

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 2023

WOMEN AND HEALTH

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TRUSTEE'S REPORT FOR THE YEAR ENDED 31 MARCH 2023

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 2023. 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 – (resigned June 20th 2022)
Laura Dix – (Chair from June 20th 2022)
Elizabeth Rawson - Treasurer
Lesia Haliv
Judith Millecker
Cass Wedd

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.

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Board meetings are held bi-monthly with additional meetings as required to discuss fundraising. 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.

4. Key Management Personnel

Director	Gemma Tighe
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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:

- 1) 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.
- 2) We understand health to be a state of physical, mental, spiritual and social well-being, rather than merely the absence of disease or infirmity.
- 3) We listen to existing and potential new clients and design our services to meet their most pressing needs for support.
- 4) We work at the root of what each woman perceives are the barriers to her wellbeing – and the wellbeing of her family.
- 5) 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 (STC) – as part of the Camden NHS IAPT (Improving Access to Psychological Therapies) Service and free to the recipients;

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TRUSTEE'S REPORT FOR THE YEAR ENDED 31 MARCH 2023

- Low cost long term counselling;
- Employment service for counselling clients, in partnership with IAPT – helping clients stay in work, or find work;
- Life coaching;
- Continued professional training and reflective practice for counselling trainees
- Volunteering from practitioners of Complementary and Alternative Medicines;
- Online classes in yoga;
- In person chi kung and yoga;
- Gardening activities;
- Arts and crafts workshops;
- Reception and admin volunteering opportunities.

These are delivered from our centre in Carol Street, which has a lift and is fully accessible to wheelchair users.

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:

- Maintenance and decorating;
- Gardening;
- CAMS (complementary and alternative medicine) provided by volunteer practitioners;
- Counselling sessions with help provided by volunteer counsellors in training;
- Admin.

9. Achievements and Outcomes

During the year we delivered just under 4,400 counselling sessions to both long and short term clients and approximately 2,200 complementary and alternative therapy sessions including events at Community organisations such as Hopscotch Women's Centre and Henna Asian Women's Centre. We took part in community events such as Camden New Town Festival and Hillview Festival. Approximately 700 clients visited our centre. 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.

Our clients get a lot from our 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

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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.

The counselling and other services on offer at Women in Health are invaluable, it offers a safe place where we can express ourselves and get the help needed to feel better and to function better."

COUNSELLING

The majority of counselling sessions were delivered by volunteer trainees, who received regular clinical supervision at Women and Health. Both the IAPT and our long-term counselling services are available to men. Men's appointments are online and in the evening, we are women only during the day.

IAPT (Improving Access to Psychological Therapies) Counselling Service

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 individuals, working with clients who presented with complex chronic health issues and life challenges as well as suffering from depression and anxiety. They were referred to us by the Trust. In order to measure clients' progress, clinical questionnaires applying nationally set recovery criteria for IAPT were administered after each counselling session.

Long Term Counselling Service

The Women and Health long-term counselling service delivered low-cost sessions to individuals, who are able to get treatment over 12 months. These clients presented with issues too complex to address during the shorter term counselling. Clients were requested to make a donation of between £11 and £30 per session. Unfortunately, due to a lack of funding, from January 2022 the majority of new clients had to pay a minimum of £30. Clients come to the service often moving on from IAPT, our other in-house services or services elsewhere.

BAME and low income (earning under £20,000 p.a.) women suffered particularly during the pandemic and we are pleased that our participation in the Big Give Christmas Challenge 2022, raised funding for very low cost (£1 - £5) counselling sessions for these women. We are continuing to look for funding to cover the very low cost aspect of our long term counselling service.

This service is clearly meeting a need for more in-depth work as it is very popular and 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 to long term.

Garden

There is growing evidence of the health benefits of contact with the natural environment. With help from The Two Magpies Fund and The Hollick Family Foundation, clients and the local community have been able to continue to enjoy our safe green garden.

Our "Green Fingers Calm Minds" project started in May 2020, during the first Covid-19 lockdown, with a series of online classes, including yoga, healthy baking, and mindfulness. It has continued since then,

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with Wake Up Wednesdays, an energetic form of yoga, as well as weekly gardening activities with a trained gardener. On top of weekly gardening we have regular craft sessions, with soap and ice cream making using ingredients from the garden. Classes are free with donations requested. 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 started again after the pandemic in June 2021 and we provided CAM treatment sessions to 50 survivors of domestic and sexual violence, funded by Solace Women's Aid. We have delivered this service for a number of years and have a good working relationship with Solace. They distribute vouchers to their clients who then ring up and choose which treatment they would like – some of the treatments available include aromatherapy, reflexology and acupuncture. Clients really enjoy their treatments and we always get very good feedback.

10. Reserves Policy

We aim to accumulate sufficient reserves to underwrite 3–6 months of operational costs excluding the replacement of capital items such as boilers and the lift. To this end we have a designated Operational Sustainability Fund. This stood at £87,800 (2022: £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 2023 – 24. 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 all our activities including projects supported through restricted, and time limited funding.

The tangible assets item on the Balance Sheet and in Note 10 is not part of Women and Health's free reserves. It represents the cost of work undertaken on the building which houses Women + 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 + Health, they have no conventional property asset value. These works costs are being depreciated over the life of our lease which, with our anticipated move, we now estimate will run until June 2024 (para 13 below).

11. Covid-19

In the year under review, we continued to return to pre Covid levels with room hire and CAM bookings. We are still maintaining some restrictions in the building and undertaking additional cleaning as many of our clients are clinically vulnerable. 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 leading normal lives, post pandemic.

12. Financial Review

We noted in last year's report that it was likely that, because of the cost of essential works to our centre, the landlord, LB Camden (LBC), would exercise its right to determine the lease. We and LBC are currently discussing the works needed to make alternative premises suitable for our use. The move is currently expected to take place in June 2024, so the Leasehold improvement works shown in the Balance Sheet and Note 10 as £113,316 at March 31st 2022 are now being written off over the 27 months from April 2022 to June 2024.

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This increased rate of depreciation has turned what would have been a small surplus of £16,065 into a deficit of £24,787 (2022: Deficit £14,803). Our income at £295,339 was higher than the previous year (2022: £286,774) and expenditure of £320,125, which includes the additional depreciation, was also higher (2022: £301,578). At the year end, the total balance in restricted funds was £87,525 (2022: £143,033). After deducting £44,519 building leasehold improvement and £5,762 Big Lottery Fund capital works, the balance in active restricted funds was £24,674 (2022: £100,168 leasehold improvement, £12,965 Big Lottery and £29,901 active funds). The total in unrestricted funds was £131,628 (2022: £100,905), which included the Operational Sustainability Fund. We transferred £12,000, most of the surplus before depreciation, to the Operational Sustainability Fund.

Income generation: We have fundraised a total of £46,420 in the year under review; additional to this the Hollick Family Foundation have agreed to donate £10,000 pa for the following two years. Total donations were almost identical to the previous year (£28,720 v £28,418) and included £10,000 from the Hollick Family Foundation, £1,000 from Management Consortium Bid Limited and £11,451 raised through the Big Give Christmas Challenge, we continued our long association with Euromonitor International, who gave us £3,000. Various donations, including from attendees at online classes, amounted to just over £3,200. Grant income was just under half that in the previous year (£17,700 v £32,755); we continued to receive support from the Violet Melchett Children's Trust (£12,000) and also received £5,000 from LB Camden to assist with preparing for the move to new premises and £700 from Big Give for digital capacity building.

Income generated by our own activities at £45,713 was almost four times greater than the previous year (2022: £11,434). The Other category, which is almost entirely attributable to room hire, increased from £8,897 last year to £21,196 this year as practitioners and clients returned in greater numbers to pre-Covid levels of bookings. Leading on from our Lockdown Art exhibition in 2020 we had another successful exhibition, "Wave", this time a physical one with Cob Gallery, which raised £20,095. The exhibition took place during late August and included a launch event and party at the "Koko" nightclub in Camden. We are very grateful to Cob and Koko for their support.

Income from all categories of our charitable activities was lower than the previous year (£202,451 v £214,083). Contract agreements were £191,460 v £193,965 in 2022; contributions by partner organisations reduced from £2,208 to £1,063 and those by service users from £16,050 to £9,928; the £1,860 Community Infrastructure Levy payment from LB Camden was a one-off specifically for our Fire Challenge Walk.

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,

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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.

The move is both a risk and an opportunity for the organisation. The Council has given us a grant of £5,000 to help with the current stage of the relocation process so that we can secure appropriate advice and are as well prepared as possible.

14. Plans for the Future

Trustees are very aware that to maintain and develop Women + Health's services we need to increase the organisation's income. Securing sufficient long-term core and project funding remains a real challenge post Covid-19 and in the economic climate.

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. In addition, current priorities for service/project fundraising include: (i) continue our work with survivors of domestic abuse and sexual violence; (ii) raise unrestricted funding for our core costs; and (iii) continue our long term counselling service. We hope to increase our work with Black and minoritised communities in the future.

A major element of our future planning will be the move from our centre in Carol Street.

Signed:

Elizabeth Rawson

Elizabeth Rawson Treasurer

Dated: 14/12/2023

Lesia Haliv

Lesia Haliv Chair

Dated: 14/12/2023

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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 March 2023 which are set out on pages 11 to 22.

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)].

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
FCCA ACIE
117a St Johns Hill
Sevenoaks
TN13 3PL
Date 18/12/2023

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Statement of Financial Activities including Income and expenditure account

For the year ended 31 March 2023

		Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
	Notes				
Income From:					
Donations and grants	2	29,270	17,151	46,420	61,173
Activities for generating funds	3	45,713	-	45,713	11,434
Investments	4	755	-	755	84
Charitable activities	5	202,451	-	202,451	214,083
Total		278,189	17,151	295,339	286,774
Expenditure on:					
Raising funds	6	779	-	779	3,293
Charitable activities	7	246,688	72,659	319,347	298,285
Total		247,466	72,659	320,125	301,578
Net Movement in funds		30,722	-55,508	-24,787	-14,804
Fund balances at 1 April 2022		100,905	143,033	243,938	258,742
Fund balances at 31 March 2023		131,627	87,525	219,151	243,938

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BALANCE SHEET

Company registration number:2101723

AS AT 31 MARCH 2023

		2023		2022	
	Notes	£	£	£	£
Fixed Assets					
Tangible assets					
Leasehold improvement	10		62,852		113,317
Current Assets					
Debtors	11	32,830		41,373	
Cash at bank and in hand		<u>132,819</u>		<u>106,989</u>	
		165,649		148,362	
Current Liabilities	12	<u>9,351</u>		<u>17,741</u>	
NET CURRENT ASSETS			156,298		130,621
Total Assets Less Current Liabilities			<u>219,151</u>		<u>243,938</u>
Income Funds					
Restricted funds-building leasehold improvement	13		62,852		113,133
Restricted funds-active projects			24,674		29,901
Unrestricted funds:					
Designated funds	14		87,800		73,000
General funds			43,826		27,905
Total Charity Funds			<u>219,151</u>		<u>243,938</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 2023. 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 14 Dec 2023.

Lesia Haliv

Lesia Haliv
Chair

Elizabeth Rawson

Elizabeth Rawson
Treasurer

The annexed notes form part of these financial statements.

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NOTES TO THE ACCOUNTS FOR THE YEAR ENDED TO 31ST MARCH 2023

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 includes 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.

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NOTES TO THE ACCOUNTS FOR THE YEAR ENDED TO 31ST MARCH 2023

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

Note that our lease runs till April 2034 however as described in the trustees' annual report a move to another premises is currently expected to take place in June 2024 so the leasehold improvement works are now being written off over the 27 months from April 2022 to June 2024.

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.

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NOTES TO THE ACCOUNTS FOR THE YEAR ENDED TO 31ST MARCH 2023

	Unrestricted Funds £	Restricted Funds £	2023 £	2022 £
2 Donations and grants				
Donations	17,270	11,451	28,720	28,418
Grants:			-	
The Violet Melchett Children's Trust	12,000	-	12,000	12,000
Coronavirus Job Retention Scheme	-	-	-	3,055
Two Magpies	-	-	-	12,000
The Big Give-Digital Capacity Building	-	700	700	700
The Grocers' Charity	-	-	-	5,000
LBC- relocation of Women and Health		5,000	5,000	-
	29,270	17,151	46,420	61,173

Donations include £11,451 from The Big Give, £10,000 from the Hollick Family Foundation of which £5,000 has been designated to GFCM project, £3,000 from Euromonitor International, £1,000 from Management Consortium Bid Ltd and the rest is from attendees at online classes and various donors.

Donations received in 2022 include £7,082 from The Big Give, £5,000 from Euromonitor International, an anonymous £10,000 donation mainly for building maintenance and donations from attendees at online classes. Of the total Donations and Grants received in 2022, £27,700 were restricted and £33,473 unrestricted.

3 Activities for generating funds

	Unrestricted Funds £	Restricted Funds £	2023 £	2022 £
Events	24,516	-	24,516	2,537
Others	21,196	-	21,196	8,897
	45,713	-	45,713	11,434

Events include an Art Exhibition held by Cob Gallery, the Fire Challenge Walk (held in March 2022) and an event to commemorate our late Director, Boo Armstrong.

Others includes room hire and sales.

4 Investment income

	2023 £	2022 £
Interest receivable	755	84

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NOTES TO THE ACCOUNTS FOR THE YEAR ENDED TO 31ST MARCH 2023

5 Income from charitable activities

	Unrestricted Funds £	Restricted Funds £	Total 2023 £	2022 £
Grants	-	-	-	1,860
Contract agreements	191,460	-	191,460	193,965
Partner organisations' payments	1,063	-	1,063	2,208
Service user contributions	9,928	-	9,928	16,050
	202,451	-	202,451	214,083

	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
Grants				
LB Camden-Community Infrastructure Levy	-	-	-	1,860
Contract Agreements				
Camden and Islington NHS Foundation Trust	156,095	-	156,095	163,442
Camden Giving HS2 Camden Fund	-	-	-	30,523
Camden Resilience Fund	10,000	-	10,000	-
Solace Women's Aid	25,365	-	25,365	-
Partner organisations' payments	1,063	-	1,063	2,208
Service user contributions	9,928	-	9,928	16,050
	202,451	-	202,451	214,083

Comparison figures for Year 2022:

	Unrestricted Funds	Restricted Funds	Total 2022
Grants			
LB Camden-Community Infrastructure Levy	-	1860	1,860
Contract Agreements			
Camden and Islington NHS Foundation Trust	163,442	-	163,442
Camden Giving HS2 Camden Fund	-	30,523	30,523
Partner organisations' payments	2,208	-	2,208
Service user contributions	16,050	-	16,050
	181,700	32,383	214,083

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NOTES TO THE ACCOUNTS FOR THE YEAR ENDED TO 31ST MARCH 2023

6 Raising funds

Total 2023	Total 2022
£	£
779	3,293

This includes the direct expenditure for raising funds such as expenses for organising our March 2022 Firewalk event, August 2022 Exhibition and Justgiving fees.

7 Charitable activities

	CAM	Counselling	GFCM*	Building & Fixtures	Total 2023	Total 2022
Salaries and Staff Costs	59,406	101,893	5,227	-	166,526	172,546
Direct Project costs	8,696	38,787	2,873	-	50,357	58,014
Office and Equipment costs	3,416	4,803	117	-	8,336	8,808
Premises and overheads	15,162	21,414	790	-	37,367	44,146
Central Cost	2,021	2,792	236	-	5,049	3,959
Depreciation	-	-	-	50,464	50,464	9,613
Independent Examination	519	729	-	-	1,248	1,200
Total	89,221	170,419	9,243	50,464	319,347	298,285

Comparison figures for Year 2022:

	CAM	Counselling	GFCM*	Building & Fixtures	Total 2022
Salaries and Staff Costs	48,982	108,188	15,376	-	172,546
Direct Project costs	5,903	41,383	10,727	-	58,014
Office and Equipment costs	2,128	6,117	563	-	8,808
Premises and overheads	10,666	30,660	2,820	-	44,146
Central Cost	945	2,765	250	-	3,959
Depreciation	-	-	-	9,613	9,613
Independent Examination	302	819	80	-	1,200
	86,256	174,492	21,784	9,428	298,285

* Green Fingers Calm Minds project.

Total expenditure in 2023 of £320,125 includes restricted expenditure of £72,659 (2022: £48,349) and unrestricted expenditure of £247,466 (2022: £253,229).

Building & Fixtures, Depreciation for 2023: see Note 10.

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 (2022: £Nil).

There are no related party transactions to report.

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NOTES TO THE ACCOUNTS FOR THE YEAR ENDED TO 31ST MARCH 2023

9 Employees

Number of Full-time equivalent employees

The average monthly number of employees during the year was:

	2023	2022
Service Delivery	3.9	3.9
Support	2.1	2.1
	<u>6</u>	<u>6</u>

Employment Costs

Wages and salaries	152,395	158,696
Social security costs	6,494	7,217
Employer pension contributions	2,926	3,326
	<u>161,815</u>	<u>169,239</u>

Figures have been shown after deduction of £5,000 Employment Allowance.

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

Total employee benefits including pension contribution of key management personnel were £33,761 (2022:£32,773).

10 Tangible fixed assets

	Building Leasehold Improvement	Fixtures and Fittings & Equipment	Total
Cost at 31 March 2022	441,048	8,755	449,803
Added Value			
Cost at 31 March 2023	<u>441,048</u>	<u>8,755</u>	<u>449,803</u>
Depreciation			
At 1 April 2022	327,916	8,571	336,487
Charge for the year	50,281	183	50,464
At 31 March 2023	<u>378,197</u>	<u>8,754</u>	<u>386,951</u>
Net Book Value			
At 31 March 2023	<u>62,851</u>	<u>1</u>	<u>62,852</u>
At 31 March 2022	<u>113,132</u>	<u>184</u>	<u>113,316</u>

All above assets were used for charitable purposes.

Note that our lease runs till April 2034 however as described in the trustees annual report a move to another premises is currently expected to take place in June 2024 so the leasehold improvement works shown in the balance sheet and above as £113,316 at March 31st 2022 are now being written off over the 27 months from April 2022 to June 2024.

11 Debtors

	2023	2022
Grants, contracts and activities	27,773	36,455
Prepayments and accrued income	5,057	4,918
	<u>32,830</u>	<u>41,373</u>

WOMEN AND HEALTH

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED TO 31ST MARCH 2023

12 Creditors: amounts falling due within one year	2023	2022
Trade creditors	3,825	11,558
Taxes and social security costs	3,735	4,398
Accruals	1,791	1,785
	9,351	17,741

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 2022	Income and Gains	Expenditure and losses	31 March 2023
	£	£	£	£
a) Building - Leasehold Improvement	100,168	-	44,519	55,649
b) Big Lottery Fund - Capital costs	12,965	-	5,762	7,203
c) The Big Give-Digital Capacity Building	659	700	336	1,023
d) The Big Give-LT counselling	-	11,451	-	11,451
e) Camden Giving HS2	9,243	-	9,243	-
f) Two Magpies Fund	9,934	-	9,934	-
g) The Grocers' Charity	2,865	-	2,865	-
h) Anonymous donation	7,200	-	-	7,200
i) LBC- relocation of Women and Health	-	5,000	-	5,000
	143,034	17,151	72,659	87,526

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 current lease runs till April 2034, however as described in the trustees annual report a move to another premises is currently expected to take place in June 2024 so the grant is now being written off over the 27 months from April 2023 to June 2024.
- b) Big Lottery Fund in respect of capital works to the building, which are being depreciated over the length of the lease - see a) above.
- c) This is from the Big Give to improve our digital capacity.
- d) Fund raised through the Big Give to provide long term counselling for the clients who cannot afford the fee.
- 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.

WOMEN AND HEALTH

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED TO 31ST MARCH 2023

- f) The fund from Two Magpies is to run some online classes and do gardening sessions.
- g) This is from The Grocers' Charity to fund our long term counselling sessions.
- h) This is a restricted anonymous donation mainly to use for our building maintenance.
- i) This is from LB Camden to help with the relocation of Women and Health.

Comparison figures for Year 2022:

Movement in Funds	1 April 2021	Income and Gains	Expenditure and losses	31 March 2022
	£	£	£	£
Building - Leasehold Improvement	108,516	-	8,348	100,168
Big Lottery Fund - Capital costs	14,045	-	1,081	12,965
The Big Give-Digital Capacity Building	-	700	41	659
LB Camden-Community Infrastructure Levy	-	1,860	1,860	-
Camden Giving HS2- Green Fingers Calm Minds	8,738	30,523	30,018	9,243
Two Magpies Fund	-	12,000	2,066	9,934
The Grocers' Charity	-	5,000	2,135	2,865
Anonymous donation	-	10,000	2,800	7,200
	131,299	60,083	43,349	143,034

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 2022	Income	Expenditure	Transfer from general funds	31 March 2023
	£	£	£		£
Operational Sustainability Fund	73,000	-	-	12,000	85,000
Hollick Family Foundation	-	5,000	2,200	-	2,800
	73,000	5,000	2,200	12,000	87,800

The Operational Sustainability Fund will contribute to operating costs in future years.
£5,000 received from the Hollick Family Foundation has been designated for our GFCM project.

WOMEN AND HEALTH

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED TO 31ST MARCH 2023

Comparison figures for Year 2022:

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

15 General funds

Showing movements in general funds during the year.

	1 April 2022	Income	Expenditure	Transfer to designated fund	31 March 2023
	27,905	273,189	245,266	12,000	43,826

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

Expenditure for year ended 31 March 2023 includes the transfer of £12,000 to designated funds.

16 Analysis of net assets between funds

	Unrestricted funds £	Designated funds £	Restricted funds £	Total £
Fund Balances at 31 March 2023 are represented by:				
Tangible Fixed Assets	1	-	62,852	62,852
Current Assets	53,175	87,800	24,674	165,649
Creditors: amounts falling due within one year	-9,351	-	-	-9,351
	43,826	87,800	87,526	219,151

Comparison figures for Year 2022:

	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
	27,904	73,000	143,034	243,938

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NOTES TO THE ACCOUNTS FOR THE YEAR ENDED TO 31ST MARCH 2023

17 Commitments under operating leases

At 31 March 2023 the company had annual commitments under non-cancellable operating leases as follows:

Land and buildings	
2023	2022
£	£
17,450	17,450

The lease period is from April 2014 to April 2034 however as described in the trustees annual report a move to another premises is currently expected to take place in June 2024. The rent is £17,450.