



CHARITY COMMISSION
FOR ENGLAND AND WALES

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>
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.	Para 1.17 and 1.19	<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>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<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	
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.	Para 1.20	<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	<p>Howrigg WIGTON Cumbria CA7 8BL</p>

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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	17				
	18				
	19				
	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

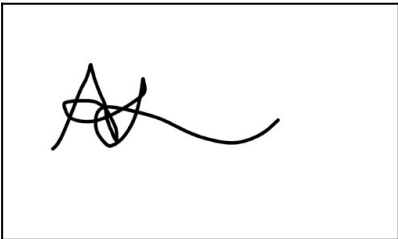
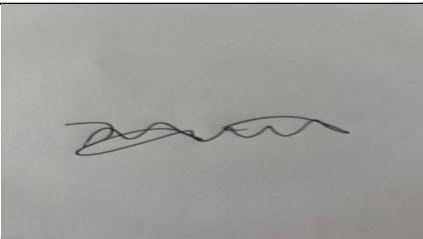
N/A

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	29/1/2025	



CHARITY COMMISSION
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1203943

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	-
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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