

**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 22**

## Women and Health

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TRUSTEE'S REPORT FOR THE YEAR ENDED 31 March 2022

**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 2022. The report and financial statements offered comply with (i) the Charities Act 2011, (ii) the Companies Act 2006, (iii) Women and Health's 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 (resigned 20 June 2022)  
Elizabeth Rawson - Treasurer  
Cass Wedd  
Lesia Haliv  
Laura Dix  
Judith Millecker (appointed 13 December 2021)

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.

TRUSTEE'S REPORT FOR THE YEAR ENDED 31 March 2022

A Director is appointed by the Trustees to manage the day-to-day operations of the charity.

**4. Key Management Personnel**

Director                      Gemma Tighe

**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:**

- i) 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.
- ii) We understand health to be a state of physical, mental, spiritual and social well-being, rather than merely the absence of disease or infirmity.
- iii) We listen to existing and potential new clients and design our services to meet their most pressing needs for support.
- iv) We work at the root of what each woman perceives are the barriers to her wellbeing – and the wellbeing of her family.
- v) 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, and gardening;

TRUSTEE'S REPORT FOR THE YEAR ENDED 31 March 2022

- Complementary and alternative medicine services;
- Gardening activities face to face.

These are usually delivered from our centre in Carol Street, which has a lift and is fully accessible to wheelchair users. However, at the start of the year under review, during the Covid-19 lockdown in early 2021 when the Centre was closed, many activities were 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;
- Maintenance and decorating;
- Gardening;
- Project and organisational development;
- Help from volunteer CAM (complementary and alternative medicine) practitioners;
- Counselling sessions, with help provided by volunteer counsellors in training;
- Admin.

## 9. Achievements and Outcomes

### Complementary and alternative medicine (CAM)

Approximately 2,000 complementary and alternative medicine therapy (CAM) sessions were delivered, both face to face and online, in the Centre and as part of our outreach at events such as Camden New Town Festival, and workshops with Age UK Camden and Hopscotch Women's Centre. CAMs were delivered by members of their relevant professional bodies who received ongoing reflective practice at the Centre.

Clients and practitioners were pleased to be back in the Centre from June 21 onwards. We have recruited many volunteer CAM practitioners, who volunteer their time for free to Women and Health for a short period of time, and clients pay £20. This is a very valuable service and slots get booked up very quickly.

### IAPT (Improving Access to Psychological Therapies) Counselling Service

Both the IAPT short-term counselling and the long-term counselling have been continuing during the pandemic, online and over the phone. This was much needed in the year under review, as the pandemic continued to cause 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 310 individuals working with clients who presented with complex chronic health issues and life challenges as well as suffering from depression and anxiety. Our clients were referred to us by the Trust or local GPs. 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.

TRUSTEE'S REPORT FOR THE YEAR ENDED 31 March 2022

**Long Term Counselling Service**

The Women and Health long-term counselling service delivered low-cost sessions over a period of up to 12 months. These clients presented with issues too complex to address during the shorter term IAPT counselling. Clients were requested to make a donation of between £15 and £45 towards the sessions. Unfortunately, due to a lack of funding, from January 2022 new clients have to pay a minimum of £30. Clients come to the service 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 the service and provide more places in the medium term, as there is a clear need and a waiting list.

BAME and low income women have suffered particularly during the pandemic, and we are pleased that in March 2022, at the end of the year under review, we received funding from the Big Give Women and Girls Match Fund to provide 252 very low cost (£1-£5) counselling sessions to BAME and low income women, the latter earning under £20,000. We are continuing to look for funding to cover these very low cost places.

Both the IAPT and our long-term counselling services are available to men, during the evening when the Centre becomes a mixed sex space.

**Online classes**

Our "Green Fingers Calm Minds" project, which started in May 2020 during the first Covid-19 lockdown, offered a series of online classes, including yoga, healthy baking, mindfulness, reiki and art therapy. It has continued since then, with three types of online yoga classes offered at the end of the year under review.

We now have funding to continue our "Wake up Wednesdays" class but are searching for funding to restart our other online classes, which finished in October 2022, clients have really appreciated Women and Health continuing our services and easing their isolation during lockdown. These classes suit clients with mental health difficulties and severe mobility issues, who are not always able to leave their home. The classes are more accessible and widen our client group, enabling people across London to use our services. Classes are free with donations requested.

Our clients get a lot from our sessions:

"I love Kim's yoga class. I have had cancer twice, and I have lung disease. I also struggle with depression. It is not all doom and gloom though, because I am still here and breathing. After the treatments 5 years ago I have fibromyalgia, which you might know, is a mysterious illness, sometimes thought to be psychosomatic. It manifests as aching joints and muscles and tiredness. It feels like being a very old person before your time. It means that when I stretch or overexert myself, it hurts like it might feel for healthier people after they do a full day of mountain walking. But the good thing is, that regular gentle exercise really helps.

"Breast cancer and Thyroid cancer mean I am dependent on medication and missing some hormones that others produce naturally. There are side effects of course. There is some PTSD, which are irrational bursts of anxiety. There are co-morbidities and regular meetings with health professionals, lest we forget that one has a ticketed life. A compromised immune system. Mine are invisible

TRUSTEE'S REPORT FOR THE YEAR ENDED 31 March 2022

illnesses, and I try not to think about them. But my permanently whistling lungs struggle to inflate fully even in the freshest of air. When I do heavy tasks, I have to take a breather sometimes.

“But you know what, using my body in the gentle stretching yoga - 'Wake-up Wednesday' sessions, is absolute bliss. It's a positive feeling, rather than one where the aches can be haunted with ghosts of times less well. And the other participants are women, and some also with hidden health conditions. There is a unity and support where illness is not the focus, but wellness is. I can sometimes feel defined by my illnesses; my identity needs positive physicality in it. I am not disabled by our society, but I could be. I am grateful for the sensitive mix, of support and ignorance. I might fear my imminent demise, but I can pretend it's not going to happen too soon, unless ....”

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

### **Garden**

There is growing evidence of the health benefits of contact with the natural environment. With help from Camden Giving and the Two Magpies Fund, clients and the local community are able to continue to enjoy our safe green garden.

We restarted our outdoor gardening activities in June 21, these sessions form part of our Green Fingers Calm Minds programme. We have a weekly session with a trained gardener teaching our volunteers, who are members of the community who wish to develop gardening skills. The gardening activities are now funded until June 2026 with the help of the Two Magpies Fund and The Hollick Foundation. We work with partner agencies such as Age UK and Hopscotch Women's Centre who refer gardening volunteers to us.

### **Phoenix Rose Project**

This project was restarted in the latter part of June 21, and we provided 150 CAM treatment sessions to survivors of domestic and sexual violence, funded by Solace Women's Aid.

## **10. Reserves Policy**

We aim to accumulate sufficient reserves to underwrite 3–6 months of operational costs excluding the replacement of large capital items. To this end we have a designated Operational Sustainability Fund. This stood at £73,000 (2021: £73,000) at the end of the year, a little over the bottom of our target range which we estimate to be £71,000 to £142,000 in 2022 - 23. However, it should be noted that because we value all aspects of our work and wish to continue with them, the target includes the costs of time limited projects chargeable to restricted funds.

The tangible assets item on the Balance Sheet and in Note 16 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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**11. Covid-19**

We were still in lockdown at the beginning of the financial year under review but returned to the Centre in June 2021 as restrictions eased. Services were slow to return to normal as clients suffered from FOGO (fear of going out). Things picked up during the 3<sup>rd</sup> quarter of the year, October – December 2021, when our room hire, and CAM bookings almost reached pre Covid levels. Bookings are continuing to return to pre-Covid levels. We are still maintaining some restrictions in the building, limiting the number of clients in our reception area, undertaking additional cleaning and keeping our reception screens. Recognising that it was taking time for small charities such as ourselves to recover financially from our Covid losses, Camden Council awarded us a £10,000 Resilience Fund grant to cover some of our losses (received in 2022-23). We are very grateful for this.

Like the rest of the country, we hope that there will be no new, more virulent strains of the virus and that we can continue returning to normal life, post pandemic.

**12. Financial Review**

This year our income at £286,773 was lower than the previous year (2021: £320,505) whilst expenditure was higher £301,576 (2021: £291,960) as we geared up after lockdown. In 2021-22 we were fortunate in securing Covid related funding. This year there was less such assistance available (though, as noted in Section 11, we did secure a grant from LB Camden), but the pandemic was still affecting our client numbers and income. The £14,805 shortfall was made up from general funds. At the year end, the total in restricted funds was £143,034 (2021: £131,299). After deducting £100,168 building leasehold improvement and £12,965 Big Lottery Fund capital works, the balance in active restricted funds was £29,901 (2021: £108,516 leasehold improvement, £14,045 Big Lottery and £8,738 active funds). The total in unrestricted funds was £100,905 (2021: £127,443), which included the Operational Sustainability Fund.

Income generation: We have increased our income from donations this year (2022: £28,418; 2021: £17,660) with the help of an anonymous donor who gave us a generous gift towards our capital and building maintenance costs, continued support from Euromonitor International and donations from new funders such as the Arnold Clark Foundation and the Squire Patton Boggs Charitable Trust. We continued to receive donations from our online classes but a smaller amount than during lockdown.

Grant income is shown differently this year (Notes 2 and 5). It was considerably reduced from 2021 (£34,615 v £96,919) when, as noted above, we were fortunate to secure considerable Covid related assistance. We are pleased to continue to receive funding from the Two Magpies Fund and the Violet Melchett Trust. Responding to the pandemic and its hard effects on Black and minoritised women, we are grateful to have participated in The Big Give Women and Girls Match Fund, an online match funding initiative, through which we raised over £7,000 for low cost long term counselling. We will take part in the Big Give's Christmas Challenge 2022.

Income generated by our own activities was lower overall than the previous year (2022: £11,434; 2021: £14,084). The income from the two components that make up these activities were broadly reversed: other activities, of which room hire is a large component, increased (2022: £8,897; 2021: £1,772) as both CAM practitioners and groups steadily returned to using the Centre from October 2021 onwards; events income was lower (2022: £2,537; 2021: £12,312). In 2021 our fundraising event was an online art exhibition/sale. This year we moved into the physical world and, in the last week of March, had a



TRUSTEE'S REPORT FOR THE YEAR ENDED 31 March 2022

Firewalk in Russell Square which raised over £4,500 (some of the funds will appear in the 2022-23 accounts). The event was a great PR opportunity, holding activities in a public part of Camden and showing our supporters old and new that we are still in Camden, providing our vital services throughout the pandemic. We are very grateful to support for the event provided by the London Borough of Camden.

### 13. Risk Management

The Management Committee has conducted a review of the major risks to which Women and Health is exposed and established a risk register. Procedures are in place to ensure the health and safety of staff, volunteers, clients and visitors to the centre. Provision of adequate safeguarding for our, often vulnerable, counselling clients is a key concern. We have robust 'industry standard' procedures and all staff and volunteers are kept aware of the importance of referring at risk clients to an appropriate service. Loss of senior staff and the difficulties of recruitment pose a risk to the organisation, particularly with a tight budget and the rising cost of living. We try to offset this risk by being a good employer and through fundraising. We have dual authorisation procedures for all transactions to minimise internal control risks. Recently we learned that, because of the cost of essential works to our centre, the landlord, LB Camden, is likely to exercise its right to determine the lease. Alternative premises have been suggested. We are still early in the process but are very mindful of the strain that will be placed on our human and financial resources and the need to develop robust and well-informed approach, drawing on external expertise where appropriate.

### 14. Plans for the future

A major element of our future planning will be the likely move from our centre in Carol Street (13. above).

Trustees are very aware that to maintain and develop Women and Health's services we need to increase the organisation's income and increase our reserves.

With the Covid-19 economic climate overlaid by the cost of living crisis, securing sufficient long term core and project funding remains a real challenge.

We intend to work on and raise funds for strengthening our infrastructure/core and our resilience. In addition, current priorities for service/project fundraising include (i) continue our work with carers and survivors of abuse; and (ii) raise unrestricted funds for our core costs and look for funding for online classes, gardening, and low cost LTC. We hope to increase our work with Black and minoritised communities and start working with refugees and asylum seekers in the not too distant future.

Signed:



Elizabeth Rawson Treasurer

Dated: 5/12/2022



Laura Dix Chair

Dated: 5/12/2022

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

I report to the charity trustees on my examination of the accounts of the company for the year ended 31<sup>st</sup> March 2022 which are set out on pages 11 to 21.

### **Responsibilities and basis of report**

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

### **Independent examiner's statement**

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of Association of Certified Chartered Accountants which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).
5. I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:

*Shruti Soni*

Shruti Soni  
FCCA ACIE  
117a St Johns Hill  
Sevenoaks  
TN13 3PL  
Date 14 Dec 2022

**Statement of Financial Activities including Income and expenditure account**

**For the year ended 31 March 2022**

		<b>Unrestricted Funds</b>	<b>Restricted Funds</b>	<b>Total 2022</b>	<b>Total 2021</b>
	Notes				
<b>Income From:</b>					
Donations and grants	2	33,473	27,700	61,173	17,660
Activities for generating funds	3	11,434	-	11,434	14,084
Investments	4	84	-	84	256
Charitable activities	5	181,700	32,383	214,083	288,505
<b>Total</b>		<b>226,691</b>	<b>60,083</b>	<b>286,774</b>	<b>320,505</b>
<b>Expenditure on:</b>					
Raising funds	6	3,293	-	3,293	2,118
Charitable activities	7	249,936	48,349	298,285	289,842
<b>Total</b>		<b>253,229</b>	<b>48,349</b>	<b>301,578</b>	<b>291,960</b>
<b>Net Movement in funds</b>		<b>-26,538</b>	<b>11,734</b>	<b>-14,804</b>	<b>28,545</b>
Fund balances at 1 April 2021		127,443	131,299	258,742	230,197
<b>Fund balances at 31 March 2022</b>		<b>100,905</b>	<b>143,033</b>	<b>243,938</b>	<b>258,742</b>

Company registration number:2101723

**BALANCE SHEET**

**AS AT 31 MARCH 2022**

		<b>2022</b>		<b>2021</b>	
	Notes	£	£	£	£
<b>Fixed Assets</b>					
Tangible assets					
Leasehold improvement	10		113,317		122,929
<b>Current Assets</b>					
Debtors	11	41,373		28,315	
Cash at bank and in hand		106,989		119,885	
		<u>148,362</u>		<u>148,200</u>	
<b>Current Liabilities</b>	12	<u>17,741</u>		<u>12,387</u>	
<b>NET CURRENT ASSETS</b>			130,621		135,813
<b>Total Assets Less Current Liabilities</b>			<u>243,938</u>		<u>258,742</u>
<b>Income Funds</b>					
Restricted funds-building leasehold improvement	13		113,133		122,561
Restricted funds-active projects			29,901		8,738
Unrestricted funds:					
Designated funds	14		73,000		73,000
General funds			27,905		54,443
<b>Total Charity Funds</b>			<u>243,938</u>		<u>258,742</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 2022. 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 5-12 2022

Laura Dix  
Trustee



Elizabeth Rawson  
Trustee



NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022

**1 Accounting policies**

Women and Health  
4 Carol Street, Camden, London, NW1 0HU  
Charity registration Number:296262

**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), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102), the Charities Act 2011 and UK Generally Accepted Practice.

The charity has applied Update Bulletin 2 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 Income**

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

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 Expenditure**

Expenditure is recognised in the period in which they are incurred. Expenditure include attributable VAT which cannot be recovered.

Expenditure allocated to the particular activity where the cost relates directly to that activity. Certain overhead and support 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.

**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 lease
Fixtures, fittings & equipment	over 3 years

## NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022

### 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.

### 1.8 Going Concern

Although the charity has been impacted by the Covid-19 pandemic, the trustees confirm they secured sufficient income for the next twelve months to keep the charity in operation.

As a result of this, the trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

### 1.9 Estimation and Judgments

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

	Unrestricted Funds £	Restricted Funds £	2022 £	2021 £
<b>2 Donations and grants</b>				
Donations	18,418	10,000	<b>28,418</b>	17,660
Grants:				
The Violet Melchett Children's Trust	12,000	-	<b>12,000</b>	-
Coronavirus Job Retention Scheme	3,055	-	<b>3,055</b>	-
Two Magpies	-	12,000	<b>12,000</b>	-
The Big Give-Digital Capacity Building	-	700	<b>700</b>	-
The Grocers' Charity	-	5,000	<b>5,000</b>	-
	<b>33,473</b>	<b>27,700</b>	<b>61,173</b>	17,660

Donations include £7,082 from The Big Give, £5,000 from Euromonitor International, and donations from attendees at online classes.

All donations received during year ended 31.03.2021 were unrestricted.

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022

In contrast to the previous year, grants have been classified under income from grants and donations rather than income from charitable activities because they are gifts made to the charity on a voluntary basis without any significant benefits to the donor in return.

**3 Activities for generating funds**

	Unrestricted Funds £	Restricted Funds £	2022 £	2021 £
Events	2,537	-	2,537	12,312
Others	8,897	-	8,897	1,772
	<b>11,434</b>	<b>-</b>	<b>11,434</b>	<b>14,084</b>

Events: the Fire Challenge Walk.

Others includes room hire.

**4 Investment income**

	2022 £	2021 £
Interest receivable	<b>84</b>	<b>256</b>

**5 Income from charitable activities**

	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
Grants	-	1,860	1,860	96,919
Contract agreements	163,442	30,523	193,965	167,697
Partner organisations' payments	2,208	-	2,208	-
Service user contributions	16,050	-	16,050	23,889
	<b>181,700</b>	<b>32,383</b>	<b>214,082</b>	<b>288,505</b>

In contrast to the previous year, grants have been classified under income from grants and donations rather than income from charitable activities because they are gifts made to the charity on a voluntary basis without any significant benefits to the donor in return.

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022

	Unrestricted Funds	Restricted Funds	Total 2022	Total 2021
<b>Grants</b>				
The Violet Melchett Children's Trust	-	-	-	12,000
Solace	-	-	-	24,000
LB Camden	-	-	-	10,806
Coronavirus Job Retention Scheme	-	-	-	12,839
Somerstown Big Local	-	-	-	525
MOPAC-Emergency Fund Covid	-	-	-	11,749
Garfield Weston Foundation	-	-	-	20,000
Two Magpies Fund	-	-	-	5,000
LB Camden-Community Infrastructure Levy	-	1,860	1,860	-
<b>Contract Agreements</b>				
Camden and Islington NHS Foundation Trust	163,442	-	163,442	152,436
Camden Giving HS2 Camden Fund	-	30,523	30,523	15,261
<b>Partner organisations' payments</b>	2,208	-	2,208	-
<b>Service user contributions</b>	16,050	-	16,050	23,889
	<b>181,700</b>	<b>32,383</b>	<b>214,083</b>	<b>288,505</b>

Comparison figures for Year 2021:

	Unrestricted Funds	Restricted Funds	Total 2021
<b>Grants</b>			
The Violet Melchett Children's Trust	12,000	-	12,000
Phoenix Rose Solace	24,000	-	24,000
LB of Camden	10806	-	10,806
Job Retention Scheme	12,839	-	12,839
Francis Crick Institute Community Chest	525	-	525
MOPAC-Emergency Fund .Covid19	-	11,749	11,749
Garfield Weston Foundation	20,000	-	20,000
Two Magpies Fund	-	5000	5,000
<b>Contract Agreements</b>			
Camden and Islington NHS Foundation Trust	152,436	-	152,436
Camden Giving HS2 Camden Fund	-	15,261	15,261
<b>Service user contributions</b>	23,889	-	23,889
	<b>256,495</b>	<b>32,010</b>	<b>288,505</b>



## Women and Health

### NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022

#### 6 Raising funds

Total 2022 £	Total 2021 £
<b>3,293</b>	<b>2,118</b>

This includes the direct expenditure for raising funds such as expenses for organising our Firewalk event and Justgiving fee.

#### 7 Charitable activities

	CAM*	Counselling	GFCM**	Building & Fixtures	Total 2022	Total 2021
Salaries and Staff Costs	48,982	108,188	15,376	-	<b>172,546</b>	185,747
Direct Project costs	5,903	41,383	10,727	-	<b>58,014</b>	49,405
Office and Equipment costs	2,128	6,117	563	-	<b>8,808</b>	9,170
Premises and overheads	10,666	30,660	2,820	-	<b>44,146</b>	31,166
Central Cost	945	2,765	250	-	<b>3,959</b>	5,394
Depreciation	-	-	-	9,613	<b>9,613</b>	9,428
Independent Examination	302	819	80	-	<b>1,200</b>	1,650
<b>Total</b>	<b>68,926</b>	<b>189,931</b>	<b>29,814</b>	<b>9,613</b>	<b>298,285</b>	<b>291,960</b>

#### Comparison figures for Year 2021:

	CAM*	Counselling	GFCM**	Building & Fixtures	Total 2021
Salaries and Staff Costs	61,181	111,075	13,491	-	185,747
Direct Project costs	4,733	40,040	4,633	-	49,405
Office and Equipment costs	3,954	4,664	552	-	9,170
Premises and overheads	13,658	15,601	1,908	-	31,166
Central Cost	2,181	2,562	650	-	5,394
Depreciation	-	-	-	9,428	9,428
Independent Examination	550	550	550	-	1,650
	<b>86,256</b>	<b>174,492</b>	<b>21,784</b>	<b>9,428</b>	<b>291,960</b>

Total expenditure in 2022 of £298,285 includes restricted expenditure of £51,214 (2021: £32,010) and unrestricted expenditure of £247,071 (2021: £256,495).

\* Complementary and Alternative Medicine

\*\* Green Fingers Calm Minds project.

#### 8 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 (2021: £Nil).

There are no related party transactions to report.

## Women and Health

### NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022

#### 9 Employees

##### Number of Full-time equivalent employees

The average monthly number of employees during the year was:

	2022	2021
Service Delivery	3.9	4.2
Support	2.1	2.3
	<u>6</u>	<u>6.5</u>

##### Employment Costs

Wages and salaries	158,696	168,644
Social security costs	7,217	11,719
Employer pension contributions	3,326	3,115
	<u>169,239</u>	<u>183,478</u>

In the current year figures have been shown after deduction of £7,049 Statutory Maternity Pay and £4,000 Employment Allowance.

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

Total employee benefits including pension contribution of key management personnel was £32,773 (2021:£32,773)

#### 10 Tangible fixed assets

	Building Leasehold Improvement	Fixture and Fittings & Equipment	Total
Cost at 31 March 2021	441,048	8,755	449,803
Added Value			
<b>Cost at 31 March 2022</b>	<b><u>441,048</u></b>	<b><u>8,755</u></b>	<b><u>449,803</u></b>
<b>Depreciation</b>			
At 1 April 2021	318,488	8,386	326,874
Charge for the year	9,428	185	9,613
<b>At 31 March 2022</b>	<b><u>327,916</u></b>	<b><u>8,571</u></b>	<b><u>336,487</u></b>
<b>Net Book Value</b>			
<b>At 31 March 2022</b>	<b><u>113,132</u></b>	<b><u>184</u></b>	<b><u>113,316</u></b>
At 31 March 2021	<u>122,560</u>	<u>369</u>	<u>122,929</u>

All above assets were used for charitable purposes.  
Note that our lease runs till to April 2034.

#### 11 Debtors

	2022	2021
Grants, contracts and activities	36,455	23,173
Prepayments and accrued income	4,918	5,143
	<u>41,373</u>	<u>28,315</u>

#### 12 Creditors: amounts falling due within one year

	2022	2021
Trade creditors	11,558	5,679
Taxes and social security costs	4,398	4,973
Accruals	1,785	1,735
	<u>17,741</u>	<u>12,387</u>

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022

**13 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 2021	Income and Gains	Expenditure and losses	31 March 2022
	£	£	£	£
a) Building - Leasehold Improvement	108,516	-	8,348	100,168
b) Big Lottery Fund - Capital costs	14,045	-	1,081	12,965
c) The Big Give-Digital Capacity Building	-	700	41	659
d) LB Camden-Community Infrastructure	-	1,860	1,860	-
e) Camden giving HS2	8,738	30,523	30,018	9,243
f) Two Magpies Fund	-	12,000	2,066	9,934
g) The Grocers' Charity	-	5,000	2,135	2,865
h) Anonymous donation	-	10,000	2,800	7,200
	<b>131,299</b>	<b>60,083</b>	<b>48,349</b>	<b>143,034</b>

**Fund description**

a) The building fund represents grants received to refurbish Women and Health's centre at Carol Street.

The work was completed in 2002. The cost is being 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) This is from the Big Give to improve our digital capacity.

d) Fund from LBC to help with our Fire Challenge fundraising event.

e) This fund, which is used for the Green Fingers, Calm Minds project, 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) The fund from Two Magpies is to run some online classes and do gardening sessions.

g) This is from The Grocers's Charity to fund our long term counselling sessions.

h) This is a restricted anonymous donation mainly to use for our building maintenance.

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022

Comparison figures for Year 2021:

Movement in Funds	1 April 2020	Income and Gains	Expenditure and losses	31 March 2021
	£	£	£	£
Building - Leasehold Improvement	116,863	-	8,347	108,516
Big Lottery Fund - Capital costs	15,126	-	1,081	14,045
MOPAC-Emergency Fund .Covid19	-	11,749	11,749	-
MOPAC	2,740	-	2,740	-
Camden Giving HS2- Green Fingers	15,261	15,261	21,784	8,738
Two Magpies Fund	-	5,000	5,000	-
	149,990	32,010	50,700	131,299

**14 Designated funds**

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

	1 April 2021	Income	Expenditure	31 March 2022
	£	£	£	£
Operational Sustainability Fund	73,000	-	-	73,000
	73,000	0	0	73,000

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

Comparison figures for Year 2021:

	1 April 2020	Income	Expenditure	31 March 2021
	£	£	£	£
Operational Sustainability Fund	59,725	13,275	-	73,000
	59,725	13,275	-	73,000

Income £13,275 is a transfer from general funds.

## Women and Health

### NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022

#### 15 General funds

Showing movements in general funds during the year.

	1 April 2021	Income	Expenditure	31 March 2022
General funds	£ 54,443	£ 226,691	£ 253,229	£ 27,905

	1 April 2020	Income	Expenditure	31 March 2021
General Funds	£ 80,208	£ 288,495	£ 314,260	£ 54,443

Expenditure for year ended 31 March 2021 includes the transfer of £13,275 to designated funds.

#### 16 Analysis of net assets between funds

	Unrestricted funds £	Designated funds £	Restricted funds £	Total £
Fund Balances at 31 March 2022 are represented by:				
Tangible Fixed Assets	184	-	113,133	113,317
Current Assets	45,461	73,000	29,901	148,362
Creditors: amounts falling due within one year	-17,741	-	-	-17,741
	27,905	73,000	143,034	243,938

#### Comparison figures for Year 2021:

	Unrestricted funds £	Designated funds £	Restricted funds £	Total £
Fund Balances at 31 March 2022 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

#### 17 Commitments under operating leases

At 31 March 2022 the company had annual commitments under non-cancellable operating leases as follows:

Land and buildings	2022	2021
	£	£
	17,450	17,450

The lease period is from April 2014 to April 2034. The rent is £17,450.