

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
Receipts		2024	2024	2024	2023
	Notes			£	£
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		189699	250649
Current Liabilities			
Net Current Assets		189699	250649
Net Assets at 31 March 2024		189699	250784
Represented By:	5		
Restricted Funds		18128	74654
Designated Funds		40336	49780
Unrestricted Funds		131235	126350
		189699	250784

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
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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
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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
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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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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