

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
Receipts	Notes .			£	£
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		299858	237968
Current Liabilities			50
Net Current Assets		299858	237918
Net Assets at 31 March 2018		300038	238143
Represented By:	5		
Restricted Funds		128436	103452
Designated Funds		49780	44780
Unrestricted Funds		121822	89911
		300038	238143

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:  ition: 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
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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
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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 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
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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 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
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