

WOMAN UP

England & Wales · Charity number 1203943

Details

Other names	WOMAN UP CUMBRIA
Status	Registered
Legal form	CIO
Registered	2023-07-11
Register	View on the Charity Commission register

Contact

Address	Howrigg Wigton Cumbria CA7 8BL
Phone	07753112934
Email	sam@womanup.org.uk
Website	https://www.womanup.org.uk/

Activities

Objects: THE PROMOTION OF EQUALITY AND DIVERSITY FOR THE PUBLIC BENEFIT, WITH A PARTICULAR FOCUS ON A RANGE OF TOPICS THAT DIRECTLY OR INDIRECTLY AFFECT WOMEN BY:A) THE ELIMINATION OF DISCRIMINATION ON THE GROUNDS OF RACE, GENDER, DISABILITY, SEXUAL ORIENTATION OR RELIGION;B) ADVANCING EDUCATION AND RAISING AWARENESS IN EQUALITY AND DIVERSITY;C) PROMOTING ACTIVITIES TO FOSTER UNDERSTANDING BETWEEN PEOPLE FROM DIVERSE BACKGROUNDS.

Activities: Woman Up provides activities related to equality and diversity

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** Education/training, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** Children/young People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Defined Groups, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-01	£3,170	£6,970	-	-
2024-04-01	£12,933	£5,282	-	-

Trustees

Name	Role	Appointed
Anna Helen Bainbridge		2024-01-04
Anne-Marie Bainbridge		2023-08-03
Cynthia Akinyi Waggah		2023-11-01
JENNIFER YUILL		2023-07-11

WOMAN UP

England & Wales - Charity number 1203943

Accounts



Trustees' Annual Report for the period

From 2/4/24 To 1/4/25

Charity name: Woman Up

Charity registration number: 1203943

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>The promotion of equality and diversity for the public benefit, with a particular focus on a range of topics that directly or indirectly affect women by:</p> <p>The elimination of discrimination on the grounds of race, gender, disability, sexual orientation or religion;</p> <p>Advancing education and raising awareness in equality and diversity;</p> <p>Promoting activities to foster understanding between people from diverse backgrounds.</p> <p>Woman Up aims to promote equality and diversity of topics directly and indirectly affecting women and girls.</p> <p>Our focus is working with women and girls who are either deemed to be at risk or live in an environment which places them at risk of achieving poor outcomes and experiencing a poor transition into adulthood.</p> <p>We aim to achieve this by working with</p>

		<p>women and girls and their communities to raise voices, advocate for and offer educational opportunities to advance issues concerning gender inequality.</p> <p>Further, we aim to enable women and girls to advance their social education, increase their levels of resilience, build on their strengths and improve their life chances to enable them to achieve their full potential.</p> <p>-</p>
<p>Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.</p>	<p>Para 1.17 and 1.19</p>	<p>During this period, Woman Up has facilitated a range of activities and events which met the charitable objectives. These include:</p> <p>Celebratory event to mark International Women’s Day in collaboration with local charitable organisation, Carlisle One World Centre.</p> <p>Community event in Carlisle, Woman Up Health, provided an informative and supportive space for women to learn about reproductive health. This event was supported by Healthwatch and included a range of inspiring speakers and interactive workshops, reaching a diverse audience of women.</p> <p>Awareness raising (period poverty) pop-up event within the Lush store in Carlisle city centre.</p> <p>Support of refugee and asylum-seeking women and children to help reduce social isolation through trips and meet ups in the community.</p> <p>Bespoke support for women facing barriers to access support they need. This involves gaining an understanding of their complex needs and appropriately signposting with</p>

		<p>support.</p> <p>Monthly drop-in sessions were planned to provide a welcoming space for marginalised women. We developed a partnership with Carlisle International Women’s Group to extend the reach to more women in the area.</p> <p>Sessions for young women (Young Woman Up) were planned and delivered. This included creative workshops and skill-based sessions. Events in conjunction with Tullie museum included film screenings, mindful activities and craft sessions for women and girls.</p> <p>Raising awareness of equality and diversity through our presence at local events and within local networks, advocating for women and the issues they face. We maintain strong links with support organisations and we have developed a growing community of women and girls who regularly attend events.</p> <p>Continuation of our offer to deliver period workshops (interactive lesson exploring puberty and menstruation) to Year 6 students across Primary Schools and community settings in Carlisle and surrounding areas.</p>
<p>Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit</p>	<p>Para 1.18</p>	<p>Trustees have had regard to the guidance issued by the Charity Commission on public benefit.</p> <p>This is shared with trustees as part of their induction and at the Annual General Meeting.</p>

Achievements and Performance

	SORP reference	
<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>During this period we have continued building trust within our community, with women and girls and with other organisations, establishing our reputation with the wider community. Many marginalised groups have experienced an increase in division and hate. This means the trust we've gained in working to support women and girl with their interests at the heart of what we do is increasingly important. We have worked to reduce social isolation and grow supportive social networks.</p> <p>Our event outcomes include education to help reduce stigma, raise awareness, reducing social isolation, signposting to support organisations and informing the wider community.</p> <p>We supported one of our charity volunteers to gain Youth Work training this year.</p> <p>With the grant from Hadfield Trust, we developed a series of interactive sessions for young women. These were informed by them and shaped by the needs expressed. Some offered opportunities to talk through issues that directly or indirectly impact them. Other sessions were skill-based or led by arts to enable self-expression. These activities have encouraged a growing, supportive group of young women and non-binary young people. Activities also provide a safe space for making friends, building skills, encouraging young people to understand different cultures and supporting young people to advocate for themselves.</p> <p>Young people who have participated in the period workshops have provided feedback</p>

		<p>showing the value of the session in their learning and confidence around menstruation. The period workshops have provided open, honest and inclusive information and education about menstruation to all those who have participated. Providing opportunities for young people to learn about their bodies enables them to feel comfortable in the changes their bodies are going through and has helped them to feel empowered about asking for the help they need. Encouragement of young people to understand puberty and menstruation as well as how to advocate for their own rights. They have also been encouraged to question what products are best for their body and why, thereby encouraging informed choices and self-empowerment.</p>
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Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	This was the second year establishing the charity, building community, establishing community events and drop-in sessions, collaborative working and advocating for women and girls. The charity's income during this period derives from grant funding and income from fundraising events and sales of merchandise (t-shirts and tote bags). Many activities delivered by Woman Up during this period were supported by volunteers.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The money we hold in reserve will be carried into the next financial year to enable us to continue to deliver projects that started in 2024/5.
Amount of reserves held	Para 1.22	£3853
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document	Para 1.25	Constitution
How is the charity constituted?	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	<p>Nominations by member of trustee team. Must have agreement of all trustees to be selected.</p> <p>Trustees elected for three years.</p> <p>Can be re-nominated and re-elected for a further three years.</p>

Reference and Administrative details

Charity name	Woman Up
Other name the charity uses	Woman Up UK/ Woman Up Events/ Woman Up Cumbria
Registered charity number	1203943
Charity's principal address	Howrigg WIGTON Cumbria CA7 8BL

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Anne-Marie Bainbridge	Chair	3 August 2023 - present	
2	Amy Dixon	Treasurer	1 November 2023 – 31 January 2026	
3	Jennifer Yuill		11 July 2023 - present	
4	Cynthia Waggah		1 November 2023 - present	
5	Anna Bainbridge		4 January 2024 - present	
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20				

Corporate trustees – names of the directors at the date the report was approved: N/A

Director name		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Exemptions from disclosure

Reason for non-disclosure of key personnel details

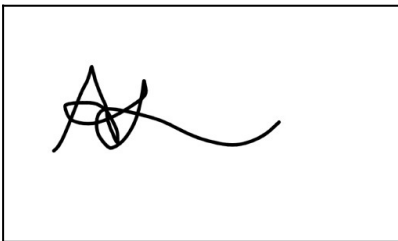
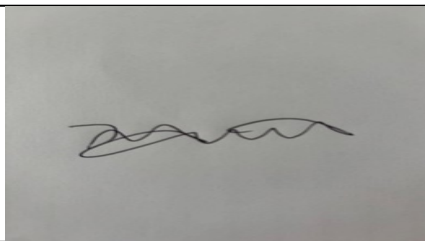
N/A

Other optional information

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

	Signature(s)		
	Full name(s)	Amy Dixon	Jennifer Yuill
	Position (eg Secretary, Chair, etc)	Treasurer	Trustee
	Date	26/1/2026	

Section A Receipts and payments

A1 Receipts

Grants

Donations

Sales of books and merchandise

Event ticket sales

Sub total(Gross income for AR)

A2 Asset and investment sales, (see table).

Sub total

Total receipts

A3 Payments

Freelance costs

Admin

Room hire

Merchandise - printed t shirts

Insurance

Workshop costs

Printing/ marketing

Event costs

Sub total

A4 Asset and investment purchases, (see table)

Sub total

Total payments

Net of receipts/(payments)

A5 Transfers between funds

A6 Cash funds last year end

Cash funds this year end

Section B Statement of assets and liabilities at the end of the period

Categories

B1 Cash funds

B2 Other monetary assets

B3 Investment assets


B4 Assets retained for the charity's own use


B5 Liabilities

Signed by one or two trustees on behalf of all the trustees

Charity Name
 Woman Up
 Receipts and payments accounts
 For the period from

Period start date
 02/04/24

Unrestricted funds
 to the nearest 

Restricted funds
 to the nearest 

-		-	1750
	654	-	
	263	-	
	503	-	
-		-	
-		-	
-		-	
	1420	-	1750
-		-	
-		-	
	1420	-	1750
-		-	2944
-		-	358
-		-	120
-		-	613
	235	-	
-		-	592
-		-	270
-		-	1838
	235	-	6735
-		-	
-		-	
	235	-	6735
	1185	-	-4985
-		-	
	1738	-	5913
	2923	-	928

Details

Total cash funds
(agree balances with receipts and payments account(s))

Details

Details

Details

Details

Signature

No (if any)
1203943

To Period end date
01/04/24

Endowment funds to the nearest	Total funds to the nearest
-	1750
-	654
-	263
-	503
-	-
-	-
-	-
-	-
-	3170
-	-
-	-
-	-
-	3170
-	2944
-	358
-	120
-	613
-	235
-	592
-	270
-	1838
-	-
-	6970
-	-
-	-
-	-
-	6970
-	-3800
-	-
2	7653
2	3853

Unrestricted funds
to nearest

-
-
-

2923

Restricted funds
to nearest

-
-
-

928

Unrestricted funds
to nearest

-
-
-
-
-
-

Restricted funds
to nearest

-
-
-
-
-
-

Fund to which asset belongs

Cost (optional)

-
-
-
-
-

Fund to which asset belongs

Cost (optional)

-
-
-
-
-
-
-


Fund to which liability relates

Amount due (optional)

-
-
-
-
-

Print Name
JENNIFER YUILL

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Last year
to the nearest 

12933

-
-
-
-
-
-
-

12933

-
-

12933

-
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-
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12933

-
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12933

Endowment funds
to nearest 

-
-
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Endowment funds
to nearest 

-
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-

Current value (optional)

-
-
-
-
-

Current value (optional)

-
-
-
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When due (optional)

Date of approval
26/01/2026

WOMAN UP

England & Wales - Charity number 1203943

Accounts



Trustees' Annual Report for the period

From 11/7/23 To 1/4/24

Charity name: Woman Up

Charity registration number: 1203943

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>The promotion of equality and diversity for the public benefit, with a particular focus on a range of topics that directly or indirectly affect women by:</p> <p>The elimination of discrimination on the grounds of race, gender, disability, sexual orientation or religion;</p> <p>Advancing education and raising awareness in equality and diversity;</p> <p>Promoting activities to foster understanding between people from diverse backgrounds.</p> <p>Woman Up aims to promote equality and diversity of topics directly and indirectly affecting women and girls.</p> <p>Our focus is working with women and girls who are either deemed to be at risk, or live in an environment which places them at risk of achieving poor outcomes and experiencing a poor transition into adulthood.</p> <p>We aim to achieve this by working with</p>

		<p>women and girls and their communities to raise voices, advocate for and offer educational opportunities to advance issues concerning gender inequality.</p> <p>Further, we aim to enable women and girls to advance their social education, increase their levels of resilience, build on their strengths and improve their life chances to enable them to achieve their full potential.</p> <p>-</p>
<p>Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.</p>	<p>Para 1.17 and 1.19</p>	<p>The first year has been spent establishing the charity and we have concentrated on building the community, establishing a volunteer team, developing the Young Woman Up programme, creating drop-in sessions, collaborative working and advocating for women and girls. We have established and resourced period workshops and we commenced planning for a full day event, Woman Up Health.</p> <p>Events which met the objectives of Woman Up during this period included:</p> <p>Collaboration with organisations to facilitate an event for maternal health with women facing barriers (an emphasis on women speaking English as a second language and the experiences of healthcare before, through and after pregnancy). This event initiated further work by Maternity Voices and Happy Mums to feed back information to the healthcare system and to inform and shape services.</p> <p>We collaborated with an event focusing on 'Sense of Belonging', working directly with people seeking asylum and refugees.</p> <p>Monthly drop-in sessions were planned to provide a welcoming space for marginalised women.</p>

		<p>Sessions for young women (Young Woman Up) were planned and delivered, this included discussion based sessions exploring themes that are troubling them or that they feel are important, it also included practical, skill based sessions such as a self-defence workshop.</p> <p>Raising awareness of equality and diversity through our presence at local events and within local networks, advocating for women and the issues they face. We have built strong links with support organisations and we have developed a growing community of women and girls who regularly attend events.</p> <p>We supported a group of women in recovery from addiction to attend a residential weekend. Some of the Woman Up team attended for one full day to facilitate nature-based activities and guided discussions.</p> <p>Our projects this year included period workshops (interactive lesson exploring puberty and menstruation) delivered to a number of Year 6 students across Primary Schools in Carlisle.</p>
<p>Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit</p>	<p>Para 1.18</p>	<p>Trustees have had regard to the guidance issued by the Charity Commission on public benefit.</p> <p>This is shared with trustees as part of their induction and at the Annual General Meeting.</p>

Achievements and Performance

	SORP reference	
<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>During this period we have begun building a charity which women and girls can reach. The programme has included events that support and advocate for marginalised women. The outcomes include education to reduce stigma, raise awareness, reducing social isolation, signposting to support organisations and informing the wider community.</p> <p>Sessions for young women were provided using a youth-work approach to engage with disadvantaged and isolated young people about issues that directly or indirectly impact them. These activities have encouraged a growing, supportive group of young women and non-binary young people. Activities also build skills, encourage young people to understand different cultures, supporting young people to advocate for themselves.</p> <p>The women who attended our residential benefited from the women-only space in which we were able to share challenges and stories. The women shared their insights and the positive impact that this residential had on their own wellbeing linked to their journey through recovery.</p> <p>Young people who have participated in the period workshops have provided feedback showing the value of the session in their learning and confidence around menstruation. The period workshops have provided open, honest and inclusive information and education about menstruation to all those who have participated. Providing opportunities for young people to learn about their bodies enables them to feel comfortable in the changes their bodies are going through and has helped them to feel empowered about asking for the help they need. Encouragement of young people to understand puberty and menstruation as</p>

		<p>well as how to advocate for their own rights. They have also been encouraged to question what products are best for their body and why, thereby encouraging informed choices and self-empowerment. The period workshops are inclusive and non-judgemental, allowing young people the safe space to ask thought provoking questions about what a period is, how this affects people and as a result, how that affects gender. It has also helped young people understand how to support others in their lives. Due to this, many of the young people involved in our workshops feel more confident to speak about periods without stigma. Free sustainable period products are distributed to young menstruators through these workshops.</p>
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Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	This was the first year establishing the charity, building community, establishing volunteer team, developing young woman up programme, creating drop-in sessions, collaborative working and advocating for women and girls. The charity's income during this period derives solely from grant funding following several successful applications.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	During the financial year 2023-24 there was significant planning for an event held in June 2024 with the intention that unrestricted reserves would be used in the facilitation of the event with ongoing grant applications and fundraising through the sale of merchandise at the event. Further workshops and drop-in sessions compatible with the restricted grant funding were planned for the restricted reserves.
Amount of reserves held	Para 1.22	£7651
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document	Para 1.25	Constitution
How is the charity constituted?	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	<p>Nominations by member of trustee team. Must have agreement of all trustees to be selected.</p> <p>Trustees elected for three years.</p> <p>Can be re-nominated and re-elected for a further three years.</p>

Reference and Administrative details

Charity name	Woman Up
Other name the charity uses	Woman Up UK/ Woman Up Events/ Woman Up Cumbria
Registered charity number	1203943
Charity's principal address	Howrigg WIGTON Cumbria CA7 8BL

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Anne-Marie Bainbridge	Chair	3 August 2023 - present	
2	Amy Dixon	Treasurer	1 November 2023 - present	
3	Jennifer Yuill		11 July 2023 - present	
4	Cynthia Waggah		1 November 2023 - present	
5	Anna Bainbridge		4 January 2024 - present	
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Corporate trustees – names of the directors at the date the report was approved: N/A

Director name		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Exemptions from disclosure

Reason for non-disclosure of key personnel details

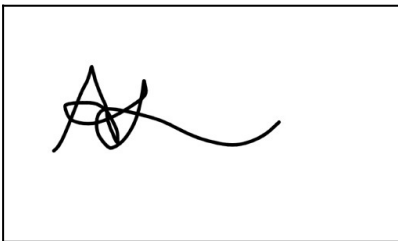
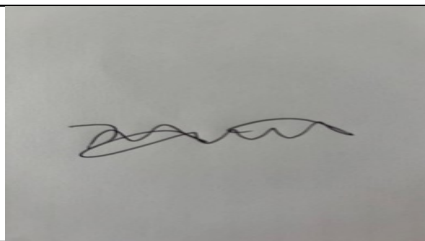
N/A

Other optional information

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

	Signature(s)		
	Full name(s)	Amy Dixon	Jennifer Yuill
	Position (eg Secretary, Chair, etc)	Treasurer	Trustee
	Date	29/1/2025	



Receipts and payments accounts

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For the period from	Period start date 7/11/2023	To	Period end date 4/1/2024
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grants	10,000	-	-	10,000	-
Grants	-	2,933	-	2,933	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	10,000	2,933	-	12,933	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	10,000	2,933	-	12,933	-

A3 Payments

Freelance costs - general	2,647	-	-	2,647	-
Admin - general	380	-	-	380	-
Room hire - general	465	-	-	465	-
Fundraising costs - tshirt printing	360	-	-	360	-
Insurance	235	-	-	235	-

Workshop costs - restricted	-	159	-	159	-
Magazine printing - restricted	-	228	-	228	-
Event costs - restricted	-	808	-	808	-
Sub total	4,087	1,195	-	5,282	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	4,087	1,195	-	5,282	-
Net of receipts/(payments)	5,913	1,738	-	7,651	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	5,913	1,738	-	7,651	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash funds carried over into year 2	5,913	1,738	-
		-	-	-
		-	-	-
	Total cash funds	5,913	1,738	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	None	-	-	-

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

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
None		-	-
		-	-
		-	-
		-	-
		-	-

B4 Assets retained for the charity's own use


Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
None		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
None		-	

		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Amy Dixon	23/1/25