

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
Receipts		2023	2023	2023	2022
	Notes .			£	£
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		250649	299858
Current Liabilities			
Net Current Assets		250649	299858
Net Assets at 31 March 2023		250784	300038
Represented By:	5		
Restricted Funds		74173	128436
Designated Funds		49780	49780
Unrestricted Funds		126831	121822
		250784	300038

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 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	£	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
--	-------------

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
----------------------	-------

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 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