>250649</u>	<u>299858</u>
Current Liabilities			
Net Current Assets		250649	299858
Net Assets at 31 March 2023		<u><u>250784</u></u>	<u><u>300038</u></u>
Represented By:	5		
Restricted Funds		74173	128436
Designated Funds		49780	49780
Unrestricted Funds		126831	121822
		<u><u>250784</u></u>	<u><u>300038</u></u>

For the year ending 31/03/2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors responsibilities:

- a) The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476, of the Companies Act 2006
- b) The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.
- c) The accounts have been prepared in accordance with the special provisions of the Companies Act relating to small companies.

Signed: 

Position: Chair of the Board of Trustees

Print Name: Jeannine Hughes

Date: 18th August 2023

Tyneside Women's Health

Notes to the accounts, 2022-23

1. Basis of accounts

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006

Tyneside Womens Health meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Fixed Assets are depreciated over a useful lifetime at the following rates:

Office Furniture - 20% reducing balance

2. Trustees and Staff

No Trustees were remunerated or received expenses payments.

Total Salary Costs	£ 177,520
Average no of staff (full time equivalent)	6

3. Costs of financial services

The cost for the Independent Examination for the financial period will be £475

4. Funding received through the year:

Unrestricted:

The 29th May 1961 Charitable Trust	3000
The Joseph Strong Frazer Trust	1000

Total Unrestricted Funds Received	4000
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Restricted:

Lloyds Bank Foundation for England & Wales	2250
National Lottery Community Fund Reaching Communities	96065
Newcastle City Council	9818
Newcastle City Council (Winter Wellbeing Fund)	3500
Northumbria Police & Crime Commissioner Supporting Victims Fund	22082
NHS Newcastle Gateshead (Alliance CCG)	13070
Gateshead Council (Come on in Service)	36087
Ways to Wellness	13597
Sir James Knott Trust	500
The Penny Appeal	2760

Total Restricted Funds Received	199729
--	---------------

5. Fund Analysis

Restricted Funds

	April '22	Income	Expend	March '23
Lloyds Bank Foundation for England & Wales	24090	2250	26340	0
National Lottery Community Fund Reaching Communities	54485	96065	79396	71154
Newcastle City Council	0	9818	9818	0
Newcastle City Council (Winter Wellbeing Fund)		3500	0	3500
Women Thrive Fund (ROSA & The Smallwood Trust)	33984	0	33984	0
Northumbria Police & Crime Commissioner Supporting Victims Fund	0	22082	22082	0
NHS Newcastle Gateshead (Alliance CCG)	0	13070	13070	0
Gateshead Council (Come on in Service)	0	36087	36087	0
Ways to Wellness	13599	13597	27196	0
Sir James Knott Trust	0	500	500	0
The Penny Appeal	2280	2760	5520	0
Total	128438	199729	253993	74174

Notes:

Lloyds Bank Foundation for England & Wales

Grant towards the cost of delivering mental health interventions

National Lottery Community Fund Reaching Communities

Grant to support delivery of mental health courses, support groups, drop in and creative activities

Newcastle City Council

Grant towards the cost of delivering mental health interventions for Newcastle women

Newcastle City Council (Winter Wellbeing Fund)

Grant towards core costs

Women Thrive Fund (ROSA & The Smallwood Trust)

Grant to deliver interventions that improve women's mental health and wellbeing

Northumbria Police & Crime Commissioner Supporting Victims Fund

Grant to deliver interventions to victims of domestic abuse

NHS Newcastle Gateshead (Alliance CCG)

Funding for the provision of mental health services for women living in Newcastle

Gateshead Council (Come On In Service)

Preventative Services contract for Gateshead women's mental health and wellbeing provision

Ways to Wellness

Grant to deliver programmes focussed on self harm and suicide prevention

Sir James Knott Trust

Small grant to provide celebration events for the Queen's Platinum Jubilee

The Penny Appeal

Grant to provide counseling services to women impacted by abuse

Designated Funds

Legal Liability Fund	24780
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Office Move & Rebranding	25000
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Total	49780
--------------	--------------

Notes:**Legal Liability Fund**

This is in place to cover closing costs for the organisation, so it can fulfil its legal obligations, e.g. leases.

Office Move & Rebranding

To cover rebranding and ongoing costs associated with office move.

6. Related party transactions

There were no significant transactions between the project and any related parties during the period. No payments have been made to Trustees.

7. Fixed Assets

	Office Furniture	Total
Cost		
As at 1 April 2022	10858	10858
Additions		
Disposals		
As at 31 March 2023	10858	10858
Depreciation		
As at 1 April 2022	10678	10678
Charge for the year	45	45
Disposals		
As at 31 March 2023	10723	10723
Net Book Value at 31 March 2023	135	135

TYNESIDE WOMEN'S HEALTH

England & Wales - Charity number 1126648

Accounts

Tyneside Women's Health

(A Company Limited by Guarantee)

Financial Statements
For The Year Ended 31 March 2022

Charity No. 1126648
Company Registration No. 06702528

Legal and Administrative Information

Name: **Tyneside Women's Health**

Reg'd Charity No: 1126648

Company No: 06702528

Trustees: Chair: Jeannine Hughes
Barbara King (until June 2021)
Co. Secretary: Diana Robertson (until June 2021)
Christine Sloan
Elizabeth Stokes
Maria Humphreys
Julie Pichler
Karen Griffiths
Joanne Ward

Address: 30 Half Moon Lane
Gateshead
NE8 2AN

Bankers: The Co-operative Bank
Norfolk House
Grey Street
Newcastle upon Tyne
NE1 6BZ

Independent
Examiner: Mark Thompson MAAT
VODA
Spirit of North Tyneside Wing
2nd Floor, Wallsend Customer First Centre
16 The Forum
Wallsend
NE28 8JR

Trustees' Annual Report
For the year ended 31 March 2022

The trustees present their report and accounts for the year ended 31 March 2022

Structure

Tyneside Women's Health is led by a Board of Trustees. Although the Trustees have overall responsibility for governance and management, much of this responsibility is delegated to the Chief Executive Officer who ensures the organisation runs efficiently and effectively. The Trustees work closely with the Chief Executive Officer to provide strategic direction for the organisation. The Chief Executive Officer, in turn, provides direction to line managers and delivery staff to ensure Tyneside Women's Health can act to achieve its vision for all women in Tyneside to flourish by having access to the right mental health and wellbeing support at the right time and place

Governance and Management

The Board of Trustees ensures that the organisation is legally compliant in all areas including finance, health and safety, and HR. These matters are reviewed within monthly Board meetings as well as specific sub groups of the Board which includes Finance; Health, Safety & Compliance; Service User Representation; and various Task & Finish Groups as required. Trustees are recruited to the Board by way of open recruitment processes on an ongoing basis to ensure a quorate number Trustees at any one time.

Financial Review and Reserves Policy

Tyneside Women's Health holds reserves in order to provide running costs for three months in the unlikely event that income does not meet expenditure. In such a case, these running costs will enable the organisation to continue with minimal disruption to service delivery and staffing levels. Three months is currently deemed an adequate length of time by Trustees to generate additional income to secure the future of the organisation. Reserves also include various designated pots of money to cover the costs of redundancy and other liabilities should the organisation close.

Achievements and Performance of Trust

'Our vision is a society that is free from mental health stigma, in which all women and girls feel included and empowered'. Services are provided predominantly from two Centres in Gateshead and Newcastle, and on an outreach basis across North Tyneside, and women usually have access to the following interventions:

- Open Access Activities - providing therapeutic benefit such as singing, dance, drop in, Sunday Lunch, and creative sessions.
- Mental Health courses - a full range of courses are available including Managing Anxiety, Coping with Depression, Positive About Me (confidence building), Better Out Than In (anger management), Mood Food and Me, and Undoing the Damage of Domestic Abuse. Stand alone workshops are also available such as Mindfulness.
- Support Groups - these are targeted at specific groups of women such as those over 55, those affected by domestic abuse, and those with enduring mental health issues.
- Counselling - an integrative short term counselling service is available and provided on a one to one basis.
- Routes to Recovery & Beyond - comprises action planning and goal focussed workshops, future planning, progression support through signposting to external volunteering, employment and training opportunities as well as internal opportunities.

In total 635 women accessed our services in 2021 - 2022. We received 314 new referrals. 241 women attended our Welcome Sessions and 206 new women attended initial assessments. 85 women who had disengaged from our services attended one to one review appointments. Referral sources are broken down as follows:
Criminal Justice / Victim Support Services = 13%
Domestic Abuse Services = 14%
Social Services = 4%
Statutory Mental Health Services / GP = 54%
Self-Referrals = 12%
Other = 3%

As we navigated the lockdowns during the year we continued to provide one to one support to 273 women by email, phone and in person. We also offered small support groups with participation capped at 5 women per group which 17 women engaged in as a stepping stone back into Centres.

As more and more of our services re-opened we were able to provide the following **Open Access Interventions** where no waiting list is in place to ensure women can benefit from mental health interventions immediately post initial assessment:

Virtual Services:

Weekly Drop In delivered via zoom attended by 19 women
Fortnightly Creative Writing Group delivered via zoom attended by 15 women

Centre Based Services:

Weekly Drop In at the Gateshead Centre attended by 16 women.
Weekly Drop in at the Newcastle Centre attended by 25 women.
Positive Notes Singing Group attended by 9 women.
Reading Group attended by 8 women who share an enjoyment of books.
Sunday Lunch Group where women prepare and eat a meal together, attended by 10 women.
Holistic Health, including walking group, yoga, mindfulness attended by 35 women.
Individual Reiki appointments accessed by 13 women.
Make, Do & Share creative group attended by 18 women each week.

A Peer Support Group was offered on a weekly basis, led by service users who accessed accredited peer mentoring training. Groups focussed on creative activity and 9 women attended.

We offered **Targeted Support Services** including support groups, mental health courses and counselling. These services are delivered based on demand. Over the year the following services were provided:

Virtual Services:

Confidence Building, Anxiety Management and Undoing the Damage of Domestic Abuse courses delivered using zoom and email reached 35 women.

Outreach Services:

Weekly Group at North Shields Library aimed at women impacted by domestic abuse reached 5 women.
Mental Health support provided on a one to one basis at Wellspring GP Surgery in Killingworth reached 15 women.

Centre Based Services:

Anxiety Management courses delivered to 15 women to help them develop strategies to manage anxiety.
An Anger Management course delivered to 5 women to help them develop assertiveness skills and explore other ways to manage feelings of anger.
Coping with Depression course helped 9 women better manage their mental health.
Mood, Food & Me course supported 11 women to explore the relationship between their eating and their mental health.
A 'Positive About Me' Confidence Building programme reached 10 women to help them improve confidence and self-esteem.
Undoing the Damage of Domestic Abuse programme reached 41 women and helped them to recognise the signs of abuse and how abuse has impacted their mental health.
Safer Women Support Groups reached 12 women affected by domestic abuse.
Wellbeing Groups for women aged 55+ helped 9 women feel less isolated.
A new support group for Young Women aged 18 – 24 was set up reaching 5 women.

73 women accessed our counselling services in the year. We continued to offer virtual and telephone counselling as well as face to face sessions.

New Developments

We have been working hard to develop a trading subsidiary to help us diversify our income streams. We're excited to formally launch the company next year!

We welcomed three new staff members to the team, each bringing their own set of skills and experience. We hope they will help us develop our services.

Four staff accessed Healing Together training programmes to enable them to go into schools to deliver interventions to children impacted by domestic abuse.

We have developed new programmes such as a Holistic Health course linking mental health with physical health, and a programme focussed on suicide and self-harm to help women create safety plans.

We set up a new support group for young women aged 18 – 24 and continued to deliver and develop some of the remote mental health courses introduced during lockdown.

Impact

Of women accessing our services the following outcomes were reported:

85% feel more confident

76% feel less depressed

72% feel less anxious

73% feel less stressed

66% have greater self esteem

74% feel more able to manage their mental health

85% feel less isolated

76% have a better quality of life

Matters pertaining to the Companies Act 2006

For the year ending 31 March 2021 the company was entitled to exemption from audit under section 447 of the Companies Act 2006. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006. The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

Signed:  half of Trustees

Print name: Karen Griffiths

Date: 20th September 2022.

INDEPENDENT EXAMINER'S REPORT

Report to the
trustees of

Tyneside Women's Health

On accounts for
the year ended

31 March 2022

Charity no 1126648

**Respective
responsibilities of
trustees and
examiner**

The Trustees of the organisation are responsible for the preparation of accounts; they consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 and that an Independent Examination is needed.

It is my responsibility to

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

**Basis of
independent
examiner's
statement**

My examination was carried out in accordance with General Directions given by the Charity Commissioners. 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 the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

**Independent
examiner's
statement**

In the course of my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in, any material respect, the trustees have not met the requirements to ensure that:

- proper accounting records are kept (in accordance with section 41 of the Act); and
- accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



Date: 12th September 2022

Name:

Mark Thompson MAAT

Address:

VODA

Spirit of North Tyneside Wing

2nd Floor, Wallsend Customer First Centre

16 The Forum

Wallsend

NE28 8JR

Tyneside Women's Health

Statement of Financial Activities for the year ended 31 March 2022

		Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
		2022	2022	2022	2021
	Notes			£	£
Receipts					
Grants	4	29000	285403	314403	381923
Donations		1225		1225	1612
Fundraising		3459		3459	1289
Other Fees & Refunds		3952		3952	9856
Bank Interest		582		582	0
Total Receipts		38218	285403	323621	394680
Payments					
Salaries	2		169849	169849	173942
Staff Travel & Training			360	360	0
Group Work & Activities		11	12782	12793	13995
Office Expenses		1250	12536	13786	13552
Premises Expenses			55827	55827	68200
Governance Costs	3		9065	9065	11552
Depreciation		45		45	56
Total Payments		1306	260419	261725	281297
Surplus / deficit for the year		36912	24984	61896	113383
Net Movement in Funds				0	0
Funds at 1 April 2021		134690	103452	238142	124759
Funds at 31 March 2022		171602	128436	300038	238142


Tyneside Women's Health
Balance Sheet as at 31 March 2022

		2022	2021
		£	£
Fixed Assets	7	180	225
Current Assets			
Debtors	8	2760	750
Cash at Bank & in Hand		297098	237218
Total Cash Balances		<u>299858</u>	<u>237968</u>
Current Liabilities			50
Net Current Assets		299858	237918
Net Assets at 31 March 2018		<u><u>300038</u></u>	<u><u>238143</u></u>
Represented By:	5		
Restricted Funds		128436	103452
Designated Funds		49780	44780
Unrestricted Funds		121822	89911
		<u><u>300038</u></u>	<u><u>238143</u></u>

For the year ending 31/03/2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors responsibilities:

- a) The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476, of the Companies Act 2006
- b) The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.
- c) The accounts have been prepared in accordance with the special provisions of the Companies Act relating to small companies.

Signed:  Position: Finance Lead for the Board of Trustees

Print Name: Karen Griffiths

Date: 20th September 2022.

Tyneside Women's Health

Notes to the accounts, 2021-22

1. Basis of accounts

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006

Tyneside Womens Health meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Fixed Assets are depreciated over a useful lifeline at the following rates:
Office Furniture - 20% reducing balance

2. Trustees and Staff

No Trustees were remunerated or received expenses payments.

Total Salary Costs	£ 169,849
Average no of staff (full time equivalent)	7

3. Costs of financial services

The cost for the Independent Examination for the financial period will be £475

4. Funding received through the year:

Unrestricted:

Joseph Strong Frazer Trust	1000
The 29th May 1961 Charitable Trust	3000
Community Foundation Covid-19 Response & Recovery Fund	25000

Total Unrestricted Funds Received	29000
--	--------------

Restricted:

Newcastle City Council	22251
Women Thrive Fund (ROSA & The Smallwood Trust)	42475
Lloyds Bank Foundation for England & Wales	24090
National Lottery Community Fund Reaching Communities	93393
Enterprise Development Programme	8926
European Social Fund LA6 Gateshead Council (Gateshead)	3871
European Social Fund LA6 Gateshead Council (Newcastle)	3043
Northumbria Police & Crime Commissioner Supporting Victims Fund	22079
NHS Newcastle Gateshead (Alliance CCG)	12800
Gateshead Council (Come on in Service)	36087
Bluestone Collaborative	13599
The Penny Appeal	2760
Building Better Opportunities (Wise Steps)	29

Total Restricted Funds Received	285403
--	---------------

5. Fund Analysis

Restricted Funds	April '21	Income	Expend	March '22
Lloyds Bank Foundation for England & Wales	24090	24090	24090	24090
National Lottery Community Fund Reaching Communities	32136	93393	71044	54485
Enterprise Development Programme	0	8926	8926	0
Evan Cornish Foundation	4000		4000	0
European Social Fund LA6 Gateshead Council (Gateshead)	0	3871	3871	0
European Social Fund LA6 Gateshead Council (Newcastle)	0	3043	3043	0
LGA Foundation	10000		10000	0
Sport England	3182		3182	0
The Fore RAFT Transition Fund	14323		14323	0
Community Foundation Women's Fund	5500		5500	0
MIND Covid-19 Response Fund	10224		10224	0
Newcastle City Council		22251	22251	0
Women Thrive Fund (ROSA & The Smallwood Trust)		42475	8491	33984
Northumbria Police & Crime Commissioner Supporting Victims Fund	0	22079	22079	0
NHS Newcastle Gateshead (Alliance CCG)	0	12800	12800	0
Gateshead Council (Come on in Service)	0	36087	36087	0
Bluestone Collaborative		13599		13599
Building Better Opportunities (Wise Steps)	0	29	29	0
The Penny Appeal		2760	480	2280
Total	103455	285403	260420	128438

Notes:**Lloyds Bank Foundation for England & Wales**

Grant towards the cost of delivering mental health interventions

National Lottery Community Fund Reaching Communities

Grant to support delivery of mental health courses, support groups, drop in and creative activities

Enterprise Development Programme

Grant to support the development of our trading subsidiary

Evan Cornish Foundation

Grant towards the cost of delivering mental health interventions

European Social Fund LA6 Gateshead Council - Gateshead

Funds to deliver a Routes to Recovery & Beyond course in Gateshead

European Social Fund LA6 Gateshead Council - Newcastle

Funds to deliver a Routes to Recovery & Beyond course in Newcastle

LGA Foundation

Grant towards the cost of delivering mental health interventions

Sport England

Grant to support delivery of physical health interventions

The Fore RAFT Transition Fund

Funds to support delivery of the Building Blocks to Better Mental Health project

Community Foundation Women's Fund

Grant to support core costs and service development

MIND Covid-19 Response Fund

Grant to support services during the Covid-19 pandemic

Newcastle City Council

Grant towards the cost of delivering mental health interventions for Newcastle women

Women Thrive Fund (ROSA & The Smallwood Trust)

Grant to deliver interventions that improve women's mental health and wellbeing

Northumbria Police & Crime Commissioner Supporting Victims Fund

Grant to deliver interventions to victims of domestic abuse

NHS Newcastle Gateshead (Alliance CCG)

Funding for the provision of mental health services for women living in Newcastle

Gateshead Council (Come On In Service)

Preventative Services contract for Gateshead women's mental health and wellbeing provision

Bluestone Collaborative

Grant to deliver programmes focussed on self harm and suicide prevention

Building Better Opportunities (Wise Steps)

Funds to provide specialist interventions for women accessing the BBO Wise Steps programme

The Penny Appeal

Grant to provide counselling services to women impacted by abuse

Designated Funds

Legal Liability Fund 24780

Office Move & Rebranding 25000

Total 49780**Notes:****Legal Liability Fund**

This is in place to cover closing costs for the organisation, so it can fulfil its legal obligations, e.g. leases.

Office Move & Rebranding

To cover office move, rebranding and associated costs.

6. Related party transactions

There were no significant transactions between the project and any related parties during the period. No payments have been made to Trustees.

7. Fixed Assets

	Office Furniture	Total
Cost		
As at 1 April 2021	10858	10858
Additions		
Disposals		
As at 31 March 2022	10858	10858
Depreciation		
As at 1 April 2021	10633	10633
Charge for the year	45	45
Disposals		
As at 31 March 2022	10678	10678
Net Book Value at 31 March 2022	180	180

8. Debtors

Debtor (Grant The Penny Appeal) 2760

TYNESIDE WOMEN'S HEALTH

England & Wales - Charity number 1126648

Accounts

Tyneside Women's Health

(A Company Limited by Guarantee)

Financial Statements
For The Year Ended 31 March 2021

Charity No. 1126648
Company Registration No. 06702528

Legal and Administrative Information

Name: **Tyneside Women's Health**

Reg'd Charity No: 1126648

Company No: 06702528

Trustees: Chair: Jeannine Hughes
Barbara King
Co. Secretary: Diana Robertson
Christine Sloan
Elizabeth Stokes
Maria Humphreys
Julie Pichler

Address: 30 Half Moon Lane
Gateshead
NE8 2AN

Bankers: The Co-operative Bank
Norfolk House
Grey Street
Newcastle upon Tyne
NE1 6BZ

Independent
Examiner: Mark Thompson MAAT
VODA
Queen Alexandra Campus
Hawkeys Lane
North Shields
NE29 9BZ

Trustees' Annual Report
For the year ended 31 March 2020

The trustees present their report and accounts for the year ended 31 March 2021

Structure

Tyneside Women's Health is led by a Board of Trustees. Although the Trustees have overall responsibility for governance and management, much of this responsibility is delegated to the Chief Executive Officer who ensures the organisation runs efficiently and effectively. The Trustees work closely with the Chief Executive Officer to provide strategic direction for the organisation. The Chief Executive Officer, in turn, provides direction to line managers and delivery staff to ensure Tyneside Women's Health can act to achieve its vision for all women in Tyneside to flourish by having access to the right mental health and wellbeing support at the right time and place

Governance and Management

The Board of Trustees ensures that the organisation is legally compliant in all areas including finance, health and safety, and HR. These matters are reviewed within bi-monthly Board meetings as well as specific sub groups of the Board and time out session. Trustees are recruited to the Board by way of open recruitment processes on an ongoing basis to ensure a minimum of 6 Trustees at any one time.

Financial Review and Reserves Policy

Tyneside Women's Health holds reserves in order to provide running costs for three months in the unlikely event that income does not meet expenditure. In such a case, these running costs will enable the organisation to continue with minimal disruption to service delivery and staffing levels. Three months is currently deemed an adequate length of time by Trustees to generate additional income to secure the future of the organisation. Reserves also include various designated pots of money to cover the costs of redundancy and other liabilities should the organisation close.

Achievements and Performance of Trust

From 1 April 2020 through to 31 March 2021, Tyneside Women's Health has supported 532 women to improve their mental health and emotional wellbeing. Services are provided predominantly from two Centres in Gateshead and Newcastle, and on an outreach basis across North Tyneside, and women usually have access to the following interventions:

- Open Access Activities - providing therapeutic benefit such as singing, dance, drop in, Sunday Lunch, and creative sessions.
- Mental Health courses - a full range of courses are available including Managing Anxiety, Coping with Depression, Positive About Me (confidence building), Better Out Than In (anger management), Mood Food and Me, and Undoing the Damage of Domestic Abuse. Stand alone workshops are also available such as Mindfulness.
- Support Groups - these are targeted at specific groups of women such as those over 55, those affected by domestic abuse, and those with enduring mental health issues.
- Counselling - an integrative short term counselling service is available and provided on a one to one basis.
- Routes to Recovery & Beyond - comprises action planning and goal focussed workshops, future planning, progression support through signposting to external volunteering, employment and training opportunities as well as internal opportunities.

Due to the Covid-19 pandemic we closed our face to face services in March 2020. We very quickly moved to a remote service, which was very different from our usual service offer as described above. We have also provided an unprecedented level of one to one support, which again, is different from our usual group work programmes. We conducted weekly support calls and email check ins for 144 per week at the height of the pandemic.

We re-opened some face to face services in September 2020 for women we knew were the most isolated and whose mental health had deteriorated the most. We kept these services open during the second and third national lockdowns as well as maintaining the remote support services we had developed. We continue to provide a mixture of virtual and face to face services and look forward to developing new interventions based on our learning over the past year.

We have continued to work in partnership where possible and have adapted services as needed and have maintained our role as a delivery partner within the Wise Steps programme. We have participated in podcasts, and many online meetings!

We continue to develop our trading subsidiary as a future source of income and we are in the process of developing a new Strategic Plan for the organisation. Despite missing our 35th birthday celebrations last year we are excited to take the organisation forward as we recover and emerge from the pandemic.

We are extremely proud of the support we have been able to provide for vulnerable women over the last year, and we are especially proud of our service users for how they have managed during lockdowns. A small group of women set up their own creative group called Craftscape during lockdown and this is quickly becoming an enterprise project through selling items that they make so we look forward to supporting them to develop this.

Matters pertaining to the Companies Act 2006

For the year ending 31 March 2021 the company was entitled to exemption from audit under section 447 of the Companies Act 2006. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006. The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

Signed:  on behalf of Trustees

Print name: Jeannine Hughes

Date: 08/09/2021

INDEPENDENT EXAMINER'S REPORT

Report to the trustees of

Tyneside Women's Health

On accounts for the year ended

31 March 2021

Charity no 1126648

Respective responsibilities of trustees and examiner

The Trustees of the organisation are responsible for the preparation of accounts; they consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 and that an Independent Examination is needed.

It is my responsibility to

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

Basis of independent examiner's statement

My examination was carried out in accordance with General Directions given by the Charity Commissioners. 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 the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in, any material respect, the trustees have not met the requirements to ensure that:
 - proper accounting records are kept (in accordance with section 41 of the Act); and
 - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



Date: 28 July, 2021

Name:

Mark Thompson MAAT

Address:

VODA
Queen Alexandra Campus
Hawkeys Lane
North Shields
NE29 9BZ

Tyneside Women's Health

Statement of Financial Activities for the year ended 31 March 2021

		Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
		2021	2021	2021	2020
				£	£
Receipts					
	Note:				
Grants	5	25300	356623	381923	210841
Donations		1612		1612	753
Fundraising		1289		1289	3594
Other Fees & Refunds		9856		9856	8947
Bank Interest				0	0
Total Receipts		38057	356623	394680	224135
Payments					
Salaries	2		173942	173942	179815
Staff Travel & Training				0	2136
Group Work & Activities		387	13608	13995	14515
Office Expenses		12	13540	13552	16596
Premises Expenses			68200	68200	56386
Governance Costs	3	2068	9484	11552	5825
Depreciation		56		56	70
Total Payments		2523	278774	281297	275343
Surplus / deficit for the year		35534	77849	113383	-51208
Net Movement in Funds				0	0
Funds at 1 April 2019		99156	25603	124759	175967
Funds at 31 March 2020		134690	103452	238142	124759

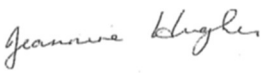
**Tyneside Women's Health
Balance Sheet as at 31 March 2021**

		2021 £	2020 £
Fixed Assets	7	225	281
Current Assets			
Debtors	8	750	5179
Cash at Bank & in Hand		237218	126457
Total Cash Balances		<u>237968</u>	<u>131636</u>
Current Liabilities	9	50	7158
Net Current Assets		237918	124478
Net Assets at 31 March 2018		<u><u>238143</u></u>	<u><u>124759</u></u>
Represented By:	5		
Restricted Funds		103452	25603
Designated Funds		44780	19780
Unrestricted Funds		89911	79376
		<u><u>238143</u></u>	<u><u>124759</u></u>

For the year ending 31/03/2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors responsibilities:

- a) The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476, of the Companies Act 2006
- b) The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.
- c) The accounts have been prepared in accordance with the special provisions of the Companies Act relating to small companies.

Signed:  Position: Chair of the Board of Trustees

Print Name: Jeannine Hughes

Date: 08/09/2021

Tyneside Women's Health

Notes to the accounts, 2020-21

1. Basis of accounts

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006

Tyneside Womens Health meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Fixed Assets are depreciated over a useful lifeline at the following rates:
Office Furniture - 20% reducing balance

2. Trustees and Staff

No Trustees were remunerated or received expenses payments.

Total Salary Costs	£	173,942
Average no of staff (full time equivalent)		8

3. Costs of financial services

The cost for the Independent Examination for the financial period will be £475

4. Funding received through the year:

Unrestricted:

The 29th May 1961 Charitable Trust	3000
Newcastle City Council	10000
The William Leech Charity	1000
Marsh Christian Trust	300
Changing Lives	5000
The Joseph Strong Frazer Trust	1000
Gateshead Council	5000
Total Unrestricted Funds Received	25300

Restricted:

Lloyds Bank Foundation for England & Wales	24090
Lloyds Bank Foundation React Fund	6477
National Lottery Community Fund Reaching Communities	90447
National Lottery Community Fund Uplift Grant	26000
Community Foundation Covid-19 Response Fund	7168
CAF Coronavirus Emergency Fund	7380
Northumbria Police & Crime Commissioner (Covid-19 Extraordinary Ministry of Justice Funding)	2741
Enterprise Development Programme	8738
Evan Cornish Foundation	4000
European Social Fund LA6 Gateshead Council - Gateshead	5806
European Social Fund LA6 Gateshead Council - Newcastle	4565
LGA Foundation	10000
CAF Resilience Fund	11222
Sport England	9182
The Fore RAFT Transition Fund	14323
The Smallwood Trust (DCMS)	22046
Well Newcastle Gateshead	955
Community Foundation Women's Fund	5500
MIND Covid-19 Response Fund	19953
Northumbria Police & Crime Commissioner Supporting Victims Fund	18632
NHS Newcastle Gateshead (Alliance CCG)	12800

NHS North Cumbria CCG	4916
Gateshead Council (Come on in Service)	36087
Building Better Opportunities (Wise Steps)	3595
Total Restricted Funds Received	356623

5. Fund Analysis

Restricted Funds	April '20	Income	Expend	March '21
Lloyds Bank Foundation for England & Wales	8726	24090	8726	24090
Lloyds Bank Foundation React Fund		6477	6477	0
National Lottery Community Fund Reaching Communities	9859	90447	68170	32136
National Lottery Community Fund Uplift Grant		26000	26000	0
Community Foundation Covid-19 Response Fund		7168	7168	0
CAF Coronavirus Emergency Fund		7380	7380	0
Northumbria Police & Crime Commissioner (Covid-19 Extraordinary Ministry of Justice Funding)		2741	2741	0
Enterprise Development Programme		8738	8738	0
Evan Cornish Foundation		4000	0	4000
European Social Fund LA6 Gateshead Council - Gateshead		5806	5806	0
European Social Fund LA6 Gateshead Council - Newcastle		4565	4565	0
LGA Foundation		10000	0	10000
CAF Resilience Fund		11222	11222	0
Sport England		9182	6000	3182
The Fore RAFT Transition Fund		14323	0	14323
The Smallwood Trust (DCMS)		22046	22046	0
Well Newcastle Gateshead		955	955	0
Community Foundation Women's Fund		5500	0	5500
Hope and Grace Foundation	7019	0	7019	0
MIND Covid-19 Response Fund		19953	9729	10224
Northumbria Police & Crime Commissioner Supporting Victims Fund		18632	18632	0
NHS Newcastle Gateshead (Alliance CCG)		12800	12800	0
NHS North Cumbria CCG		4916	4916	0
Gateshead Council (Come on in Service)		36087	36087	0
Building Better Opportunities (Wise Steps)		3595	3595	0
Total	25604	356623	278772	103455

Notes:

Lloyds Bank Foundation for England & Wales

Grant towards the cost of delivering mental health interventions

Lloyds Bank Foundation React Fund

Grant to support services during the Covid-19 pandemic

National Lottery Community Fund Reaching Communities

Grant to support delivery of mental health courses, support groups, drop in and creative activities

National Lottery Community Fund Uplift Grant

Grant to support services during the Covid-19 pandemic

Community Foundation Covid-19 Response Fund

Grant to support services during the Covid-19 pandemic

CAF Coronavirus Emergency Fund

Grant to support services during the Covid-19 pandemic

Northumbria Police & Crime Commissioner (Covid-19 Extraordinary Ministry of Justice Funding)

Grant to support domestic abuse services during the Covid-19 pandemic

Enterprise Development Programme

Grant to support the development of our trading subsidiary

Evan Cornish Foundation

Grant towards the cost of delivering mental health interventions

European Social Fund LA6 Gateshead Council - Gateshead

Funds to deliver a Routes to Recovery & Beyond course in Gateshead

European Social Fund LA6 Gateshead Council - Newcastle

Funds to deliver a Routes to Recovery & Beyond course in Newcastle

LGA Foundation

Grant towards the cost of delivering mental health interventions

CAF Resilience Fund

Grant to support services during the Covid-19 pandemic

Sport England

Grant to support delivery of physical health interventions

The Fore RAFT Transition Fund

Funds to support delivery of the Building Blocks to Better Mental Health project

The Smallwood Trust (DCMS)

Grant to fund additional Virtual Mental Health & Wellbeing Worker

Well Newcastle Gateshead

Project funds to explore using the arts to improve mental health

Community Foundation Women's Fund

Grant to support core costs and service development

Hope and Grace Foundation

International grant to provide out of hours support, groups to women with complex needs and additional target groups

MIND Covid-19 Response Fund

Grant to support services during the Covid-19 pandemic

Police & Crime Commissioner Supporting Victims Fund

Grant to deliver interventions to victims of domestic abuse

NHS Newcastle Gateshead (Alliance CCG)

Funding for the provision of mental health services for women living in Newcastle

NHS North Cumbria CCG

Suicide prevention grant to pilot complex needs interventions

Gateshead Council (Come On In Service)

Preventative Services contract for women's mental health and wellbeing provision

Building Better Opportunities (Wise Steps)

Funds to provide specialist interventions for women accessing the BBO Wise Steps programme

Designated Funds

Legal Liability Fund 24780

Office Move & Rebranding 20000

Total 44780

Notes:

Legal Liability Fund

This is in place to cover closing costs for the organisation, so it can fulfil its legal obligations, e.g. leases.

Office Move & Rebranding

To cover office move, rebranding and associated costs.

6. Related party transactions

There were no significant transactions between the project and any related parties during the period. No payments have been made to Trustees.

7. Fixed Assets	Office Furniture	Total
Cost		
As at 1 April 2020	10858	10858
Additions		
Disposals		
As at 31 March 2021	10858	10858
Depreciation		
As at 1 April 2020	10577	10577
Charge for the year	56	56
Disposals		
As at 31 March 2021	10633	10633
Net Book Value at 31 March 2021	225	225
8. Debtors		
Sundry Debtors	750	
	750	
9. Liabilities		
Sundry Creditors	50	