

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
Receipts		2025	2025	2025	2024
	Notes .			£	£
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	144944	189699
Current Liabilities		
Net Current Assets	144944	189699
Net Assets at 31 March 2025	144944	189699
Represented By:	5	
Restricted Funds	38005	18128
Designated Funds	40336	40336
Unrestricted Funds	66603	131235
	144944	189699

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
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Average no of staff (full time equivalent)	9
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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
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Community Foundation (Women's Fund)	7000
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UKSPF Community Chest Grant	9628
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Henry Smith Charity	67000
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NHS North East & North Cumbria ICB	13451
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NHS North East & North Cumbria ICB (Heathlier Together)	2122
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Smallwood Trust	9551
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National Lottery Community Fund Reaching Communities (Represent Women)	93030
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Northumbria Police & Crime Commissioner Supporting Victims Fund	24661
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Seven Friends Foundation	1700
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Gateshead Council (Come on in Service)	36087
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Women's Health Community Fund	2210
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Total Restricted Funds Received	269474
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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.