

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LTD

England & Wales · Charity number 519687

Details

Other names W H I S C, WHISC

Status Registered

Legal form Charitable company

Company number [02035623](#)

Registered 1988-03-30

Register [View on the Charity Commission register](#)

Contact

Address Level 1
Basecamp Liverpool
49 Jamaica Street
Liverpool
L1 0AH

Phone 01517071826

Email women@whisc.org.uk

Website www.whisc.org.uk

Activities

Objects: TO ADVANCE THE EDUCATION OF WOMEN LIVING WITHIN MERSEYSIDE BY PROVIDING ADVICE INFORMATION AND ASSISTANCE REGARDING THE HEALTH MEDICAL CHILD CARE AND OTHER RELATED SERVICES WHICH ARE AVAILABEL TO THEM.

Activities: WHISC is run by women for women to provide appropriate training, information and support, which addresses the needs of women within different communities in Liverpool who are disadvantaged in access to health care and education.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Economic/community Development/employment
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies, Other Defined Groups, The General Public/mankind

Geography

- **Area of benefit:** MERSEYSIDE
- Knowsley
- Liverpool City
- Sefton
- St Helens
- Wirral

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£186,542	£222,754	-	-
2024-03-31	£209,293	£278,844	-	-
2023-03-31	£185,699	£211,330	-	-
2022-03-31	£239,141	£235,678	-	-
2021-03-31	£221,730	£208,817	-	-

Trustees

Name	Role	Appointed
Sarah Howarth	Chair	2026-06-08
Amelia-Jade Thompson		2015-12-03
Anne Lynn		2026-06-08
MARY ANDREWS		2015-12-03
Margaret Williams		2026-06-08

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LTD

England & Wales - Charity number 519687

Accounts

**WOMEN'S HEALTH INFORMATION
SUPPORT CENTRE LIMITED**

**TRUSTEES' REPORT & UNAUDITED
FINANCIAL STATEMENTS
FOR YEAR ENDED
31ST MARCH 2025**

**Company Registration No. 02035623
Charity Registration No. 519687**

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED

TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2025

The directors, who are trustees of the charity are pleased to present their annual report for the year ended 31st March 2025.

The trustees have adopted the provision of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS102) in preparing the annual report and financial statements of the charity.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charities' Article of Association, the Companies Act 2006 and "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) (effective 1 January 2019)".

OBJECTIVES AND ACTIVITIES

The Women's Health and Information Services Centre (WHISC) is a voluntary organization that originated in 1984 through the initiative of women from Vauxhall, Liverpool. Their aim was to empower women with knowledge and information to take charge of their health and well-being. Over the past four decades, WHISC has been instrumental in supporting thousands of women and their families, helping them overcome challenges and enhance their lives.

Primarily led by volunteers, WHISC operates with the assistance of a small core team of paid staff. Together, they offer a wide array of women's health services, including complementary therapies, self-help resources, and educational classes on physical and mental well-being. Our mission is to empower women to lead healthier and more fulfilling lives.

Beyond our Liverpool city centre hub, we extend our services through outreach activities to various women's community groups across Liverpool, particularly those that are of minority and underrepresented, recognising the intersectional experiences of the women we support across Liverpool.

WHISC Vision, Mission and Values

At the heart of what we do is our belief that all Women and girls, regardless of their ethnicity, religion, age should be respected and thrive in an environment where information and support is accessible.

Our Vision Statement: Helping women to thrive.

Our Mission Statement: Empowering women in the Liverpool City Region with knowledge and person-centred support to become the best version of themselves.

Our Values: At WHISC, our values are the cornerstone of our organization. We understand that reaching out for help can be challenging, which is why empowering women to thrive lies at the core of all our endeavours.

WHISC plays an integral role in the health and care system throughout Liverpool and the wider Merseyside regions, providing accessible support and information to women facing diverse needs. From women's health and well-being to mental health, trauma, isolation, and poverty, WHISC addresses a broad spectrum of concerns. Women can access WHISC's support and information through various channels, including:

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2025

Services available at the WHISC centre	
<ul style="list-style-type: none"> ▪ Mental & Physical Health information ▪ Women's advocacy ▪ Warm and safe hub space ▪ Peer to peer support ▪ Volunteering ▪ Community outreach ▪ Anti-Poverty support services ▪ Health education and training ▪ Women's Health Training Course Accreditation ▪ Telephone access 	<ul style="list-style-type: none"> ▪ Skills and activity sessions ▪ Group wellbeing sessions ▪ 1-2-1 listening service ▪ Saturday Inclusion club ▪ Complementary therapies ▪ Specific support for minority and vulnerable women (refugee, asylum seeking and migrant women and their children) ▪ Information on cancer and health screening in partnership with NHS

WHISC Data Assets

Over the past four decades, WHISC has amassed extensive knowledge, information, and data, significantly enhancing the support services and programs available to address the complex challenges faced by women in Liverpool. Our profound understanding of the often-struggling health and care system, combined with our reliable network of partner organizations, positions WHISC as a crucial support system for many vulnerable women.

In the past year alone, our dedicated staff and volunteers have provided over 5,000 hours of support and services to women, many of whom are vulnerable and in urgent need of assistance and intervention.

A key asset of WHISC is our City Centre hub, which offers a psychological and emotional safe space exclusively for women. Here, women can access a range of support services through both drop-ins and appointments, ensuring they receive the help they need in a secure and supportive environment.

Public Benefit

In considering the objectives and activities, the Trustees have considered Charity Commission guidance on Public Benefit to ensure that the charitable company is meeting its Public Benefit requirements.

Here are the key benefits:

1. Health Education and Information:

WHISC provides comprehensive health education and information services, helping women to make informed decisions about their health. This includes providing up-to-date information on various health issues, treatments, and preventative measures.

2. Support Services:

The centre offers emotional and practical financial support to women dealing with health issues, personal challenges, or crises. This support can include support groups and one-on-one sessions, helping women navigate difficult times and improve their mental health.

3. Empowerment and Advocacy:

WHISC empowers women by advocating for their health rights and promoting gender equality. The centre raises awareness about women's health issues, campaigns for better health policies, and works to eliminate disparities in health care access.

4. Community Outreach and Engagement:

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2025

The centre engages with the community to provide outreach programs that reach women who might not otherwise have access to health services. This can include workshops, seminars, and health fairs aimed at educating and supporting women in various communities.

5. Holistic Health Approach:

WHISC adopts a holistic approach to women's health, addressing not just physical health, but also mental, emotional, and social well-being. This comprehensive approach ensures that all aspects of a woman's health are considered and supported.

6. Support for Marginalized Groups:

The centre often focuses on providing services to Women who experience Health Inequalities and vulnerable groups, including minority communities, refugees, and low-income women. By offering tailored support to these groups, WHISC helps to reduce health inequalities and ensure that all women have access to necessary health resources.

Changes in Service Demand

Our services are in higher demand than ever, especially among vulnerable women facing barriers to mainstream services, which are also under resourced. The increased complexity of needs has impacted safeguarding and casework capacity. We've improved representation on local health boards to advocate for women with complex needs and adapt our service model to maintain effectiveness and safety

WHISC's Response to a Year of Uncertainty and Change

Over the past year, WHISC has navigated a period of significant uncertainty and external challenges. The combination of a fragile funding landscape, the shrinking of available financial resources, and the realization that the current Bold Street premises are no longer fit for purpose has presented WHISC with numerous obstacles. Despite these challenges, the charity has demonstrated resilience and a proactive approach in its efforts to adapt and continue serving its community.

Adapting to a Shrinking Funding Environment

One of the most pressing challenges faced by WHISC in the past year has been the contraction of funding opportunities. A combination of macroeconomic factors, shifting governmental priorities, and an increasingly competitive funding landscape has led to a reduction in available grants and donations. In response, WHISC has strategically diversified its funding base, seeking alternative sources such as corporate partnerships, community fundraising, and innovative social impact initiatives. This diversification has been critical in ensuring that WHISC continues to provide vital services to women and marginalized communities, despite the tightening financial climate.

Additionally, WHISC has invested in strengthening its relationships with key stakeholders, including local businesses, community groups, and governmental bodies. By fostering a collaborative approach, WHISC has been able to leverage local support, mobilise resources, and maintain its operations despite financial pressures.

Relocation and Future Sustainability

The need to relocate from the current Bold Street premises has been another pivotal challenge for WHISC over the past year. The premises, which have served as the charity's base for many years, are no longer considered suitable for the organisation's evolving needs. Issues such as limited capacity, inadequate space for growing programs, and rising maintenance costs have made it clear that a new location is essential for the charity's long-term sustainability.

After careful assessment and planning, WHISC has identified a suitable new location, and plans are in place to relocate in June 2025. This move will not only provide the charity with a

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2025

more capacity and functional space but also enhance its ability to expand its services and improve the quality of care and support provided to the women and families who rely on its services. The relocation is seen as a critical step in WHISC's long-term vision, ensuring that the charity can continue to meet the needs of its community in an ever-changing external environment.

Moving Forward: Resilience and Growth

As WHISC prepares for the challenges and opportunities of the upcoming relocation, it remains focused on its core mission: supporting women with the information, advice, and services they need to lead healthier and more empowered lives. The charity's ability to navigate uncertainty over the past year and plan for a successful move in 2025 highlights its resilience and commitment to its cause.

In the coming months, WHISC will continue to engage with its community, donors, and partners to ensure that the transition to the new premises is seamless and that its programs remain robust and responsive to the needs of those it serves. While the journey has been marked by obstacles, WHISC's unwavering dedication to its mission provides a solid foundation for future growth and impact.

ACHIEVEMENTS AND PERFORMANCE

- Intervention Services: 743 active clients, averaging 62 women per month.
- Diverse Clientele: Representing 53 nationalities and 24 ethnic groups.
- Outreach Efforts: Attended 25 health fairs and 27 health events, engaging 1819 women.
- Service Delivery: 4,430 interventions, 150 new referrals,
- Group Activities: 321 sessions with 1,909 attendances, fostering support networks.
- One-to-One Support: 452 sessions, improving mental health through early intervention.

FINANCIAL REVIEW

Income in the year was £186,542 (2024: £209,293) of which £110,032 (2024: £135,428) was restricted funds.

Expenditure in the year was £222,754 (2024: £278,844) leaving a deficit for the year of £36,212 (2024: deficit £69,551).

At 31st March 2025 the charitable company's reserves stood at £74,265 (2024: £110,477) of which £48,324 (2024: £57,992) represented restricted funds

Risk Management

The main risks to which the charitable company is exposed as identified by the Trustees have been considered and systems have been established to mitigate those risks.

Reserves Policy

It is the policy of the charitable company to maintain unrestricted funds, which are free reserves at a level to cover redundancy provision, lease commitments, returning the office back to original condition and six months' running costs and to continue current projects should no further funding be received. WHISC is working towards having 6 months in reserves and this will form part of our next strategic plan going forward

The unrestricted funds £25,941, the charitable company requires £10,370 for redundancy provision, £270 lease commitments, £50,000 to move premises and return the building back to original condition and £25,763 for 3 months continuance of WHISC services (Total 86,403).

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2025

The trustees' plan to increase the unrestricted reserves to the level required by adjusting our cost base and are exploring sustainable funding options through our three-year strategy to support our operational goals.

PLANS FOR FUTURE

Amidst a challenging landscape and relocation, WHISC must strategically streamline operations and focus on core activities. An exciting new chapter for WHISC lies ahead with the introduction of a new Service Manager who takes up post in May 2025 and the Board of Trustees continues to develop.

Central to our approach is the unwavering commitment to our vision and mission. We will prioritise:

Investing in Our People and Culture: Fostering a positive and transparent environment that values feedback, trust, and collaboration among both staff and volunteers to cultivate a stronger WHISC. Sharing the refreshed three-year strategic plans with the team to envision the future path of WHISC together.

Upskilling Staff and Volunteers: Integrating training initiatives into our sustainability plans to enhance the capabilities and effectiveness of our workforce.

Diversified Fundraising: Implementing a blended fundraising approach encompassing community, corporate, and social enterprise strategies to ensure financial stability and resilience.

Volunteer Recruitment and Engagement: Scaling up volunteer recruitment efforts to align with our long-term strategic goals, enhancing our capacity for service delivery.

Exploring Digital Solutions: Leveraging digital platforms and online access to broaden the reach of our services, potentially including subscription models to enhance accessibility.

Enhancing Governance and Operational Clarity: Establishing clear alignment and communication between the board and operational teams regarding governance and day-to-day operations to drive organisational effectiveness.

By focusing on these key areas, WHISC aims to adapt and thrive amidst challenges while remaining steadfast in our commitment to serving the needs of women in Liverpool.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Women's Health Information Support Centre Limited is a company limited by guarantee (registration number 02035623), governed by its Memorandum and Articles of Association dated 9th July 1986. Also registered as a charity with the Charity Commission (charity number 519687) on 30th March 1988.

Legal Status

The charitable company's Trustees are known as members of the Management Committee. Under the requirements of the Memorandum and Articles of Association, two members of the Committee must stand down with the option of standing for re-election at the Annual General Meeting.

The members to retire must be the longest in office since their last election or appointment. All members are circulated with invitations to nominate Trustees prior to the AGM advising them of the retiring Trustees and requesting nominations for the AGM. When considering co-opting Trustees, the Committee has regard to the requirements of any specialist skills needed.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2025


Administration Details

The day-to-day management of the charitable company is delegated by the Trustees to the Manager.

REFERENCE AND ADMINISTRATIVE DETAILS

Name	Women's Health Information Support Centre Limited
Company Number	02035623
Charity Number	519687
Registered Office	1 Tithebarn Street, Liverpool, United Kingdom L2 2NZ
Board of Trustees	The Board of Trustees are also its directors. The charitable company is governed by a Board of Trustees; members of the Board of Trustees during the year are listed below:
Trustees	M Andrews B Biddle (Resigned 30 th June 2025) S Birkett (Vice Chair) (Resigned 3 rd July 2025) E Cullinan (Resigned 22 nd January 2025) H Fowler (Resigned 24 th July 2025) S Gregory (Appointed 11 th November 2024) (Resigned 26 th March 2025) J Jones (Resigned 2 nd May 2024) KJ Markey (Resigned 1 st October 2024) J Spragg (Resigned 30 th September 2024) A Thompson
Independent Examiner	Ying Huang ACCA LCVS 151 Dale Street, Liverpool, L2 2AH
Bankers	Santander Business Banking Centre PO Box 126, Newport, Gwent, NP9 4UP Unity Trust Bank plc Nine Brindley Place, Birmingham, B1 2HB

Approved on behalf of the Board,


.....

M Andrews Trustee

Date 17/10/25

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also directors of The Women's Organisation for the purposes of company law) are responsible for preparing the Trustees' Annual Report (including the Strategic Report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the charities SORP 2019(FRS102).
- make judgements and estimates that are reasonable and prudent.
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements.
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. The trustees are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on behalf of the Board of Trustees


.....
M Andrews

1 Tithebarn Street,
Liverpool,
L2 2NZ

Date:.....17/10/25.....

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS TO THE TRUSTEES OF WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED

I report on the accounts of the charitable company for the year ended 31st March 2025, which are set out on pages 9 to 25.

Respective responsibilities of trustees and examiner

The Trustees (who are also the Directors of the charitable company for the purposes 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.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act,
- 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
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charitable company 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 the 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:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
- to prepare accounts which accord with the accounting records and 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 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.

Name: **Mrs Ying Huang**



Relevant professional qualification or body: **ACCA**

Address: **c/o LCVS 151, Dale Street, Liverpool, L2 2AH**

Dated:21/10/2025.....

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
BALANCE SHEET AS AT 31ST MARCH 2025

COMPANY NO. 02035623

	Notes	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Totals 2025 £	Totals 2024 £
Income and endowments from:					
Donations and legacies	3a	64,992	3,621	68,613	24,661
Charitable activities	3b	10,438	106,411	116,849	181,613
Investments	3c	583	-	583	2,262
Other income	3d	497	-	497	757
Total income		76,510	110,032	186,542	209,293
Expenditure on:					
Charitable activities	4	103,054	119,700	222,754	278,844
Total expenditure		103,054	119,700	222,754	278,844
Net (expenditure)/income, net movement in the year		(26,544)	(9,668)	(36,212)	(69,551)
Total funds brought forward	13,14	52,485	57,992	110,477	180,028
Total funds carried forward	12-14	25,941	48,324	74,265	110,477

The notes on pages 11 to 25 form part of these accounts. All the above amounts relate to continuing activities of the charitable company.

This Statement includes all gains and losses recognisable in the year.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
BALANCE SHEET AS AT 31ST MARCH 2025

COMPANY NO. 02035623

	Notes	31 st March 2025		31 st March 2024	
		£	£	£	£
Fixed assets					
Tangible fixed assets	5		907		1,432
Right of use assets	6		-		22,789
			-----		-----
			907		24,221
Current assets					
Stock	7	1,001		1,135	
Debtors	8	1,916		6,596	
Cash at bank and in hand		76,063		106,242	
		-----		-----	
		78,980		113,973	
Current liabilities					
Creditors: amounts falling due within one year	9	(5,622)		(27,717)	
		-----		-----	
Net current assets			73,358		86,256
			-----		-----
Total assets less current liabilities			74,265		110,477
			=====		=====
Funds:					
Unrestricted funds	12,13		25,941		52,485
Restricted funds	12,14		48,324		57,992
			-----		-----
			74,265		110,477
			=====		=====

These financial statements have been prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102).

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies' regime and in accordance with FRS102 SORP.

For the period covered by these accounts the charitable company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

No members have required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

The Trustees, who are the Directors of the charitable company, acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

Approved by the Board on:17/10/25.....

.....*Mary E Andrews*.....
M Andrews Trustee

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2025

1. Limited Liability

The charitable company is a company limited by guarantee. Each member's liability is limited to £1.

2. Accounting Policies

Basis of Accounting

The accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (SORP 2019) effective 1st January 2019, Charities Act 2011 and the Companies Act 2006.

The accounts are prepared in sterling, which is the functional currency of the charitable company. Monetary amounts in these financial statements are rounded to the nearest £.

The charitable company has taken advantage of the provisions in the SORP for Charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

Going concern

At the time of approving the accounts, the Trustees have a reasonable expectation that the charitable company has adequate reserves to continue in operational existence for the foreseeable future. Therefore, the Trustees continue to adopt the going concern basis of accounting in preparing the accounts.

Fund accounting

Unrestricted funds are the charitable company's free reserves available for the Trustees to apply in accordance with the charitable company's charitable objectives.

Designated funds are funds set aside by the Trustees out of unrestricted funds for specific future purposes.

Restricted funds are subject to specific restrictive conditions imposed by the donor. All restricted funds are accounted for as restricted income and expenditure for the purposes is charged to the fund.

Income recognition

All income is recognised once the charitable company has entitlement to the income, there is sufficient certainty of receipt and so it is probable that the income will be received, and the amount of income receivable can be measured reliably.

Donations and legacies comprise of donations which are recognised in the accounts when received, with the exception of known legacies which are accounted for when their receipt is certain.

Income from charitable activities is recognised on an accruals basis except for grants receivable, which are recognised on the date on which their unconditional payment is confirmed by the donor.

Income from investment relates to bank interest received and is recognised when the amount is certain.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2025

Expenditure recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charitable company to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis. All expenses, including support costs and governance costs, are allocated or apportioned to the applicable expenditure headings in the Statement of Financial Activities. Support and governance costs are applied to unrestricted funds unless specifically included in the restrictions, as specified by the donor.

Expenditure on charitable activities relate to the operation of the charitable company comprising of direct charitable expenditure to meet the objectives of the charitable company. Support and governance costs relate to the management and operation of the organisation and also compliance with constitutional and statutory requirements in producing the annual report. These are dealt with in the Statement of Financial Activities when payment has been approved by the charitable company.

Fixed Assets

Capital expenditure of £300 and above is stated in the balance sheet at cost less accumulated depreciation. Depreciation is provided to write off the cost of each asset over its expected useful life as below:

Equipment	25% per annum on straight line basis
Fixtures and Fittings	15% per annum on a reducing balance basis
Leasehold Improvements	Over the term of the lease
Right of use assets	Over the term of the lease

Stock

Stock held is oils to sell in the therapy rooms and is accounted for at the lower of cost or net realisable value.

Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts.

Financial instruments

The charitable company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charitable company's balance sheet when the charitable company becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2025

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future receipts discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charitable company's contractual obligations expire or are discharged or cancelled.

Taxation

Income and gains are exempt from taxation as they are received and applied for charitable purposes only. The charitable company benefits from various exemptions from taxation afforded by tax legislation and is not liable to corporation tax on income or gains falling within those exemptions.

Critical accounting estimates and judgements

In the application of the charitable company'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 on-going 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.

3. Income and endowments from:

	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	2025	2025	2025	2024
	£	£	£	£
a. Donations and legacies:				
Donations	20,945	3,621	24,566	20,926
Gift aid	-	-		3,735
General Grants	44,047	-	44,047	-
	-----	-----	-----	-----
	64,992	3,621	68,613	24,661
	=====	=====	=====	=====

Donations and legacies in 2024 relate wholly to unrestricted funds.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2025

	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
b. Charitable activities:				
Big Give	-	2,500	2,500	5,000
Central Liverpool Primary Care Network	-	-	-	995
Cheshire & Merseyside Cancer alliance	-	-	-	20,000
Citizens Advice - Advice on Prescription	-	-	-	2,000
Contract Income	-	-	-	36,839
John Moores Foundation	-	-	-	9,000
LCVS Community Impact Fund	-	1,444	1,444	4,441
Liverpool City Council Community Resources Grant	-	-	-	13,600
Liverpool City Council – Neighbourhood Directorate	-	-	-	47,770
Liverpool City Council - Our Liverpool	-	10,292	10,292	-
Liverpool City Council-Winter Fuel Grant	-	500	500	-
Liverpool VSFSE Health and Wellbeing Fund	-	25,508	25,508	14,640
NHS Cheshire & Merseyside-Community Grant	-	2,353	2,353	-
National Lottery Awards for All	-	-	-	9,782
National Lottery Community Fund	-	41,148	41,148	-
National Lottery Community Fund	-	7,841	7,841	-
Smallwood Trust	-	-	-	-
Oil income	1,558	-	1,558	1,346
Room hire	630	-	630	435
Skelton Charity	-	-	-	1,200
Sport England	-	7,760	7,760	7,000
Steve Morgan Foundation	-	6,565	6,565	-
Tesco Stronger Starts	-	500	500	-
Therapy room income	7,250	-	7,250	7,005
Training income	1,000	-	1,000	560
	-----	-----	-----	-----
	10,438	106,411	116,849	181,613
	=====	=====	=====	=====

Charitable activities in 2024 related to £46,185 unrestricted funds and £135,428 restricted funds.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2025

	Unrestricted Funds 2025	Restricted Funds 2025	Total Funds 2025	Total Funds 2024
c. Investment income	£	£	£	£
Bank interest	583	-	583	2,262
	=====	=====	=====	=====

Investment Income in 2024 relate wholly to unrestricted funds.

d. Other income	£	£	£	£
Other income	497	-	497	757
	=====	=====	=====	=====

Other Income in 2024 relate wholly to unrestricted funds.

4. Expenditure on charitable activities

	Direct Charitable Expenditure £	Support & Governance Costs £	Total 2025 £	Total 2024 £
To advance the education of women by providing advice and assistance regarding the health medical childcare and other services	114,510	108,244	222,754	278,844
	=====	=====	=====	=====

a. Analysed as follows:

	2025 £	2024 £
<i>Direct charitable expenditure:</i>		
Staff salary costs	76,274	102,035
Pension	4,733	6,748
Temporary Staff costs	8,469	33,470
Running costs	11,193	8,429
Volunteer expenses	536	453
Therapist fees	12,261	6,950
Oils and resources	1,044	1,149
	-----	-----
	114,510	159,234
	-----	-----

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2025

	2025	2024
	£	£
<i>Support & governance costs:</i>		
Staff salary costs	49,185	56,568
Pension	2,970	3,809
Office costs	11,565	13,071
Marketing	45	25
Insurance	2,537	1,993
Travel expenses	889	991
Equipment hire	2,005	1,697
Venue hire	-	122
Legal costs	-	5,861
Health and safety	930	823
Sundry expenses	296	223
Security costs	405	405
Training costs	5,593	2,148
Refreshments and subsistence	535	692
Subscriptions and licences	449	506
Vouchers	1,600	1,559
Right of use Interest	4,600	4,390
Accountancy	1,328	1,365
Depreciation	23,312	23,362
	-----	-----
	108,244	119,610
	-----	-----
Total expenditure on charitable activities	222,754	278,844
	=====	=====

£119,700 (2024: £128,958) of the above expenditure relates to restricted funding.

	2025	2024
	£	£
b. Analysis of staff costs		
Salaries	120,183	150,841
Social security	5,276	7,762
Pension	7,703	10,557
	-----	-----
	133,162	169,160
	=====	=====

c. Particulars of employees:

The average number of employees during the year, analysed by activity, was:

	2025	2024
Management and administration	1	1
Charitable activities	3.8	4
	-----	-----
Total	4.8	5.0
	=====	=====

The Trustees, being also the Directors of the charitable company, are not remunerated for their services and are not included in the above number of employees.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2025

No employees received remuneration more than £60,000. No out-of-pocket expenses were reimbursed to trustees in the year (2024: £nil).

5. Tangible fixed assets

	Equipment	Fixtures & Fittings	Leasehold Improvements	Total
Cost	£	£	£	£
Balance at 1 st April 2024	6,429	2,336	2,295	11,060
Additions	-	-	-	-
Balance at 31st March 2025	6,429	2,336	2,295	11,060
Accumulated Depreciation				
Balance at 1 st April 2024	5,146	2,187	2,295	9,628
Charge for the year	503	22	-	525
Balance at 31st March 2025	5,649	2,209	2,295	10,153
Net Book Value at 31st March 2025	780	127	-	907
Net Book Value at 31 st March 2024	1,283	149	-	1,432

6. Right of use assets

	Lease	Total
Cost:	£	£
Balance at 1 st April 2024	136,731	136,731
Additions in the year	-	-
Balance at 31st March 2025	136,731	136,731
Depreciation:		
Balance at 1 st April 2024	113,942	113,942
Charge for the year	22,789	22,789
Balance at 31st March 2025	136,731	136,731
Net Book Value at 31st March 2025	-	-
Net Book Value at 31 st March 2024	22,789	22,789

The lease at 120 Bold Street, originally signed on 5 August 2004 for a 20-year term, came to an end in June 2025.

The charitable company relocated its premises from 120 Bold Street, Liverpool to 1 Tithebarn Street, Liverpool in June 2025.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2025

A new lease agreement for the premises at 1 Tithebarn Street was signed in June 2025 for a period of three years. The impact of this new lease will be reflected in the financial statements for the year ending 31st March 2026.

7. Stock

Stock comprises of oils sold in therapy room.

	2025	2024
	£	£
Stock	1,001	1,135
	=====	=====

8. Debtors

	2025	2024
	£	£
Prepayments and accrued income	1,916	6,346
Other debtors	-	250
	-----	-----
	1,916	6,596
	=====	=====

9. Creditors: amounts falling due within one year

	2025	2024
	£	£
Trade creditors	611	392
Other Creditors	331	22,100
Accruals	1,598	1,535
Tax and social security	2,400	2,677
Pension	682	1,013
Deferred Income (See note 10)	-	-
	-----	-----
	5,622	27,717
	=====	=====

10. Deferred Income

	2025	2024
	£	£
Balance at 1 st April 2024	-	20,000
Amount deferred	-	-
Amount released to incoming resources	(-)	(20,000)
	-----	-----
Balance at 31st March 2025	-	-
	=====	=====

Deferred income represents income for activities in future accounting years.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2025

11. Analysis of Net Assets between Funds

2025	Tangible Fixed Assets £	Net Current Assets £	Total £
Unrestricted Funds			
General Fund	127	(60,589)	(60,462)
Designated Funds			
Redundancy provision	-	10,370	10,370
Running costs provision	-	25,763	25,763
Lease commitments	-	270	270
Relocation fund	-	50,000	50,000
	----- 127	----- 25,814	----- 25,941
Restricted Funds			
LCVS Community Impact Fund	-	63	63
LCVS Community Innovation fund	118	-	118
Liverpool City Council- Our Liverpool	-	5,949	5,949
Liverpool City Council – Neighbourhood Directorate	-	4,305	4,305
Liverpool VSFSE Health and Wellbeing Fund	-	123	123
National Lottery Community Fund	-	28,196	28,196
National Lottery Community Fund Smallwood Trust	-	6,789	6,789
Skelton Charity	641	-	641
Sport England	-	1,798	1,798
Tesco Stronger Starts	-	321	321
Women's Organisation	21	-	21
	----- 780	----- 47,544	----- 48,324
Totals	907 =====	73,358 =====	74,265 =====

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2025

2024	Right of Use Assets	Tangible Fixed Assets	Net Current Assets	Total
	£	£	£	£
Unrestricted Funds				
General Fund	22,789	150	(122,202)	(99,263)
Designated Funds				
Redundancy provision	-	-	23,554	23,554
Running costs provision	-	-	74,943	74,943
Lease commitments	-	-	1,350	1,350
Relocation fund	-	-	50,000	50,000
Continuation of Projects (drop in, outreach)	-	-	1,901	1,901
	----- 22,789	----- 150	----- 29,546	----- 52,485
Restricted Funds				
John Moores Foundation	-	-	3,665	3,665
LCVS Community Innovation fund	-	197	-	197
Liverpool City Council – Neighbourhood Directorate	-	-	44,696	44,696
Liverpool VSFSE Health and Wellbeing Fund	-	-	4,210	4,210
Skelton Charity	-	937	-	937
Sport England	-	-	4,139	4,139
Women's Organisation	-	148	-	148
	----- -	----- 1,282	----- 56,710	----- 57,992
Totals	----- 22,789 =====	----- 1,432 =====	----- 86,256 =====	----- 110,477 =====

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2025

12. Unrestricted Funds

2025	Reserves at Beginning of Year £	Movements in the Year		Transfer between Funds £	Reserves at End of Year £
		Income £	Expenditure £		
General Fund	(99,263)	76,510	(103,054)	65,345	(60,462)
Designated Funds:					
Redundancy provision	23,554	-	-	(13,184)	10,370
Running costs provision	74,943	-	-	(49,180)	25,763
Lease commitments	1,350	-	-	(1,080)	270
Relocation fund	50,000	-	-	-	50,000
Continuation of projects (drop in, outreach)	1,901	-	-	(1,901)	-
	151,748	-	-	(65,345)	86,403
	52,485	76,510	(103,054)	-	25,941

2024	Reserves at Beginning of Year £	Movements in the Year		Transfer between Funds £	Reserves at End of Year £
		Income £	Expenditure £		
General Fund	18,028	73,865	(149,886)	(41,270)	(99,263)
Designated Funds:					
Redundancy provision	19,603	-	(-)	3,951	23,554
Running costs provision	34,624	-	(-)	40,319	74,943
Lease commitments	2,850	-	(-)	(1,500)	1,350
Relocation fund	50,000	-	(-)	-	50,000
Continuation of projects (drop in, outreach)	3,401	-	(-)	(1,500)	1,901
	110,478	-	(-)	41,270	151,748
	128,506	73,865	(149,886)	-	52,485

General Fund is used to finance the charitable company's general activities as outlined in the Trustees' Annual Report.

Redundancy provision exists to cover redundancy payments, in the event of reduced grant funding.

Running costs provision represents funds required for six months' running costs.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2025

Lease commitments to cover lease commitments for 120 Bold Street and a photocopier.

Relocation fund exists to cover potential property improvements and related expenditure in the event of relocation of premises following cessation of the current lease.

Continuation of Projects represents funds required to complete existing projects (drop in and outreach).

Transfer between funds consist of transfers to reflect the Trustees' review of Designated Funds.

13. Restricted Funds

2025	Reserves at Beginning of Year	Movements in the Year		Reserves at End of Year
		Income	Expenditure	
	£	£	£	£
Big Give	-	2,500	(2,500)	-
John Moores Foundation	3,665	-	(3,665)	-
LCVS Community Impact Fund	-	1,444	(1,381)	63
LCVS Community Innovation fund	197	-	(79)	118
Liverpool City Council – Neighbourhood Directorate	44,696	-	(40,391)	4,305
Liverpool City Council- Our Liverpool	-	10,292	(4,343)	5,949
Liverpool City Council- Winter Fuel Grant	-	500	(500)	-
Liverpool VSFSE Health and Wellbeing Fund	4,210	25,508	(29,595)	123
Match Funding for Big Give campaign donation	-	3,621	(3,621)	-
National Lottery Community Fund	-	41,148	(12,952)	28,196
National Lottery Community Fund Smallwood Trust	-	7,841	(1,052)	6,789
NHS Cheshire & Merseyside- Community Grant	-	2,353	(2,353)	-
Skelton Charity	937	-	(296)	641
Sport England	4,139	7,760	(10,101)	1,798
Steve Morgan Foundation	-	6,565	(6,565)	-
Tesco Stronger Starts	-	500	(179)	321
Women's Organisation	148	-	(127)	21
	57,992	110,032	(119,700)	48,324

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2025

2024	Reserves at Beginning of Year	Movements in the Year		Reserves at End of Year
		Income	Expenditure	
	£	£	£	£
Big Give	2,275	5,000	(7,275)	-
Central Liverpool Primary Care Network	-	995	(995)	-
Cheshire & Merseyside Cancer Alliance	-	20,000	(20,000)	-
Citizens Advice - Advice on Prescription	-	2,000	(2,000)	-
Garfield Western Foundation	30,000	-	(30,000)	-
John Moores Foundation	6,786	9,000	(12,121)	3,665
LCVS Community Impact Fund	2,376	4,441	(6,817)	-
LCVS Community Innovation fund	276	-	(79)	197
Liverpool City Council Community Resources Grant	20	13,600	(13,620)	-
Liverpool City Council – Neighbourhood Directorate	-	47,770	(3,074)	44,696
Liverpool VSFSE Health and Wellbeing Fund	-	14,640	(10,430)	4,210
National Lottery Awards for All	-	9,782	(9,782)	-
NHS Cheshire & Merseyside	9,419	-	(9,419)	-
Skelton Charity	-	1,200	(263)	937
Sport England	-	7,000	(2,861)	4,139
Women's Organisation	370	-	(222)	148
	51,522	135,428	(128,958)	57,992

These are monies granted to the charitable company to be spent at the discretion of the Board of Trustees for specific charitable purposes, as follows:

Big Give – Provide mental health and wellbeing support to women and digital capacity building across Merseyside plus 'Hope Project'.

Central Liverpool Primary Care Network – Contribution towards IWD events

Cheshire & Merseyside Cancer Alliance – Contribution towards Cancer sessions and workshops

Citizens Advice - Advice on Prescription

Garfield Weston Foundation – Contribution towards core costs.

John Moores Foundation – Contribution for project worker for Saturday Club.

LCVS Community Impact Fund – Contribution towards Mental Health Crises intervention Hub and 'Women's outreach

LCVS Community Innovation – Contribution to help women with fitness and social isolation.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2025

Liverpool City Council Community Resources Grant – Contribution towards the costs of providing a community outreach events and sessions.

Liverpool City Council – Neighbourhood Directorate - Contribution towards refuge services.

Liverpool City Council – Our Liverpool- Contribution towards Saturday club sessional work for refugees, people seeking asylum & vulnerable people

Liverpool City Council- Winter Fuel Grant- Contribution towards gas and electricity costs.

Liverpool VSFSE Health and Wellbeing Fund - Contribution towards mental health support.

Match Funding for Big Give Campaign Donation- donations received for the big give campaign match funding

National Lottery Awards for all – Contribution towards mental health support and wellbeing worker.

National Lottery Community Fund – Contribution towards computers and server and mental health support.

National Lottery Community Fund Smallwood Trust - Contribution towards emergency support, financial support & listening ear support for Women.

NHS Cheshire & Merseyside Community Grant- Deliver Women's Health Training Course, a certificated course with Open Awards for 18 months

Skelton Charity - Contribution towards IT equipment for referrals

Sport England - Contribution towards move exercise activities

Steve Morgan Foundation- contribution towards salary costs

Tesco Stronger Starts – Contribution towards general services to reach 30 women

Women's Organisation – Contribution towards women back to employment.

14. Commitments Under Leases

Financial commitments under non-cancellable operating leases relating to a photocopier lease, this will result in the following payments falling due at 31st March 2025.

	2025	2024
Photocopier	£	£
Operating leases which expire:		
Due within one year	270	1,350
	-----	-----
	270	1,350
	=====	=====

15. Related Party Transactions

There was no related party transactions during the year or 31st March 2024.

16. Contingent Liabilities

The charitable company did not have any contingent liabilities as of 31st March 2025 or 31st March 2024.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2025

17. Guarantees

The charitable company is limited by guarantee. In the event of winding-up each member will contribute, if necessary, the sum of £1

	2025	2024
Number of members	10	12
Total guarantees	£10	£12
	=====	=====

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LTD

England & Wales - Charity number 519687

Accounts

**WOMEN'S HEALTH INFORMATION
SUPPORT CENTRE LIMITED**

**TRUSTEES' REPORT & UNAUDITED
FINANCIAL STATEMENTS
FOR YEAR ENDED
31ST MARCH 2024**

Company Registration No. 02035623

Charity Registration No. 519687

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2024

The directors, who are trustees of the charity are pleased to present their annual report for the year ended 31st March 2024.

The trustees have adopted the provision of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS102) in preparing the annual report and financial statements of the charity.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charities' Article of Association, the Companies Act 2006 and "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) (effective 1 January 2019)".

OBJECTIVES AND ACTIVITIES

The Women's Health and Information Services Centre (WHISC) is a voluntary organization that originated in 1984 through the initiative of women from Vauxhall, Liverpool. Their aim was to empower women with knowledge and information to take charge of their health and well-being. Over the past four decades, WHISC has been instrumental in supporting thousands of women and their families, helping them overcome challenges and enhance their lives.

Primarily led by volunteers, WHISC operates with the assistance of a small core team of paid staff. Together, they offer a wide array of women's health services, including complementary therapies, self-help resources, and educational classes on physical and mental well-being. Our mission is to empower women to lead healthier and more fulfilling lives.

Beyond our Liverpool city centre hub, we extend our services through outreach activities to various women's community groups across Liverpool, particularly those that are of minority and underrepresented, recognising the intersectional experiences of the women we support across Liverpool.

WHISC Vision, Mission and Values

At the heart of what we do is our belief that all Women and girls, regardless of their ethnicity, religion, age should be respected and thrive in an environment where information and support is accessible.

Our Vision Statement: Helping women to thrive.

Our Mission Statement: Empowering women in the Liverpool City Region with knowledge and person-centred support to become the best version of themselves.

Our Values: At WHISC, our values are the cornerstone of our organization. We understand that reaching out for help can be challenging, which is why empowering women to thrive lies at the core of all our endeavours.

WHISC plays an integral role in the health and care system throughout Liverpool and the wider Merseyside regions, providing accessible support and information to women facing diverse needs. From women's health and well-being to mental health, trauma, isolation, and poverty, WHISC addresses a broad spectrum of concerns. Women can access WHISC's support and information through various channels, including:

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2024

Services available at the WHISC centre	
<ul style="list-style-type: none"> ▪ Mental & Physical Health information ▪ Women's advocacy ▪ Warm and safe hub space ▪ Peer to peer support ▪ Volunteering ▪ Community outreach ▪ Anti-Poverty support services ▪ Health education and training ▪ Women's Health Training Course Accreditation ▪ Telephone access 	<ul style="list-style-type: none"> ▪ Skills and activity sessions ▪ Group wellbeing sessions ▪ 1-2-1 listening service ▪ Saturday Inclusion club ▪ Complementary therapies ▪ Specific support for minority and vulnerable women (refugee, asylum seeking and migrant women and their children) ▪ Information on cancer and health screening in partnership with NHS

WHISC Data Assets

Over the past four decades, WHISC has amassed extensive knowledge, information, and data, significantly enhancing the support services and programs available to address the complex challenges faced by women in Liverpool. Our profound understanding of the often-struggling health and care system, combined with our reliable network of partner organizations, positions WHISC as a crucial support system for many vulnerable women.

In the past year alone, our dedicated staff and volunteers have provided over 5,000 hours of support and services to women, many of whom are vulnerable and in urgent need of assistance and intervention.

A key asset of WHISC is our City Centre hub, which offers a psychological and emotional safe space exclusively for women. Here, women can access a range of support services through both drop-ins and appointments, ensuring they receive the help they need in a secure and supportive environment.

Public Benefit

In considering the objectives and activities, the Trustees have considered Charity Commission guidance on Public Benefit to ensure that the charitable company is meeting its Public Benefit requirements.

The Women's Health Information & Support Centre (WHISC) in Liverpool offers several public benefits focused on improving the health and well-being of women. Here are the key benefits:

1. Health Education and Information:

WHISC provides comprehensive health education and information services, helping women to make informed decisions about their health. This includes providing up-to-date information on various health issues, treatments, and preventative measures.

2. Support Services:

The centre offers emotional and practical financial support to women dealing with health issues, personal challenges, or crises. This support can include support groups and one-on-one sessions, helping women navigate difficult times and improve their mental health.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2024

3. Empowerment and Advocacy:

WHISC empowers women by advocating for their health rights and promoting gender equality. The centre raises awareness about women's health issues, campaigns for better health policies, and works to eliminate disparities in health care access.

4. Community Outreach and Engagement:

The centre engages with the community to provide outreach programs that reach women who might not otherwise have access to health services. This can include workshops, seminars, and health fairs aimed at educating and supporting women in various communities.

5. Holistic Health Approach:

WHISC adopts a holistic approach to women's health, addressing not just physical health, but also mental, emotional, and social well-being. This comprehensive approach ensures that all aspects of a woman's health are considered and supported.

6. Support for Marginalized Groups:

The centre often focuses on providing services to Women who experience Health Inequalities and vulnerable groups, including minority communities, refugees, and low-income women. By offering tailored support to these groups, WHISC helps to reduce health inequalities and ensure that all women have access to necessary health resources.

Changes in Service Demand

Our services are in higher demand than ever, especially among vulnerable women facing barriers to mainstream services, which are also under resourced. The increased complexity of needs has impacted safeguarding and casework capacity. We've improved representation on local health boards to advocate for women with complex needs and adapt our service model to maintain effectiveness and safety.

ACHIEVEMENTS AND PERFORMANCE

- Intervention Services: 713 active clients, averaging 142 women per month.
- Diverse Clientele: Representing 53 nationalities and 24 ethnic groups.
- Outreach Efforts: Attended 37 health fairs and 26 health events, engaging 2,345 women.
- Anti-Poverty Support: Requests increased by 220% due to the cost-of-living crisis.
- Service Delivery: 4,130 interventions, 142 new referrals, 28% increase in health session attendance.
- Group Activities: 416 sessions with 2,023 attendances, fostering support networks.
- One-to-One Support: 464 sessions, improving mental health through early intervention.

Challenges and opportunities for 2024-25

Over the past five years, annual secured funds have remained relatively steady at around £215,000. However, in 2024, our funding dropped by 16% and costs increased by 4%, putting significant pressure on WHISC's reserves. The funding landscape remains challenging, with a significant rise in applications for each opportunity. To address this, we have adjusted our cost base and are exploring sustainable funding options through our three-year strategy to support our operational goals.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED

TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2024

As part of this strategy, we are exploring how AI and digital platforms can enhance, improve, and expand our service delivery by freeing up more front-line time from administrative duties to manage the increased demand.

Additionally, we are investigating ways to make our services more accessible to a broader demographic, including individuals with mobility challenges and professional working women who may be able to contribute financially to access our services digitally.

WHISC has access to three inner-city allotments, which we are planning to utilize for community education and food cultivation. By leveraging these spaces, we aim to grow produce that will not only benefit the community by providing nourishment for their families but also contribute to the preservation and enhancement of Liverpool's inner city green space.

In 2023-2024, we established several new partnerships with VCSE (Voluntary, Community, and Social Enterprise) organizations and mainstream services. These partnerships will continue to develop over the next financial year.

Key initiatives and achievements include

- Cheshire and Merseyside Cancer Alliance Commission: We delivered a programme of 10 cancer events in communities with the highest deprivation levels. This effort has helped forge new partnerships with local Children's Centres.
- Outreach Services: We successfully secured funding from Cheshire and Merseyside NHS to deliver outreach services in children's centres for pregnant women and those with children aged 0-5 years over the next three years.
- Women's Health Training Course: Previously funded by NHS Cheshire and Merseyside, this course achieved accreditation for women in safe accommodation. This year, local authority funding allows us to deliver health and wellbeing services, including the training course, across four safe accommodation sites in Liverpool.

Location and capacity challenges

The existing layout and size of our community centre hub have brought about numerous challenges. Preserving a city centre location remains vital for ensuring our services are accessible. We've joined forces with Locality, a national network backing local community venues, to pursue funding for new premises from the Department for Levelling Up, Housing, and Communities. This move is crucial in our drive to enhance capacity and broaden our services. However, securing a sustainable income stream to address escalating property costs is imperative before we can consider relocating our hub centre. By tackling these hurdles and capitalizing on fresh opportunities, our aim is to sustain and expand our support for women in Liverpool.

We extend our heartfelt gratitude to all our funders, whose generous support enables WHISC to persist in providing crucial information and support to women across Liverpool year after year. Their contributions are invaluable and make a profound impact on the lives of those we serve. A sincere thank you.

FINANCIAL REVIEW

Income in the year was £209,293 (2023: £185,699) of which £135,428 (2023: £153,460) was restricted funds.

Expenditure in the year was £278,844 (2023: £211,330) leaving a deficit for the year of £69,551 (2023: deficit £25,631).

At 31st March 2024 the charitable company's reserves stood at £110,477 (2023: £180,028) of which £57,992 (2023: £51,522) represented restricted funds

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2024

Risk Policy

Although WHISC has implemented procedures and policies to oversee all operational risks, the board of trustees is relatively new. Only two out of nine members have longstanding service, with the remaining seven joining during September and October 2023. Presently, the trustees are evaluating the policies and operational processes to ensure consistent and compliant adherence to standards required across all aspects of the charity's operations.

As part of this assessment, updates were made to the articles of association in the fourth quarter and duly filed.

Reserves Policy

It is the policy of the charitable company to maintain unrestricted funds, which are free reserves at a level to cover redundancy provision, lease commitments, returning the office back to original condition and six months' running costs and to continue current projects should no further funding be received.

The unrestricted funds £52,485, the charitable company requires £23,554 for redundancy provision, £1,350 lease commitments, £50,000 to move premises and return the building back to original condition and £74,943 for 6 months continuance of WHISC services and £1,901 to continue drop-in facility and outreach service (Total 151,748).

The trustees' plan to increase the unrestricted reserves to the level required is to adjusted our cost base and are exploring sustainable funding options through our three-year strategy to support our operational goals.

PLANS FOR FUTURE

Amidst a challenging landscape marked by a cost-of-living crisis, economic instability, funding constraints, and political uncertainty surrounding impending elections, WHISC must strategically streamline operations and focus on core activities. This ensures the sustainability of our organization, enabling us to continue providing vital support, services, and information to the women of Liverpool.

Central to our approach is the unwavering commitment to our vision and mission. We will prioritize:

- **Investing in Our People and Culture:** Fostering a positive and transparent environment that values feedback, trust, and collaboration among both staff and volunteers to cultivate a stronger WHISC. Sharing the refreshed three-year strategic plans with the team to envision the future path of WHISC together.
- **Upskilling Staff and Volunteers:** Integrating training initiatives into our sustainability plans to enhance the capabilities and effectiveness of our workforce.
- **Diversified Fundraising:** Implementing a blended fundraising approach encompassing community, corporate, and social enterprise strategies to ensure financial stability and resilience.
- **Volunteer Recruitment and Engagement:** Scaling up volunteer recruitment efforts to align with our long-term strategic goals, enhancing our capacity for service delivery.
- **Exploring Digital Solutions:** Leveraging digital platforms and online access to broaden the reach of our services, potentially including subscription models to enhance accessibility.
- **Enhancing Governance and Operational Clarity:** Establishing clear alignment and communication between the board and operational teams regarding governance and day-to-day operations to drive organizational effectiveness.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2024

By focusing on these key areas, WHISC aims to adapt and thrive amidst challenges while remaining steadfast in our commitment to serving the needs of women in Liverpool.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Women's Health Information Support Centre Limited is a company limited by guarantee (registration number 02035623), governed by its Memorandum and Articles of Association dated 9th July 1986. Also registered as a charity with the Charity Commission (charity number 519687) on 30th March 1988.

Legal Status

The charitable company's Trustees are known as members of the Management Committee. Under the requirements of the Memorandum and Articles of Association, two members of the Committee must stand down with the option of standing for re-election at the Annual General Meeting.

The members to retire must be the longest in office since their last election or appointment. All members are circulated with invitations to nominate Trustees prior to the AGM advising them of the retiring Trustees and requesting nominations for the AGM. When considering co-opting Trustees, the Committee has regard to the requirements of any specialist skills needed.

Administration Details

The day-to-day management of the charitable company is delegated by the Trustees to the Manager.

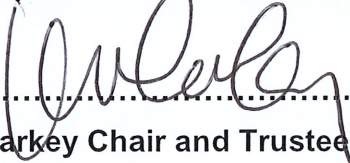
REFERENCE AND ADMINISTRATIVE DETAILS

Name	Women's Health Information Support Centre Limited	
Company Number	02035623	
Charity Number	519687	
Registered Office	120 Bold Street, Liverpool, L1 4JA	
Board of Trustees	The Board of Trustees are also its directors. The charitable company is governed by a Board of Trustees; members of the Board of Trustees during the year are listed below:	
Chair	KJ Markey L Lamb	(Appointed 25 th October 2023) (Resigned 19 th October 2023)
Treasurer	C Dean	(Resigned 31 st October 2023)

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2024

Other Trustees	M Andrews	
	B Biddle	(Appointed 25 th October 2023)
	S Birkett (Vice Chair)	(Appointed 1 st September 2023)
	E Cullinan	(Appointed 25 th October 2023)
	R Dalton	(Resigned 25 th October 2023)
	H Fowler	(Appointed 25 th October 2023)
	S Gregory	(Appointed 25 th October 2023)
		(Resigned 29 th April 2024)
	A Hulme	(Resigned 20 th December 2023)
	J Jones	(Appointed 1 st September 2023)
		(Resigned 2 nd May 2024)
		KJ Markey (Appointed 25 th October 2023)
	J Spragg (Appointed 25 th October 2023)	
	A Thompson	
Company Secretary	R Dalton	(Resigned 25 th October 2023)
	J Spragg	(Appointed 25 th October 2023)
Independent Examiner	Ying Huang ACCA	
	LCVS	
	151 Dale Street,	
	Liverpool, L2 2AH	
Bankers	Santander	
	Business Banking Centre PO Box 126, Newport, Gwent, NP9 4UP	
	Unity Trust Bank plc	
	Nine Brindley Place, Birmingham, B1 2HB	

Approved on behalf of the Board,


.....
KJ Markey Chair and Trustee

Date ...28/3/24.....

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also directors of The Women's Organisation for the purposes of company law) are responsible for preparing the Trustees' Annual Report (including the Strategic Report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the charities SORP 2019(FRS102).
- make judgements and estimates that are reasonable and prudent.
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements.
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. The trustees are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on behalf of the Board of Trustees


.....

S Birkett - Vice Chair

120 Bold Street,
Liverpool,
L1 4JA

Date:.....14/06/24.....

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS TO THE TRUSTEES OF WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED

I report on the accounts of the charitable company for the year ended 31st March 2024, which are set out on pages 10 to 26.

Respective responsibilities of trustees and examiner

The Trustees (who are also the Directors of the charitable company for the purposes 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.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act,
- 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
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charitable company 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 the 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:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
- to prepare accounts which accord with the accounting records and 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 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.

Name: **Mrs Ying Huang**



Relevant professional qualification or body: **ACCA**

Address: **c/o LCVS 151, Dale Street, Liverpool, L2 2AH**

Dated: *24th September 2024*

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
STATEMENT OF FINANCIAL ACTIVITIES (Including Income & Expenditure Account)
FOR THE YEAR ENDED 31ST MARCH 2024

	Notes	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Totals 2024 £	Totals 2023 £
Income and endowments from:					
Donations and legacies	3a	24,661	-	24,661	22,395
Charitable activities	3b	46,185	135,428	181,613	161,525
Investments	3c	2,262	-	2,262	526
Other income	3d	757	-	757	1,253
Total income		73,865	135,428	209,293	185,699
Expenditure on:					
Charitable activities	4	149,886	128,958	278,844	211,330
Total expenditure		149,886	128,958	278,844	211,330
Net (expenditure)/income, net movement in the year		(76,021)	6,470	(69,551)	(25,631)
Total funds brought forward	13,14	128,506	51,522	180,028	205,659
Total funds carried forward	12-14	52,485	57,992	110,477	180,028

The notes on pages 12 to 26 form part of these accounts. All the above amounts relate to continuing activities of the charitable company.

This Statement includes all gains and losses recognisable in the year.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
BALANCE SHEET AS AT 31ST MARCH 2024

COMPANY NO. 02035623

	Notes	31 st March 2024		31 st March 2023	
		£	£	£	£
Fixed assets					
Tangible fixed assets	5		1,432		821
Right of use assets	6		22,789		45,577
			-----		-----
			24,221		46,398
Current assets					
Stock	7	1,135		644	
Debtors	8	6,596		6,675	
Cash at bank and in hand		106,242		194,935	
			-----		-----
		113,973		202,254	
Current liabilities					
Creditors: amounts falling due within one year	9	(27,717)		(46,524)	
			-----		-----
Net current assets			86,256		155,730
			-----		-----
Total assets less current liabilities			110,477		202,128
Creditors: amounts falling due after more than one year	11		(-)		(22,100)
			-----		-----
Net assets			110,477		180,028
			=====		=====
Funds:					
Unrestricted funds	11,12		52,485		128,506
Restricted funds	11,13		57,992		51,522
			-----		-----
			110,477		180,028
			=====		=====

These financial statements have been prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102).

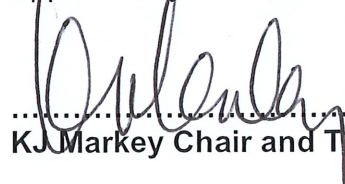
These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies' regime and in accordance with FRS102 SORP.

For the period covered by these accounts the charitable company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

No members have required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

The Trustees, who are the Directors of the charitable company, acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

Approved by the Board on: 26/3/24



 KJ Markey Chair and Trustee



 S Birkett - Vice Chair

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2024

1. Limited Liability

The charitable company is a company limited by guarantee. Each member's liability is limited to £1.

2. Accounting Policies

Basis of Accounting

The accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (SORP 2019) effective 1st January 2019, Charities Act 2011 and the Companies Act 2006.

The accounts are prepared in sterling, which is the functional currency of the charitable company. Monetary amounts in these financial statements are rounded to the nearest £.

The charitable company has taken advantage of the provisions in the SORP for Charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

Going concern

At the time of approving the accounts, the Trustees have a reasonable expectation that the charitable company has adequate reserves to continue in operational existence for the foreseeable future. Therefore, the Trustees continue to adopt the going concern basis of accounting in preparing the accounts.

Fund accounting

Unrestricted funds are the charitable company's free reserves available for the Trustees to apply in accordance with the charitable company's charitable objectives.

Designated funds are funds set aside by the Trustees out of unrestricted funds for specific future purposes.

Restricted funds are subject to specific restrictive conditions imposed by the donor. All restricted funds are accounted for as restricted income and expenditure for the purposes is charged to the fund.

Income recognition

All income is recognised once the charitable company has entitlement to the income, there is sufficient certainty of receipt and so it is probable that the income will be received, and the amount of income receivable can be measured reliably.

Donations and legacies comprise of donations which are recognised in the accounts when received, with the exception of known legacies which are accounted for when their receipt is certain.

Income from charitable activities is recognised on an accruals basis except for grants receivable, which are recognised on the date on which their unconditional payment is confirmed by the donor.

Income from investment relates to bank interest received and is recognised when the amount is certain.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2024

Expenditure recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charitable company to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis. All expenses, including support costs and governance costs, are allocated or apportioned to the applicable expenditure headings in the Statement of Financial Activities. Support and governance costs are applied to unrestricted funds unless specifically included in the restrictions, as specified by the donor.

Expenditure on charitable activities relate to the operation of the charitable company comprising of direct charitable expenditure to meet the objectives of the charitable company. Support and governance costs relate to the management and operation of the organisation and also compliance with constitutional and statutory requirements in producing the annual report. These are dealt with in the Statement of Financial Activities when payment has been approved by the charitable company.

Fixed Assets

Capital expenditure of £300 and above is stated in the balance sheet at cost less accumulated depreciation. Depreciation is provided to write off the cost of each asset over its expected useful life as below:

Equipment	25% per annum on straight line basis
Fixtures and Fittings	15% per annum on a reducing balance basis
Leasehold Improvements	Over the term of the lease
Right of use assets	Over the term of the lease

Stock

Stock held is oils to sell in the therapy rooms and is accounted for at the lower of cost or net realisable value.

Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts.

Financial instruments

The charitable company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charitable company's balance sheet when the charitable company becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2024

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future receipts discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charitable company's contractual obligations expire or are discharged or cancelled.

Taxation

Income and gains are exempt from taxation as they are received and applied for charitable purposes only. The charitable company benefits from various exemptions from taxation afforded by tax legislation and is not liable to corporation tax on income or gains falling within those exemptions.

Critical accounting estimates and judgements

In the application of the charitable company'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 on-going 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.

3. Income and endowments from:

	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	2024	2024	2024	2023
	£	£	£	£
a. Donations and legacies:				
Donations	20,926	-	20,926	22,395
Gift aid	3,735	-	3,735	-
	-----	-----	-----	-----
	24,661	-	24,661	22,395
	=====	=====	=====	=====

Donations and legacies in 2023 relate wholly to unrestricted funds.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2024

	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	Total Funds 2023 £
b. Charitable activities:				
Big Give	-	5,000	5,000	2,703
Big Lottery Fund Grant	-	-	-	27,534
Central Liverpool Primary Care Network	-	995	995	-
Cheshire & Merseyside Cancer alliance	-	20,000	20,000	-
Citizens Advice - Advice on Prescription	-	2,000	2,000	2,000
Contract Income	36,839	-	36,839	-
Garfield Western Foundation	-	-	-	30,000
John Moores Foundation	-	9,000	9,000	9,000
LCVS Community Impact Fund	-	4,441	4,441	2,500
LCVS VSFSE Health and Wellbeing Fund	-	14,640	14,640	-
Liverpool City Council Community Resources Grant	-	13,600	13,600	13,600
Liverpool City Council-Make It Happen	-	-	-	3,000
Liverpool City Council – Neighbourhood Directorate	-	47,770	47,770	-
Liverpool City Council- Opening Doors	-	-	-	39,980
National Lottery Awards for All	-	9,782	9,782	-
NHS Cheshire & Merseyside	-	-	-	14,640
Oil income	1,346	-	1,346	1,338
Room hire	435	-	435	760
Skelton Charity	-	1,200	1,200	-
Sport England	-	7,000	7,000	-
Therapy room income	7,005	-	7,005	5,967
Training income	560	-	560	-
Women's Organisation	-	-	-	6,725
Workers Educational Association-European Social Fund	-	-	-	1,778
	-----	-----	-----	-----
	46,185	135,428	181,613	161,525
	=====	=====	=====	=====

Charitable activities in 2023 related to £8,065 unrestricted funds and £153,460 restricted funds.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2024

	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	2024	2024	2024	2023
	£	£	£	£
c. Investment income				
Bank interest	2,262	-	2,262	526
	=====	=====	=====	=====

Investment Income in 2023 relate wholly to unrestricted funds.

	£	£	£	£
d. Other income				
Other income	757	-	757	1,253
	=====	=====	=====	=====

Other Income in 2023 relate wholly to unrestricted funds.

4. Expenditure on charitable activities

	Direct Charitable Expenditure	Support & Governance Costs	Total 2024	Total 2023
	£	£	£	£
To advance the education of women by providing advice and assistance regarding the health medical childcare and other services	159,234	119,610	278,844	211,330
	=====	=====	=====	=====

a. Analysed as follows:

	2024	2023
	£	£
<i>Direct charitable expenditure:</i>		
Staff salary costs	102,035	92,855
Pension	6,748	1,499
Temporary Staff costs	33,470	9,920
Running costs	8,429	6,375
Volunteer expenses	453	934
Therapist fees	6,950	5,930
Oils and resources	1,149	1,859
	-----	-----
	159,234	119,372
	-----	-----

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2024

	2024	2023
	£	£
<i>Support & governance costs:</i>		
Staff salary costs	56,568	24,746
Pension	3,809	5,862
Statutory Sick Pay	-	512
Office costs	13,071	14,121
Marketing	25	500
Insurance	1,993	2,775
Travel expenses	991	-
Equipment	-	1,273
Equipment hire	1,697	1,679
Venue hire	122	-
Legal costs	5,861	-
Health and safety	823	742
Sundry expenses	223	746
Consultancy & Professional Fees	-	4,133
Security costs	405	540
Training costs	2,148	2,838
Refreshments and subsistence	692	626
Subscriptions and licences	506	322
Vouchers	1,559	1,550
Right of use Interest	4,390	4,178
Accountancy	1,365	1,160
Depreciation	23,362	23,655
	-----	-----
	119,610	91,958
	-----	-----
Total expenditure on charitable activities	278,844	211,330
	=====	=====

£128,958 (2023: £142,083) of the above expenditure relates to restricted funding.

	2024	2023
	£	£
b. Analysis of staff costs		
Salaries	150,841	113,505
Social security	7,762	4,096
Pension	10,557	7,361
	-----	-----
	169,160	124,962
	=====	=====

c. Particulars of employees:

The average number of employees during the year, analysed by activity, was:

	2024	2023
Management and administration	1	1
Charitable activities	4	3.4
	-----	-----
Total	5.0	4.4
	=====	=====

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2024

The Trustees, being also the Directors of the charitable company, are not remunerated for their services and are not included in the above number of employees.

No employees received remuneration more than £60,000. No out-of-pocket expenses were reimbursed to trustees in the year (2023: £nil).

5. Tangible fixed assets

	Equipment	Fixtures & Fittings	Leasehold Improvements	Total
Cost	£	£	£	£
Balance at 1 st April 2023	11,485	2,336	2,295	16,116
Additions	1,184	-	-	1,184
Disposals	(6,240)	-	-	(6,240)
	-----	-----	-----	-----
Balance at 31st March 2024	6,429	2,336	2,295	11,060
	-----	-----	-----	-----
Accumulated Depreciation				
Balance at 1 st April 2023	10,839	2,161	2,295	15,295
Charge for the year	547	26	-	573
Eliminated on disposals	(6,240)	-	-	(6,240)
	-----	-----	-----	-----
Balance at 31st March 2024	5,146	2,187	2,295	9,628
	-----	-----	-----	-----
Net Book Value at 31st March 2024	1,283	149	-	1,432
	=====	=====	=====	=====
Net Book Value at 31 st March 2023	646	175	-	821
	=====	=====	=====	=====

6. Right of use assets

	Lease	Total
Cost:	£	£
Balance at 1 st April 2023	136,731	136,731
Additions in the year	-	-
	-----	-----
Balance at 31st March 2024	136,731	136,731
	=====	=====
Depreciation:		
Balance at 1 st April 2023	91,154	91,154
Charge for the year	22,788	22,788
	-----	-----
Balance at 31st March 2024	113,942	113,942
	=====	=====
Net Book Value at 31st March 2024	22,789	22,789
	=====	=====
Net Book Value at 31 st March 2023	45,557	45,557
	=====	=====

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2024

Charitable company signed a lease for 120 Bold Street, Liverpool for 20 years on 5th August 2004.

7. Stock

Stock comprises of oils sold in therapy room.

	2024	2023
	£	£
Stock	1,135	644
	=====	=====

8. Debtors

	2024	2023
	£	£
Prepayments and accrued income	6,346	6,675
Other debtors	250	-
	-----	-----
	6,596	6,675
	=====	=====

9. Creditors: amounts falling due within one year

	2024	2023
	£	£
Trade creditors	392	3,055
Other Creditors	22,100	22,309
Accruals	1,535	1,160
Tax and social security	2,677	-
Pension	1,013	-
Deferred Income (See note 10)	-	20,000
	-----	-----
	27,717	46,524
	=====	=====

10. Deferred Income

	2024	2023
	£	£
Balance at 1 st April 2023	20,000	-
Amount deferred	-	20,000
Amount released to incoming resources	(20,000)	(-)
	-----	-----
Balance at 31st March 2024	-	20,000
	=====	=====

Deferred income represents income for activities in future accounting years.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2024

11. Creditors: amounts falling due after more than one year

	2024	2023
	£	£
Other Creditors	-	22,100
	=====	=====

Other creditors comprise lease commitments on 120 Bold Street, Liverpool started 6th August 2004 for 20 years adjusted as per IFRS 16 with discount rate of 0.95% (2022: 0.95%)

12. Analysis of Net Assets between Funds

2024	Right of Use Assets £	Tangible Fixed Assets £	Net Current Assets £	Creditors More than One year £	Total £
Unrestricted Funds					
General Fund	22,789	150	(122,202)	-	(99,263)
Designated Funds					
Redundancy provision	-	-	23,554	-	23,554
Running costs provision	-	-	74,943	-	74,943
Lease commitments	-	-	1,350	-	1,350
Relocation fund	-	-	50,000	-	50,000
Continuation of Projects (drop in, outreach)	-	-	1,901	-	1,901
	-----	-----	-----	-----	-----
	22,789	150	29,546	-	52,485
	-----	-----	-----	-----	-----
Restricted Funds					
John Moores Foundation	-	-	3,665	-	3,665
LCVS Community Innovation fund	-	197	-	-	197
LCVS VSFSE Health and Wellbeing Fund	-	-	4,210	-	4,210
Liverpool City Council – Neighbourhood Directorate	-	-	44,696	-	44,696
Skelton Charity	-	937	-	-	937
Sport England	-	-	4,139	-	4,139
Women's Organisation	-	148	-	-	148
	-----	-----	-----	-----	-----
	-	1,282	56,710	-	57,992
	-----	-----	-----	-----	-----
Totals	22,789	1,432	86,256	-	110,477
	=====	=====	=====	=====	=====

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2024

2023	Right of Use Assets £	Tangible Fixed Assets £	Net Current Assets £	Creditors More than One year £	Total £
Unrestricted Funds					
General Fund	45,577	175	(5,624)	(22,100)	18,028
Designated Funds					
Redundancy provision	-	-	19,603	-	19,603
Running costs provision	-	-	34,624	-	34,624
Lease commitments	-	-	2,850	-	2,850
Relocation fund	-	-	50,000	-	50,000
Continuation of Projects (drop in, outreach)	-	-	3,401	-	3,401
	45,577	175	104,854	(22,100)	128,506
Restricted Funds					
Big Give	-	-	2,275	-	2,275
Garfield Western Foundation	-	-	30,000	-	30,000
John Moores Foundation	-	-	6,786	-	6,786
Liverpool City Council	-	-	20	-	20
LCVS Community Impact Fund	-	-	2,376	-	2,376
LCVS Community Innovation fund	-	276	-	-	276
NHS Cheshire & Merseyside	-	-	9,419	-	9,419
Women's Organisation	-	370	-	-	370
	-	646	50,876	-	51,522
Totals	45,577	821	155,730	(22,100)	180,028

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2024

13. Unrestricted Funds

2024	Reserves at Beginning of Year £	Movements in the Year		Transfer between Funds £	Reserves at End of Year £
		Income £	Expenditure £		
General Fund	18,028	73,865	(149,886)	(41,270)	(99,263)
Designated Funds:					
Redundancy provision	19,603	-	(-)	3,951	23,554
Running costs provision	34,624	-	(-)	40,319	74,943
Lease commitments	2,850	-	(-)	(1,500)	1,350
Relocation fund	50,000	-	(-)	-	50,000
Continuation of projects (drop in, outreach)	3,401	-	(-)	(1,500)	1,901
	110,478	-	(-)	41,270	151,748
	128,506	73,865	(149,886)	-	52,485
2023	Reserves at Beginning of Year £	Movements in the Year		Transfer between Funds £	Reserves at End of Year £
		Income £	Expenditure £		
General Fund	35,041	32,239	(69,247)	19,995	18,028
Designated Funds:					
Redundancy provision	18,179	-	(-)	1,424	19,603
Running costs provision	22,809	-	(-)	11,815	34,624
Lease commitments	3,660	-	(-)	(810)	2,850
Relocation fund	22,000	-	(-)	28,000	50,000
Continuation of projects (drop in, outreach)	63,825	-	(-)	(60,424)	3,401
	130,473	-	(-)	(19,995)	110,478
	165,514	32,239	(69,247)	-	128,506

General Fund is used to finance the charitable company's general activities as outlined in the Trustees' Annual Report.

Redundancy provision exists to cover redundancy payments, in the event of reduced grant funding.

Running costs provision represents funds required for six months' running costs.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2024

Lease commitments to cover lease commitments for 120 Bold Street and a photocopier.

Relocation fund exists to cover potential property improvements and related expenditure in the event of relocation of premises following cessation of the current lease.

Continuation of Projects represents funds required to complete existing projects (drop in and outreach).

Transfer between funds consist of transfers to reflect the Trustees' review of Designated Funds.

14. Restricted Funds

2024	Reserves at Beginning of Year	Movements in the Year		Reserves s at End of Year
		Income	Expenditure	
	£	£	£	£
Big Give	2,275	5,000	(7,275)	-
Central Liverpool Primary Care Network	-	995	(995)	-
Cheshire & Merseyside Cancer Alliance	-	20,000	(20,000)	-
Citizens Advice - Advice on Prescription	-	2,000	(2,000)	-
Garfield Western Foundation	30,000	-	(30,000)	-
John Moores Foundation	6,786	9,000	(12,121)	3,665
LCVS Community Impact Fund	2,376	4,441	(6,817)	-
LCVS Community Innovation fund	276	-	(79)	197
LCVS VSFSE Health and Wellbeing Fund	-	14,640	(10,430)	4,210
Liverpool City Council Community Resources Grant	20	13,600	(13,620)	-
Liverpool City Council – Neighbourhood Directorate	-	47,770	(3,074)	44,696
National Lottery Awards for All	-	9,782	(9,782)	-
NHS Cheshire & Merseyside	9,419	-	(9,419)	-
Skelton Charity	-	1,200	(263)	937
Sport England	-	7,000	(2,861)	4,139
Women's Organisation	370	-	(222)	148
	51,522	135,428	(128,958)	57,992
	=====	=====	=====	=====

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2024

2023	Reserves at Beginning of Year	Movements in the Year		Reserves s at End of Year
		Income	Expenditure	
	£	£	£	£
Arnold Clark	328	-	(328)	-
Big Give	2,380	2,703	(2,808)	2,275
Big Lottery Fund Grant	5,699	27,534	(33,233)	-
CIF Ann & Ray Messer Foundation	2,000	-	(2,000)	-
CIF Mental Health Saturday Club	1,378	-	(1,378)	-
Citizens Advice - Advice on Prescription	-	2,000	(2,000)	-
Edward Gostling Foundation	574	-	(574)	-
Garfield Western Foundation	-	30,000	-	30,000
Improving Maternal Mental Health VCSE	1,153	-	(1,153)	-
John Moores Foundation	7,606	9,000	(9,820)	6,786
LCRCA Equality scheme	1,736	-	(1,736)	-
LCVS Covid Fund	7,461	-	(7,461)	-
LCVS Community Impact Fund	-	2,500	(124)	2,376
LCVS Community Innovation fund	6,845	-	(6,569)	276
Liverpool City Council Community Resources Grant	-	13,600	(13,580)	20
Liverpool City Council- Make It Happen	-	3,000	(3,000)	-
Liverpool City Council- Opening Doors Domestic Abuse MSP	240	-	(240)	-
National Lottery Awards for All	992	-	(992)	-
NHS Cheshire & Merseyside	-	14,640	(5,221)	9,419
P H Holt Foundation	1,161	-	(1,161)	-
Women's Organisation	592	6,725	(6,947)	370
Workers Educational Association- ESF	-	1,778	(1,778)	-
	<u>40,145</u>	<u>153,460</u>	<u>(142,083)</u>	<u>51,522</u>

These are monies granted to the charitable company to be spent at the discretion of the Board of Trustees for specific charitable purposes, as follows:

Arnold Clark – Contribution towards mental health support.

Big Give – Provide mental health and wellbeing support to women and digital capacity building across Merseyside plus 'Hope Project'.

Big Lottery Fund Grant – Contribution towards computers and server and mental health support.

Central Liverpool Primary Care Network – Contribution towards IWD events

Cheshire & Merseyside Cancer Alliance – Contribution towards Cancer sessions and workshops

CIF Ann & Ray Messer Foundation – Contribution towards food vouchers for women in crisis.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2024

- CIF Mental Health Saturday club** – Contribution towards mental health support
- Citizens Advice** - Advice on Prescription -
- Edward Gostling Foundation** – Contribution towards acquisition of stair lift.
- Garfield Weston Foundation** – Contribution towards core costs.
- Improving maternal mental health VCSE** – Contribution towards mental health support.
- John Moores Foundation** – Contribution for project worker for Saturday Club.
- LCRCA Equality scheme** – Contributions to carry out consultations into equality & diversity within the Liverpool area.
- LCVS Covid Fund** – Contribute towards the core activities of the charity.
- LCVS Community Impact Fund** – Contribution towards Mental Health Crises intervention Hub and 'Women's outreach
- LCVS Community Innovation** – Contribution to help women with fitness and social isolation.
- LCVS VSFSE Health and Wellbeing Fund** - Contribution towards mental health support.
- Liverpool City Council Community Resources Grant** – Contribution towards the costs of providing a community outreach events and sessions.
- Liverpool City Council- Make It Happen**-Project worker to deliver community outreach services and Saturday Club sessions.
- Liverpool City Council – Neighbourhood Directorate** - Contribution towards refuge services.
- Liverpool City Council - Opening doors Domestic Abuse**- Offer victims of domestic abuse appropriate and relevant support including practical and emotional, to improve their positive mental health, reduce self-harm suicide, increase safety and wellbeing.
- MSP** – Contribution towards help for women with fitness and social isolation.
- National Lottery Awards for all** – Contribution towards mental health support and wellbeing worker.
- NHS Cheshire & Merseyside**- Deliver Women's Health Training Course, a certificated course. with Open Awards for 18 months
- P H Holt Foundation** – Contribution towards metal health worker post.
- Skelton Charity** - Contribution towards IT equipment for referrals
- Sport England** - Contribution towards move exercise activities
- Women's Organisation** – Contribution towards women back to employment.
- Workers Educational Association- European Social Fund**- Sessions for women looking to get back into employment, post covid.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2024

15. Commitments Under Leases

Financial commitments under non-cancellable operating leases relating to a photocopier lease, this will result in the following payments falling due at 31st March 2024.

	2024	2023
Photocopier	£	£
Operating leases which expire: Due within one year	1,350	2,850
	-----	-----
	1,350	2,850
	=====	=====

16. Related Party Transactions

The following amounts were paid to Trustees, who are also counsellors, for consultancy and professional services in their capacity as tutors, late night drop-in cover.

	2024	2023
Name	£	£
D Armstrong	-	2,290
	=====	=====

17. Contingent Liabilities

The charitable company did not have any contingent liabilities as of 31st March 2024 or 31st March 2023.

18. Guarantees

The charitable company is limited by guarantee. In the event of winding-up each member will contribute, if necessary, the sum of £1

	2024	2023
Number of members	12	9
Total guarantees	£12	£9
	=====	=====

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LTD

England & Wales - Charity number 519687

Accounts

**WOMEN'S HEALTH INFORMATION
SUPPORT CENTRE LIMITED**

**TRUSTEES' REPORT & UNAUDITED
FINANCIAL STATEMENTS
FOR YEAR ENDED
31ST MARCH 2023**

**Company Registration No. 02035623
Charity Registration No. 519687**

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED

TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2023

The directors, who are trustees of the charity are pleased to present their annual report for the year ended 31st March 2023. The trustees have adopted the provision of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS102) in preparing the annual report and financial statements of the charity.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charities' Article of Association, the Companies Act 2006 and "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) (effective 1 January 2019)".

OBJECTIVES AND ACTIVITIES

The Women's Health and Information and Resource Centre Limited (WHISC) is a voluntary organisation, established in 1984 by a group of women from Vauxhall, Liverpool who wanted to feel more empowered to take care of their own health and wellbeing. Over the last 38 years, we have supported thousands of women and their families to improve their lives and overcome challenges.

Our team support women's health and wellbeing, through the provision of support services, complementary therapies, self-help, exercise classes and health education. We empower all women with information, free support and activities that combat isolation and improve wellbeing. As well as offering services directly from our central Liverpool community centre, we deliver outreach activities to communities of women from across the Liverpool city region.

We believe all women should be respected, and girls should grow up with high self-esteem. No one should experience barriers to getting the information, support and care they need for them to achieve optimum health.

Our Vision

Helping women to thrive.

Our Mission

Empowering women in the Liverpool City Region with knowledge and person-centred support to become the best version of themselves.

Our Values

At WHISC our values are really important to us. We know it's not always easy to reach out for help, so helping women to feel comfortable and able to be themselves is at the heart of everything we do.

Empowering

- We support women to become more aware of their choices.
- We are led by women's needs.
- We will not encourage or foster dependency.

Supportive

- We listen; it's at the heart of everything we do.
- We are warm, kind and non-judgemental with everyone we come into contact with.
- We work with other agencies to ensure women have the wraparound support they need.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED

TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2023

Open

- We welcome all women and embrace their individualities.
- We're available and accessible in person, by phone and in virtual spaces.
- Our advice and support is always honest and sincere.

Responsive

- We act swiftly with enthusiasm and passion, providing care the moment a service user contacts WHISC.
- We listen to women and personalise our approach accordingly.
- We develop trusted relationships with service users, colleagues and third-part organisations to provide the very best support.

Safe

- Confidentiality and compassion are at the heart of what we do.
- We adapt our approach to support women from all walks of life and signpost to other organisations when it is right to do so.
- We understand what our service users need to feel safe when accessing support.

WHISC works as part of the health and care system across the Liverpool City Region and wider Merseyside footprint, to ensure that women have access to high quality, gender and trauma-informed information and support that is delivered in a timely way. We achieve this through the delivery of the following services and projects:

- A city centre drop-in offering a listening ear service, a comprehensive information system and signposting to other agencies.
- Courses, including a well-established accredited Women's Health Course, resulting in women being more empowered and informed about their own health.
- A telephone service, offering brief, confidential support information.
- Volunteering opportunities that enable women to build confidence, skills and give back to their community.
- Self-help support groups and courses that create safe spaces in which women can support one another and build a sense of community.
- Exercise and movement classes aiming to improve both physical and mental wellbeing.
- Shared interested and activity groups with a purpose of building connections, reducing isolation and developing new skills.
- A community outreach project, offering opportunities for listening ear, information giving and delivering courses and sessions in communities throughout Liverpool.
- Complementary therapies at affordable prices.
- A Saturday Club for integration of refugees and marginalized women in the community.
- Cancer screening and information sessions delivered in partnership with NHS, ensuring that women less likely to present in health services have access to vital information.

Major assets to the organisation are the 16 registered volunteers and placement students who delivered 1,089 volunteering hours over this twelve-month period. This year, the Volunteer Training Programme has been refreshed, along with the recruitment process. This is to align the recruitment and training processes to the emerging needs amongst clients, to ensure that *volunteers are well-trained and supported to carry out their role without any compromise to their own wellbeing.*

Public Benefit

In considering the objectives and activities, the Trustees have considered Charity Commission guidance on Public Benefit to ensure that the charitable company is meeting its Public Benefit requirements.

ACHIEVEMENTS AND PERFORMANCE

WHISC has been through a considerable period of change since the start of 2020, from changing the way we reach women through the pandemic, to updating some of the roles and responsibilities in our team. Our services continue to be in demand, particularly from vulnerable women who find it difficult to access support from mainstream services.

Demand for our services, alongside the increasingly difficult funding landscape has meant that WHISC has been through a period of further transition in this reporting period. The establishment of the Integrated Care Systems (ICS) in England, means that how the voluntary and community sector is commissioned by NHS and local authorities has changed – it has been imperative for us to re-invest in existing relationships and build connections with new health and care leaders across the Cheshire & Merseyside ICS.

We have experienced a significant and sustained increase in the complexity of need in the women who present at WHISC. This, combined with access challenges to mainstream services has resulted a higher proportion of our service's capacity being utilised on fewer women with multiple, complex, rather than more women with lower to moderate levels of need.

In order to maintain WHISC as a safe and effective service for the women who need us, the Board of Trustees agreed to adapt the service model at the start of this reporting period, to accommodate our more vulnerable clients. However, the Board of Trustees, together with the Chief Executive Officer have since focussed on re-diversifying our service offer to ensure it stays aligned to our objects, providing information and brief support alongside the more complex case management.

We have started to achieve this through a series of successful partnership arrangements; enabling greater reach to women with physical health and wellbeing information that is complementary to the emotional support already being provided. Covering key women's health topics such as breast health, menopause and pre/post-natal wellbeing has been possible through this partnership work so far this year.

Outcomes and Impact

In this reporting period, WHISC in partnership with the women we support, achieved several number of outcomes which exemplify our impact with individuals, groups and communities. These outcomes are representative of some of the broader and far-reaching benefits that women have experienced with the support of the charity. Due to the pivot towards supporting women experience multiple, complex needs because of trauma suffered it is important for WHISC to explore how we best capture the impact of this work more accurately and wholly.

- We supported 750 women, within WHISC centre, who were represented across 58 individual nationalities.
- A further 700 women engaged with WHISC, during targeted outreach sessions.
- 78% of women are of working age; only 27% are in regular employment.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED

TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2023

- 200 women are parents of children under 18.
- 4147 interventions delivered across the 12-month period including;
 - 559 one to one sessions of support delivered in a crisis situation
Impact - women have improved mental health, as a result of early intervention
 - 2,594 attendances at group sessions – including peer/support groups, health and wellbeing activities and creative sessions.
Impact – women have improved mental health by participating in activities that boosts their overall mental wellbeing

FINANCIAL REVIEW

Income in the year was £185,699 (2022 £239,141) of which £153,460 (2022 £186,923) was restricted funds. Expenditure in the year was £ 211,330 (2022 £235,678) leaving a deficit for the year of £25,631 (2022 surplus £3,463). At 31st March 2023 the charitable company's reserves stood at £180,028 (2022 £205,659) of which £51,522 (2022 £40,145) represented restricted funds

Risk Policy

The Trustees have conducted their own review of the major risks to the organisation and systems have been established to mitigate those risks. Internal risks are minimised by the implementation of procedures for authorisation of all transactions and projects and to ensure consistent quality of delivery for all operational aspects of the charitable company. These procedures are periodically reviewed to ensure that they still meet the needs of the charitable company.

WHISC received £185,699 in total funds in the financial year 2022-23. As in 2020-21, Liverpool City Council continue to give funding to WHISC specifically for outreach services in the community. This allowed us to continue to offer vulnerable women in Liverpool education and training opportunities, volunteering opportunities, a drop-in information and listening ear service and weekly health and wellbeing sessions. Liverpool City Council also gave WHISC funding for Domestic Abuse Services. The Big Lottery funds allowed the running of a Mental Health Hub. Women of WHISC have benefitted from a Women's Health Training course funded by NHS Cheshire and Merseyside, Directions training funded by The Women's Organisation and Do It Training funded by the WEA ESF. Funding from Liverpool John Moores University has funded the role of Saturday Club project worker, a vital service for women, particularly asylum seekers.

We are grateful to all our funders; Liverpool City Council CRU and Citizen's Advice Liverpool have funded asylum seekers and VNC sessions, whilst CLPCN has also funded asylum seekers sessions. LCVS CIF fund has helped to fund the Breakfast Club., and Liverpool CCG has funded diabetes sessions. Money raised during the Big Give was used to fund a number of WHISC services.

We have received large personal donations from Katherine Ryan and the Liverbirds Norway, for which we are extremely grateful. We would like to thank all individuals who have donated money to WHISC this year. Every donation helps make a difference to vulnerable women in Merseyside.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED

TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2023

We have also received some funding in advance for the financial year 2023-24 from Garfield Weston, Clatterbridge Cancer Alliance and the A Turner Fund and this will be used in the forthcoming financial year.

The Board and the staff at WHISC are very grateful to all of our donors and would like to take this opportunity to thank them for their generosity.

Principle Funding Sources:

Women's Health Information Support Centre continues to be funded by grants from:

- Big Lottery – Mental Health Hub
- Liverpool City Council – Domestic Abuse Services
- Liverpool City Council CRU – Outreach events and sessions
- NHS Cheshire & Merseyside – Women's Health Training Course with Open Awards
- Liverpool John Moores University – Saturday Club project worker
- The Women's Organisation – Directions training
- WEA ESF – Do It Training

Additional Funding Received from:

- Liverpool City Council CRU – Asylum Seekers and VNC Sessions
- LCVS CIF Fund – Breakfast Club
- Citizen's Advice Liverpool – Asylum Seekers and VNC sessions
- Liverpool CCG – Diabetes Sessions
- The BIG Give – WHISC Services
- CLPCN – Asylum Seekers Sessions

Larger Personal Donations Received From:

- The Liverbirds Norway – WHISC Services
- Katherine Ryan – WHISC Services

Funding Received for Next Financial Year Projects:

- Garfield Western – CORE costs
- Clatterbridge Cancer Alliance – Cancer awareness sessions
- A Turner Fund – WHISC Services

Risk Policy

The Trustees have conducted their own review of the major risks to the organisation and systems have been established to mitigate those risks. Internal risks are minimised by the implementation of procedures for authorisation of all transactions and projects and to ensure consistent quality of delivery for all operational aspects of the charitable company. These procedures are periodically reviewed to ensure that they still meet the needs of the charitable company.

Reserves Policy

It is the policy of the charitable company to maintain unrestricted funds, which are free reserves at a level to cover redundancy provision, lease commitments, returning the office back to original condition and six months' running costs and to continue current projects should no further funding be received.

From the unrestricted funds £128,506, the charitable company requires £19,603 for redundancy provision, £2,850 lease commitments, £50,000 to move premises and return the building back to original condition and £34,624 for 6 months continuance of WHISC services and £3,401 to continue drop-in facility and outreach service.

PLANS FOR FUTURE

We are currently focussing on reviewing the services we offer and expanding the support we provide on wider health issues. Focussing on building partnerships, we work closely with a range of other agencies from across Liverpool and beyond to make sure women receive the best possible support for their needs.

We now wish to focus on developing a strategy to secure our future and have ambitions to diversity our offer and reach more women than ever before. We require a Chair with vision, commitment, and a passion for tackling gender-based inequalities to help us shape this strategy, maximising the opportunities available to us.

WHISC has been working to recruit a number of new Trustees to the Board, as well as a new Chair. Bringing a more diverse range of lived, personal and professional experience to the Board will enhance the way we operate, particularly impacting on strategic development, enhanced decision-making and our ability to draw on expertise.

Alongside Trustee recruitment, WHISC continues to try to fill the Service Manager vacancy, which is currently being covered by a Service Lead on a temporary basis. The Board voted to invest in bringing in expertise to support with service reviews, staff development and complex casework to enable the Chief Executive Officer to focus on income generation and building partnerships.

Our experience of the challenging recruitment environment has led to a review of some salaries and it is the Board's intention to broaden this review to other roles within the organisation over the coming financial year. Positioning WHISC as a competitive recruiter in a busy jobs market will reduce the risk of holding vacancies for a prolonged period. More importantly, it will ensure that current staff salaries are continuously aligned to their level of skill, experience and responsibility.

WHISC's current Articles of Association is dated from 1986. The governance structures described are not reflective of how the Board operates and therefore, the Chair and Chief Executive Officer have been working with Bates Wells legal firm, to develop a new Articles of Association that is aligned to current Charity Commission and broader sector best practise. The new Articles are currently in draft form, but once adopted, will simplify and improve:

- Trustee recruitment
- Decision-making processes and structures
- Understanding of levels of accountability

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED

TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2023

Over the next year, our aim is to develop and grow as a women's community health hub. 2024 will be the 40-year anniversary of the Women's Health Information and Support Centre (WHISC), providing services to some of the most vulnerable and marginalised in Liverpool and the surrounding areas. We will continue to support women to access appropriate and timely health and wellbeing services, to achieve improved health and wellbeing outcomes.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Women's Health Information Support Centre Limited is a company limited by guarantee (registration number 02035623), governed by its Memorandum and Articles of Association dated 9th July 1986.

Also registered as a charity with the Charity Commission (charity number 519687) on 30th March 1988.

Legal Status

The charitable company's Trustees are known as members of the Management Committee. Under the requirements of the Memorandum and Articles of Association, two members of the Committee must stand down with the option of standing for re-election at the Annual General Meeting.

The members to retire must be the longest in office since their last election or appointment. All members are circulated with invitations to nominate Trustees prior to the AGM advising them of the retiring Trustees and requesting nominations for the AGM. When considering co-opting Trustees, the Committee has regard to the requirements of any specialist skills needed.

Administration Details

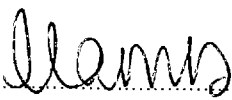
The day-to-day management of the charitable company is delegated by the Trustees to the Manager.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2023

REFERENCE AND ADMINISTRATIVE DETAILS

Name	Women's Health Information Support Centre Limited	
Company Number	02035623	
Charity Number	519687	
Registered Office	120 Bold Street, Liverpool, L1 4JA	
Board of Trustees	The Board of Trustees are also its directors. The charitable company is governed by a Board of Trustees; members of the Board of Trustees during the year are listed below:	
Chair	L Lamb	
Treasurer	C Dean	
Other Trustees	M Andrews D Armstrong (Resigned 22 nd February 2023) R Dalton S Harris (Resigned 8 th November 2022) A Hulme O Lipton (Resigned 4 th January 2023) A Thompson	
Company Secretary	D Armstrong (Resigned 22 nd February 2023) R Dalton (Appointed 27 th February 2023)	
Independent Examiner	Paula Sanchez ACCA LCVS 151 Dale Street, Liverpool, L2 2AH	
Bankers	Santander Business Banking Centre PO Box 126, Newport, Gwent, NP9 4UP Unity Trust Bank plc Nine Brindley Place, Birmingham, B1 2HB	

Approved on behalf of the Board,


.....
L Lamb
Trustee

9/7/23
.....
Date

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also directors of The Women's Organisation for the purposes of company law) are responsible for preparing the Trustees' Annual Report (including the Strategic Report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

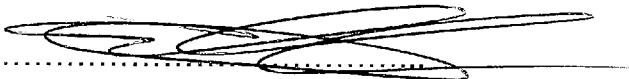
Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the charities SORP 2019(FRS102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. The trustees are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on behalf of the Board of Trustees



R Dalton
Company Secretary

120 Bold Street,
Liverpool,
L1 4JA

Date: 4/8/23

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS TO THE TRUSTEES OF WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED

I report on the accounts of the charitable company for the year ended 31st March 2023, which are set out on pages 11 to 27.

Respective responsibilities of trustees and examiner

The Trustees (who are also the Directors of the charitable company for the purposes 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.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act,
- 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
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charitable company 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 the 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:

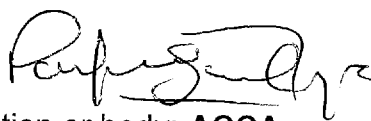
(1) which gives me reasonable cause to believe that in, any material respect, the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
- to prepare accounts which accord with the accounting records and 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 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.

Name: **Paula Sanchez**



Relevant professional qualification or body: **ACCA**

Address: **c/o LCVS 151, Dale Street, Liverpool, L2 2AH**

Dated: 22 August 2023

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
STATEMENT OF FINANCIAL ACTIVITIES (Including Income & Expenditure Account)
FOR THE YEAR ENDED 31ST MARCH 2023

	Notes	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Totals 2023 £	Totals 2022 £
Income and endowments from:					
Donations and legacies	3a	22,395	-	22,395	17,084
Charitable activities	3b	8,065	153,460	161,525	215,244
Investments	3c	526	-	526	5
Other income	3d	1,253	-	1,253	6,808
Total income		32,239	153,460	185,699	239,141
Expenditure on:					
Charitable activities	4	69,247	142,083	211,330	235,678
Total expenditure		69,247	142,083	211,330	235,678
Net Income/(expenditure), net movement in the year		(37,008)	11,377	(25,631)	3,463
Total funds brought forward	13,14	165,514	40,145	205,659	202,196
Total funds carried forward	12-14	128,506	51,522	180,028	205,659

The notes on pages 13 to 27 form part of these accounts. All the above amounts relate to continuing activities of the charitable company.

This Statement includes all gains and losses recognisable in the year.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
BALANCE SHEET AS AT 31ST MARCH 2023

COMPANY NO. 02035623

	Notes	31 st March 2023		31 st March 2022	
		£	£	£	£
Fixed assets					
Tangible fixed assets	5		821		1,372
Right of use assets	6		45,577		68,365
			-----		-----
			46,398		69,737
Current assets					
Stock	7	644		1,703	
Debtors	8	6,675		15,211	
Cash at bank and in hand		194,935		190,818	
		-----		-----	
		202,254		207,732	
Current liabilities					
Creditors: amounts falling due within one year	9	(46,524)		(27,401)	
		-----		-----	
Net current assets			155,730		180,331
			-----		-----
Total assets less current liabilities			202,128		250,068
			-----		-----
Creditors: amounts falling due after more than one year	11		(22,100)		(44,409)
			-----		-----
Net assets			180,028		205,659
			=====		=====
Funds:					
Unrestricted funds	11,12		128,506		165,514
Restricted funds	11,13		51,522		40,145
			-----		-----
			180,028		205,659
			=====		=====

These financial statements have been prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102).


These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies' regime and in accordance with FRS102 SORP.


For the period covered by these accounts the charitable company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

No members have required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

The Trustees, who are the Directors of the charitable company, acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

Approved by the Board on: 4/8/23


 M Andrews
 Director


 R Dalton
 Director

1. Limited Liability

The charitable company is a company limited by guarantee. Each member's liability is limited to £1.

2. Accounting Policies

Basis of Accounting

The accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (SORP 2019) effective 1st January 2019, Charities Act 2011 and the Companies Act 2006.

The accounts are prepared in sterling, which is the functional currency of the charitable company. Monetary amounts in these financial statements are rounded to the nearest £.

The charitable company has taken advantage of the provisions in the SORP for Charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

Going concern

At the time of approving the accounts, the Trustees have a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the foreseeable future. Therefore, the Trustees continue to adopt the going concern basis of accounting in preparing the accounts.

Fund accounting

Unrestricted funds are the charitable company's free reserves available for the Trustees to apply in accordance with the charitable company's charitable objectives.

Designated funds are funds set aside by the Trustees out of unrestricted funds for specific future purposes.

Restricted funds are subject to specific restrictive conditions imposed by the donor. All restricted funds are accounted for as restricted income and expenditure for the purposes is charged to the fund.

Income recognition

All income is recognised once the charitable company has entitlement to the income, there is sufficient certainty of receipt and so it is probable that the income will be received, and the amount of income receivable can be measured reliably.

Donations and legacies comprise of donations which are recognised in the accounts when received, with the exception of known legacies which are accounted for when their receipt is certain.

Income from charitable activities is recognised on an accruals basis except for grants receivable, which are recognised on the date on which their unconditional payment is confirmed by the donor.

Income from investment relates to bank interest received and is recognised when the amount is certain.

Expenditure recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charitable company to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis. All expenses, including support costs and governance costs, are allocated or apportioned to the applicable expenditure headings in the Statement of Financial Activities. Support and governance costs are applied to unrestricted funds unless specifically included in the restrictions, as specified by the donor.

Expenditure on charitable activities relate to the operation of the charitable company comprising of direct charitable expenditure to meet the objectives of the charitable company. Support and governance costs relate to the management and operation of the organisation and also compliance with constitutional and statutory requirements in producing the annual report. These are dealt with in the Statement of Financial Activities when payment has been approved by the charitable company.

Fixed Assets

Capital expenditure of £300 and above is stated in the balance sheet at cost less accumulated depreciation. Depreciation is provided to write off the cost of each asset over its expected useful life as below:

Equipment	25% per annum on straight line basis
Fixtures and Fittings	15% per annum on a reducing balance basis
Leasehold Improvements	Over the term of the lease
Right of use assets	Over the term of the lease

Stock

Stock held is oils to sell in the therapy rooms and is accounted for at the lower of cost or net realisable value.

Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts.

Financial instruments

The charitable company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charitable company's balance sheet when the charitable company becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future receipts discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charitable company's contractual obligations expire or are discharged or cancelled.

Taxation

Income and gains are exempt from taxation as they are received and applied for charitable purposes only. The charitable company benefits from various exemptions from taxation afforded by tax legislation and is not liable to corporation tax on income or gains falling within those exemptions.

Critical accounting estimates and judgements

In the application of the charitable company'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 on-going 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.

3. Income and endowments from:

	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Total Funds 2022 £
a. Donations and legacies:				
Donations	22,395	-	22,395	17,084
	=====	=====	=====	=====

Donations and legacies in 2022 relate wholly to unrestricted funds.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2023

	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Total Funds 2022 £
b. Charitable activities:				
Arnold Clark	-	-	-	1,000
Awards for all	-	-	-	9,819
Big Lottery Fund Grant	-	27,534	27,534	55,069
CIF Mental Health Saturday club	-	-	-	4,000
Citizens Advice - Advice on Prescription	-	2,000	2,000	-
Contract Income	-	-	-	10,400
European Social Fund Workers Education Association	-	-	-	21,547
Garfield Western	-	30,000	30,000	-
LCRCA Equality scheme	-	-	-	3,632
LCC	-	13,600	13,600	-
LCC business support grant	-	-	-	12,000
LCC-Make It Happen	-	3,000	3,000	-
LCVS Community Impact Fund	-	2,500	2,500	2,000
LCVS Covid Fund	-	-	-	7,461
LCVS Community Innovation fund	-	-	-	6,889
LCVS- Emergency funding	-	-	-	2,000
Liverpool City Council	-	-	-	13,600
LCC- Opening Doors	-	39,980	39,980	-
Liverpool John Moores	-	9,000	9,000	9,000
Improving maternal mental health VCSE	-	-	-	4,000
MSP	-	-	-	4,472
NHS Cheshire & Merseyside	-	14,640	14,640	-
Oil income	1,338	-	1,338	1,378
P H Holt Foundation	-	-	-	22,323
Room hire	760	-	760	680
Therapy room income	5,967	-	5,967	3,863
The Big Give	-	2,703	2,703	2,500
Women's Organisation	-	6,725	6,725	17,611
Workers Educational Association-European Social Fund	-	1,778	1,778	-
	----- 8,065 =====	----- 153,460 =====	----- 161,525 =====	----- 215,244 =====

Charitable activities in 2022 related to £28,321 unrestricted funds and £186,923 restricted funds.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2023

	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Total Funds 2022 £
c. Investment income				
Bank interest	526	-	526	5
	=====	=====	=====	=====

Investment Income in 2022 relate wholly to unrestricted funds.

d. Other income	£	£	£	£
Other income	1,253	-	1,253	6,808
	=====	=====	=====	=====

Other Income in 2022 relate wholly to unrestricted funds.

4. Expenditure on charitable activities

	Direct Charitable Expenditure £	Support & Governance Costs £	Total 2023 £	Total 2022 £
To advance the education of women by providing advice and assistance regarding the health medical childcare and other services	119,372	91,958	211,330	235,678
	=====	=====	=====	=====

a. Analysed as follows:

	2023 £	2022 £
<i>Direct charitable expenditure:</i>		
Staff salary costs	92,855	49,585
Pension	1,499	2,599
Temporary Staff costs	9,920	2,275
Running costs	6,375	12,520
Volunteer expenses	934	611
Therapist fees	5,930	5,766
Oils and resources	1,859	1,575
	-----	-----
	119,372	74,931
	-----	-----

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2023

	2023	2022
	£	£
<i>Support & governance costs:</i>		
Staff salary costs	24,746	92,087
Pension	5,862	4,826
Statutory Sick Pay	512	-
Office costs	14,121	11,912
Publicity and advertising	500	500
Insurance	2,775	2,296
Equipment	1,273	-
Equipment hire	1,679	2,446
Health and safety	742	1,735
Sundry expenses	746	605
Consultancy & Professional Fees	4,133	7,050
Security costs	540	540
Training costs	2,838	3,522
Refreshments and subsistence	626	438
Subscriptions and licences	322	531
Vouchers	1,550	3,634
Right of use Interest	4,178	3,965
Accountancy	1,160	1,060
Depreciation	23,655	23,600
	-----	-----
	91,958	160,747
	-----	-----
Total expenditure on charitable activities	211,330	235,678
	=====	=====

£142,083 (2022: £190,061) of the above expenditure relates to restricted funding.

	2022	2022
	£	£
b. Analysis of staff costs		
Salaries	113,505	136,884
Social security	4,096	4,788
Pension	7,361	7,425
	-----	-----
	124,962	149,097
	=====	=====

c. Particulars of employees:

The average number of employees during the year, analysed by activity, was:

	2022	2022
Management and administration	1	3.8
Charitable activities	3.4	2.0
	----	----
Total	4.4	5.8
	==	==

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2023

The Trustees, being also the Directors of the charitable company, are not remunerated for their services and are not included in the above number of employees.

No employees received remuneration more than £60,000. No out-of-pocket expenses were reimbursed to trustees in the year (2022: £nil).

5. Tangible fixed assets

	Equipment	Fixtures & Fittings	Leasehold Improvements	Total
Cost	£	£	£	£
Balance at 1 st April 2022	11,169	2,336	2,295	15,800
Additions	316	-	-	316
Disposals	-	-	-	-
	-----	-----	-----	-----
Balance at 31st March 2023	11,485	2,336	2,295	16,116
	-----	-----	-----	-----
Accumulated Depreciation				
Balance at 1 st April 2022	10,577	2,129	1,722	14,428
Charge for the year	262	32	573	867
Eliminated on disposals	-	-	-	-
	-----	-----	-----	-----
Balance at 31st March 2023	10,839	2,161	2,295	15,295
	-----	-----	-----	-----
Net Book Value at 31st March 2023	646	175	-	821
	=====	=====	=====	=====
Net Book Value at 31 st March 2022	592	207	573	1,372
	=====	=====	=====	=====

6. Right of use assets

	Lease	Total
Cost:	£	£
Balance at 1st April 2022	136,731	136,731
Additions in the year	-	-
	-----	-----
Balance at 31st March 2023	136,731	136,731
	=====	=====
Depreciation:		
Balance at 1st April 2022	68,366	68,366
Charge for the year	22,788	22,788
	-----	-----
Balance at 31st March 2023	91,154	91,154
	=====	=====
Net Book Value at 31st March 2023	45,577	45,577
	=====	=====
Net Book Value at 31 st March 2022	68,365	68,365
	=====	=====

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2023

Charitable company signed a lease for 120 Bold Street, Liverpool for 20 years on 5th August 2004

7. Stock

Stock comprises of oils sold in therapy room.

	2023	2022
	£	£
Stock	644	1,703
	=====	=====

8. Debtors

	2023	2022
	£	£
Trade debtors	-	8,536
Prepayments and accrued income	6,675	6,675
	-----	-----
	6,675	15,211
	=====	=====

9. Creditors: amounts falling due within one year

	2023	2022
	£	£
Trade creditors	3,055	3,819
Other Creditors	22,309	22,522
Accruals	1,160	1,060
Deferred Income (See Below)	20,000	-
	-----	-----
	46,524	27,401
	=====	=====

10. Deferred Income

	2023	2022
	£	£
Balance at 1 st April 2022	-	-
Amount deferred	20,000	-
Amount released to incoming resources	-	-
Balance at 31st March 2023	-----	-----
	20,000	-
	=====	=====

Deferred income represents income for activities in future accounting years.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2023

11. Creditors: amounts falling due after more than one year

	2023	2022
	£	£
Other Creditors	22,100	44,409
	=====	=====

Other creditors comprise lease commitments on 120 Bold Street, Liverpool started 6th August 2004 for 20 years adjusted as per IFRS 16 with discount rate of 0.95% (2022: 0.95%)

12. Analysis of Net Assets between Funds

2023	Right of Use Assets	Tangible Fixed Assets	Net Current Assets	Creditors More than One year	Total
	£	£	£	£	£
Unrestricted Funds					
General Fund	45,577	175	(5,624)	(22,100)	18,028
Designated Funds					
Redundancy provision	-	-	19,603	-	19,603
Running costs provision	-	-	34,624	-	34,624
Lease commitments	-	-	2,850	-	2,850
Relocation fund	-	-	50,000	-	50,000
Continuation of Projects (drop in, outreach)	-	-	3,401	-	3,401
	-----	-----	-----	-----	-----
	45,577	175	104,854	(22,100)	128,506
	-----	-----	-----	-----	-----
Restricted Funds					
Garfield Western	-	-	30,000	-	30,000
LCC	-	-	20	-	20
LCVS Community Impact Fund	-	-	2,376	-	2,376
LCVS Community Innovation fund	-	276	-	-	276
Liverpool John Moores Foundation	-	-	6,786	-	6,786
NHS Cheshire & Merseyside	-	-	9,419	-	9,419
The Big Give	-	-	2,275	-	2,275
Women's Organisation	-	370	-	-	370
	-----	-----	-----	-----	-----
	-	646	50,876	-	51,522
	-----	-----	-----	-----	-----
Totals	45,577	821	155,730	(22,100)	180,028
	=====	=====	=====	=====	=====

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2023

2022	Right of Use Assets	Tangible Fixed Assets	Net Current Assets	Creditors More than One year	Total
	£	£	£	£	£
Unrestricted Funds					
General Fund	68,366	206	10,878	(44,409)	35,041
Designated Funds					
Redundancy provision	-	-	18,179	-	18,179
Running costs provision	-	-	22,809	-	22,809
Lease commitments	-	-	3,660	-	3,660
Relocation fund	-	-	22,000	-	22,000
Continuation of Projects (drop in, outreach)	-	-	63,825	-	63,825
	-----	-----	-----	-----	-----
	68,366	206	141,351	(44,409)	165,514
	-----	-----	-----	-----	-----
Restricted Funds					
Arnold Clark	-	-	328	-	328
Awards for all	-	-	992	-	992
Big Lottery Fund Grant	-	-	5,699	-	5699
CIF Ann & Ray Messer Foundation	-	-	2,000	-	2,000
CIF Mental Health Saturday club	-	-	1,378	-	1,378
Edward Gostling Foundation	-	574	-	-	574
LCRCA Equality scheme	-	-	1,736	-	1,736
LCVS Covid Fund	-	-	7,461	-	7,461
LCVS Community Innovation fund	-	-	6,845	-	6,845
Liverpool John Moores Foundation	-	-	7,606	-	7,606
Improving maternal mental health VCSE	-	-	1,153	-	1,153
MSP	-	-	240	-	240
P H Holt Foundation	-	-	1,161	-	1,161
The Big Give	-	-	2,380	-	2,380
Women's Organisation	-	592	-	-	592
	-----	-----	-----	-----	-----
	-	1,166	38,978	-	40,145
	-----	-----	-----	-----	-----
Totals	68,366	1,372	180,330	(44,409)	205,659
	=====	=====	=====	=====	=====

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2023

13. Unrestricted Funds

2023	Funds at Beginning of Year	Movements in the Year		Transfer between Funds	Funds at End of Year
		Income	Expenditure		
	£	£	£	£	£
General Fund	35,041	32,239	(69,247)	19,995	18,028
Designated Funds :					
Redundancy provision	18,179	-	(-)	1,424	19,603
Running costs provision	22,809	-	(-)	11,815	34,624
Lease commitments	3,660	-	(-)	(810)	2,850
Relocation fund	22,000	-	(-)	28,000	50,000
Continuation of projects (drop in, outreach)	63,825	-	(-)	(60,424)	3,401
	130,473	-	(-)	(19,995)	110,478
	165,514	32,239	(69,247)	-	128,506

2022	Funds at Beginning of Year (Restated)	Movements in the Year		Transfer between Funds	Funds at End of Year
		Income	Expenditure		
	£	£	£	£	£
General Fund	46,208	52,218	(45,617)	(17,768)	35,041
Designated Funds :					
Redundancy provision	16,246	-	(-)	1,933	18,179
Running costs provision	7,781	-	(-)	15,028	22,809
Lease commitments	1,433	-	(-)	2,227	3,660
Relocation fund	22,000	-	(-)	-	22,000
Continuation of projects (drop in, outreach)	65,245	-	(-)	(1,420)	63,825
	112,705	-	(-)	17,768	130,473
	158,913	52,218	(45,617)	-	165,514

General Fund is used to finance the charitable company's general activities as outlined in the Trustees' Annual Report.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2023

Redundancy provision exists to cover redundancy payments, in the event of reduced grant funding.

Running costs provision represents funds required for six months' running costs.

Lease commitments to cover lease commitments for 120 Bold Street and a photocopier.

Relocation fund exists to cover potential property improvements and related expenditure in the event of relocation of premises following cessation of the current lease.

Continuation of Projects represents funds required to complete existing projects (drop in and outreach).

Transfer between funds consist of transfers to reflect the Trustees' review of Designated Funds.

14. Restricted Funds

2023	Funds at Beginning of Year	Movements in the Year		Funds at End of Year
		Income	Expenditure	
	£	£	£	£
Arnold Clark	328	-	(328)	-
Awards for all	992	-	(992)	-
Big Lottery Fund Grant	5,699	27,534	(33,233)	-
CIF Ann & Ray Messer Foundation	2,000	-	(2,000)	-
CIF Mental Health Saturday Club	1,378	-	(1,378)	-
Citizens Advice - Advice on Prescription	-	2,000	(2,000)	-
Edward Gostling Foundation	574	-	(574)	-
Garfield Western	-	30,000	-	30,000
Liverpool City Council	-	13,600	(13,580)	20
LCC- Make It Happen	-	3,000	(3,000)	-
LCC- Opening Doors Domestic Abuse	-	39,980	(39,980)	-
LCRCA Equality scheme	1,736	-	(1,736)	-
LCVS Covid Fund	7,461	-	(7,461)	-
LCVS Community Innovation fund	6,845	-	(6,569)	276
LCVS Community Impact Fund	-	2,500	(124)	2,376
Liverpool John Moores Foundation	7,606	9,000	(9,820)	6,786
Improving maternal mental health VCSE	1,153	-	(1,153)	-
MSP	240	-	(240)	-
NHS Cheshire & Merseyside	-	14,640	(5,221)	9,419
P H Holt Foundation	1,161	-	(1,161)	-
The Big Give	2,380	2,703	(2,808)	2,275
Women's Organisation	592	6,725	(6,947)	370
Workers Educational Association- ESF	-	1,778	(1,778)	-
	40,145	153,460	(142,083)	51,522
	=====	=====	=====	=====

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2023

2022	<u>Movements in the Year</u>			
	Funds at Beginning of Year Restated	Income	Expenditure	Funds at End of Year
	£	£	£	£
23 Foundation	1,708	-	(1,708)	-
Arnold Clark	-	1,000	(672)	328
Awards for all	-	9,819	(8,827)	992
Big Lottery Fund Grant	31,316	55,069	(80,686)	5,699
CIF Ann & Ray Messer Foundation	2,000	2,000	(2,000)	2,000
CIF Mental Health Saturday Club	-	4,000	(2,622)	1,378
Edward Gostling Foundation	1,148	-	(574)	574
European Social Fund Workers Education Association	103	21,547	(21,650)	-
Hemby Trust	818	-	(818)	-
LCRCA Equality scheme	-	3,632	(1,896)	1,736
LCVS Covid Fund	-	7,461	-	7,461
LCVS Community Innovation fund	-	6,889	(44)	6,845
LCVS- Emergency Funding	-	2,000	(2,000)	-
Liverpool City Council	-	13,600	(13,600)	-
Liverpool John Moores Foundation	-	9,000	(1,394)	7,606
Improving maternal mental health MSP	-	4,000	(2,847)	1,153
P H Holt Foundation	5,810	22,323	(26,972)	1,161
The Big Give	-	2,500	(120)	2,380
Women's Organisation	380	17,611	(17,399)	592
	----- 43,283 =====	----- 186,923 =====	----- (190,061) =====	----- 40,145 =====

These are monies granted to the charitable company to be spent at the discretion of the Board of Trustees for specific charitable purposes, as follows:

23 Foundation – Contribution towards Saturday club.

Arnold Clark – Contribution towards mental health support.

Awards for all – Contribution towards mental health support.

Big Lottery Fund Grant – Contribution towards computers and server and mental health support.

CIF Ann & Ray Messer Foundation – Contribution towards food vouchers for women in crisis.

CIF Mental Health Saturday club – Contribution towards mental health support

Citizens Advice - Advice on Prescription -

Edward Gostling Foundation – Contribution towards acquisition of stair lift.

European Social Fund Workers Education Association – Contribution towards the costs of the 'DO IT Project'.

Garfield Weston Foundation – Contribution towards core costs.

Hemby Trust – Contribution towards Saturday club.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2023

LCC- Make It Happen-Project worker to deliver community outreach services and Saturday Club sessions.

LCC- Opening doors Domestic Abuse- Offer victims of domestic abuse appropriate and relevant support including practical and emotional, to improve their positive mental health, reduce self-harm suicide, increase safety and wellbeing.

LCRCA Equality scheme – Contributions to carry out consultations into equality & diversity within the Liverpool area.

LCVS Community Impact Fund – Contribution towards Mental Health Crises intervention Hub and 'Women's outreach' project.

LCVS Covid Fund – Contribute towards the core activities of the charity.

LCVS Community Innovation – Contribution to help women with fitness and social isolation

LCVS Emergency Funding – Contribution to fund activities for Saturday Club asylum seekers

Liverpool City Council – Contribution towards the costs of providing a community outreach service; offering education and training opportunities at the Bold Street centre; offering increased number of volunteering opportunities, a drop-in information and listening ear services.

Liverpool John Moores Foundation – Contribution for project worker for Saturday Club.

Improving maternal mental health VCSE – Contribution towards mental health support.

MSP – Contribution towards help for women with fitness and social isolation.

NHS Cheshire & Merseyside- Deliver Women's Health Training Course, a certificated course with Open Awards for 18 months

P H Holt Foundation – Contribution towards metal health worker post.

The Big Give – Provide mental health and wellbeing support to women and digital capacity building across Merseyside.

Women's Organisation – Contribution towards women back to employment.

Workers Educational Association- European Social Fund- Sessions for women looking to get back into employment, post covid.

15. Commitments Under Leases

Financial commitments under non-cancellable operating leases relating to a photocopier lease, this will result in the following payments falling due at 31st March 2023.

	2023 £	2022 £
Photocopier		
Operating leases which expire:		
Due within one year	2,850	3,660
	-----	-----
	2,850	3,660
	=====	=====

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2023

16.Related Party Transactions

The following amounts were paid to Trustees, who are also counsellors, for consultancy and professional services in their capacity as tutors, late night drop-in cover.

Name	2023	2022
	£	£
D Armstrong	2,290	1,015

There were no material related party transactions during the year which require disclosure (2022: none).

17.Contingent Liabilities

The charitable company did not have any contingent liabilities as at 31st March 2023 or 31st March 2022.

18.Guarantees

The charitable company is limited by guarantee. In the event of winding-up each member will contribute, if necessary, the sum of £1

	2023	2022
Number of members	9	12
Total guarantees	£9	£12

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LTD

England & Wales - Charity number 519687

Accounts

**WOMEN'S HEALTH INFORMATION
SUPPORT CENTRE LIMITED**

**TRUSTEES' REPORT & FINANCIAL
STATEMENTS
FOR YEAR ENDED
31ST MARCH 2022**

**Company Registration No. 02035623
Charity Registration No. 519687**

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED

TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2022

The Trustees are pleased to present their annual report for the year ended 31st March 2022. The financial statements comply with the Charities Act 2011, Companies Act 2006, Accounting and Reporting by Charities; Statement of Recommended Practice (SORP 2015) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1st January 2019).

OBJECTIVES AND ACTIVITIES

Women's Health Information Support Centre Limited (WHISC) is a voluntary organisation aiming to promote health and training opportunities to women from disadvantaged communities.

This is achieved by working in partnership with other local organisations and agencies to empower women to make informed choices about their own health issues via the following services:

- A city centre drop-in offering a listening ear service, a comprehensive information system and signposting for other agencies.
- A telephone service, offering listening ear and information.
- Volunteering opportunities.
- Self-help support groups.
- A community outreach project, offering opportunities for listening ear, information giving and delivering courses and sessions in communities throughout Liverpool.
- Complementary therapies at affordable prices.
- Health and wellbeing classes.
- A Saturday Club for integration of refugees and marginalized women in the community.

Major assets to the organisation are the 34 registered volunteers and placement students who delivered 2,529 volunteering hours over this twelve-month period. Without such an asset WHISC would be unable to deliver the high standards of service currently enjoyed.

Public Benefit

In considering the objectives and activities, the Trustees have considered Charity Commission guidance on Public Benefit to ensure that the charitable company is meeting its Public Benefit requirements.

ACHIEVEMENTS AND PERFORMANCE

WHISC introduced a new recording system called "IMS" in June 2021. This system allows us to extract data more specific for funders to see what valuable work we do. IMS records the number of registered users accessing WHISC services, so to produce accurate figures we need to make sure that we encourage all users to register with us and so they can be included in these figures. The number of people allowed into the centre was limited for the majority of this period, which also affected drop-in numbers. We are currently considering how best to capture the impact of our work through the reporting that we do.

- 141 uses of the drop-in facility, a decrease of 107 on 2020-2021.
- 738 Listening Ear sessions were held, a decrease of 2,018 on 2019-20. During the lockdown, all operational staff plus 5 volunteers were delivering one-to-one telephone support daily from home, so numbers were inflated for last year.
- 1,640 telephone/email/text enquiries were dealt with.
- 7,734 community, outreach and social media clients were reached through 128 community and outreach events.
- 2,290 attendances for WHISC sessions were recorded, a 600% increase on 2020-21 and almost at 2019-2020 attendances of 2,879. Our decision to have more group, mental health work to help with women on waiting lists, has increased this number and reduced the number of one-to-one sessions this year.
- 248 complementary therapy sessions delivered, compared to 19 in 2020-21.

This brings the total service accesses to 12,811 and although just over half the number during the height of the pandemic, our work this year is more effective for our clients, the face-to-face contact we can again deliver, is much more impactful for the women accessing us.

Post Covid Impact

Although the worst of the Covid-19 pandemic appears to be over, the effects are still being keenly felt on the health of service users. WHISC pivoted to providing telephone and online support to vulnerable clients during lockdowns. With the relaxations of restrictions, women have been able to return to the centre for drop-ins and activities at the centre and throughout the city and this has helped tackle social isolation amongst service users. Here are some quotes from service users:-

Client - 'It is remarkable. I've realised that I've been better since I started coming here. It is so powerful. I have come up from the bottom. I have started to get some order in my life.'

GP – 'we love WHISC in every way, we are always referring women to WHISC because we know you turn lives around. One of my patients in particular has improved beyond measure.'

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2022

Client - 'Thank you so much, I don't know what I would have done without you. That day I came in, I was really at the bottom. You listened and you didn't judge, and that was what I needed. When I left WHISC I went home and for the first time and slept for four hours without any drugs. '

WHISC has again begun to generate much needed income through massages and oil sales; 268 complementary therapy sessions in 2020-21, an increase of 1,310%! Despite the rising cost of living, individual giving was higher than expected at over £5,000. Maray Restaurants raised £6,100 during December and January and Brabners law firm organised a fundraiser for us that raised £4,190. We also had an emergency roof repairs crowd fundraiser that raised over £5,500. The Board is deeply grateful for the generosity shown by individuals and local businesses during a very financially challenging year.

The City of Liverpool very generously provided a £12,000 business restart grant and £3,100 for infection control measures to get us up and running safely again.

WHISC's dedicated and hard-working team continue to work tirelessly to provide support to women in need in Liverpool City Region in an increasingly competitive funding environment. The Board recognises this, and we extend our heart-felt thanks to the staff for their service and dedication.

FINANCIAL REVIEW

Income in the year was £239,141 (2021 £221,730) of which £186,923 (2021 £169,928) was restricted funds. Expenditure in the year was £ 235,678 (2021 £207,847) leaving a surplus for the year of £3,463 (2021 £13,883). At 31st March 2022 the charitable company's reserves stood at £205,659 (2021 £202,196) of which £40,145 (2021 £43,283) represented restricted funds

Through the financial year The Big Lottery Fund grant and PH Holt Foundation fund our Mental Health Hub, which provides early intervention, mental health support and crisis management tools for vulnerable women. This includes those women who are amongst the most vulnerable and for whom English is their second language.

Liverpool City Council continue to fund WHISC specifically for our outreach service in the community. This allows us to offer education and training opportunities, volunteering opportunities, a drop-in information and listening ear service and weekly health and wellbeing sessions to vulnerable women in Liverpool.

The PH Holt Foundation's Resilience Fund has helped fund a mental health worker post, as well as an air purifier and part funding the much-needed roof repairs.

Grants from Awards 4 All, Arnold Clark and the LCVS CIF fund have also funded mental health support.

A grant from CCG Diabetes Programme allowed diabetes support sessions to run, whilst a grant from LCVS enabled the running of peri and post-natal support.

Grants from LCVS Innovation in the Community fund and MSP Sport England allowed us to help women with fitness and social isolation in the form a grant for our allotment and for exercise classes and post-covid issues respectively.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2022

The European Social Fund Workers Education Association continued to fund our DO IT course until February 2022, helping to improve the learning, development and employment chances of women who face barriers to achieving by increasing knowledge and skills, improving confidence. This has been especially important post-Covid.

The European Social Fund Women's Organisation funds our Directions Project which helps assist women who are more job-ready than the participants on the DO IT course, to get back into employment.

LMU have provided funding for the project worker for Saturday Club and LCVS continue to fund activities for Saturday Club asylum seekers.

CIF Ann and Ray Messer Crisis fund meant that WHISC could provide food vouchers for women in crisis and The Big Give funding allowed us to explore capacity building.

LCRCA Race equalities fund enabled WHISC to carry out consultations into equality & diversity within the Liverpool area and feed back to LCRCA the outcomes.

With the support of both its staff and volunteers, WHISC continue to strive to keep expenditure to a minimum whilst supporting as many women as we can. We continue to look at ways of diversifying to help improve our financial situation and have begun to make changes to our staffing structure to support this.

The board would like to thank all our donors for their generosity; their donations help change lives.

Risk Policy

The Trustees have conducted their own review of the major risks to the organisation and systems have been established to mitigate those risks. Internal risks are minimised by the implementation of procedures for authorisation of all transactions and projects and to ensure consistent quality of delivery for all operational aspects of the charitable company. These procedures are periodically reviewed to ensure that they still meet the needs of the charitable company.

Reserves Policy

It is the policy of the charitable company to maintain unrestricted funds, which are free reserves at a level to cover redundancy provision, lease commitments, returning the office back to original condition and six months' running costs and to continue current projects should no further funding be received.

From the unrestricted funds £165,514, the charitable company requires £18,179 for redundancy provision, £3,660 lease commitments, £22,000 to return the building back to original condition and £22,809 for 6 months continuance of WHISC services. and £65,245 to continue drop-in facility and outreach service.

PLANS FOR FUTURE

In February 2021, the Board began a piece of work to examine our mission and values and ensure they were still fit for purpose and reflect the needs of our service users and the women of Liverpool City Region. We held several meetings over the course of the year and our new mission and values will be published this year. The Board's work on diversity within the

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2022

organisation continues. Our next recruitment round will utilise the learning from that work, allowing us to be truly reflective of our service users.

Our priority as a charitable company continues to be to protect our staff, volunteers and service users as much as possible, especially given the hardship and mental health issues that will result from the current cost of living crisis.

We will continue our valued mental health services, diversifying as the situation progresses. I am sure WHISC will come out of the other end of this difficult process stronger than ever. We continue to look at different ways to fundraise to help invest in our mental health work and have plans to expand our partnership fundraising ideas with local organisations and businesses.

WHISC continues to be committed to the development of different services to help address the inequality gap faced by women in and around Liverpool. We will offer holistic support to women from different cultural backgrounds in some of the most deprived areas of Liverpool. We are particularly pleased that Saturday Club for refugees is running again, and that outreach sessions in Vauxhall, part of Kirkdale ward and in the top 10% for deprivation in the country. We will continue to look at different avenues of funding over the coming 12 months and will be pro-active and promote WHISC services through a range of appropriate and cost-effective activities.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Women's Health Information Support Centre Limited is a company limited by guarantee (registration number 02035623), governed by its Memorandum and Articles of Association dated 9th July 1986.

Also registered as a charity with the Charity Commission (charity number 519687) on 30th March 1988.

Legal Status

The charitable company's Trustees are known as members of the Management Committee. Under the requirements of the Memorandum and Articles of Association, two members of the Committee must stand down with the option of standing for re-election at the Annual General Meeting.

The members to retire must be the longest in office since their last election or appointment. All members are circulated with invitations to nominate Trustees prior to the AGM advising them of the retiring Trustees and requesting nominations for the AGM. When considering co-opting Trustees, the Committee has regard to the requirements of any specialist skills needed.

Administration Details

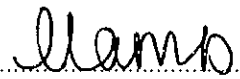
The day-to-day management of the charitable company is delegated by the Trustees to the Manager.

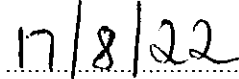
WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2022

REFERENCE AND ADMINISTRATIVE DETAILS

Name	Women's Health Information Support Centre Limited
Company Number	02035623
Charity Number	519687
Registered Office	120 Bold Street, Liverpool, L1 4JA
Board of Trustees	The Board of Trustees are also its Directors. The charitable company is governed by a Board of Trustees; members of the Board of Trustees during the year are listed below:
Chair	A Hulme
Treasurer	C Dean
Other Trustees	M Andrews D Armstrong L Curtis (Resigned February 2021) R Dalton S Harris L Lamb O Lipton M Mahoney (Resigned 5 th November 2021) A Thompson J Whitfield (Resigned 20 th July 2021)
Company Secretary	D Armstrong
Independent Examiner	Paula Sanchez ACCA LCVS 151 Dale Street, Liverpool, L2 2AH
Bankers	Santander Business Banking Centre PO Box 126, Newport, Gwent, NP9 4UP Unity Trust Bank plc Nine Brindley Place, Birmingham, B1 2HB

Approved on behalf of the Board,


.....
L Lamb
Trustee


.....
Date

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED

STATEMENT OF TRUSTEES' RESPONSIBILITIES

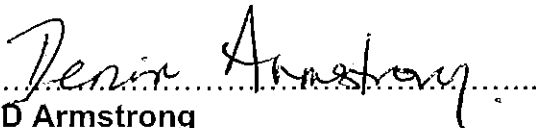
Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year. In preparing those financial statements, the Trustees should follow best practice and:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principle in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue as a going concern;
- state whether applicable accounting standards have been followed, subject to any material departure disclosed and explained in the financial statements.

The Trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the Charities Act 2011, Companies Act 2006, Accounting and Reporting by Charities; Statement of Recommended Practice (SORP 2015) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (as amended for accounting periods commencing from 1st January 2019)..

Signed on behalf of the Board of Trustees



D Armstrong
Company Secretary

120 Bold Street,
Liverpool,
L1 4JA

Date:.....17/8/22.....

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS TO THE TRUSTEES OF WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED

I report on the accounts of the charitable company for the year ended 31st March 2022, which are set out on pages 9 to 28.

Respective responsibilities of trustees and examiner

The Trustees (who are also the Directors of the charitable company for the purposes 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.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act,
- 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
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

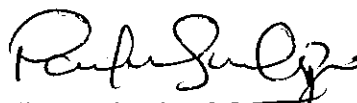
My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charitable company and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the 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:
 - to keep accounting records in accordance with section 386 of the Companies Act 2006; and
 - to prepare accounts which accord with the accounting records and 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 Charitieshave 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.

Name: **Paula Sanchez**



Relevant professional qualification or body: **ACCA**

Address: **c/o LCVS 151, Dale Street, Liverpool, L2 2AH**

Dated: **23rd August 2022**

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
STATEMENT OF FINANCIAL ACTIVITIES (Including Income & Expenditure Account)
FOR THE YEAR ENDED 31ST MARCH 2022

	Notes	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Totals 2022 £	Restated Totals 2021 £
Income and endowments from:					
Donations and legacies	3a	17,084	-	17,084	14,648
Charitable activities	3b	28,321	186,923	215,244	206,552
Investments	3c	5	-	5	75
Other income	3d	6,808	-	6,808	455
Total income		52,218	186,923	239,141	221,730
Expenditure on:					
Charitable activities	4	45,617	190,061	235,678	207,847
Total expenditure		45,617	190,061	235,678	207,847
Net Income/(expenditure), net movement in the year		6,601	(3,138)	3,463	13,883
Total funds brought forward	12,13	158,913	43,283	202,196	188,313
Total funds carried forward	11-13	165,514	40,145	205,659	202,196

The notes on pages 11 to 28 form part of these accounts. All the above amounts relate to continuing activities of the charitable company.

This Statement includes all gains and losses recognisable in the year.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
BALANCE SHEET AS AT 31ST MARCH 2022

COMPANY NO. 02035623

	Notes	31 st March 2022		Restated 31 st March 2021	
		£	£	£	£
Fixed assets					
Tangible fixed assets	5		1,372		1,675
Right of use assets	6		68,365		91,153
			-----		-----
			69,737		92,828
Current assets					
Stock	7	1,703		1,511	
Debtors	8	15,211		18,474	
Cash at bank and in hand		190,818		183,627	
		-----		-----	
		207,732		203,612	
Current liabilities					
Creditors: amounts falling due within one year	9	(27,401)		(27,313)	
		-----		-----	
Net current assets			180,331		176,299
			-----		-----
Total assets less current liabilities			250,068		269,127
			-----		-----
Creditors: amounts falling due after more than one year	10		(44,409)		(66,931)
			-----		-----
Net assets			205,659		202,196
			=====		=====
Funds:					
Unrestricted funds	11,12		165,514		158,913
Restricted funds	11,13		40,145		43,283
			-----		-----
			205,659		202,196
			=====		=====

These financial statements have been prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102).

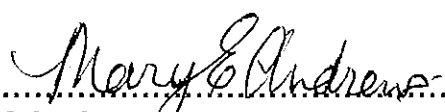
These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies' regime and in accordance with FRS102 SORP.

For the period covered by these accounts the charitable company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.


No members have required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

The Trustees, who are the Directors of the charitable company, acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

Approved by the Board on:17/8/22.....



M Andrews
 Director



D Armstrong
 Director

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2022

1. Limited Liability

The charitable company is a company limited by guarantee. Each member's liability is limited to £1.

2. Accounting Policies

Basis of Accounting

The accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (SORP 2015) (effective 1st January 2015), Charities Act 2011 and the Companies Act 2006.

The accounts are prepared in sterling, which is the functional currency of the charitable company. Monetary amounts in these financial statements are rounded to the nearest £.

The charitable company has taken advantage of the provisions in the SORP for Charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

Going concern

At the time of approving the accounts, the Trustees have a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the foreseeable future. Although Covid-19 the financial effect has been great, we will continue to be pro-active and promote WHISC services through a range of appropriate and cost-effective activities. Therefore, the Trustees continue to adopt the going concern basis of accounting in preparing the accounts.

Fund accounting

Unrestricted funds are the charitable company's free reserves available for the Trustees to apply in accordance with the charitable company's charitable objectives.

Designated funds are funds set aside by the Trustees out of unrestricted funds for specific future purposes.

Restricted funds are subject to specific restrictive conditions imposed by the donor. All restricted funds are accounted for as restricted income and expenditure for the purposes is charged to the fund.

Income recognition

All income is recognised once the charitable company has entitlement to the income, there is sufficient certainty of receipt and so it is probable that the income will be received, and the amount of income receivable can be measured reliably.

Donations and legacies comprise of donations which are recognised in the accounts when received, with the exception of known legacies which are accounted for when their receipt is certain.

Income from charitable activities is recognised on an accruals basis except for grants receivable, which are recognised on the date on which their unconditional payment is confirmed by the donor.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2022

Income from investment relates to bank interest received and is recognised when the amount is certain.

Expenditure recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charitable company to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis. All expenses, including support costs and governance costs, are allocated or apportioned to the applicable expenditure headings in the Statement of Financial Activities. Support and governance costs are applied to unrestricted funds unless specifically included in the restrictions, as specified by the donor.

Expenditure on charitable activities relate to the operation of the charitable company comprising of direct charitable expenditure to meet the objectives of the charitable company. Support and governance costs relate to the management and operation of the organisation and also compliance with constitutional and statutory requirements in producing the annual report. These are dealt with in the Statement of Financial Activities when payment has been approved by the charitable company.

Fixed Assets

Capital expenditure of £300 (previous years £1,000) and above is stated in the balance sheet at cost less accumulated depreciation. Depreciation is provided to write off the cost of each asset over its expected useful life as below:

Equipment	25% per annum on straight line basis
Fixtures and Fittings	15% per annum on a reducing balance basis
Leasehold Improvements	Over the term of the lease
Right of use assets	Over the term of the lease

Stock

Stock held is oils to sell in the therapy rooms and is accounted for at the lower of cost or net realisable value.

Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts.

Financial instruments

The charitable company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charitable company's balance sheet when the charitable company becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2022

there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future receipts discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charitable company's contractual obligations expire or are discharged or cancelled.

Taxation

Income and gains are exempt from taxation as they are received and applied for charitable purposes only. The charitable company benefits from various exemptions from taxation afforded by tax legislation and is not liable to corporation tax on income or gains falling within those exemptions.

Critical accounting estimates and judgements

In the application of the charitable company'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 on-going 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.

3. Income and endowments from:

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
a. Donations and legacies:				
Donations	17,084	-	17,084	14,648
	=====	=====	=====	=====

Donations and legacies in 2021 relate wholly to unrestricted funds.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2022

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
b. Charitable activities:				
Arnold Clark	-	1,000	1,000	-
Awards for all	-	9,819	9,819	
Big Lottery Fund Grant	-	55,069	55,069	65,070
Big Help	-	-	-	10,000
CIF Mental Health Saturday club	-	4,000	4,000	-
CAF	-	-	-	9,702
Contract Income	10,400	-	10,400	-
European Social Fund Workers Education Association	-	21,547	21,547	12,863
LCRCA Equality scheme	-	3,632	3,632	-
H B Bicket				250
LCC business support grant	12,000	-	12,000	-
LCR Cares	-	-	-	14,961
LCVS Community Impact Fund		2,000	2,000	2,000
LCVS Covid Fund	-	7,461	7,461	-
LCVS Community Innovation fund	-	6,889	6,889	-
LCVS- Emergency funding	-	2,000	2,000	-
Liverpool City Council		13,600	13,600	38,600
Liverpool City Region SDS	-	-	-	2,553
Liverpool John Moores	-	9,000	9,000	-
Improving maternal mental health VCSE	-	4,000	4,000	-
MSP	-	4,472	4,472	
Steve Morgan Foundation	-	-	-	10,000
Smallwood Trust	-	-	-	11,808
Oil income	1,378	-	1,378	445
P H Holt Foundation		22,323	22,323	12,000
Room hire	680	-	680	-
Therapy room income	3,863	-	3,863	1,179
The Big Give	-	2,500	2,500	-
Women's Organisation	-	17,611	17,611	15,121
	----- 28,321 =====	----- 186,923 =====	----- 215,244 =====	----- 206,552 =====

Charitable activities in 2021 related to £36,624 unrestricted funds and £169,928 restricted funds.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2022

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
c. Investment income				
Bank interest	5	-	5	75
	=====	=====	=====	=====

Investment Income in 2021 relate wholly to unrestricted funds.

d. Other income	£	£	£	£
Other income	6,808	-	6,808	455
	=====	=====	=====	=====

Other Income in 2021 relate wholly to unrestricted funds.

4. Expenditure on charitable activities

	Direct Charitable Expenditure £	Support & Governance Costs £	Total 2022 £	Restated Total 2021 £
To advance the education of women by providing advice and assistance regarding the health medical childcare and other services	74,931	160,747	235,678	207,847
	=====	=====	=====	=====

a. Analysed as follows:

	2022 £	Restated 2021 £
<i>Direct charitable expenditure:</i>		
Staff salary costs	49,585	75,532
Pension	2,599	4,169
Temporary Staff costs	2,275	1,530
Running costs	12,520	4,341
Volunteer expenses	611	78
Therapist fees	5,766	3,159
Oils and resources	1,575	250
	-----	-----
	74,931	89,059
	-----	-----

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2022

	2022	2021
	£	£
<i>Support & governance costs:</i>		
Staff salary costs	92,087	61,798
Pension	4,826	3,410
Office costs	11,912	8,603
Publicity and advertising	500	125
Insurance	2,296	1,920
Equipment	-	5,743
Equipment hire	2,446	1,339
Health and safety	1,735	1,257
Sundry expenses	605	4,518
Consultancy & Professional Fees	7,050	-
Security costs	540	540
Training costs	3,522	1,137
Refreshments and subsistence	438	25
Subscriptions and licences	531	548
Vouchers	3,634	-
Right of use Interest	3,965	2,942
Accountancy	1,060	700
Depreciation	23,600	24,183
	-----	-----
	160,747	118,788
	-----	-----
Total expenditure on charitable activities	235,678	207,847
	=====	=====

£190,061 (2020: £192,398) of the above expenditure relates to restricted funding.

	2022	2021
	£	£
b. Analysis of staff costs		
Salaries	136,884	132,326
Social security	4,788	5,004
Pension	7,425	7,579
	-----	-----
	149,097	144,909
	=====	=====

c. Particulars of employees:

The average number of employees during the year, analysed by activity, was:

	2022	2021
Management and administration	3.8	1.7
Charitable activities	2.0	3.5
	----	----
Total	5.8	5.2
	==	==

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2022

The Trustees, being also the Directors of the charitable company, are not remunerated for their services and are not included in the above number of employees.

No employees received remuneration in excess of £60,000. No out of pocket expenses were reimbursed to trustees in the year (2021: £nil).

5. Tangible fixed assets

	Equipment	Fixtures & Fittings	Leasehold Improvements	Total
Cost	£	£	£	£
Balance at 1 st April 2021	10,661	2,336	2,295	15,292
Additions during the year	508	-	-	508
Disposals during the year	-	-	-	-
	-----	-----	-----	-----
Balance at 31st March 2022	11,169	2,336	2,295	15,800
	-----	-----	-----	-----
Accumulated Depreciation				
Balance at 1 st April 2021	10,376	2,093	1,148	13,617
Charge for the year	201	36	574	811
Disposals during the year	-	-	-	-
	-----	-----	-----	-----
Balance at 31st March 2022	10,577	2,129	1,722	14,428
	-----	-----	-----	-----
Net Book Value at 31st March 2022	592	207	573	1,372
	=====	=====	=====	=====
Net Book Value at 31 st March 2021	285	243	1,147	1,675
	=====	=====	=====	=====

There were no material commitments at the year-end.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2022

6. Right of use assets

	Lease	Total
	£	£
Cost:		
Balance at 1st April 2021 (restated)	136,731	136,731
Additions in the year	-	
	-----	-----
Balance at 31st March 2022	136,731	136,731
	=====	=====
Depreciation:		
Balance at 1st April 2021 (restated)	45,578	45,578
Charge for the year	22,788	22,788
	-----	-----
Balance at 31st March 2022	68,366	68,366
	=====	=====
Net Book Value at 31st March 2022	68,365	68,365
	=====	=====
Net Book Value at 31 st March 2021 (restated)	91,153	91,153
	=====	=====

Charitable company signed a lease for 120 Bold Street, Liverpool for 20 years on 5th August 2004

7. Stock

Stock comprises of oils sold in therapy room.

	2022	2021
	£	£
Stock	1,703	1,511
	=====	=====

8. Debtors

	2022	2021
	£	£
Trade debtors	8,536	11,655
Prepayments and accrued income	6,675	6,819
	-----	-----
	15,211	18,474
	=====	=====

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2022

9. Creditors: amounts falling due within one year

	2022	Restated 2021
	£	£
Trade creditors	3,819	3,878
Other Creditors	22,522	22,735
Accruals	1,060	700
	-----	-----
	27,401	27,313
	=====	=====

10. Creditors: amounts falling due after more than one year

	2022	Restated 2021
	£	£
Other Creditors	44,409	66,931
	=====	=====

Other creditors comprise lease commitments on 120 Bold Street, Liverpool started 6th August 2004 for 20 years adjusted as per IFRS 16 with discount rate of 0.95% (2021: 0.95%)

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2022

11. Analysis of Net Assets between Funds
2022

	Right of Use Assets	Tangible Fixed Assets	Net Current Assets	Creditors More than One year	Total
	£	£	£	£	£
Unrestricted Funds					
General Fund	68,365	206	10,879	(44,409)	35,041
Designated Funds					
Redundancy provision	-	-	18,179	-	18,179
Running costs provision	-	-	22,809	-	22,809
Lease commitments	-	-	3,660	-	3,660
Relocation fund	-	-	22,000	-	22,000
Continuation of Projects (drop in, outreach)	-	-	63,825	-	63,825
	68,365	206	141,352	(44,409)	165,514
Restricted Funds					
Arnold Clark	-	-	328	-	328
Awards for all	-	-	992	-	992
Big Lottery Fund Grant	-	-	5,699	-	5,699
CIF Ann & Ray Messer Foundation	-	-	2,000	-	2,000
CIF Mental Health Saturday club	-	-	1,378	-	1,378
Edward Gostling Foundation	-	574	-	-	574
LCRCA Equality scheme	-	-	1,736	-	1,736
LCVS Covid Fund	-	-	7,461	-	7,461
LCVS Community Innovation fund	-	-	6,845	-	6,845
Liverpool John Moores Foundation	-	-	7,606	-	7,606
Improving maternal mental health VCSE	-	-	1,153	-	1,153
MSP	-	-	240	-	240
P H Holt Foundation	-	-	1,161	-	1,161
The Big Give	-	-	2,380	-	2,380
Women's Organisation	-	592	-	-	592
	-	1,166	38,979	-	40,145
Totals	68,365	1,372	180,331	(44,409)	205,659

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2022

Restated 2021

	Right of Use Assets	Tangible Fixed Assets	Net Current Assets	Creditors More than one year	Total
	£	£	£	£	£
Unrestricted Funds					
General Fund	91,153	243	21,743	(66,931)	46,208
Designated Funds					
Redundancy provision	-	-	16,246	-	16,246
Running costs provision	-	-	7,781	-	7,781
Lease commitments	-	-	1,433	-	1,433
Relocation fund	-	-	22,000	-	22,000
Continuation of Projects (drop in, outreach)	-	-	65,245	-	65,245
	91,153	243	134,448	(66,931)	158,913
Restricted Funds					
23 Foundation	-	-	1,708	-	1,708
Big Lottery Fund Grant	-	-	31,316	-	31,316
CIF Ann & Ray Messer Foundation	-	-	2,000	-	2,000
Edward Gostling Foundation	-	1,148	-	-	1,148
European Social Fund Workers Education Association	-	-	103	-	103
Hemby Trust	-	-	818	-	818
P H Holt Foundation	-	-	5,810	-	5,810
Women's Organisation	-	284	96	-	380
	-	1,432	41,854	-	43,283
Totals	91,153	1,675	176,299	(66,931)	202,196

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2022

12.Unrestricted Funds
2022

	Funds at Beginning of Year (Restated)	Movements in the Year		Transfer between Funds	Funds at End of Year
		Income	Expenditure		
	£	£	£	£	£
General Fund	46,208	52,218	(45,617)	(17,768)	35,041
Designated Funds :					
Redundancy provision	16,246	-	(-)	1,933	18,179
Running costs provision	7,781	-	(-)	15,028	22,809
Lease commitments	1,433	-	(-)	2,227	3,660
Relocation fund	22,000	-	(-)	-	22,000
Continuation of projects (drop in, outreach)	65,245	-	(-)	(1,420)	63,825
	112,705	-	(-)	17,768	130,473
	158,913	52,218	(45,617)	-	165,514

2021 Restated

	Funds at Beginning of Year (Restated)	Movements in the Year		Transfer between Funds	Funds at End of Year
		Income	Expenditure		
	£	£	£	£	£
General Fund	15,033	51,802	(15,450)	(5,177)	46,208
Designated Funds :					
Redundancy provision	15,459	-	(-)	787	16,246
Running costs provision	18,345	-	(-)	(10,564)	7,781
Lease commitments	2,388	-	(-)	(955)	1,433
Relocation fund	22,000	-	(-)	-	22,000
Continuation of projects (drop in, outreach)	49,335	-	(-)	15,909	65,245
	107,527	-	(-)	5,177	112,705
	122,560	51,802	(15,450)	-	158,913

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2022

General Fund is used to finance the charitable company's general activities as outlined in the Trustees' Annual Report.

Redundancy provision exists to cover redundancy payments, in the event of reduced grant funding.

Running costs provision represents funds required for six months' running costs.

Lease commitments to cover lease commitments for 120 Bold Street and a photocopier.

Relocation fund exists to cover potential property improvements and related expenditure in the event of relocation of premises following cessation of the current lease.

Continuation of Projects represents funds required to complete existing projects (drop in and outreach).

Transfer between funds consist of transfers to reflect the Trustees' review of Designated Funds.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2022

13.Restricted Funds
2022

	Funds at Beginning of Year Restated £	Movements in the Year		Funds at End of Year £
		Income £	Expenditure £	
23 Foundation	1,708		(1,708)	-
Arnold Clark	-	1,000	(672)	328
Awards for all	-	9,819	(8,827)	992
Big Lottery Fund Grant	31,316	55,069	(80,686)	5,699
CIF Ann & Ray Messer Foundation	2,000	2,000	(2,000)	2,000
CIF Mental Health Saturday Club	-	4,000	(2,622)	1,378
Edward Gostling Foundation	1,148	-	(574)	574
European Social Fund Workers Education Association	103	21,547	(21,650)	-
Hemby Trust	818	-	(818)	-
LCRCA Equality scheme	-	3,632	(1,896)	1,736
LCVS Covid Fund	-	7,461	-	7,461
LCVS Community Innovation fund	-	6,889	(44)	6,845
LCVS- Emergency Funding	-	2,000	(2,000)	-
Liverpool City Council	-	13,600	(13,600)	-
Liverpool John Moores Foundation	-	9,000	(1,394)	7,606
Improving maternal mental health VCSE	-	4,000	(2,847)	1,153
MSP	-	4,472	(4,232)	240
P H Holt Foundation	5,810	22,323	(26,972)	1,161
The Big Give	-	2,500	(120)	2,380
Women's Organisation	380	17,611	(17,399)	592
	43,283	186,923	(190,061)	40,145

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2022

2021 Restated

	Funds at Beginning of Year	Movements in the Year		Funds at End of Year
		Income	Expenditure	
		£	£	
23 Foundation	2,500	-	(792)	1,708
Big Lottery Fund Grant	14,040	65,070	(47,794)	31,316
Brook Trust	15,000	-	(15,000)	-
Bupa UK Foundation	16,445	-	(16,445)	-
CAF	-	9,702	(9,702)	-
CIF Ann & Ray Messer Foundation	2,000	2,000	(2,000)	2,000
Edward Gostling Foundation	1,721	-	(573)	1,148
European Social Fund Workers Education Association	2,063	12,863	(14,823)	103
Garfield Weston Foundation	10,000	-	(10,000)	-
H B Bicket	-	250	(250)	-
Hemby Trust	818	-	-	818
LCR Cares	-	14,961	(14,961)	-
Liverpool City Council	-	13,600	(13,600)	-
Liverpool City Region SDS	-	2,553	(2,553)	-
P H Holt Foundation	-	12,000	(6,190)	5,810
Smallwood Trust	-	11,808	(11,808)	-
Steve Morgan Foundation	-	10,000	(10,000)	-
Women's Organisation	1,166	15,121	(15,907)	380
	65,753	169,928	(192,398)	43,283
	=====	=====	=====	=====

These are monies granted to the charitable company to be spent at the discretion of the Board of Trustees for specific charitable purposes, as follows:

23 Foundation – Contribution towards Saturday club.

Arnold Clark – Contribution towards mental health support.

Awards for all – Contribution towards mental health support.

Big Lottery Fund Grant – Contribution towards computers and server and mental health support.

Brook Trust – Contribution toward 'Wraparound Mental Well Being' project.

Bupa UK Foundation – Contribution towards 'Finding our Strengths' project.

CAF – Contribution towards equipment and continuing our services during covid lockdown.

CIF Ann & Ray Messer Foundation – Contribution towards food vouchers for women in crisis.

CIF Mental Health Saturday club – Contribution towards mental health support

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2022

Edward Gostling Foundation – Contribution towards acquisition of stair lift.

European Social Fund Workers Education Association – Contribution towards the costs of the 'DO IT Project'.

Garfield Weston Foundation – Contribution towards core costs.

H B Bicket – Contribution towards drop-in sessions

Hemby Trust – Contribution towards Saturday club.

LCRCA Equality scheme – Contributions to carry out consultations into equality & diversity within the Liverpool area.

LCR Cares – contribution towards crisis intervention services, re-opening the centre for courses & provide support to vulnerable members of the group via the phone.

LCVS Community Impact Fund – Contribution towards Mental Health Crises intervention Hub and 'Women's outreach' project.

LCVS Covid Fund – Contribute towards the core activities of the charity.

LCVS Community Innovation – Contribution to help women with fitness and social isolation

LCVS Emergency Funding – Contribution to fund activities for Saturday Club asylum seekers

Liverpool City Council – Contribution towards the costs of providing a community outreach service; offering education and training opportunities at the Bold Street centre; offering increased number of volunteering opportunities, a drop-in information and listening ear services.

Liverpool City Region SDS – Contribution towards focus groups, travel costs for those with limited funds & vouchers for each participant.

Liverpool John Moores Foundation – Contribution for project worker for Saturday Club.

Improving maternal mental health VCSE – Contribution towards mental health support.

MSP – Contribution towards help for women with fitness and social isolation

Steve Morgan Foundation – Contribution toward 'Wraparound Mental Well Being' project

P H Holt Foundation – Contribution towards metal health worker post.

The Big Give – Provide mental health and wellbeing support to women and digital capacity building across Merseyside.

Smallwood Trust – Contribution towards covid workshops/ emergency funds/ IT Tablets

Steve Morgan Foundation – Contribution toward 'Wraparound Mental Well Being' project.

Women's Organisation – Contribution towards women back to employment.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2022

14. Commitments Under Leases

Financial commitments under non-cancellable operating leases relating to a photocopier lease, this will result in the following payments falling due at 31st March 2022.

	2022	2021
	£	£
Photocopier		
Operating leases which expire:		
Due within one year	3,660	1,433
	-----	-----
	3,660	1,433
	=====	=====

15. Related Party Transactions

The following amounts were paid to Trustees, who are also counsellors, for consultancy and professional services in their capacity as tutors, late night drop-in cover.

	Total	Total
	2022	2021
Name	£	£
D Armstrong	1,015	-

There were no material related party transactions during the year which require disclosure (2021: none).

16. Contingent Liabilities

The charitable company did not have any contingent liabilities as at 31st March 2022 or 31st March 2021.

17. Guarantees

The charitable company is limited by guarantee. In the event of winding-up each member will contribute, if necessary, the sum of £1

	2022	2021
Number of members	12	15
Total guarantees	£12	£15

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2022

Prior year adjustment

Prior year figures have been restated to reflect the introduction of IFRS 16 Lease Right of use assets, depreciation, and right of use lease interest charge and lease liabilities moving rent payment from expenditure to the balance sheet.

a) Statement of financial activities for the year ended 31st March 2021

	£
Reported net movement in funds	12,913
Rent payable removed from operating cists	26,700
Right of use lease interest	(2,942)
Depreciation of right of use lease	(22,788)

Restated net movement in funds	13,883
	=====

b) Balance Sheet as at 31st March 2021

	£
Reported total funds	200,708
Right of use lease asset introduced	91,154
Provision for lease commitments due in one year	(22,735)
Provision for lease commitments due after more than one year	(66,931)

Restated total funds	202,196
	=====

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LTD

England & Wales - Charity number 519687

Accounts

**WOMEN'S HEALTH INFORMATION
SUPPORT CENTRE LIMITED**

**TRUSTEES' REPORT & FINANCIAL
STATEMENTS
FOR YEAR ENDED
31ST MARCH 2021**

**Company Registration No. 02035623
Charity Registration No. 519687**

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2021

The Trustees are pleased to present their annual report for the year ended 31st March 2021.

The financial statements comply with the Charities Act 2011, Companies Act 2006, Accounting and Reporting by Charities; Statement of Recommended Practice (SORP 2015) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1st January 2015).

OBJECTIVES AND ACTIVITIES

Women's Health Information Support Centre Limited (WHISC) is a voluntary organisation aiming to promote health and training opportunities to women from disadvantaged communities.

This is achieved by working in partnership with other local organisations and agencies to empower women to make informed choices about their own health issues via the following services:

- A city centre drop-in offering a listening ear service, a comprehensive information system and signposting for other agencies.
- A telephone service, offering listening ear and information.
- Volunteering opportunities.
- Self-help support groups.
- A community outreach project, offering opportunities for listening ear, information giving and delivering courses and sessions in communities throughout Liverpool.
- Complementary therapies at affordable prices.
- Health and wellbeing classes.
- A Saturday Club for integration of refugees and marginalized women in the community.

Major assets to the organisation are the 64 registered volunteers and placement students who delivered 2,289 volunteering hours over this twelve-month period. Without such an asset WHISC would be unable to deliver the high standards of service currently enjoyed.

Public Benefit

In considering the objectives and activities, the Trustees have considered Charity Commission guidance on Public Benefit to ensure that the charitable company is meeting its Public Benefit requirements.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2021

ACHIEVEMENTS AND PERFORMANCE

The number of women accessing the services offered by WHISC has increased again during the last financial year. In total:

- 248 uses of the drop-in facility, a decrease of 1,274 on 2019-2020.
- 2,756 Listening Ear sessions were held, an increase of 1,066 on 2019-20
- 8,829 telephone/email/text enquiries were dealt with, a decrease of 970 on 2019-20.
- 9,503 community, outreach and social media clients were reached through 894 social media events and 75 community and outreach events.
- 390 attendances' for WHISC sessions were recorded, compared to 2,879 for 2019-2020
- 19 complementary therapy sessions delivered, compared to 841 in 2019-2020.

This brings the total service accesses to 21,745. The need for the service is amply demonstrated by the 14% increase in service accesses, despite the physical closure of WHISC for much of the year.

We also welcomed Karen Downing as the new manager of WHISC in September 2020, following the retirement of long-serving manager Caroline Willcocks. The Board thanks Caroline for her service.

COVID IMPACT

The Covid-19 pandemic forced WHISC to close its doors to the public on 19th March 2020 to protect staff, volunteers and service users from the spread of the disease. The impact of the pandemic on the service and its users has been massive. WHISC pivoted to providing telephone and online support and continued to provide services to vulnerable clients during lockdowns. One-to-one telephone support through Listening Ears was a key component of this approach and made a real difference to service users.

Some quotes from service users.

'I reached out to WHISC over lockdown and they went above and beyond to make me feel less alone with how I was feeling.'

'I would like to say thank you to you for your calls. Thank you for your time Caroline at a time where everything was not right your support was a huge help.'

'You were a supporting angel who listened and guided me along my journey. Thank you.'

'WHISC are a lifeline for women like me who struggle with life at times.'

'You have been a great support to me during lockdown, resources for help have been so limited and having WHISC on the end of the phone has been a godsend. Many thanks xx'

Other activities included the popular ukulele group, quizzes, online blogs, book reviews and lots more to keep the spirits of women in the area up and to combat social isolation.

Although WHISC was not able to generate much needed income through massages and oils, and yoga and relaxation classes, individual giving was higher than expected at £2,651 and the Board is grateful for the generosity shown by individuals during what has been a challenging year financially for many.

Covid-related funding totalled £71,473 and allowed vital services to continue during the lockdowns as more clients came to need our services. A generous Covid-19 grant from the City of Liverpool Covid Fund helped with expenses through Covid-19, whilst LCR Cares Community Foundation helped with post-Covid services. Funding for a mental health worker came from the Duchy of Lancaster, whilst the Smallwood Trust contribution funded vouchers

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2021

for women in financial crisis and the loan of tablets for women in digital poverty. It also funded covid workshops dealing with self-esteem, confidence and coping mechanisms during the pandemic. The Morgan Foundation funding provided technology that allowed staff to be able to work remotely to support service users during lockdown. Once the lockdowns had lifted, the funding was used to provide staff with PPE and training, allowing WHISC to open safely. The CAF Corona Virus Emergency fund also helped by contributing towards equipment and helping us continue our services during lockdown.

The dedicated and hard-working staff of the charity have worked tirelessly to provide support to women in need in Liverpool City Region in what has been a challenging year for everyone. The Board recognises this, and we extend our whole-hearted thanks to the staff for their service and dedication.

FINANCIAL REVIEW

Income in the year was £221,730 (2020: £179,811) of which £169,928 (2020: £152,964), related to funding for projects upon which restrictions are placed.

Expenditure in the year was £208,817 (2020 £207,864) leaving a surplus for the year of £12,913 (2020: deficit £28,053).

At 31st March 2021 the charitable company's reserves stood at £200,708 (2020: £187,795) of which £43,283 (2020: £65,753) represented restricted funds.

Liverpool City Council continue to fund WHISC specifically for our outreach service in the community. This allows us to offer education and training opportunities, volunteering opportunities, a drop-in information and listening ear service and weekly health and wellbeing sessions to vulnerable women in Liverpool. The Big Lottery Fund grant and the Brook Trust funds our Mental Health Hub which provides early intervention, mental health support and crisis management tools for vulnerable women. This includes those women who are amongst the most vulnerable and for whom English is their second language. The PH Holt Foundation helps fund our Drop-in Hub and Garfield Weston continues to fund core costs. Hemby Trust, LCVS CIF and 23 Foundation have contributed towards our very successful Saturday Club for asylum seekers.

The European Social Fund Workers Education Association continue to fund our DO IT course, helping to improve the learning, development and employment chances of women who face barriers to achieving by increasing knowledge and skills, improving confidence. The European Social Fund Women's Organisation funds our Directions Project which helps assist women who are more job-ready than the participants on the DO IT course get back into employment.

The Big Help funded domestic violence support for women referred into WHISC. BUPA UK Foundation contributed towards continuing our mental health projects, as did a grant from LCVS CIF. The latter also contributed towards our outreach projects in the community. Funding was received from LCR-SDS for carrying out questionnaires and running a focus group around Open Spaces and funding from LCVS Skelton Charity provided equipment for WHISC. Contributions towards Drop-in and overheads were received from the Co-op and Liverpool Soroptomists, and a donation from HB Bicket continued to support WHISC and helped towards providing Mental Health services to women.

With the support of both its staff and volunteers, WHISC continue to strive to keep expenditure to a minimum whilst supporting as many women as we can. We continue to look at ways of diversifying to help improve our financial situation.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2021

Principle Funding Sources:

Women's Health Information & Support Centre continues to be funded by grants from:

	£
Big Lottery Fund Grant	65,070
Liverpool City Council	13,600
P H Holt Foundation	12,000

Additional Funding Received from:

European Social Fund Workers and Education Association	12,863
The BIG Help	10,000
European Social Fund/Women's Organisation	15,121
Liverpool City Region SDS	2,553
LCVS CIF	2,000
H B Bicket	250

Covid-19 Funding Received From:

City of Liverpool	25,000
LCR Cares Community Foundation	14,961
Smallwood Trust	11,808
Morgan Foundation	10,002
CAF Corona Virus Emergency Fund	9,702

Risk Policy

The Trustees have conducted their own review of the major risks to the organisation and systems have been established to mitigate those risks.

Internal risks are minimised by the implementation of procedures for authorisation of all transactions and projects and to ensure consistent quality of delivery for all operational aspects of the charitable company. These procedures are periodically reviewed to ensure that they still meet the needs of the charitable company.

Reserves Policy

It is the policy of the charitable company to maintain unrestricted funds, which are free reserves at a level to cover redundancy provision, lease commitments, returning the office back to original condition and six months' running costs and to continue current projects should no further funding be received.

As at the end of the financial year the unrestricted funds totalled £157,425. The charitable company requires £16,246 for redundancy provision, £24,985 lease commitments, £22,000 return office back to original condition, £7,781 for six months running costs and £65,245 to continue drop-in facility, counselling service and outreach service (total £127,660).

PLANS FOR FUTURE

In February 2021, the Board begin a piece of work to examine our mission and values and ensure they are still fit for purpose and reflect the needs of our service users and the women of

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2021

Liverpool City Region. This will be an ongoing discussion for the next few months and will include staff and volunteers. The board also began a piece of work to look at diversity within the organisation. We identified some key areas to work on and will begin by diversifying the board membership so that we incorporate a wide range of lived experiences and are reflective of our service users.

The Covid-19 situation will also influence the way WHISC functions in the future. Our priority as a charitable company is to protect our staff, volunteers and service users as much as possible.

We will continue our valued mental health services, diversifying as the situation progresses. I am sure WHISC will come out of the other end of this difficult process stronger than ever. We are constantly looking at different ways to fundraise to help invest in our mental health work and have plans to expand our partnership fundraising ideas with local organisations and businesses.

WHISC is committed to the development of different services to help address the inequality gap faced by women in and around Liverpool. We will offer holistic support to women from different cultural backgrounds in some of the most deprived areas of Liverpool and will continue to look at different avenues of funding over the coming 12 months. We will continue to be pro-active and promote WHISC services through a range of appropriate and cost effective activities.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Women's Health Information Support Centre Limited is a company limited by guarantee (registration number 02035623), governed by its Memorandum and Articles of Association dated 9th July 1986. It is also registered as a charity with the Charity Commission (charity number 519687) on 30th March 1988.

Legal Status

The charitable company's Trustees are known as members of the Management Committee. Under the requirements of the Memorandum and Articles of Association, two members of the Committee must stand down with the option of standing for re-election at the Annual General Meeting. The members to retire must be the longest in office since their last election or appointment. All members are circulated with invitations to nominate Trustees prior to the AGM advising them of the retiring Trustees and requesting nominations for the AGM. When considering co-opting Trustees, the Committee has regard to the requirements of any specialist skills needed.

Administration Details

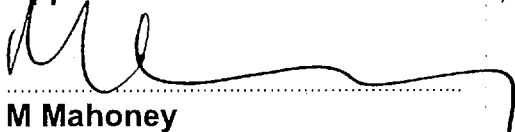
The day-to-day management of the charitable company is delegated by the Trustees to the Manager.

**WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2021**

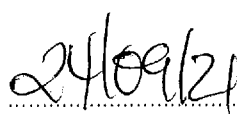
REFERENCE AND ADMINISTRATIVE DETAILS

Name	Women's Health Information Support Centre Limited
Company Number	02035623
Charity Number	519687
Registered Office	120 Bold Street, Liverpool, L1 4JA
Board of Trustees	The Board of Trustees are also its Directors. The charitable company is governed by a Board of Trustees; members of the Board of Trustees during the year are listed below:
Chair	A Hulme
Treasurer	C Dean
Other Trustees	M Andrews D Armstrong L Curtis (Resigned February 2021) R Dalton M Evans (Resigned 31 st March 2021) C Gago Bates (Resigned 31 st March 2021) S Harris L Lamb (Appointed 19 th October 2020) O Lipton (Appointed 19 th October 2020) M Mahoney L McMahon (Resigned 3 rd December 2020) A Thompson J Whitfield (Resigned 20 th July 2021)
Company Secretary	D Armstrong
Independent Examiner	Graham Wright BA (Hons) FCA DChA LCVS 151 Dale Street, Liverpool, L2 2AH
Bankers	Santander Business Banking Centre PO Box 126, Newport, Gwent, NP9 4UP Unity Trust Bank plc Nine Brindley Place, Birmingham, B1 2HB

Approved on behalf of the Board,


.....
M Mahoney

Trustee


.....
Date

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
STATEMENT OF TRUSTEES' RESPONSIBILITIES

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year. In preparing those financial statements, the Trustees should follow best practice and:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principle in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue as a going concern;
- state whether applicable accounting standards have been followed, subject to any material departure disclosed and explained in the financial statements.

The Trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the Charities Act 2011, Companies Act 2006, Accounting and Reporting by Charities; Statement of Recommended Practice (SORP 2015) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1st January 2015).

Signed on behalf of the Board of Trustees


D Armstrong
Company Secretary

120 Bold Street,
Liverpool,
L1 4JA

Date:.....18/9/21.....

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS TO THE TRUSTEES OF WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED

I report on the accounts of the charitable company for the year ended 31st March 2021, which are set out on pages 9 to 22.

Respective responsibilities of trustees and examiner

The Trustees (who are also the Directors of the charitable company for the purposes 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.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act,
- 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
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

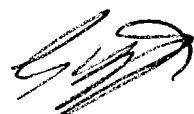
My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charitable company and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the 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:
 - to keep accounting records in accordance with section 386 of the Companies Act 2006; and
 - to prepare accounts which accord with the accounting records and 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 Charitieshave 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.

Name: **Mr. Graham Wright**



Relevant professional qualification or body: **FCA DChA**

Address: **c/o LCVS 151, Dale Street, Liverpool, L2 2AH**

Dated: **...24 September 2021**

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
STATEMENT OF FINANCIAL ACTIVITIES (Including Income & Expenditure Account)
FOR THE YEAR ENDED 31ST MARCH 2021

	Notes	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Totals 2021 £	Totals 2020 £
Income and endowments from:					
Donations and legacies	3a	14,648	-	14,648	11,337
Charitable activities	3b	36,624	169,928	206,552	165,948
Investments	3c	75	-	75	301
Other income	3d	455	-	455	2,225
Total income		51,802	169,928	221,730	179,811
Expenditure on:					
Charitable activities	4	16,419	192,398	208,817	207,864
Total expenditure		16,419	192,398	208,817	207,864
Net Income/(expenditure), net movement in the year		35,383	(22,470)	12,913	(28,053)
Total funds brought forward	10,11	122,042	65,753	187,795	215,848
Total funds carried forward	9-11	157,425	43,283	200,708	187,795

The notes on pages 11 to 22 form part of these accounts. All the above amounts relate to continuing activities of the charitable company.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
BALANCE SHEET AS AT 31ST MARCH 2021

COMPANY NO. 02035623

	Notes	31 st March 2021		31 st March 2020	
		£	£	£	£
Fixed assets					
Tangible fixed assets	5		1,675		2,689
Current assets					
Stock	6	1,511		1,399	
Debtors	7	18,474		15,755	
Cash at bank and in hand		183,626		170,119	
		-----		-----	
		203,611		187,273	
Current liabilities					
Creditors: amounts falling due within one year	8	(4,578)		(2,167)	
		-----		-----	
Net current assets			199,033		185,106
			-----		-----
Total assets less current liabilities			200,708		187,795
			=====		=====
Funds:					
Unrestricted funds	9, 10		157,425		122,042
Restricted funds	9, 11		43,283		65,753
			-----		-----
			200,708		187,795
			=====		=====

These financial statements have been prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102).

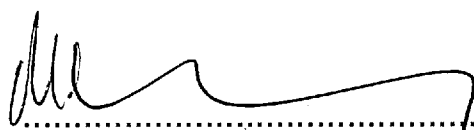
These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies' regime and in accordance with FRS102 SORP.

For the period covered by these accounts the charitable company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

No members have required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

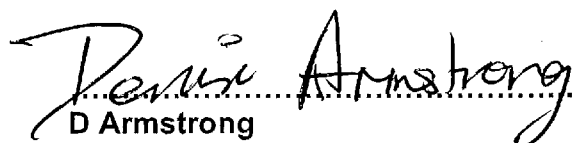
The Trustees, who are the Directors of the charitable company, acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

Approved by the Board on:(8/9/21).....



M Mahoney
Director

18 September 2021



D Armstrong
Director

18 September 2021

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2021

1. Limited Liability

The charitable company is a company limited by guarantee. Each member's liability is limited to £1.

2. Accounting Policies

Basis of Accounting

The accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (SORP 2015) (effective 1st January 2015), Charities Act 2011 and the Companies Act 2006.

The accounts are prepared in sterling, which is the functional currency of the charitable company. Monetary amounts in these financial statements are rounded to the nearest £.

The charitable company has taken advantage of the provisions in the SORP for Charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

Going concern

At the time of approving the accounts, the Trustees have a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the foreseeable future. Although the financial effect of Covid-19 has been great, we will continue to be pro-active and promote WHISC services through a range of appropriate and cost-effective activities. Therefore, the Trustees continue to adopt the going concern basis of accounting in preparing the accounts.

Fund accounting

Unrestricted funds are the charitable company's free reserves available for the Trustees to apply in accordance with the charitable company's charitable objectives.

Designated funds are funds set aside by the Trustees out of unrestricted funds for specific future purposes.

Restricted funds are subject to specific restrictive conditions imposed by the donor. All restricted funds are accounted for as restricted income and expenditure for the purposes is charged to the fund.

Income recognition

All income is recognised once the charitable company has entitlement to the income, there is sufficient certainty of receipt and so it is probable that the income will be received, and the amount of income receivable can be measured reliably.

Donations and legacies comprise of donations which are recognised in the accounts when received, with the exception of known legacies which are accounted for when their receipt is certain.

Income from charitable activities is recognised on an accruals basis except for grants receivable, which are recognised on the date on which their unconditional payment is confirmed by the donor.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2021

Income from investment relates to bank interest received and is recognised when the amount is certain.

Expenditure recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charitable company to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis. All expenses, including support costs and governance costs, are allocated or apportioned to the applicable expenditure headings in the Statement of Financial Activities. Support and governance costs are applied to unrestricted funds unless specifically included in the restrictions, as specified by the donor.

Expenditure on charitable activities relate to the operation of the charitable company comprising of direct charitable expenditure to meet the objectives of the charitable company. Support and governance costs relate to the management and operation of the organisation and also compliance with constitutional and statutory requirements in producing the annual report. These are dealt with in the Statement of Financial Activities when payment has been approved by the charitable company.

Fixed Assets

Capital expenditure of £300 (previous years £1,000) and above is stated in the balance sheet at cost less accumulated depreciation. Depreciation is provided to write off the cost of each asset over its expected useful life as below:

Equipment	25% per annum on straight line basis
Fixtures and Fittings	15% per annum on a reducing balance basis
Leasehold Improvements	Over the term of the lease

Stock

Stock held is oils to sell in the therapy rooms and is accounted for at the lower of cost or net realisable value.

Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts.

Financial instruments

The charitable company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charitable company's balance sheet when the charitable company becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2021

there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future receipts discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charitable company's contractual obligations expire or are discharged or cancelled.

Taxation

Income and gains are exempt from taxation as they are received and applied for charitable purposes only. The charitable company benefits from various exemptions from taxation afforded by tax legislation and is not liable to corporation tax on income or gains falling within those exemptions.

Critical accounting estimates and judgements

In the application of the charitable company'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 on-going 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.

3. Income and endowments from:

	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	2021	2021	2021	2020
	£	£	£	£
a. Donations and legacies:				
Donations	14,648	-	14,648	11,337
	=====	=====	=====	=====

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2021

	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £	Total Funds 2020 £
b. Charitable activities:				
23 Foundation	-	-	-	2,500
Big Lottery Fund Grant	-	65,070	65,070	27,536
Big Help	10,000	-	10,000	-
Brook Trust	-	-	-	15,000
Bupa UK Foundation	-	-	-	16,445
CAF	-	9,702	9,702	-
Edward Gostling Foundation	-	-	-	2,295
European Social Fund Workers Education Association	-	12,863	12,863	11,992
Gardening for Disabled Trust	-	-	-	250
Garfield Weston Foundation	-	-	-	20,000
H B Bicket	-	250	250	250
Hemby Trust	-	-	-	1,500
LCR Cares	-	14,961	14,961	-
LCVS Community Impact Fund	-	2,000	2,000	4,000
LCVS Refugee Programme	-	-	-	160
LCVS Ways to Well Being Fund	-	-	-	2,000
Liverpool City Council	25,000	13,600	38,600	13,600
Liverpool City Region SDS	-	2,553	2,553	-
Steve Morgan Foundation	-	10,000	10,000	13,686
Smallwood Trust	-	11,808	11,808	-
Oil income	445	-	445	3,380
P H Holt Foundation	-	12,000	12,000	12,000
Room hire	-	-	-	505
Therapy room income	1,179	-	1,179	7,520
Training income	-	-	-	1,579
Women's Organisation	-	15,121	15,121	9,000
Woodward Charitable Trust	-	-	-	750
	-----	-----	-----	-----
	36,624	169,928	206,552	165,948
	=====	=====	=====	=====

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2021

	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £	Total Funds 2020 £
c. Investment income				
Bank interest	75	-	75	301
	=====	=====	=====	=====
d. Other income	£	£	£	£
Other income	455	-	455	2,225
	=====	=====	=====	=====

4. Expenditure on charitable activities

	Direct Charitable Expenditure £	Support & Governance Costs £	Total 2021 £	Total 2020 £
To advance the education of women by providing advice and assistance regarding the health medical childcare and other services	115,760	93,057	208,817	207,864
	=====	=====	=====	=====

a. Analysed as follows:

	2021 £	2020 £
<i>Direct charitable expenditure:</i>		
Staff salary costs	75,532	60,000
Pension	4,169	3,406
Temporary Staff costs	1,530	9,266
Running costs	31,042	39,005
Volunteer expenses	78	2,164
OCN fees	-	737
Therapist fees	3,159	6,891
Oils and resources	250	1,801
	=====	=====
	115,760	123,270
	=====	=====

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2021

	2021	2020
	£	£
<i>Support & governance costs:</i>		
Staff salary costs	61,798	51,266
Pension	3,410	3,487
Office costs	8,603	7,670
Publicity and advertising	125	2,146
Insurance	1,920	1,742
Equipment	5,743	401
Equipment hire	1,339	1,379
Health and safety	1,257	1,278
Sundry expenses	4,518	282
Security costs	540	540
Training costs	1,137	9,441
Refreshments and subsistence	25	846
Subscriptions and licences	548	131
Bad debt written off	-	90
Accountancy	700	700
Depreciation	1,394	3,195
	-----	-----
	93,057	84,594
	-----	-----
Total expenditure on charitable activities	208,817	207,864
	=====	=====

£192,398 (2020: £170,654) of the above expenditure relates to restricted funding.

	2021	2020
	£	£
b. Analysis of staff costs		
Salaries	132,326	107,266
Social security	5,004	4,000
Pension	7,579	6,893
	-----	-----
	144,909	118,159
	=====	=====

c. Particulars of employees:

The average number of employees during the year, analysed by activity, was:

	2021	2020
Management and administration	1.7	2.0
Charitable activities	3.5	2.6
	----	----
Total	5.2	4.6
	==	==

The Trustees, being also the Directors of the charitable company, are not remunerated for their services and are not included in the above number of employees.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2021

No employees received remuneration in excess of £60,000. No out of pocket expenses were reimbursed to trustees in the year (2020: £nil).

5. Tangible fixed assets

	Equipment	Fixtures & Fittings	Leasehold Improvements	Total
Cost	£	£	£	£
Balance at 1 st April 2020	10,281	2,336	2,295	14,912
Additions during the year	380	-	-	380
Disposals during the year	-	-	-	-
Balance at 31st March 2021	10,661	2,336	2,295	15,292
Accumulated Depreciation				
Balance at 1 st April 2020	9,599	2,050	574	12,223
Charge for the year	777	43	574	1,394
Disposals during the year	-	-	-	-
Balance at 31st March 2021	10,376	2,093	1,148	13,617
Net Book Value at 31st March 2021	285	243	1,147	1,675
Net Book Value at 31 st March 2020	682	286	1,721	2,689

There were no material commitments at the year-end.

6. Stock

Stock comprises of oils sold in therapy room.

	2021	2020
	£	£
Stock	1,511	1,399

7. Debtors

	2021	2020
	£	£
Trade debtors	11,655	80
Prepayments and accrued income	6,819	15,675
	18,474	15,755

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2021

8. Creditors: amounts falling due within one year

	2021	2020
	£	£
Trade creditors	3,878	905
Accruals	700	1,262
	<u>4,578</u>	<u>2,167</u>
	=====	=====

9. Analysis of Net Assets between Funds

	Tangible Fixed Assets	Net Current Assets	Total
	£	£	£
Unrestricted Funds			
General Fund	243	20,925	21,168
Designated Funds			
Redundancy provision	-	16,246	16,246
Running costs provision	-	7,781	7,781
Lease commitments	-	24,985	24,985
Relocation fund	-	22,000	22,000
Continuation of Projects (drop in, outreach)	-	65,245	65,245
	<u>243</u>	<u>157,182</u>	<u>157,425</u>
	-----	-----	-----
Restricted Funds			
23 Foundation	-	1,708	1,708
Big Lottery Fund Grant	-	31,316	31,316
Edward Gostling Foundation	1,148	-	1,148
European Social Fund Workers Education Association	-	103	103
Hemby Trust	-	818	818
LCVS Community Impact Fund	-	2,000	2,000
P H Holt Foundation	-	5,810	5,810
Women's Organisation	380	-	380
	<u>1,528</u>	<u>41,755</u>	<u>43,283</u>
	-----	-----	-----
Totals	<u>1,771</u>	<u>198,937</u>	<u>200,708</u>
	=====	=====	=====

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2021

10. Unrestricted Funds

	Funds at Beginning of Year £	Movements in the Year		Transfer between Funds £	Funds at End of Year £
		Income £	Expenditure £		
General Fund	1,449	51,802	(16,419)	(15,664)	21,168
Designated Funds :					
Redundancy provision	15,459	-	(-)	787	16,246
Running costs provision	17,411	-	(-)	(9,630)	7,781
Lease commitments	16,388	-	(-)	8,597	24,985
Relocation fund	22,000	-	(-)	-	22,000
Continuation of projects (drop in, outreach)	49,335	-	(-)	15,910	65,245
	120,593	-	(-)	15,664	136,257
	122,042	51,802	(16,419)	-	157,425

General Fund is used to finance the charitable company's general activities as outlined in the Trustees' Annual Report.

Redundancy provision exists to cover redundancy payments, in the event of reduced grant funding.

Running costs provision represents funds required for six months' running costs.

Lease commitments to cover lease commitments for 120 Bold Street and a photocopier.

Relocation fund exists to cover potential property improvements and related expenditure in the event of relocation of premises following cessation of the current lease.

Continuation of Projects represents funds required to complete existing projects (drop in and outreach).

Transfer between funds consist of transfers to reflect the Trustees' review of Designated Funds.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2021

11. Restricted Funds

	Funds at Beginning of Year	Movements in the Year		Funds at End of Year
		Income	Expenditure	
	£	£	£	£
23 Foundation	2,500	-	(792)	1,708
Big Lottery Fund Grant	14,040	65,070	(47,794)	31,316
Brook Trust	15,000	-	(15,000)	-
Bupa UK Foundation	16,445	-	(16,445)	-
CAF	-	9,702	(9,702)	-
Edward Gostling Foundation	1,721	-	(573)	1,148
European Social Fund Workers Education Association	2,063	12,863	(14,823)	103
Garfield Weston Foundation	10,000	-	(10,000)	-
H B Bicket	-	250	(250)	-
Hemby Trust	818	-	-	818
LCR Cares	-	14,961	(14,961)	-
LCVS Community Impact Fund	2,000	2,000	(2,000)	2,000
Liverpool City Council	-	13,600	(13,600)	-
Liverpool City Region SDS	-	2,553	(2,553)	-
P H Holt Foundation	-	12,000	(6,190)	5,810
Smallwood Trust	-	11,808	(11,808)	-
Steve Morgan Foundation	-	10,000	(10,000)	-
Women's Organisation	1,166	15,121	(15,907)	380
	65,753	169,928	(192,398)	43,283

These are monies granted to the charitable company to be spent at the discretion of the Board of Trustees for specific charitable purposes, as follows:

23 Foundation - Contribution towards Saturday club.

Big Lottery Fund Grant - Contribution towards computers and server and contribution toward mental health support.

Brook Trust - Contribution toward 'Wraparound Mental Well Being' project.

Bupa UK Foundation - Contribution towards 'Finding our Strengths' project.

CAF- Contribution towards equipment and continuing our services during covid lockdown.

Edward Gostling Foundation - Contribution towards acquisition of stair lift.

European Social Fund Workers Education Association - Contribution towards the costs of the 'DO IT Project'.

Gardening for Disabled Trust - Contribution toward 'Allotment' project

Garfield Weston Foundation - Contribution towards core costs.

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2021

H B Bicket - Contribution towards drop-in sessions

Hemby Trust - Contribution towards Saturday club.

LCR Cares -contribution towards crisis intervention services, re-opening the centre for courses & provide support to vulnerable members of the group via the phone.

LCVS Community Impact Fund - Contribution towards Mental Health Crises intervention Hub and 'Women's outreach' project.

LCVS Refugee Programme - Contribution towards refugee support.

LCVS Ways to Well Being Fund - Contribution towards therapy treatments.

Liverpool City Council - Contribution towards the costs of providing a community outreach service; offering education and training opportunities at the Bold Street centre; offering increased number of volunteering opportunities, a drop-in information and listening ear services.

Liverpool City Region SDS - Contribution towards focus groups, travel costs for those with limited funds & vouchers for each participant.

Steve Morgan Foundation - Contribution toward 'Wraparound Mental Well Being' project

P H Holt Foundation - Contribution towards drop-in hub.

Smallwood Trust - Contribution towards covid workshops/ emergency funds/ IT Tablets

Steve Morgan Foundation - Contribution toward 'Wraparound Mental Well Being' project.

Women's Organisation - Contribution towards women back to employment.

Woodward Charitable Trust - Contribution towards salary of the drop in coordinator

12.Commitments Under Operating Leases

Financial commitments under non-cancellable operating leases relating to a photocopier lease and a property lease of 120 Bold Street, lease payments of 6 months' notice required after the break clause date of 30th March 2014, and this will result in the following payments falling due at 31st March 2021.

	2021	2020
Land & Building		
Operating leases which expire:	£	£
Due within one year	14,000	14,000
Photocopier		
Operating leases which expire:		
Due within one year	10,985	2,388
	-----	-----
	24,985	16,388
	=====	=====

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2021

13. Related Party Transactions

The following amounts were paid to Trustees, who are also counsellors, for consultancy and professional services in their capacity as tutors, late night drop-in cover.

Name	Total 2021 £	Total 2020 £
M Mahoney	-	7,915
D Armstrong	-	2,198

There were no material related party transactions during the year which require disclosure (2020: none).

14. Contingent Liabilities

The charitable company did not have any contingent liabilities as at 31st March 2021 or 31st March 2020.

15. Guarantees

The charitable company is limited by guarantee. In the event of winding-up each member will contribute, if necessary, the sum of £1.

	2021	2020
Number of members	15	17
Total guarantees	£15	£17

WOMEN'S HEALTH INFORMATION SUPPORT CENTRE LIMITED
DETAILED INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31ST MARCH 2021

(This page does not form part of the statutory financial statements)

	2021	2020
	£	£
INCOME		
Grant income	216,398	152,964
Donations	3,178	11,337
Therapy Room	1,179	7,520
Oil income	445	3,380
Room hire	-	505
Training income	400	1,579
Bank interest	75	301
Other income	55	2,225
	-----	-----
Total Income	221,730	179,811
	-----	-----
EXPENDITURE		
<i>Charitable activities</i>		
Staff salary costs	137,330	111,266
Pension	7,579	6,893
Temporary staff costs	1,530	9,266
Rent	26,733	28,239
Utilities	2,317	3,409
Oils and resources	250	1,801
Therapist fees	3,159	6,891
Insurance	1,920	1,742
Maintenance and repairs	681	4,167
Equipment	5,743	401
Equipment hire	1,339	1,379
Cleaning	1,311	3,190
Telephone and internet	3,169	2,667
Computer support costs	4,895	3,757
Stationary, printing and postage	539	1,246
Publicity and advertising	125	2,146
OCN fees	-	737
Training costs	1,137	9,441
Volunteer expenses	78	2,164
Health and safety	1,257	1,278
Refreshments and subsistence	26	846
Sundry expenses	4,517	282
Security costs	540	540
Subscriptions and licences	548	131
Bad debts written off	-	90
Accountancy	700	700
Depreciation	1,394	3,195
	-----	-----
Total expenditure on charitable activities	208,817	207,864
	-----	-----
Net income/(expenditure) for the year	12,913	(28,053)
	=====	=====