

Charity Registration No. 296262

Company Registration No 2101723 (England and Wales)

WOMEN AND HEALTH

TRUSTEES REPORT AND EXAMINED ACCOUNTS FOR THE YEAR ENDED 31 MARCH 21

WOMEN AND HEALTH

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TRUSTEE'S REPORT FOR THE YEAR ENDED 31 MARCH 2021

1. Introduction

The Trustees of Women and Health are pleased to present the charity's annual directors' report together with financial statements for the year ending 31 March 2021. The report and financial statements offered comply with (i) the Charities Act 2011, (ii) the Companies Act 2006, (iii) Women and Health Memorandum and Articles of Association, and (iv) Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard 102.

2. Administrative Details

Charity Name: Women and Health
Registered Company Number: 2101723
Registered Charity Number: 296262
Principal Address: 4 Carol Street, Camden Town, London NW1 0HU
CAF Bank Ltd
25 Kings Hill Avenue, Kings Hill, West Malling,
Kent ME19 4JQ

Triodos Bank UK
Deanery Road, Avon, Bristol BS1 5AS

Company Secretary Fariba Maleknia

3. Directors and Trustees

Trustees throughout the year: Kate Minton – Chair
Elizabeth Rawson - Treasurer
Cass Wedd
Lesia Haliv
Julie Jaspert
Laura Dix

None of the Trustees has any beneficial interest in the company. All of the Trustees are members of the company and guarantee to contribute a sum not exceeding £10 in the event of winding up.

New Trustees are appointed in accordance with gaps within the Board skill matrix, identified via regular skills audits. Vacancies on the Board are advertised via our website, social media and local networks. Interested women are invited to provide a CV and will be interviewed by a Trustee and the Director. Women and Health actively welcomes women from a wide variety of backgrounds. We endeavour that at least 50% of trustees should live and/or work in the London Borough of Camden.

All new trustees receive a comprehensive induction accompanied by an information pack and are encouraged to spend time at the centre in order to understand the organisation's culture and operational procedures. Board meetings are held bi-monthly. The Sub-Committee for Finance and Resources reports to these meetings, as do working groups on specific issues. A Director is appointed by the Trustees to manage the day-to-day operations of the charity.

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TRUSTEE'S REPORT FOR THE YEAR ENDED 31 MARCH 2021

4. Key Management Personnel

Director Gemma Tighe from 1.02.20

5. Purpose and Activities

The Charity's objects, as expressed in the Memorandum and Articles of Association, are to preserve and promote the good physical and mental health of women and their families in the London Borough of Camden, prioritising those who are most disadvantaged, and to advance the education of such women and their families about all matters concerning their health.

Our values are:

- Women and Health remains committed to its feminist roots, and to providing a safe and contemporary space for women to gather their strength, find mutual support, heal and speak their truth.
- We understand health to be a state of physical, mental, spiritual and social well-being, rather than merely the absence of disease or infirmity.
- We listen to existing and potential new clients and design our services to meet their most pressing needs for support.
- We work at the root of what each woman perceives are the barriers to her wellbeing – and the wellbeing of her family.
- We value and actively seek partnership working with fellow service providers.

6. Policies

Women and Health has a comprehensive policy framework. All our organisational and operational policies are reviewed on an ongoing basis.

7. Public Benefit

The Trustees are aware of the Charity Commission Guidance on Public Benefit as set out in the Charities Act 2006, and believe that Women and Health achieves a public benefit by providing the services described below.

The principal activities of the charity during the year continued to support the wellbeing and health of women who live, work or study in the London Borough of Camden, and included:

- Short term counselling – as part of the Camden NHS IAPT (Improving Access to Psychological Therapies) Service and free to the recipients;
- Low cost long term counselling;
- Life coaching;
- Continued Professional Training and Reflective Practice for Counselling Trainees and Practitioners of Complementary and Alternative Medicines;
- Online classes in yoga, baking, meditation, gardening and self-massage.

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TRUSTEES REPORT FOR THE YEAR ENDED 31 MARCH 2021

These are usually delivered from our centre in Carol Street, which has a lift and is fully accessible to wheelchair users. However during the Covid-19 lockdown when the Centre has been closed, the activities have been delivered online.

8. Volunteers

The trustees (who are, of course, volunteers themselves), are grateful to the many volunteers who have shared their time and expertise helping with:

- Phoning clients to confirm appointments;
- Providing IT support;
- Gardening;
- Project and organisational development;
- Providing body therapy sessions (volunteer body therapists);
- Counselling sessions (provided by volunteer counsellors in training);
- Fundraising.

9. Achievements and Outcomes

Over 1,600 complementary and alternative therapy sessions were delivered online, and we delivered almost 4,000 counselling sessions.

Our clients get a lot from their counselling sessions:

"I have been using the services of Women in Health for the last two years now. My time in long term counselling has been extremely beneficial to my overall mental health. For the first time in 54 years, I was able to talk about the abuse I suffered as a very young child and how I remained stuck in a life that rendered me mute to stimuli. Counselling also helped me to express my thoughts and feelings around the death of my younger sister, older brother, father, nephew and several other family members. I kept everything in my head and body and by the time I sought help I was so mentally drained I just couldn't think straight. Two years on I can talk freely of my past. There has been a noticeable difference in the relationships I have with my children, extended family and friends. I feel better able to cope with most situations that arise and now communicate more effectively. I have the strength to make positive changes and look forward to the next chapter of my life".

And our online classes provided valuable support to our clients' physical and mental health:

"Your online classes have most definitely helped me adopt a far more active lifestyle. I have a disability with limited mobility problems and have pain throughout my body and your classes and absolutely incredible instructors have helped me to stay active, in a super safe way! Your classes are gentle and safe for even those with mobility issues - which is absolutely fantastic. My body needs to move or it becomes so stiff and the pain increases further and your classes have not only kept me mobile but have increased my physical strength and movement abilities. I think, for certain, that I would have literally lost my mind too, especially throughout being in isolation at home alone, for over a year, throughout lockdown, without your classes

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TRUSTEES REPORT FOR THE YEAR ENDED 31 MARCH 2021

and all the support from your fabulous tutors. They are always so welcoming and caring and are so inspiring and have become a second family to me. I can honestly say the whole experience I have had of your classes (AND AM STILL HAVING) are incredibly special.”

Online complementary and alternative therapy sessions were delivered by fully qualified practitioners who were members of their relevant professional bodies and who received ongoing reflective practice from the centre.

The majority of counselling sessions were delivered by volunteer trainees, who received regular clinical supervision from Women and Health.

IAPT (Improving Access to Psychological Therapies) Counselling Service

Both the IAPT short term counselling and the long term counselling were able to continue during the pandemic, as services were delivered online and over the phone. This was much needed in the year under review, as the pandemic caused a huge increase in demand for mental health services throughout the UK. Women and Health continued to be a member of the local IAPT partnership led by Camden and Islington NHS Foundation Trust. In fulfilling our contract, we provided an average of 10 counselling sessions to over 270 clients, working with clients who presented with complex chronic health issues and life challenges as well as suffering from depression and anxiety. The majority of clients were referred to us by the Trust or local GPs but we also had some self-referrals. Clinical questionnaires applying nationally set recovery criteria for IAPT with a target recovery rate of 50% were administered to all the clients after each intervention.

Long Term Counselling Service

The Women and Health long-term counselling service delivered low-cost sessions (over a period of up to 18 months) to just under 40 clients. These clients presented with issues too complex to address during the shorter term counselling. Clients were requested to make a donation of between £15 and £45 towards the sessions. Clients come to the service via self-referral often moving on from IAPT, our other in-house services or services elsewhere.

This service is clearly meeting a need for more in-depth work as there are now almost no other local low-cost services like this available. We are aiming to expand our low cost service and provide more places in the medium term, as it is very popular and the waiting list is very long. We are particularly looking to provide free places to low income and/or Black and minoritised women, groups of women who have suffered disproportionately during the Covid-19 pandemic.

Both the IAPT and our long-term counselling services are available to men.

Garden

There is growing evidence of the health benefits of contact with the natural environment . With help from

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TRUSTEE'S REPORT FOR THE YEAR ENDED 31 MARCH 2021

Camden Giving (HS2 Camden Fund) and Wates Builders, Women and Health was able to develop the semi-derelict space behind the centre into a vibrant, safe green garden for clients and the local community. The positive impact of this work has resonated with the whole centre and wider Women and Health community.

The start of our "Green Fingers Calm Minds" project, funded by Camden giving for two years, was delayed until May 2020 due to Covid-19 pandemic and lockdown. In May we launched the project as a series of online classes, which have been very successful. We have provided over 200 online classes in yoga, healthy baking, mindfulness, Reiki and other topics to over 1,600 participants.

The classes have proved to be very popular and clients have really appreciated Women and Health continuing our services and easing their isolation during lockdown. The classes are continuing during 21-22 even though we are hoping the Centre will reopen in May, as online classes suit clients with mental health difficulties and severe mobility issues, who are not always able to leave their home, therefore making them more accessible and widening our client group.

In Summer 21 we are looking forward to starting our gardening activities, Covid-19 permitting, and will be working with partner agencies such as Age UK, and Hopscotch Asian Women's Centre who will refer clients to us.

Phoenix Rose Project

Women and Health's premises were closed to the public for most of this financial year, so for the first time in a decade, we were unable to provide CAM treatments to women survivors of domestic violence, rape and trafficking. We continued to support previous clients and members of the public who contacted us for this service, referring them to other appropriate Camden agencies, keeping in touch with them if appropriate, and referring them to our online classes or counselling service. Solace Women's Aid have provided funding for this project for 21-22 so we will be able to restart the service then.

10. Reserves Policy

Last year, recognising that replacing capital equipment would require specific fund raising, we merged the Operational Sustainability Fund and the Repairs and Maintenance Fund under the Operational Sustainability heading with the main emphasis being on maintaining 3-6 months of operational costs.

The Operational Sustainability Fund stood at £73,000 at March 2021 which is almost 3 month target figure. At the year-end £8,738 (2020: £18,001) was held in active restricted funds, £127,443 (2020: £80,208) was held in unrestricted funds. Unrestricted funds include our designated operational sustainability fund.

The tangible assets item on the Balance Sheet and in Note 14 Analysis of net assets between funds is not part of Women and Health's free reserves. It represents the cost of work undertaken on the building which houses Women and Health's centre. We do not own these premises but lease them from the London Borough of Camden on terms which prohibit either assignment or subletting. Thus, whilst the works benefit the operation of Women and Health, they have no conventional property asset value.

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TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2021

11. Covid-19

The Covid-19 lockdown started at the beginning of the financial year under review. The Centre closed and all Healthworks and CAMS services were cancelled. We delivered our counselling services online. During the year we were unable to provide any Healthworks services and the Centre was only open to the public during September to November.

However, the crisis forced us to be innovative and with the help of our funders, Camden Giving and the Camden and Islington NHS Foundation Trust, we were able to switch both our counselling services and part of our CAM services, including the 'Green Fingers Calm Minds' project, online.

We reopened for 3 days a week after lockdown was lifted.

12. Financial Review

Compared to 19 - 20, we increased our income and decreased our expenditure, the latter partly attributable to planned staffing savings and partly to Covid enforced closure. We ended the year with a £28,000 surplus and a modest addition to the Operational Sustainability Fund to bring it closer to the lower end of our reserves target.

As noted above, Covid-19 had a significant impact on our service provision and ways of working. We lost our regular income from room hire and also from Healthworks. However, funders were flexible and were willing to cover core costs, and had specific Covid-19 funds. Thus, we were able to benefit from a Rents and Rates rebate from Camden Council, who also gave us a small crisis grant. We also secured emergency funding from Somerstown Big Local and the Mayor's Office for Policing and Crime (MOPAC).

Additionally, we increased our trusts and foundations income, raising funds from new sources - a £20,000 grant for core funds from the Garfield Weston Foundation and £5,000 for long term counselling from the Two Magpies Trust. We continued to receive financial support from Euromonitor, who gave us a grant of £5,000.

Our direct fund raising migrated online. We held a very successful online art exhibition, raising over £12,000, and we used our online classes to request donations which has also led to positive results.

13. Plans for the Future

Trustees are very aware that to maintain and develop Women and Health's services we need to increase the organisation's income. Securing sufficient long-term core and project funding remains a real challenge and very time consuming. It is a concern that, whilst many of the uncertainties of Covid-19 remain, the specially targeted funding has largely been withdrawn.

Even though Covid-19 restrictions have been lifted, we are finding that clients are only gradually returning for CAM treatments which involve close physical contact with the practitioner. From this experience and also because people are only slowly returning to their places of work, we remain cautious about the future for Healthworks activities. Additionally, we do not know if there will be further lockdowns. Thus, we will continue to run our online classes in parallel with in-person CAM appointments. Counselling will be offered mainly face to face but with an online option.

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We intend to work on and raise funds for strengthening our infrastructure/core and our resilience in the face of an ever more challenging funding environment for the local voluntary sector and continued cuts to mainstream services.

The priorities for service/project fundraising are to continue and expand our work with carers and survivors of abuse.

Signed:

Elizabeth Rawson

Treasurer

Kate Minton

Chair

Dated:

Dated:

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INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF WOMEN AND HEALTH

I report on the accounts for the year ended 31 March 2021 set out on pages 9 to 17.

Responsibilities and basis of report

The Trustees, who are also the directors of Women and Health for the purpose of company law, are responsible for the preparation of the accounts. The Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the ICAEW.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- (i) examine the accounts under section 145 of the 2011 Act;
- (ii) to follow the procedures laid down in the general Directions given by the Charity Commission under section 145 (5)(b) of the 2011 Act; and
- (iii) to state whether particular matters have come to my attention.

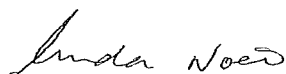
Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. 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 you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- 1 which gives me reasonable cause to believe that in any material respect the requirements:
 - (i) to keep accounting records in accordance with section 386 of the Companies Act 2006; and
 - (ii) to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met ;or
- 2 to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Linda Noel FCA

Date 10 November 2021

Noel and Co Chartered Accountants

4, Parliament Close,
Prestwood Great
Missenden
Buckinghamshire
HP16 9DT

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STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH 2021

	Notes	Unrestricted funds	Restricted funds	Total 2021	Total 2020
Income from:					
Donations	2	17,660		17,660	12,033
Activities for generating funds	3	14,084		14,084	36,036
Investments	4	256		256	518
Charitable activities	5	256,495	32,010	288,505	251,252
Total		<u>288,495</u>	<u>32,010</u>	<u>320,505</u>	<u>299,839</u>
Expenditure on:					
Raising funds		2,118		2,118	2,155
Charitable activities	6	239,142	50,700	289,842	348,729
Total		<u>241,260</u>	<u>50,700</u>	<u>291,960</u>	<u>350,884</u>
Net Movement in funds		47,235	-18,690	28,545	-51,045
Fund balances at 1 April 2020		<u>80,208</u>	<u>149,989</u>	<u>230,197</u>	<u>281,242</u>
Fund balances at 31 March 2021		<u>127,443</u>	<u>131,299</u>	<u>258,742</u>	<u>230,197</u>

The statement of financial activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

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BALANCE SHEET

AS AT 31 MARCH 2021

	Notes	2021		2020	
		£	£	£	£
Fixed Assets					
Tangible assets					
Leasehold improvement	9		122,929		132,543
Current Assets					
Debtors	10	28,315		3,981	
Cash at bank and in hand		119,885		102,626	
		<u>148,200</u>		<u>106,607</u>	
Current Liabilities	11	<u>12,387</u>		<u>8,952</u>	
NET CURRENT ASSETS			135,813		97,655
TOTAL ASSETS LESS CURRENT LIABILITIES			<u><u>258,742</u></u>		<u><u>230,198</u></u>
Income Funds					
Restricted funds-building leasehold improvement	12		122,561		131,989
Restricted funds-active projects			8,738		18,001
Designated funds	13		73,000		59,725
Unrestricted funds			<u>54,443</u>		<u>20,483</u>
			<u><u>258,742</u></u>		<u><u>230,198</u></u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2019. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these accounts.

The Trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 (the Act) with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to the small companies' regime.

The accounts were approved by the Board on 2021

Kate Minton Chair

Elizabeth Rawson Treasurer

Trustee

Trustee

The annexed notes form part of these financial statements.

Company Registration No. 2101723

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NOTES TO THE ACCOUNT FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

1.1 Basis of preparation

The charity constitutes a public benefit entity as defined by FRS 102. 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 (FRS102) issued on 16 July 2014 (as updated through Bulletin 1 published on 2 February 2016), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102), the Charities Act 2011 and UK Generally Accepted Practice as it applies from 1 January 2015.

The charity has applied Update Bulletin 1 as published on 2 February 2016 and does not include a cash flow statement on the grounds that it is applying FRS 102 Section 1A.

The financial statements are prepared on a going concern basis under the historical convention (modified to include certain items at fair value). The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest pound.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years unless otherwise stated.

1.2 Incoming resources

Donations, legacies and other forms of voluntary income are recognised as incoming resources when receivable, except insofar as they are incapable of financial measurement.

Donations for services are included in incoming resources, with an equivalent amount in resources expended, where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service received.

Grants, including the grants relating to the purchase of fixed assets, are credited to the statement of financial activities when received or receivable whichever is earlier, unless they relate to a specific future period, in which case they are deferred.

Income under contracts to deliver services is recognised in the SOFA when the charity is legally entitled to the income and can be quantified with reasonable accuracy.

1.3 Resources expended

Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which cannot be recovered.

Resources expended are allocated to the particular activity where the cost relates directly to that activity. Certain overhead costs are allocated to particular activities in proportion to the activity's estimated usage of those costs.

Governance costs of the charity relate to the costs of running the charitable company such as the costs of meetings, audit and statutory compliance.

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NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2021

1.4 Tangible fixed assets and depreciation

Tangible fixed assets other than freehold land are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

Leasehold property	over the length of the lease
Fixtures, fittings and equipment	over 3 years

1.5 Leasing and hire purchase commitments

Rentals payable under operating leases are charged against income on a straight line basis over the period of the lease.

1.6 Accumulated funds

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts.

Unrestricted funds are donations and other incoming resources received or generated for charitable purposes.

Designated funds comprise funds which have been set aside at the discretion of the trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the accounts and the Trustees' report.

1.7 Pension costs

The charity contributes to a defined contribution pension scheme (Flexible Retirement Plan) and the pension charge represents the amounts payable to the fund in respect of the year.

	2021 £	2020 £
2 Donations and Legacies		
Donations and gifts	17,660	12,033

This includes £5,000 from Euromonitor International, and donations from attendees to online classes.

3 Activities for generating funds	2021 £	2020 £
Events	12,312	575
Others	1,772	35,461
	14,084	36,036

Events include an art exhibition.
Others includes room hire.

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NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2021

4 Investment income

	2021 £	2020 £
Interest receivable	256	518

5 Incoming resources from charitable activities

	Unrestricted Funds £	Restricted Funds £	Total 2021 £	Total 2020 £
Grants	80,170	16,749	96,919	36,853
Contract agreements	152,436	15,261	167,697	189,597
Partner organisations' payments	0	0	0	3,707
Service user contributions	23,889	0	23,889	21,095
	256,495	32,010	288,505	251,252

	Unrestricted Funds	Restricted Funds	Total 2021	Total 2020
Grants				
The Violet Melchett Children's Trust	12,000		12,000	12,000
Solace Women's aid	24,000		24,000	15,000
LB of Camden	10,806		10,806	
Job Retention Scheme	12,839		12,839	
Camden Giving HS2 Camden Fund			0	2,000
Somerstown Big Local	525		525	0
MOPAC-Emergency Fund .Covid19		11,749	11,749	
Garfield Weston Foundation	20,000		20,000	
Two Magpies Fund		5,000	5,000	
LBC Transition Grant Award (Rent)			0	7,853
Contract Agreements				
Camden and Islington NHS Foundation Trust	152,436		152,436	152,436
Camden Giving HS2 Camden Fund		15,261	15,261	15,261
MOPAC				21,900
Partner organisations' payments	0		0	3,707
Service user contributions	23,889		23,889	21,095
	256,495	32,010	288,505	251,252

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NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2021

6 Charitable activities

	CAM	Counselling	GFCM	Building & Fixtures	Total 2021	Total 2020
Charitable activities						
Salaries and Staff Costs	61,181	111,075	13,491		185,747	201,697
Direct Project costs	4,733	40,040	4,633		49,405	72,781
Office and Equipment costs	3,954	4,664	552		9,170	13,561
Premises and overheads	13,658	15,601	1,908		31,166	44,841
Central costs	2,181	2,562	650		5,394	4,637
Depreciation				9,428	9,428	9,428
Independent Examination	550	550	550		1,650	1,650
MC Meetings	0	0			0	135
Total	86,256	174,492	21,784	9,428	291,960	348,729

Governance costs include payment to the Independent Examiner of £1,650 (2020: £1,650).

7 Trustees

No member of the Management Committee (or any other persons connected with them) received any remuneration during the year.

There were no trustee expenses during the year (2020: £Nil).

There are no related party issues to report.

8 Employees

Number of Full-time equivalent employees

The average monthly number of employees during the year was:

	2021	2020
Service Delivery	4.2	4.2
Support	2.3	2.4
	6.5	6.6

Employment Costs

Wages and salaries	168,644	182,276
Social security costs	11,719	9,833
Employer pension contributions	3,115	3,340
Redundancy costs		10,412
	183,478	205,861

There were no employees whose annual emoluments were £60,000 or more.

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NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2021

9 Tangible fixed assets

	Building Leasehold Improvement	Fixture and Equipment	Total
Cost at 31 March 2020	441,048	8,755	449,803
Added Value			
Cost at 31 March 2021	441,048	8,755	449,803
Depreciation			
At 1 April 2020	309,060	8,201	317,261
Charge for the year	9,428	185	9,613
At 31 March 2021	318,488	8,386	326,874
Net Book Value			
At 31 March 2021	122,560	369	122,929
At 31 March 2020	131,988	0	131,988

10 Debtors

	2021	2020
Grants, contracts and activities	23,173	1,938
Prepayments and accrued income	5,143	2,043
	28,315	3,981

11 Creditors: amounts falling due within one year

	2021	2020
Trade creditors	5,679	3,001
Taxes and social security costs	4,973	4,216
Accruals	1,735	1,735
	12,387	8,952

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NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 MARCH 2021

12 Restricted funds

The income funds of the charity include restricted funds, which comprise the following unexpended balances of donations and grants held on trust for specific purposes:

Movement in Funds	1 April 2020	Incoming resources	Resources expended	31 March 2021
	£	£	£	£
a) Building - Leasehold Improvement	116,863		8,347	108,516
b) Big Lottery Fund - Capital costs	15,126		1,081	14,045
c) MOPAC-Emergency Fund (Covid-19)		11,749	11,749	-
d) MOPAC	2,740	-	2,740	-
e) Camden giving HS2- Green fingers calm minds	15,261	15,261	21,784	8,738
f) Two Magpies Fund		5,000	5,000	-
	149,990	32,010	50,701	131,299

Fund description

- a) The building fund represents grants received in order to refurbish the property.
This fund is being attributable to grant aided building work completed in 2002. The cost is depreciated over the length of the lease, which expires in 2034.
- b) Big Lottery Fund in respect of capital works to the building, which are being depreciated over the length of the lease.
- c) Grant received from MOPAC to make our centre Covid safe and also provide CAM therapy for our clients.
- d) Grant to provide therapy sessions to women whom have experienced rape, domestic abuse or been victims of other serious crimes.
- e) This fund was granted to us to empower HS2-impacted residents to improve their overall mental and physical health, well-being and resilience through the provision of body therapies, life-coaching, gardening workshops, group exercise classes.
- f) This is to provide long term counselling sessions.

WOMEN AND HEALTH

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2021

13 Designated funds

The income funds of charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	1 April 2020	Incoming resources	Resources expended	31 March 2021
	£	£	£	£
Operational Sustainability fund	59,725	13,275		73,000
	59,725	13,275	0	73,000

The Operational Sustainability Fund will contribute to operating costs in future years.

14 Analysis of net assets between funds

	Unrestricted funds	Designated funds	Restricted funds	Total
	£	£	£	£
Fund Balances at 31 March 2020 are represented by:				
Tangible Fixed Assets	368		122,561	122,929
Current Assets	66,462	73,000	8,738	148,200
Creditors: amounts falling due within one year	-12,387			-12,387
	54,443	73,000	131,299	258,742

15 Commitments under operating leases

At 31 March 2021 the charity had annual commitments under non-cancellable operating leases as follows:

Land and buildings	
2021	2020
£	£
17,450	17,450

The lease period is from April 2014 to April 2034. The rent is £17,450 p.a.
Rent relief from Camden council has been ended in 2019 when the charity began to pay full rent.
However we received a discount from LBC for 20-21 due to Covid-19.