

Derry Well Women Ltd

Northern Ireland · Charity number 101247

Details

Status	Received
Registered	2015-01-19
Register	View on the Charity Commission for Northern Ireland register

Contact

Address
Derry Well Woman Ltd
17 Queen Street
Londonderry
Bt48 7eq
BT48 7EQ

Phone 02871360777

Email info@derrywellwoman.org

Website www.derrywellwoman.org

Activities

Purposes: The Companys objects are to promote the physical and mental health of women in Derry and surrounding area irrespective of class, race or religion by:- (i) Financing and administering a centre which shall be known as Derry Well Women which will provide premises for a range of servies run by and for women; (ii) Establishing a health education programme for women in the Derry area.

What the charity does: The advancement of education,The advancement of health or the saving of lives

How the charity works: Advice/advocacy/information,Community development,Counselling/support,Cross-b order/cross-community,Education/training,Gender,Medical/health/sickness

Who the charity helps: Carers,Mental health,Older people,Parents,Preschool (0-5 year olds),Sexual orientation,Specific areas of deprivation,Travellers,Voluntary and community sector,Women

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£499,244	£504,218	£-33,420	10

Trustees

Name	Role	Appointed
Marie Claire		
Mrs Grainne Mc Laughlin		
Mrs Mary Diamond		
Mrs Nuala Doherty		
Mrs Paula Barr		
Mrs Philomena Mahon		
Mrs Sinead Callan		
Ms Karen Meehan		
Pauline Mcclenaghan		
Sandra Mcneill		
Tara Boyle		

Derry Well Women Ltd

Northern Ireland - Charity number 101247

Accounts

Charity number: NIC 101247
Company number: NI022926

Derry Well Women Limited
(A company limited by guarantee)

Directors report and financial statements
for the year ended 31 March 2025

Derry Well Women Limited
(A company limited by guarantee)

Contents

	Page
Legal and administrative information	1
Directors report	2-16
Auditors' report to the directors	17-21
Statement of financial activities	22
Balance sheet	23
Cash flow statement	24
Notes to the financial statements	25-32

Derry Well Women Limited
(A company limited by guarantee)

Legal and administrative information

Charity number	NIC 101247 XR 35546
Company registration number	NI022926
Business address	17 Queen Street Derry BT48 7EQ
Registered office	17 Queen Street Derry BT48 7EQ
Directors	Philomena Mahon (Chairperson) Tara Boyle (Vice Chairperson) Sinead Callan (Treasurer) Pauline McClenaghan Nuala Doherty Paula Barr Mary Diamond Catherine Meehan Grainne McLaughlin Marie Claire Logue Sandra McNeill Sarah Ann Kelly (Resigned 6th June 2024)
Secretary	Marie Claire Logue (Appointed 6th June 2024)
Auditors	Mr Patrick McGroarty McGroarty McCafferty & Company 2 Carlisle Terrace Derry BT48 6JX
Bankers	Ulster Bank Ltd Da Vincis Complex Culmore Road Derry BT48 8JB
Solicitors	Kelly & Corr Solicitors 65 Clarendon Street Londonderry N. Ireland BT48 7ER

Derry Well Women Limited **(A company limited by guarantee)**

The trustees present their report and the financial statements for the year ended 31st March 2025. The trustees, who are also directors for the purpose of company law and who served during the period and up to the date of this report are as follows: -

Directors

Philomena Mahon (Chairperson)
Tara Boyle (Vice Chairperson)
Sinead Callan (Treasurer)
Pauline McClenaghan
Nuala Doherty
Paula Barr
Mary Diamond
Catherine Meehan
Grainne Mc Laughlin
Marie Claire Logue
Sandra McNeill
Sarah Ann Kelly (Resigned 6th June 2024)

Structure, Governance and Management

Governing Documents

Derry Well Women Limited is a charitable company limited by guarantee, incorporated on 31st October 1989 and registered as a Charity with the Northern Ireland Charity Commission on 19th January 2015 Charity Number NIC 101247 (formerly registered with HMRC UK Charity No. XR35546). The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Recruitment and Appointment of Board of Directors

The subscribers to the Memorandum of Association of the Company and such other persons as are admitted to membership in accordance with the articles should be members of the company. No person shall be admitted as a member of the company unless s/he is approved by the directors. Every person who wishes to become a member shall deliver to the company an application for membership in such form as the directors require.

Board members are elected to serve for a period of up to three years after which they must be re-elected at the next Annual General Meeting. Mary Diamond, Grainne McLaughlin and Nuala Doherty are required to stand down by rotation and are putting themselves forward for re-election at the AGM to be held on 5th June 2025.

Derry Well Women's charity work inevitably focuses on women's health, health promotion, health education and addressing health inequalities. The Board, therefore, seeks to ensure that the needs of women in relation to their specific health issues are appropriately reflected and addressed through the skills, experience, and knowledge of the members. To enhance the membership, the Charity has supported the active participation of its clients and valued the input of their own experience to steer the work of the Charity.

Traditional skills related to healthcare and childcare are well represented on the Board, including Primary Care, Research, Social Work, Childcare, Family Law, Health Visiting, Nursing and Counselling. There is also a generic skills base including accountancy, legal, education, policy development, child development and community development. Board members are requested to provide a list of their skills (updated each year) and in the event of skills being lost due to retirement, individuals are approached to offer themselves for election to the board.

Induction and Training of Board Members

Board members are usually familiar with the practical work of the Charity, having been encouraged to read background information on the Charity and by meeting with other Board members and staff.

Derry Well Women Limited **(A company limited by guarantee)**

Additionally, new members are invited to attend induction sessions which are jointly led by the Chairperson and General Manager and cover:

- The roles and responsibilities of board Members
- The main documents which set out the operational framework of the Charity, including:
- Memorandum and Articles of Association.
- Resourcing the organisation and staying abreast with the current financial position as set out in the latest published accounts.
- Strategic Plans
- Ethos of Derry Well Women
- Derry Well Women Policies/Procedures

On appointment Directors are required to:

- Complete a "fit and proper" declaration.
- Complete an Access NI clearance check.
- Complete a Conflict-of-Interest form.
- Under- take training related to designated roles i.e. Child Protection, Safeguarding Vulnerable Adults, Recruitment, Risk Management and Governance.

Annual strategic planning meetings are also held with the Board staff and clients.

The specific responsibilities of the Board are to:

- Formulate policies and maintain an overview of organisational direction
- Set strategic aims and objectives
- Provide leadership mentoring and support to facilitate the implementation of aims objectives and corporate policies
- Provide a line of accountability for staff, casual staff and volunteers
- Ensure good governance including risk management, ethical standards and quality assurance

A procedures manual has been produced for the control and management of financial systems and procedures within the organisation.

Risk Management

In February 2014 the Management Board signed off the revised Risk Register and Continuity Plan for 2014. This was reviewed in 2024. Phil Mahon was appointed and acts as Designated Committee Governance and Risk Assessment Officer.

Maintaining Financial Stability

In 2024/2025, the Board primarily focussed on applications to grant making trusts and attracting charitable giving. These initiatives have led to the development of a new framework for the expanded delivery of our core programmes including the rationalisation of some services, effective partnership working to maximise current resources, extending our services to other venues and locations, and maintaining our Strategic Plan for 2023/2026 which ensures we continue to deliver within the limitations of funding restraints.

April 2024 to March 2025 saw continued delivery on our contract with the Western Health and Social Care Trust (WHSCCT) with an overall performance of delivering health improvement programmes to 2,972 women and children. The value of our contract for 2024-25 from the Western Health and Social Care Trust (WHSCCT) was £145,244.

Derry Well Women continued delivery on our contract with the WHSCCT Talking Therapies to deliver counselling to women with mild to moderate depression at an agreed hourly rate for our sessional counsellors.

Our funding from VSS was rolled over into 2024 – 2025 to continue our support to women survivors and victims. Derry Well Women continued to receive uplifted Pathways funding through Early Years the Organisation for Young Children to support the Creche Assistant post to March 2025.

Derry Well Women Limited **(A company limited by guarantee)**

Significant funding was received from the National Lottery Charities Board People and Communities, Awards for All, BBC Children in Need, Thompson Trust, Halifax Foundation, Souter Trust, Pathways, Inner City Trust, The Honourable Irish Society, Ulster Bank Charity Trust, SJP Foundation, Enkalon, Danske Bank, PHA, Esme Mitchell, Department of Justice and Garfield Weston. This effort has ensured there has been minimal impact on the financial stability and strengthened the organisation's ability and capacity to deliver on its stated aims for year ahead.

Managing Financial Risks

Internal control risks are minimised by the implementation of financial policies and procedures for separate authorisation of all transactions and payments. Procedures are in place to ensure compliance with health and safety of staff, volunteers, clients and visitors to the centre.

Our audit of accounts is carried out by independent auditors appointed through a competitive tendering process (McGroarty Mc Cafferty & Company 2024/2025) and our monthly payroll is processed by a member of staff from firm of accountants Moore (NI) on a contractual basis overseen by our Treasurer who authorises monthly online BACS payments.

Organisational Structure

Derry Well Women Ltd currently has a Board of 11 Directors who meet at least 10 times a year and is responsible for establishing policies overseeing their implementation and informing the strategic direction of the organisation. At present the board has 11 members from a variety of professional and community backgrounds relevant to the work of Derry Well Women. The overall organisational structure and staff levels have been addressed in a way which is both realistic and practical to meet the demands it faces and taking into consideration the environment in which the organisation must now operate.

A scheme of delegation is in place and day-to-day responsibility for the provision of the services rests with the Manager along with Programme Coordinator's and the Finance and Administration Officers. The Manager has responsibility for the strategic and day-to-day operational management of the centre, resourcing programmes, providing individual support and supervision to the staff team ensuring the team continue to develop their skills and working practices in line with best practice.

Staff implement Board strategy and policies and work to clear programmes of work and job descriptions to meet the objectives of the organisation. Staff are directly accountable to and report to the Board. Staff receive regular line management and support and supervision provided by Board officers and Manager.

Derry Well Women operates within the NICVA code of good governance and within a framework of professional and procedural standards including British Association of Counselling & Psychotherapy, PHA Standards, VSS Minimum Standards, and DHSS&PS NI Childminding and Day Care Standards.

Staffing

Core staff: Four Full Time and Five Part Time

General Manager F/T

Programme Liaison Officer F/T

Personal Assistant and Programme Support Worker P/T

Trauma and Counselling Coordinator F/T

Creche Coordinator P/T

Creche Assistant P/T

Finance Administrator P/T

Cancer Connected Communities Coordinator F/T (on maternity leave)

Resource Assistant Cancer Connected Communities P/T

Sessional Staff

Counselling Team (11)

Complementary Therapy Team (6)

Support Group /Facilitation Team (17)

Creche Support Pool (1)

Derry Well Women Limited
(A company limited by guarantee)

Related Parties and Policies

Insofar as it is complementary to the organisation's objects, Derry Well Women is guided by both regional (DHSS & PSNI) PHA and local (WHSCCT) policy.

Derry Well Women works to minimum standards as set by PHA and BACP in relation to counselling and psychotherapy, complementary therapies, mental health services and DHSS&PS minimum standards in relation to Childcare and PHA standards in relation to Governance and service delivery.

Derry Well Women works in partnership with statutory, voluntary, community and independent services to facilitate referral, service development and mutual support systems.

Policies

Financial Policies & Procedures	1.	Financial Statement Policy	
	2.	Financial Systems Procedure	
	3.	Policy and procedure for petty cash	
	4.	Policy for Cash Handling	
	5.	Procurement/Tendering Policy & Procedure	
	6.	Purchasing Procedure	
	7.	Rationales: Rent, Insurance, Electricity, Telephone, Oil, Water, Salaries	
	8.	Retention of Documents Policy	
	9.	Staff travel/mileage expenses Policy Tutor/Facilitator Travel Allowance	
	10.	Asset Management Policy	
	11.	Reserves Policy	
	12.	Salary Review Policy	
Management Board	13.	Management Committee Manual	
	14.	Conflict of Interest Policy	
Personnel Policies	15.	Alcohol and Drug Policy	
	16.	Confidentiality Policy	
	17.	Disciplinary Policy & Procedure	
	18.	Fair Employment Policy	
	19.	Dismissals Procedure	
	20.	Age Discrimination Policy	
	21.	Disability Discrimination Policy	
	22.	Domestic Abuse Policy / Procedure	
	23.	Equality Diversity and Inclusion Policy	
	24.	Grievance Policy & Procedure	
	25.	Handling and Assessing Criminal Conviction Information	
	26.	Induction for Staff and Volunteers	
	27.	Leave of Absence Policy	
	28.	Lone Worker Policy	
	29.	Managing Sickness at Work Policy	
	30.	No Smoking Policy	
	31.	Recruitment of Facilitators	
	32.	Recruitment Policy & Procedure	
	33.	Staff Development & Training Policy	
	34.	Whistle Blowing Policy	
	35.	Volunteer Policy	
	36.	Work/Life Balance (Flexible Working) Policy & Procedure	
	37.	Workplace Mental Health Policy	
	38.	Managing Internal Conflict	
	39.	Gifts and Hospitality Policy	
	40.	Redundancy Policy	
	Health & Safety	41.	Evacuation Procedure
		42.	Health and Safety Policy

Derry Well Women Limited
(A company limited by guarantee)

	43.	Risk Management Policy & Procedures
Counselling	44.	Suicide Risk Policy and Procedures
	45.	Vulnerable Adults Protection from Abuse Policy and Procedure
	46.	Safeguarding our Children and You
	47.	Referrals Policy
	48.	Negotiated Time Out Policy for Counsellors
	49.	Protect Life Policy
	50.	Serious Adverse Incident Reporting
General	51.	Complaints Policy
	52.	Data Protection Policy and Procedure
	53.	Email/Internet and Telephone Policy
	54.	Environmental Policy
	55.	Mobile Phone Policy
	56.	Publicity Policy and Strategy
	57.	Social Media
Creche Specific Policies	1.	Absence of Creche Coordinator Policy
	2.	Accidents Prevention Reporting & Notification Policy
	3.	Additional Needs Policy
	4.	Admissions Policy
	5.	Adverse Incident Reporting
	6.	Allegations against Staff Policy
	7.	Promoting Positive Behaviour Policy
	8.	Collection of Children Policy
	9.	Email Internet Telephone Policy
	10.	Evacuation Procedure
	11.	First Aid
	12.	Food and Drink
	13.	Induction for Staff and Volunteers
	14.	Infection Control
	15.	Line Management
	16.	Management & Replacement of play equipment
	17.	Management of Records Policy
	18.	Management of Emergencies
	19.	Management of Risks associated with the care of individual service users
	20.	Meeting Children's Individual Needs
	21.	Menu Planning
	22.	Parental Consent Policy
	23.	Parents Access to Records Policy
	24.	Participation Policy
	25.	Personal Care & Toileting Policy
	26.	Photography & Videography Policy
	27.	Play Policy
	28.	Procedure on Staff Use of Mobile Phones
	29.	Protecting Children and Workers Policy
	30.	Risk Policy Refer to Risk Policy in General Policies
	31.	Safeguarding our Children Policy Refer to General Policies
	32.	Security of Setting Policy
	33.	Settling in Policy
	34.	Trips Policy
	35.	Use of Student Guidance

This year the Board also reviewed and updated all our finance specific policies and creche specific policies and in addition the following Personnel and General policies:

- Equal Opportunities (updated to Equality Diversity and Inclusion)
- Whistleblowing

Derry Well Women Limited **(A company limited by guarantee)**

- Disciplinary Procedures
- Maternity
- Domestic Abuse
- Staff Training and Development
- All creche specific policies
- Data Retention & Archiving
- Supervision and Appraisal
- Sickness Absence
- Induction
- Vulnerable Adults
- Safeguarding our Children

Financial Review and Principal Funding Sources

Against the backdrop of increasingly limited resources and insecurities over funding, the organisation continues to meet financial challenges with a combination of sound strategic planning and financial management.

The principal funding sources for the Charity for 2024-2025 by way of Service Level Agreements and contracts with the Western Health and Social Care Trust, Department for Education Northern Ireland through the Pathway Fund, the Victims Survivors Service and The National Lottery Charities Board and BBC Children in Need.

Other funders included Awards for All, Thompson Trust, Halifax Foundation, Souter Trust, Inner City Trust, The Honourable Irish Society, Ulster Bank Charity Trust, SJP Foundation, Enkalon, Esme Mitchell, Garfield Weston, Danske Bank, Department of Justice and PHA. Unrestricted funding this year was raised primarily through donations.

Investment Policy

As the availability of funds for investment does not arise such a policy does not exist at present. If the situation were to change the company would seek professional advice.

Reserves Policy

Principle

Building reserves and tangible assets within Derry Well Women support the overall development of the organisation and are an integral part of our financial planning.

Unrestricted reserves ensure that we have adequate funds available for planning for growth and deal with opportunities and issues as they arise.

Policy

A policy on reserves for Derry Well Women was agreed at the 13th May 2013 and reviewed again at the March 2024 meeting of the Management Committee.

Derry Well Women has a reserves policy which requires:

1. Unrestricted Reserves be maintained at a minimum level of £20,000 with a desired level of £40,000 which ensures that the core activity of Derry Well Women could continue during a period of unforeseen difficulty for a period of two months based on the projected average monthly running costs of the agency approximating £20,000 per month.
2. A proportion of these reserves have to be maintained in a readily realisable form.

The calculation of the required level of reserves is an integral part of the planning, budget and forecast cycle of Derry Well Women.

Derry Well Women Limited
(A company limited by guarantee)

It takes into account:

1. Risks associated with each stream of income and expenditure being different from that budgeted.
2. Capacity to deliver planned activity levels is maintained.
3. Services are delivered and commitments to beneficiaries met.
4. Meeting planned or emergency maintenance requirements to the premises including those connected with Health & Safety, Disability Access, etc.
5. Bridging finance is available to maintain key posts for periods where release of funding by the funding body is delayed.

The present level of reserves available not invested in fixed assets is £19,526.

Purpose of Derry Well Women

To promote the physical and mental health of women in Derry and surrounding area irrespective of class, race or religion by: -

- (i) Financing and administering a centre which shall be known as The Derry Well Women which will provide premises for a range of services run by and for women.
- (ii) Establishing a health education programme for women in the Derry area.

Our core aim is to empower women to help us shape responses to meet their health needs, and to work in partnership with them and other agencies to deliver services which are evidenced based and rooted in best practice and address unmet needs. We are advocates for a gender approach to identifying the determinants of women's health and wellbeing, and for the need to devise cross cutting programmes tailored to the characteristics of our catchment area.

Our approach is underpinned by the goals of:

- i. Providing a leadership focus for gender specific health care.
- ii. Making health and social care systems work better for women.
- iii. Leveraging change in policy and where and how care is provided, and
- iv Building a knowledge base to empower women in choices relating to their health and wellbeing.

Our programmes address the main causes of morbidity and mortality as identified by the Women's EU Convention - cardiovascular/respiratory disease, cancer, mental illness, osteoporosis and diabetes.

Our programmes are developed for a range of targeted groups, including lone parents, new mothers, older women and carers. Our programmes are designed to also address unmet need including eating disorders, women who experience Post Traumatic Stress Disorder and women managing long-term conditions.

In contextualising policy to local circumstances and in listening to the needs expressed by women the services we provide are:

- Counselling
- Mental Health Improvement Programmes
- Carers Support / Self Help
- Programmes for victim/survivors of trauma
- Supporting Mothers and Children programmes
- Cancer Programmes
- Frailty Programmes for older women
- Complementary Therapies and Holistic approach to health
- Chronic Illness Management
- Clinics and Screening programmes
- Promoting Social Inclusion
- Schools Education programmes

Derry Well Women Limited **(A company limited by guarantee)**

Mission

Derry Well Women's mission is to jointly - identify and work collaboratively to engage with the physical, physiological, social, and spiritual health needs and challenges of women of all ages from the Northwest of Ireland.

We deliver on this mission firstly by providing a wide range of quality services based exclusively on meeting women's needs and valuing their assets, using teams of health and social care professionals in collaboration with staff, volunteers, and service users, in a safe, secure, and relaxing environment.

Secondly, we campaign for and contribute to changes in health care policy and practice.

Thirdly, we embrace the WHO "Health for All" principles of equality, participation, empowerment and partnerships in achieving improved health and well-being for women, and work in partnership with a range of agencies and community bodies.

Specifically, we pursue women's equality and empowerment by involving our programme participants in the co-producing of relevant health programmes moving the participant from needs approach to a rights approach. Co-production of health programmes leading to co- production of health and wellbeing is the social justice model which is at the heart of our mission.

Strategic Aims

Having reflected on our mission, ethos and the conceptual framework underlying our work and having considered the strategic context of rapid and unpredictable change, the Board of Derry Well Women agreed five strategic aims.

- i. To continue to provide women with a women-centred health service which will improve the health and wellbeing of women, families and community and recognises the changing needs of women's health.
- ii. To promote social inclusion, to address health inequalities and improve health by meeting the specific health needs of women generally and specifically marginalised groups of women including women victims of the conflict.
- iii. To further refine the conceptual framework and embed the theory and practice of co-producing in the work of Derry Well Women.
- iv. To continue to build and maintain a strategic complex of collaborative partnerships.
- v. To capture and share the learning from the work of Derry Well Women with women's health projects at home and abroad especially in post conflict societies.

These main aims are delivered through the maintenance of modern, professional and flexible structures designed to promote women's and community's health and wellbeing.

The main objectives and activities for the year continued to focus upon the health needs of women and children as identified through three approaches:

1. Clarifying the major causes of morbidity and mortality in women which inform departmental and governmental priorities for action.
2. Identifying what women themselves see as the significant personal and community health issues on which they seek support or wish to act.
3. Meeting priorities described within regional and local strategies relating to promoting health and wellbeing of women and children including DHSS&PS Health and Well Being" Delivering Together 2026" "Care Matters in Northern Ireland, A Bridge to a Better Future" 2007 DHSSPSNI, "Family Matters, DHSS&PS "Making Life Better" a whole system strategic framework for Public Health 2013 to 2023 "Western Health and Social Care Trust Infant Mental Health Strategy", "A Cancer Strategy for Northern Ireland 2022-2023",DOH "Mental Health Strategy" 2021 to 2031, DHSS&PS "Co-production Guide Connecting and Realising Value Through People".

Derry Well Women Limited
(A company limited by guarantee)

Derry Well Women Service Delivery

We deliver under six broad categories of work. Contract Detail.

1. Supporting Families and Children

- Breastfeeding Support
- Baby Massage
- Attachment Programmes
- Henry Programme
- Baby Swim
- Family Time
- Stay and Play
- Paediatric First Aid
- Autism Awareness
- Antenatal Classes
- Minding Mammy PND Support
- Family Respite
- Summer Scheme
- Registered Creche

2. Gender Specific Interventions

- Traumatic Childbirth and Pregnancy Loss Counselling
- Sexual health and emotional well-being
- Menopause Clinic and Managing the Menopause through CBT.
- Endometriosis Support Group

3. Mortality/Morbidity

- Cancer Counselling and Support Group
- The Well Programme
- Cancer Complementary Therapies
- Expert patient group
- Advice clinics
- Carers Support
- Mental Health and Well Being Programmes

4. Managing Long Term Conditions

- Gentle Yoga for Long Covid
- Endometriosis

5. Mental Health and Well-being

- Coping with Depression and Anxiety
- Reflexology
- Counselling
- Self Esteem
- Telephone helpline

Derry Well Women Limited
(A company limited by guarantee)

- Journey to Inner Peace
- Emotional Detox
- Yoga

6. Practical Supports in Later Life

- Young at Heart (support for women later in life)
- Podiatry Foot Care

7. Social support programmes

- Practitioners training
- Reduce overthinking/CBT
- Sound Meditation
- Journey to inner peace
- Tonicity
- Mindfulness
- Actions for Happiness/Transform

What we did

In 2024/2025 we delivered **45 interventions** to **3,648** women and children through the following range of programmes and supports:

- Women and Children Programmes.
- Childcare Services and Programmes including Crèche facilities
- Emotional Health and Mental Well Being Programmes
- Cancer Programmes including the Well Programme, Complementary Therapies Support Group and counselling
- Chronic Illness Management Programmes including Pain Management of Endometriosis
- Gender Specific Programmes (Menopause Clinic, Post Natal Depression; Ante-natal & Sexual Health Education for schools)
- Counselling Services (Generic, Trauma, Cancer, Listening Ear, Pregnancy and Bereavement Loss)
- Practical Supports in Later Life a Health Improvement Programme for women 65-90 years
- Three Support Groups (Breastfeeding, Cancer, Endometriosis)
- Health and Well Being and Social Support Programmes for women directly affected by The Troubles including Counselling, Complementary Therapies, Social Support Programmes and Listening Ear
- Programmes for the frail elderly
- Programmes for women living with long covid

It can be further noted that our highest demand and excess on targets was in our supporting families and children where we supported **1,923 women and children** in a range of programmes and activities with **131 children** supported in our creche. We saw an increase in need from mums needing creche services and respite creche and

Derry Well Women Limited **(A company limited by guarantee)**

great increase in our mother and baby programmes. We noted a considerable increase in our numbers attending our Breastfeeding Support Group with an average of 9-14 each week.

We also saw greatest demand in relation to support from women around mental health and wellbeing and women affected by trauma. We have been able to meet this need by the range of programmes offered. We supported **575 women** with mental health and social support programmes.

We also noted an increase in women looking for support for specific long term conditions with increased numbers in our Endometriosis support group, Long Covid group and Cancer Support group and programmes. **176 women** were supported this year in our Long Covid group and **121 women** availing of our Cancer Supports.

Supporting women later in life continued to be one of our priorities with **89 women** supported this year in our Young at Heart Group and **140 women** attending our podiatry clinic.

The needs of our local women in the WHSCT increases each year with greater demands and complex needs. We listen to what our women are telling us and what this need and demand is, and we respond accordingly.

Additional Activity and added value

Cancer Connected Communities

Cancer Connected Communities is a partnership led by Derry Well Women with Action Cancer, Advice NW, Cancer Focus, Care for Cancer, Omagh and SWELL Enniskillen.

The partnership is dedicated to supporting people affected by cancer in the Western Trust area by connecting them to each other, to sources of support within their communities and to those who can make a difference to how and where they receive services.

Although they do not benefit from the funding the project also has the partnership of the WHSCT and Macmillan.

This three-year project funded by a grant from the National Lottery Community Fund came to an end in November 2024. We have been delighted that the WHSCT have supported with short term continued funding until end of June 2025 with consideration for a further 12–18-month continuation.

Women's Health Strategy for Northern Ireland

Derry Well Women welcomes the commitment from Department of Health to prioritise a focus on Women's Health. We are delighted to be working in partnership with DoH and QUB on this and delighted to launch this at Stormont at the start of the year with support from the Health Minister.

The first part of the process has been the dissemination of Women's Health Survey for NI with excellent profiling and return rates so far. We will then commence focus groups and further engagement opportunities to ensure we capture the priorities and perspectives on health issues from a diverse range of women from across Ireland. We will remain in contact with DoH colleagues throughout to ensure that the analysis of the listening exercise shapes the development of a Women's Health Strategy for NI which adopts a life course approach to women's health.

Psychological Hub

Derry Well Women is contracted by WHSCT to deliver counselling for women referred with mild to moderate depression from the Psychological Hub.

The demand for this has increased year on year with largest referrals this year to date.

The value of this contract for the period 1st April – 31st March 2025 is paid by invoice at **£40.80 per session** (rising to £42.71 from 1st April 2025).

The uniqueness of Well Women is that it doesn't categorise women into different areas – it appreciates and understands the mental and emotional impact on physical well-being and the impact of illness on mental and emotional health.

Derry Well Women Limited **(A company limited by guarantee)**

It is our ability to provide a wraparound service, combining a variety of approaches, one to one, group, outreach, advocacy, delivering a variety of interventions and choices - counselling, parenting programmes, positive mental health programmes, cancer support, living with chronic illness, in a variety of locations, through a multi-disciplinary team – that enables women to progress naturally within services, that makes Derry Well Women a unique service provider. And we do all of this both in setting and maintaining minimum standards of practice, particularly in the area of counselling, complementary therapies and mental health provision.

What difference did we make?

We are one of the first organisations to have implemented Mental Health Impact Assessment measurements. We have been to the fore in involving service users in planning and decision making, particularly through our Three Tier Model of Engagement and believe that these all bring added value to the services that we are committed to deliver.

This ensures:

- Measurable improvements in quality of services provided.
- Measurable, enhanced quality of life, embracing factors such as positivity, hope, new outlooks or perspectives.
- Measurable health related improvements and adoption of positive health related behaviours.
- Measurable physical improvements; measurable emotional improvement.
- Improved resilience, including the adoption of coping strategies.
- Transformative personal qualities, such as self-awareness and focus, increased confidence and assertiveness and self-control.
- Reduced reliance on health and social services.
- Women who use our services set personal goals and make positive life choices, which do include a move to paid employment and further education.
- Measurable improvements in the quality of life in the communities where the participants live.

Our evaluation and feedback methods included:

- Self-Assessment and Lifestyle Inventory (SALI)
- Rosenberg Scale
- Becks Inventory
- Microsoft Forms
- DWW evaluation (co-production template)

Other Evaluation Methods used to include qualitative methods

- Feedback forms
- Case Studies
- Testimonials.
- CoreNet
- Verbal feedback from women
- Feedback from facilitators and other professionals
- Complaints and compliments
- Photographs to capture benefits

Derry Well Women Limited
(A company limited by guarantee)

Examples of qualitative feedback - From Feedback forms

Mindfulness Programme (September 2024)

"This mindfulness course has been transformative for me. I have been taught how to use mindfulness to deal with bereavement, loss, anxiety and health issues"

"I found this course very useful to not only myself but also, I brought the teachings home to my family. It was incredibly interesting every week. One of the aspects which stood out was the principle that thoughts are just that and how we should look at them".

Sing Tonicity (November 2024)

"I feel I have come a long way and feel a lot happier and content in myself. I have lots of good friends."

"Sing Tonicity has been a very important part of my self-care, health and wellbeing. The entire concept of the class, the songs, the subject matter, the friendships made and the laughter. It is all invaluable. Thank you so much to Siobhan and Derry Well Women."

"Sing Tonicity has undoubtedly improved my overall attitude, and I highly recommend it to everyone."

"At a positive and great place both mentally and physically, thanks to Derry Well Women, I have a good outlook in life!"

Minding Mammy (October 2024)

"I'm working on putting myself first, as I have learned it is the most important to look after myself and to be able to look after my children as best I can."

"I believe this programme brought a positive spin to a difficult time in my life. I would recommend this programme, and I feel like I have learned so much about life, myself, and others."

"Thank you so much for this opportunity, it has been amazing and vital for my mental health and being more resilient and calmer for my sake and my family."

"I have loved the course and feel I can now take these skills through life. Thank you, Derry Well Women, Carol and Sinead, you have made a huge difference to me."

Feedback gathered by facilitators and Microsoft forms

Bright Minds Bold Heart (Younger Women's Programme) – (December 2024)

"Thanks to this course I have come off my medication. I feel reassured that I dealt with past situations/conflict (i.e. domestic abuse) in the best possible way, I'm confident to know how to handle future situations that may arise"

"I am so grateful to have been part of this group. The sessions were informative with practical take aways"

"I found Karen easy to connect with, she created a lovely environment for people to share their experiences with no judgement"

"I felt the session gave me great knowledge and skills to take into my life."

"Thank you for all the that I take away and bring into my life"

"Brilliant, informative with a beautiful sense of community".

Feedback from Testimonials

Sing Tonicity (March 2025)

"A year from my brain surgery, my physical strength is improving steadily and mental health starting to improve with help of family and friends and Sing Tonicity. The hugs, care and good feeling I get has helped immensely during a tough year. The impact of this course on my attitudes and outlook has been very significant. It has brought me joy, confidence and much happiness. It is a very positive atmosphere and Siobhan is amazing!"

At the end of this 8-week course, so sad that it has come to an end. It has been uplifting, encouraging, empowering and so much fun. I would highly recommend this course to anyone.

Derry Well Women Limited
(A company limited by guarantee)

I am better at trusting myself, my boundaries are good, I am worthy of love just as I am doing the best that I can with the wellbeing tools that I have”.

Feedback from emails

Journey to Inner Peace (online programme) – (March 2025)

“This 8-week course helped me to assess my negative thinking patterns, which were contributing to a cyclical pattern of Anxiety and Depression. The online course was facilitated in such a Professional and gentle manner, and I was able to really examine how my lack of Self-Esteem/Self Regard is integral to my personal thinking patterns. The Breakout Rooms were managed and a Safe place to Share my experience of each session. Each participant was encouraged to be respectful and empathic to each other. I looked forward to every single session on a Monday evening. The sessions helped with isolation, and I managed to relate well to the other participants”

Feedback from Case Study (extract)

Sound Meditation – (June 2024)

“I had never tried sound meditation and didn't know what to expect but I am delighted that I joined the class and have enjoyed the many benefits. I have felt the mental, emotional and physical benefits of the class. In the first session I had an extremely painful foot and couldn't believe that by the end of the session the pain had lessened, and Joan had referred to my foot as she had noticed it moving etc. I also had increased energy as I left my first session. From this I had enjoyed weekly sessions where I have been able to manage stress and anxiety and gain a better perspective. I am grateful for the time for myself and self-improvement but also being around others and having different social networks has made a difference on my confidence. The sessions have instilled a positive routine in my life and my ability to relax has improved. During some sessions I go into deep relaxation which really helps my body and mind. I can honestly say that sound meditation has been an extremely positive experience for me. It helped improve mood, sleep, pain, energy levels and helped my relationships and confidence as having time to stop, and think has been so healing. Thank you so much to Joan and Elaine who are wonderful facilitators and have given me the fabulous benefits through these sessions”.

Moving Forward

We would like to extend our sincere thanks to our core funders, contract managers and all the trusts and foundations, donors and supporters over the last year for their ongoing support to fund our ongoing mission at Derry Well Women.

This report demonstrates the huge benefit Derry Well Women makes to local women and their young children in the Northwest and the real difference it is making to improve health and wellbeing outcomes, provide an early intervention approach, support our statutory sector colleagues and ensure women's health is supported throughout their life course. We have also been at the forefront in leading research around women's health and ensuring the voice of women from all backgrounds and groups are included and listened to.

We are aware of increased demands on our services and the difficult funding environment that we are navigating on an ongoing basis.

We will continue to listen to what our local women are telling us to ensure we can work collaboratively to make a real difference for women and children in our local communities for the year ahead. We know our greatest achievements will continue to come not from individual efforts but from our ability to work together to continually strive for better.

Derry Well Women Limited
(A company limited by guarantee)

Report of the Directors
for the year ended 31 March 2025

Responsibilities of the Board of Directors

The directors are responsible for preparing the Directors' Annual 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 directors to prepare financial statements for each financial year, under company law the directors 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 directors are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- 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 financial statements on the going concern basis unless it is inappropriate to assume that the company will continue in operation.

The directors 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. 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.

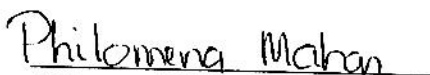
In so far as we are aware:

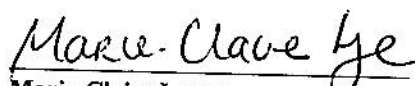
- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the directors have taken all steps that they ought to have taken in order to make themselves aware of any relevant audit information and to establish that the auditors is aware of that information.

Auditors

A resolution proposing that McGroarty McCafferty & Company be reappointed as auditors of the Charity will be put to the Annual General Meeting.

The financial statements were approved and authorised for issue by the board on 29 May 2025 and signed on its behalf by;


Philomena Mahon
Director


Marie-Claire Logue
Director

Derry Well Women Limited
(A company limited by guarantee)

Independent auditor's report to the directors of Derry Well Women Limited

Opinion

We have audited the financial statements of Derry Well Women Limited for the year ended 31st March 2025 which comprise of the Statement of Financial Activities, Balance Sheet, Statement of Cashflows and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

This report is made solely to the charitable company's directors, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's directors those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's directors as a body, for our audit work, for this report, or for the opinions we have formed.

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31st March 2025, and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the directors' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

Derry Well Women Limited
(A company limited by guarantee)

Other information

The directors are responsible for the other information. The other information comprises the information included in the directors' annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinion on other matters prescribed by the Companies Act 2006

In our opinion based on the work undertaken in the course of the audit:

- the information given in the Directors' Annual Report which includes the directors report prepared for the purposes of Company Law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Directors Annual Report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Directors Annual Report.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the directors were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies exemption from the requirement to prepare a strategic report.

Derry Well Women Limited
(A company limited by guarantee)

Responsibilities of the directors

As explained more fully in the Directors' Responsibilities Statement, the directors (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the directors either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Explanation as to what extent the audit was considered capable of detecting irregularities, including fraud;

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. However, the primary responsibility for the prevention and detection of fraud lies with management and the board of directors of the charitable company.

Identifying and assessing potential risks related to irregularities

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, we considered the following:

- the nature of the industry, sector and the specific control environment which it operates in;
- the charities own assessment of the risks that irregularities may occur, either as a result of fraud or error;
- representations and results from our enquiries with management and the board of directors about their own identification and assessment of the risks of irregularities;
- enquiries of management relating to cash handling, reviewing the policies and procedures relating to cash handling and cash recognition;
- any matters we have identified having obtained and reviewed the Charities policies and procedures relating to;
- * identifying and assessing if laws and regulations are compliant and whether they are aware of any instances of non-compliance;
- * detection and response to the risk of fraud and whether they are aware of any actual, suspected or alleged fraud instances;
- * the internal controls designed to mitigate risks or fraud or non-compliance with laws and regulations, and to minimise risk of management overrides of such controls.
- all matters discussed among the audit engagement team regarding how and where fraud could occur and the potential indicators of fraud.

As a result of these procedures, we considered the opportunities and incentives that may exist within the charity for fraud. The audit included assessing the procedures and evaluating the cash handling procedures. In common with all audits under ISAs (UK), we are also required to perform specific procedures to respond to the risk of management override.

We also obtained an understanding of the legal and regulatory frameworks applicable to the charity and considered that the most significant are the Companies Act 2006, SORP 2019 (FRS 102) and Charities Act (Northern Ireland) 2008.

Derry Well Women Limited
(A company limited by guarantee)

Audit responses to risks identified

Our procedures to respond to risks identified included the following:

- reviewing the financial statement disclosures, testing the relevant documentation to assess compliance with the significant laws and regulations - those described as having a direct effect on the financial statements;
- enquiring with management and obtaining third party confirmation from the Charities Solicitors regarding any actual or potential litigation and claims;
- performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud;
- reading minutes of board and management meetings;
- reviewing Companies House and Charity Commission Northern Ireland correspondence,
- review correspondence with HMRC, identifying non-compliance of specific information to be disclosed;
- in addressing the risk of fraud through management override of controls, testing the appropriateness of data entries and adjustments; and evaluating the rationale of any significant transactions that are unusual or outside the normal course of the Charities objectives.

We also communicated relevant identified laws and regulations and potential fraud risks to all engagement team members and remained alert to any indications of fraud or noncompliance with laws and regulations throughout the audit.

As part of an audit in accordance with ISAs (UK), we exercise professional judgment and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the charitable company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the directors.
- Conclude on the appropriateness of the directors' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charitable company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of the auditor's report. However, future events or conditions may cause the charitable company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Derry Well Women Limited
(A company limited by guarantee)

Patrick McGroarty
Patrick McGroarty

Senior Statutory Auditor

for and on behalf of

McGroarty McCafferty & Company

Statutory Auditor

2 Carlisle Terrace

Derry

BT48 6JX

Dated: 29 May 2025

Derry Well Women Limited
(A company limited by guarantee)

Statement of financial activities (incorporating the income and expenditure account)

For the year ended 31 March 2025

	Notes	Unrestricted funds £	Restricted funds £	2025 Total £	2024 Total £
Incoming resources					
Incoming resources from generating funds:					
Voluntary income	2	6,945	-	6,945	4,586
Investment income	3	36	-	36	34
Incoming resources from charitable activities	4	2,500	489,763	492,263	532,570
Total incoming resources		<u>9,481</u>	<u>489,763</u>	<u>499,244</u>	<u>537,190</u>
Resources expended					
Costs of generating funds:					
Charitable Activities	5	16,485	484,039	500,524	544,999
Governance costs	5	-	3,694	3,694	4,153
Total resources expended		<u>16,485</u>	<u>487,733</u>	<u>504,218</u>	<u>549,152</u>
Net incoming / (outgoing) resources for the year	14	(7,004)	2,030	(4,974)	(11,962)
Transfer of Funds		2,928	(2,928)	-	-
		<u>(4,076)</u>	<u>(898)</u>	<u>(4,974)</u>	<u>(11,962)</u>
Total funds brought forward		160,701	3,045	163,746	175,708
Total funds carried forward		<u>156,625</u>	<u>2,147</u>	<u>158,772</u>	<u>163,746</u>

The statement of financial activities includes all gains and losses in the year and therefore a separate statement of total recognised gains and losses has not been prepared.

All of the above amounts relate to continuing activities.

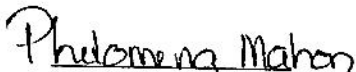
Derry Well Women Limited
(A company limited by guarantee)

Balance sheet
as at 31 March 2025

	Notes	2025		2024	
		£	£	£	£
Fixed assets					
Tangible assets	9		139,246		142,140
Current assets					
Debtors	10	13,834		6,783	
Cash at bank and in hand		39,112		121,542	
		<u>52,946</u>		<u>128,325</u>	
Creditors: amounts falling due within one year	11	<u>(33,420)</u>		<u>(106,719)</u>	
Net current assets			19,526		21,606
Net assets			<u>158,772</u>		<u>163,746</u>
Funds	12				
Restricted income funds	12		2,147		3,045
Unrestricted income funds	12		156,625		160,701
Total funds			<u>158,772</u>		<u>163,746</u>

The financial statements are prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 and the Charities SORP 2019 (FRS 102).

The financial statements were approved and authorised for issue by the Board 29 May 2025 and signed on its behalf by


Philomena Mahon
Director


Marie Claire Logue
Director

Company Number: NI022926

Derry Well Women Limited
(A company limited by guarantee)

Cash flow statement

for the year ended 31 March 2025

	Notes	2025 £	2024 £
Net outgoing resources for the year		(4,974)	(11,962)
Interest receivable		(36)	(34)
Depreciation and impairment		5,814	5,460
Increase in debtors		(7,051)	(675)
Decrease in creditors		<u>(73,299)</u>	<u>(24,801)</u>
Net cash outflow from operating activities		(79,546)	(32,012)
Returns on investments and servicing of finance		36	34
Capital expenditure		<u>(2,920)</u>	<u>(550)</u>
Decrease in cash in the year		<u>(82,430)</u>	<u>(32,528)</u>
Reconciliation of net cash flow to movement in net funds	13		
Decrease in cash in the year		(82,430)	(32,528)
Net funds at 1 April 2024		<u>121,542</u>	<u>154,070</u>
Net funds at 31 March 2025		<u>39,112</u>	<u>121,542</u>

Derry Well Women Limited
(A company limited by guarantee)

Notes to financial statements
for the year ended 31 March 2025

1. General information

The charity is a private limited company by guarantee, registered in Northern Ireland and a registered charity in Northern Ireland. The address of the registered office is 17 Queen Street, Derry, BT48 7EQ.

1.1. Accounting convention

The charity constitutes a public benefit entity as defined by FRS102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland Charities SORP 2019 (FRS102), the Companies Act 2006 and the Charities Act (Northern Ireland) 2008.

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

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

1.2. Incoming resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable.

1.3. Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

1.4. Tangible fixed assets and depreciation

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

Buildings	-	2% Straight Line
Fixture & Fittings	-	10% Straight Line
Equipment	-	20% Straight Line

Buildings are not depreciated as per the directors.

1.5. Debtors & creditors

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

Derry Well Women Limited
(A company limited by guarantee)

Notes to financial statements
for the year ended 31 March 2025

1.6. Cash at bank and in hand

Cash and cash equivalents include cash at bank and in hand.

1.7. Defined contribution pension schemes

The pension costs charged in the financial statements represent the contribution payable by the charity during the year.

1.8. Foreign currencies

Monetary assets and liabilities denominated in foreign currencies are translated into sterling at the rates of exchange prevailing at the accounting date. Transactions in foreign currencies are recorded at the date of the transactions. All differences are taken to the statement of financial activities.

1.9. Going concern

The financial statements have been prepared on a going concern basis as the directors believe that no material uncertainties exist. The directors have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

2. Voluntary income

	Unrestricted funds £	2025 Total £	2024 Total £
Donations	3,017	3,017	2,587
Sundry Income	3,928	3,928	1,999
	<u>6,945</u>	<u>6,945</u>	<u>4,586</u>

3. Investment income

	Unrestricted funds £	2025 Total £	2024 Total £
Bank interest receivable	36	36	34
	<u>36</u>	<u>36</u>	<u>34</u>

Derry Well Women Limited
(A company limited by guarantee)

Notes to financial statements
for the year ended 31 March 2025

4. Incoming resources from charitable activities

	Unrestricted funds £	Restricted funds £	2025 Total £	2024 Total £
Western Health and Social Care Trust	-	145,244	145,244	137,384
National Lottery Community Fund	-	108,090	108,090	167,229
WHSCCT CCC	-	16,362	16,362	-
WHSCCT/Talking Therapies	-	11,238	11,238	9,057
Trusthouse Foundation	-	798	798	27,863
Enkalon	-	500	500	292
Department of Health Childcare	-	-	-	2,500
Screwfix Foundation	-	-	-	4,000
Big Lottery (Awards for All)	-	18,870	18,870	-
Ulster Garden Villages	-	-	-	4,460
Souter Trust	-	4,200	4,200	4,000
Garfield Weston	-	9,162	9,162	-
SJP Foundation	2,500	1,650	4,150	2,450
Community Foundation DOH Cancer Fund	-	1,331	1,331	22,626
The Department of Justice	-	2,696	2,696	-
Ulster Bank	-	1,200	1,200	-
Danske Bank	-	2,500	2,500	-
Esme Mitchell	-	1,050	1,050	2,000
Victims Survivors Service	-	116,010	116,010	111,901
The Beatrice Lang Trust	-	-	-	2,500
CLEAR	-	960	960	750
Thompson Trust	-	2,000	2,000	2,000
Honourable Irish Society	-	900	900	-
Inner City Trust	-	1,000	1,000	-
PHA Research for Women's Health	-	9,984	9,984	-
Halifax Foundation	-	4,500	4,500	4,416
Pathway Fund	-	16,500	16,500	15,000
BBC Children In Need	-	13,018	13,018	12,142
	<u>2,500</u>	<u>489,763</u>	<u>492,263</u>	<u>532,570</u>

Restricted Funds

Funds received which are ear marked by the funder for specific purposes. Such purposes are within the overall aims of the organisation.

Unrestricted Funds

Funds which are expendable at the discretion of the company in furtherance of the aims of the charity. In addition funds may be held in order to finance capital investment and working capital.

Derry Well Women Limited
(A company limited by guarantee)

Notes to financial statements
for the year ended 31 March 2025

5. Costs of generating funds:-

<u>Charitable Activities</u>	Unrestricted Expenditure	Restricted Expenditure	2025 Total	2024 Total
	£	£	£	£
Salaries & Wages	-	210,478	210,478	223,129
Employer's NIC	-	14,936	14,936	16,288
Pension costs	-	13,071	13,071	15,192
Rent	-	12,670	12,670	11,790
Rates & water charges	-	324	324	301
Light & heat	-	5,297	5,297	4,651
Repairs & maintenance	-	15,096	15,096	22,838
Insurance	-	2,629	2,629	2,479
Subscriptions	-	1,106	1,106	1,133
Publications & advertising	1,250	-	1,250	2,567
Training & facilitation	-	-	-	1,236
Travel & subsistence	-	2,093	2,093	1,764
Professional fees	6,290	648	6,938	3,240
Telephone	-	3,392	3,392	2,201
Office expenses - other	1,899	8,583	10,482	9,160
Research	-	9,984	9,984	-
Core programme costs	-	83,556	83,556	86,239
Cancer connected programme costs	-	54,537	54,537	88,083
VSS programme costs	-	41,120	41,120	42,625
Bank charges	-	593	593	550
Depreciation & impairment	3,845	1,969	5,814	5,460
General expenses	3,201	1,957	5,158	4,073
	<u>16,485</u>	<u>484,039</u>	<u>500,524</u>	<u>544,999</u>
 <u>Governance Costs</u>			Total	Total
			£	£
Auditors remuneration			<u>3,694</u>	<u>4,153</u>

6. Net outgoing resources for the year

	2025	2024
	£	£
Net outgoing resources is stated after charging:		
Depreciation and other amounts written off tangible fixed assets	5,684	5,460
Auditors' remuneration	<u>3,694</u>	<u>4,153</u>

Derry Well Women Limited
(A company limited by guarantee)

Notes to financial statements
for the year ended 31 March 2025

7. Employees

Employment costs	2025	2024
	£	£
Wages and salaries	210,478	223,129
Social security costs	14,936	16,288
Pension costs	13,071	15,192
	<u>238,485</u>	<u>254,609</u>

No employee receives emoluments of more than £60,000 (2024: None)

The company operates a Defined Contribution pension scheme.

	2025	2024
	£	£
Defined contribution scheme	<u>13,071</u>	<u>15,192</u>

The average monthly numbers of employees (excluding the trustees) during the year, calculated on the basis of full time equivalents, was as follows:

	2025	2024
	Number	Number
	<u>9</u>	<u>9</u>

8. Taxation

The charity's activities fall within the exemptions afforded by the provisions of the Income and Corporation Taxes Act 1988 or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its chargeable objects. Accordingly, there is no taxation charge in these accounts.

Derry Well Women Limited
(A company limited by guarantee)

Notes to financial statements
for the year ended 31 March 2025

9. Tangible fixed assets

	Buildings	Fixtures &		
	Freehold	Fittings	Equipment	Total
	£	£	£	£
Cost				
At 1 April 2024	150,000	34,391	36,043	220,434
Additions	-	-	2,920	2,920
Disposals	-	-	(11,574)	(11,574)
At 31 March 2025	<u>150,000</u>	<u>34,391</u>	<u>27,389</u>	<u>211,780</u>
Depreciation				
At 1 April 2024	12,000	34,391	31,903	78,294
Charge for the year	3,000	-	2,684	5,684
On disposals	-	-	(11,444)	(11,444)
At 31 March 2025	<u>15,000</u>	<u>34,391</u>	<u>23,143</u>	<u>72,534</u>
Net book values				
At 31 March 2025	<u>135,000</u>	<u>-</u>	<u>4,246</u>	<u>139,246</u>
At 31 March 2024	<u>138,000</u>	<u>-</u>	<u>4,140</u>	<u>142,140</u>

10. Debtors

	2025	2024
	£	£
Other Debtors & Prepayments	<u>13,834</u>	<u>6,783</u>

11. Creditors: amounts falling due within one year

	2025	2024
	£	£
Trade creditors	11,088	1,631
Other creditors	-	61
Accruals and deferred income	22,332	105,027
	<u>33,420</u>	<u>106,719</u>

Derry Well Women Limited
(A company limited by guarantee)

Notes to financial statements
for the year ended 31 March 2025

12. Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total funds £
Fund balances at 31 March 2025 as represented by:			
Tangible fixed assets	137,099	2,147	139,246
Current assets	19,526	33,420	52,946
Current liabilities & deferred income	-	(33,420)	(33,420)
	<u>156,625</u>	<u>2,147</u>	<u>158,772</u>

13. Analysis of changes in net funds

	Opening balance £	Cash flows £	Other changes £	Closing balance £
Cash at bank and in hand	121,542	(82,430)	-	39,112
Net funds	<u>121,542</u>	<u>(82,430)</u>	<u>-</u>	<u>39,112</u>

14. Movements in Funds

	At 1 April 2024 £	Incoming resources £	Outgoing resources £	Transfers £	At 31 March 2025 £
Restricted funds:					
Funds	3,045	489,763	(487,733)	(2,928)	2,147
Total restricted funds	<u>3,045</u>	<u>489,763</u>	<u>(487,733)</u>	<u>(2,928)</u>	<u>2,147</u>
Unrestricted funds:					
General funds	160,701	9,481	(16,485)	2,928	156,625
Total unrestricted funds	<u>160,701</u>	<u>9,481</u>	<u>(16,485)</u>	<u>2,928</u>	<u>156,625</u>
	<u>163,746</u>	<u>499,244</u>	<u>(504,218)</u>	<u>-</u>	<u>158,772</u>

Purposes of Restricted Funds

Restricted grants awarded to the charity are provided to cover the core objects as explained in the directors report.

15. Related party transactions

There were no related party transactions during the year.

Derry Well Women Limited
(A company limited by guarantee)

Notes to financial statements
for the year ended 31 March 2025

16. Company limited by guarantee

Derry Well Women Limited is a company limited by guarantee and accordingly does not have a share capital.

Every member of the company undertakes to contribute such amount as may be required not exceeding £1 to the assets of the charitable company, in the event of it being wound up.

17. Controlling interest

Controlling interest rests with the board of directors.

18. Post Balance Sheet events

No significant events have taken place since the year end that would result in adjustments to 2025 financial information or inclusion of a note thereto.

Derry Well Women Ltd

Northern Ireland - Charity number 101247

Accounts


Derry Well Women Limited
(A company limited by guarantee)

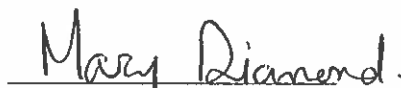
Balance sheet
as at 31 March 2024

	Notes	£	2024	£	£	2023	£
Fixed assets							
Tangible assets	9		142,140			147,050	
Current assets							
Debtors	10	6,783			6,108		
Cash at bank and in hand		121,542			154,070		
		128,325			160,178		
Creditors: amounts falling due within one year	11	(106,719)			(131,520)		
Net current assets			21,606			28,658	
Net assets			163,746			175,708	
Funds	12						
Restricted income funds	12		3,045			4,904	
Unrestricted income funds	12		160,701			170,804	
Total funds			163,746			175,708	

The financial statements are prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 and the Charities SORP 2019 (FRS 102).

The financial statements were approved and authorised for issue by the Board 4 June 2024 and signed on its behalf by


Philomena Mahon
Director


Mary Diamond
Director

Company Number: NI022926

Derry Well Women Limited
(A company limited by guarantee)

Cash flow statement

for the year ended 31 March 2024

	Notes	2024 £	2023 £
Net outgoing resources for the year		(11,962)	(23,312)
Interest receivable		(34)	(11)
Depreciation and impairment		5,460	6,113
Increase in debtors		(675)	(4,254)
(Decrease)/Increase in creditors		<u>(24,801)</u>	<u>1,452</u>
Net cash outflow from operating activities		(32,012)	(20,012)
Returns on investments and servicing of finance	13	34	11
Capital expenditure	13	<u>(550)</u>	<u>(593)</u>
Decrease in cash in the year		<u>(32,528)</u>	<u>(20,594)</u>
Reconciliation of net cash flow to movement in net funds	14		
Decrease in cash in the year		(32,528)	(20,594)
Net funds at 1 April 2023		<u>154,070</u>	<u>174,664</u>
Net funds at 31 March 2024		<u>121,542</u>	<u>154,070</u>

Derry Well Women Limited
(A company limited by guarantee)

Notes to financial statements
for the year ended 31 March 2024

1. General information

The charity is a private limited company by guarantee, registered in Northern Ireland and a registered charity in Northern Ireland. The address of the registered office is 17 Queen Street, Derry, BT48 7EQ.

1.1. Accounting convention

The charity constitutes a public benefit entity as defined by FRS102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland Charities SORP 2019 (FRS102), the Companies Act 2006 and the Charities Act (Northern Ireland) 2008.

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

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

1.2. Incoming resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable.

1.3. Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

1.4. Tangible fixed assets and depreciation

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

Buildings	-	2% Straight Line
Fixture & Fittings	-	10% Straight Line
Equipment	-	20% Straight Line

Buildings are not depreciated as per the directors.

1.5. Debtors & creditors

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

Derry Well Women Limited
(A company limited by guarantee)

Notes to financial statements
for the year ended 31 March 2024

1.6. Cash at bank and in hand

Cash and cash equivalents include cash at bank and in hand.

1.7. Defined contribution pension schemes

The pension costs charged in the financial statements represent the contribution payable by the charity during the year.

1.8. Foreign currencies

Monetary assets and liabilities denominated in foreign currencies are translated into sterling at the rates of exchange prevailing at the accounting date. Transactions in foreign currencies are recorded at the date of the transactions. All differences are taken to the statement of financial activities.

1.9. Going concern

The financial statements have been prepared on a going concern basis as the directors believe that no material uncertainties exist. The directors have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

2. Voluntary income

	Unrestricted funds £	2024 Total £	2023 Total £
Donations	2,587	2,587	3,761
Sundry Income	1,999	1,999	3,925
	<u>4,586</u>	<u>4,586</u>	<u>7,686</u>

3. Investment income

	Unrestricted funds £	2024 Total £	2023 Total £
Bank interest receivable	34	34	11
	<u>34</u>	<u>34</u>	<u>11</u>

Derry Well Women Limited
(A company limited by guarantee)

Notes to financial statements
for the year ended 31 March 2024

4. Incoming resources from charitable activities

	Restricted funds £	2024 Total £	2023 Total £
Western Health and Social Care Trust	137,384	137,384	130,793
National Lottery Community Fund	167,229	167,229	169,255
HDHWILLS	-	-	500
WHSCT/Talking Therapies	9,057	9,057	6,615
Trusthouse Foundation	27,863	27,863	19,455
Enkalon	292	292	208
Department of Health Childcare	2,500	2,500	-
Screwfix Foundation	4,000	4,000	-
ROSA Smallwood	-	-	12,287
Ulster Garden Villages	4,460	4,460	-
Souter Trust	4,000	4,000	-
Positive Ageing	-	-	480
SJP Foundation	2,450	2,450	1,750
Community Foundation DOH Cancer Fund	22,626	22,626	3,618
NIE Network	-	-	1,000
Ulster Bank	-	-	2,100
Danske Bank	-	-	3,000
Esme Mitchel	2,000	2,000	-
Victims Survivors Service	111,901	111,901	112,844
The Beatrice Lang Trust	2,500	2,500	-
W.G.Edwards	750	750	-
Thompson Trust	2,000	2,000	500
Halifax Foundation	4,416	4,416	2,584
Pathway Fund	15,000	15,000	15,000
BBC Children In Need	12,142	12,142	21,015
	<u>532,570</u>	<u>532,570</u>	<u>503,004</u>

Restricted Funds

Funds received which are ear marked by the funder for specific purposes. Such purposes are within the overall aims of the organisation.

Unrestricted Funds

Funds which are expendable at the discretion of the company in furtherance of the aims of the charity. In addition funds may be held in order to finance capital investment and working capital.

Derry Well Women Limited
(A company limited by guarantee)

Notes to financial statements
for the year ended 31 March 2024

5. Costs of generating funds:-

<u>Charitable Activities</u>	Unrestricted Expenditure	Restricted Expenditure	2024 Total	2023 Total
	£	£	£	£
Salaries & Wages	-	223,129	223,129	216,403
Employer's NIC	-	16,288	16,288	15,781
Pension costs	-	15,192	15,192	12,680
Rent	-	11,790	11,790	13,940
Rates & water charges	-	301	301	274
Light & heat	-	4,651	4,651	6,048
Repairs & maintenance	-	22,838	22,838	17,266
Insurance	-	2,479	2,479	2,205
Subscriptions	-	1,133	1,133	2,059
Publications & advertising	2,567	-	2,567	1,839
Training & facilitation	-	1,236	1,236	-
Travel & subsistence	-	1,764	1,764	99
Professional fees	2,592	648	3,240	4,680
Telephone	-	2,201	2,201	2,731
Office expenses - other	978	8,182	9,160	8,911
Core programme costs	-	86,239	86,239	89,960
Cancer connected programme costs	-	88,083	88,083	84,991
VSS programme costs	-	42,625	42,625	41,562
Bank charges	-	550	550	485
Loss on disposal	-	-	-	52
Depreciation & impairment	3,601	1,859	5,460	6,113
General expenses	4,073	-	4,073	2,021
	<u>13,811</u>	<u>531,188</u>	<u>544,999</u>	<u>530,100</u>

Governance Costs

	Total	Total
	£	£
Auditors remuneration	<u>4,153</u>	<u>3,913</u>

6. Net outgoing resources for the year

	2024	2023
	£	£
Net outgoing resources is stated after charging:		
Depreciation and other amounts written off tangible fixed assets	5,460	6,113
Auditors' remuneration	<u>4,153</u>	<u>3,913</u>

Derry Well Women Limited
(A company limited by guarantee)

Notes to financial statements
for the year ended 31 March 2024

7. Employees

Employment costs	2024	2023
	£	£
Wages and salaries	223,129	216,403
Social security costs	16,288	15,781
Pension costs	15,192	12,680
	<u>254,609</u>	<u>244,864</u>

No employee receives emoluments of more than £60,000 (2023: None)

The company operates a Defined Contribution pension scheme.

	2024	2023
	£	£
Defined contribution scheme	<u>15,192</u>	<u>12,680</u>

The average monthly numbers of employees (excluding the trustees) during the year, calculated on the basis of full time equivalents, was as follows:

2024	2023
Number	Number
<u>9</u>	<u>9</u>

8. Taxation

The charity's activities fall within the exemptions afforded by the provisions of the Income and Corporation Taxes Act 1988 or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its chargeable objects. Accordingly, there is no taxation charge in these accounts.

Derry Well Women Limited
(A company limited by guarantee)

Notes to financial statements
for the year ended 31 March 2024

9. Tangible fixed assets

	Buildings	Fixtures and		
	Freehold	Fittings	Equipment	Total
	£	£	£	£
Cost				
At 1 April 2023	150,000	34,391	35,493	219,884
Additions	-	-	550	550
At 31 March 2024	<u>150,000</u>	<u>34,391</u>	<u>36,043</u>	<u>220,434</u>
Depreciation				
At 1 April 2023	9,000	34,391	29,443	72,834
Charge for the year	3,000	-	2,460	5,460
At 31 March 2024	<u>12,000</u>	<u>34,391</u>	<u>31,903</u>	<u>78,294</u>
Net book values				
At 31 March 2024	<u>138,000</u>	<u>-</u>	<u>4,140</u>	<u>142,140</u>
At 31 March 2023	<u>141,000</u>	<u>-</u>	<u>6,050</u>	<u>147,050</u>

10. Debtors

	2024	2023
	£	£
Other Debtors & Prepayments	<u>6,783</u>	<u>6,108</u>

11. Creditors: amounts falling due within one year

	2024	2023
	£	£
Trade creditors	1,631	11,008
Other creditors	61	438
Accruals and deferred income	105,027	120,074
	<u>106,719</u>	<u>131,520</u>

Derry Well Women Limited
(A company limited by guarantee)

Notes to financial statements
for the year ended 31 March 2024

12. Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total funds £
Fund balances at 31 March 2024 as represented by:			
Tangible fixed assets	139,095	3,045	142,140
Current assets	23,036	105,289	128,325
Current liabilities & deferred income	(1,430)	(105,289)	(106,719)
	<u>160,701</u>	<u>3,045</u>	<u>163,746</u>

13. Gross cash flows

	2024 £	2023 £
Returns on investments and servicing of finance		
Interest received	34	11
Capital expenditure		
Payments to acquire tangible assets	(550)	(645)
Receipts from sales of tangible assets	-	52
	<u>(550)</u>	<u>(593)</u>

14. Analysis of changes in net funds

	Opening balance £	Cash flows £	Other changes £	Closing balance £
Cash at bank and in hand	154,070	(32,528)	-	121,542
Net funds	<u>154,070</u>	<u>(32,528)</u>	<u>-</u>	<u>121,542</u>

Derry Well Women Limited
(A company limited by guarantee)

Notes to financial statements
for the year ended 31 March 2024

15. Movements in Funds	At				At
	1 April	Incoming	Outgoing	Transfers	31 March
	2023	resources	resources	resources	2024
	£	£	£	£	£
Restricted funds:					
Funds	4,904	532,570	(535,341)	912	3,045
Total restricted funds	<u>4,904</u>	<u>532,570</u>	<u>(535,341)</u>	<u>912</u>	<u>3,045</u>
Unrestricted funds:					
General funds	170,804	4,620	(13,811)	(912)	160,701
Total unrestricted funds	<u>170,804</u>	<u>4,620</u>	<u>(13,811)</u>	<u>(912)</u>	<u>160,701</u>
	<u>175,708</u>	<u>537,190</u>	<u>(549,152)</u>	<u>-</u>	<u>163,746</u>

Purposes of Restricted Funds

Restricted grants awarded to the charity are provided to cover the core objects as explained in the directors report.

16. Related party transactions

There were no related party transactions during the year.

17. Company limited by guarantee

Derry Well Women Limited is a company limited by gurantee and accordingly does not have a share capital.

Every member of the company undertakes to contribute such amount as may be requires not exceeding £1 to the assets of the charitable company, in the event of it being wound up.

18. Controlling interest

Controlling interest rests with the board of directors.

19. Post Balance Sheet events

No significant events have taken place since the year end that would result in adjustments to 2024 financial information or inclusion of a note thereto.

Derry Well Women Ltd

Northern Ireland - Charity number 101247

Annual report



36th Annual Report

2024

Derry Well Women

Strategic Aims

- To provide women with a women-centred health service which will improve the health and wellbeing of women, families and community and recognises the changing needs of women's health
- To promote social inclusion, to address health inequalities and improve health by meeting the specific health needs of women generally and specifically marginalised groups of women including women victims of the conflict
- To continue to build and maintain a strategic complex of collaborative partnerships.
- To capture and share the learning from the work of Derry Well Women with women's health projects at home and abroad especially in post-conflict societies.
- To further refine the conceptual framework and embed the theory and practice of co-producing in the work of Derry Well Women



Committee and Staff presenting Derry Well Women's 35th Annual Report to its AGM on 22nd June 2023 held in St Columb's Park House.

Front Row; Left to Right Susan Gibson Manager Phil Mahon Vice Chairperson.

Second Row Left to Right Philomena Melaugh, Karen Meehan, Carrie Jain, Fiona Walker.

Back Row Left to Right; Mary Diamond Secretary, Patricia Villa, Ann Mc Donald, Oonagh Butler, Tara Boyle ,Yvonne O Doherty, Patricia Mc Adams, Jennifer Turner, Deirdre O Neill.



Chairpersons Report 2023 2024

I am pleased to present the Annual Report on the work of Derry Well Women for the year ending in March 24. The work undertaken throughout the year reflects our commitment to the co-production and co design of programmes to ensure they meet the expressed needs of women using our services.

In my report last year, I noted the need for a Women's Health strategy for NI. Significant progress has been made, due in no small part to the sterling efforts of Dr Sandra Mc Neill and Karen Meehan, in networking across the UK and engaging with the Dept of Health and QUB with their findings. Minister Robin Swann announced last month that the Dept is supporting an initiative to

undertake a large-scale public listening exercise on women's health in NI and that Derry Well Women will be working in partnership with QUB to develop a Women's Health Strategy for NI which adopts a life course approach to women's health. Derry Well Women continues to deliver on its mission of providing a range of quality services which meet women's needs. Patricia Villa Programmes Liaison Officer ensures that enrolment days run smoothly. The diverse range of programmes continue to attract a high level of registrants for antenatal and postnatal and baby care, mental health and wellness support, gender specific initiatives, cancer support and chronic illness management. Susan's report to the WHSCT gives detailed information on all these services.

A system of Corporate Governance underpins how services are directed and controlled. We ensure strong and transparent governance arrangements are in place to maintain safe and effective services are delivered in a working environment which also supports and protects staff and comply with all applicable legal and regulatory requirements. We conducted a review of our Risk Register and Business Continuity Plan in March this year which was signed off by Committee alongside a complete list of updated policies and procedures. Evidence that this system is effective is reflected in successful contract reviews and continued funding from WHSCT, VSS Pathways and Children in Need to continue our work. We are very grateful to our funders for their support of DWWs work.

In 23/24 under the exceptional fundraising expertise of our Centre Manager Susan the Board primarily focused on applications to grant making trusts and attracting charitable giving. Significant funding received from several benefactors has ensured minimal impact on financial stability and strengthened the organisation's ability and capacity to deliver on its stated aims for the next three years. Finance Administrator Fiona Walker supports Susan in maintaining rigorous financial protocols.

The Cancer Connected Communities Project has delivered a range of interventions tailored to meet the needs of people living with cancer. Partnership working means feedback is shared and responded to. The culmination of this innovative project takes

place in June with a Commitment to Change conference which will be attended by the Health Minister and the CEO of the WHSC Trust.

Creche provision under the leadership of Yvonne O Doherty and our newest recruit Una McDaid continues to uphold the highest standard of care resulting in extremely positive Inspection results. A concentrated effort to improve attendance at the long running breast feeding support group has shown encouraging results.

The provision of Counselling services remains a high priority ably managed by Ann Mc Donald. A post covid return from telephone and zoom to face to face counselling is evident. Our team of 12 counsellors always operate within well-defined professional and procedural standards.

Whilst Susan Gibson has day-to-day responsibility for the strategic and daily running of the Centre, Board members responsible for overseeing policy implementation and informing strategic direction often also play an active role in various aspects of work. I thank them for their dedication and total support for the organisation. All of us depend on Susan's Personal Assistant Oonagh Butler to regularly remind us of duties and deadlines, keeping wheels turning smoothly.

It was with mixed emotions that Committee received Susan's letter of intended retirement in June 24. She has guided DWW for the last 36 years from the fledging ideas of a small group of women, through troubled years, to the thriving regionally and internationally recognised and financially sound organisation it is today. Work on the recruitment process has been carried out and the advertisement has already been placed in the appropriate media. We wish Susan a well-deserved relaxing and productive retirement as we anticipate a new chapter for Derry Well Women.

Secretary's Report 2023 - 2024

Mary Diamond

Secretary



I am delighted to present this year's Company Secretary's Report.

The Derry Well Women Board has met ten times this year and held its AGM on 22nd June 2023.

Following Dr Pauline Mc Clenaghan stepping down as Chairperson the position was taken up by Phil Mahon who has fulfilled her role with diligence dedication and genuine interest.

We were delighted to welcome two new members to the Board this year, Marie Clare Logue and Sandra Mc Neill, who bring unique skills and experience in employment law and obstetrics respectively.

Board Members are elected to serve for a period of up to three years after which they must be re-

elected at the next Annual General Meeting.

Tara Boyle and Sinead Callan are required to step down by rotation, but I am delighted to say they are both putting themselves forward for re-election.

Derry Well Women's charity work inevitably focuses on women's health, health promotion, and health education in addition to addressing health inequalities.

The Board aims is to ensure that Derry Well Women has the highest level of good governance and that all staff receive appropriate leadership, support and supervision to most effectively carry out its mission. It also ensures that our service users are listened to and have opportunities to actively participate in shaping the services we provide.

To enable us to do this work effectively it is important that the Board has a range of skills and experiences which currently includes healthcare, childcare, health visiting, nursing, mental health, counselling, accountancy, the law, education, policy development, child development and community development.

We also continue to undertake training aimed at raising and expanding the committee's skill base.

The specific responsibilities of the board are to.

- Formulate policies and maintain an overview of organizational direction.
- Set strategic aims and objectives.
- Provide leadership monitoring and support to facilitate the implementation of aims and objectives together with corporate policies.
- Provide a line of accountability for staff, casual staff and volunteers.
- Ensure good governance and quality assurance.

In supporting staff this year Committee carried regular staff line management; assisted in the recruitment of new staff members; attended training on recruitment; carried out salary reviews and monitored financial activity;

attended contract reviews; actively engaged in chairing and facilitating key events; headed up significant pieces of work including laying the framework for and working with the Dept of Health on the development of a Northern Ireland Women's Health Strategy.

This year we attended the retirement of one of our long-standing staff members Patricia Mc Adams, our Creche Assistant and welcomed two new staff members Una Mc Daid and Roisin Mc Laughlin.

In maintaining financial stability in 2023/2024 the Board primarily focused on the applications to grant making trusts and attracting charitable giving.

The Board would like to thank Susan Gibson, our manager, for her immense contribution to the success of these applications. This has ensured there has been minimal impact on the financial stability of the organization and strengthens our ability and capacity to deliver on our stated aims for the next three years.

To ensure good governance, the Committee updated the Risk Register and developed five new policies: Serious Adverse Incident Reporting; Protect Life; Age Discrimination Policy; Disability Discrimination Policy and Fair Employment Policy. This year the committee also reviewed and updated the Complaints Policy and all financial policies.

- Financial Systems Policy
- Financial Statement
- Register of Interests
- Cash Handling
- Asset Management
- Travel Policy
- Retention of Documents Policy
- Reserves Policy
- Purchasing Procedures
- Procurement Policy
- Petty Cash Policy
- Gifts and Hospitality Policy
- Fraud Policy

I would like to thank all my fellow Board members for their dedication, commitment and friendship.

On behalf of the Board, I would also like to thank Susan Gibson and all our staff, counsellors and facilitators who work so hard and diligently delivering psychological, social, physical and emotional support to the many women and children who use our services.

Thank you.

Mary Diamond
Company Secretary



Treasurers Report 2023 2024
Sinead Callan

Welcome to our New Board Members

Marie Claire Logue.



Marie-Claire is a solicitor, specialising in Employment Law, representing clients at the Employment Tribunal in both NI and GB with claims ranging from discrimination, unfair dismissal, unauthorised deduction of wages etc., and providing employment corporate support, advice on internal policies and procedures.

Marie-Claire has also edited the book “Being Irish, 101 Personal Reflections on Irish identity today”, which was a snapshot of modern Irish identity including contributions from Annie MacManus, Dr Teresa Lambe, Dr Norah Patten, Sonia O’Sullivan, and Lisa McGee. Prior to qualifying as a solicitor, Marie-Claire worked in London and Sydney and now lives in Derry with her husband and three young children.

Dr Sandra Mc Neill



DR Sandra McNeill
Mb, ChB, BAO 1989 Queens University Belfast
MRCOG 1995 London
MSc 2012 QUB

Special interest in Medical Education, Urogynecology and Menopause

Consultant in O&G WHSCT 2005 – 2023
Training Programme Director / Deputy Head of School O&G
NIMDTA 2007-2019
Sub-Dean Undergraduate Education (QUB & UU) 2017 – present

Sandra is married with three adult daughters. Originally from Belfast Sandra now lives in Derry.

Managers' Report 2023 to 2024



Service Delivery 2023/2024

In 2023/2024 we delivered services both in house and outreach to 2378 women and children.

These women were expectant mums, young mothers, young women, older women, carers, women living with domestic abuse, Post Natal Depression, trauma, depression, anxiety, loss and bereavement, relationship issues and anxiety and depression in the aftermath of the Coronavirus pandemic. These were women living with long covid, living with chronic illness, living with a cancer diagnosis. Many were in poverty and facing a year of further hardships.

All were committed to their own health and well-being as well as that of their children and family and viewed Derry

Well Women as a lifeline which promoted their health and well – being, put them and their children first and supported them to cope, to hope to thrive.

This is borne out in the testimonials quoted throughout and at the end of this report.

We used a holistic approach to address all dimensions of women and children's well-being and considered all determinants on women's health medicine management, diet, physical activity, risk avoidance, preventative measures, lifestyle and activity management, social participation and wellness as well as considering external factors including housing money management housing etc.

8.1 Supporting Women and Children

Derry Well Women Creche provides a safe, welcoming, inclusive, diverse environment focusing on children's mental health ensuring their physical, social, emotional, cognitive and motor development through planned activities and free play in a fun environment with stimulating resources and areas helping the children with social interaction, a sense of belonging and self-esteem, supporting mums enabling strong mother/child relationships.

9 Creche Activities

We supported children's development through planned sessions of group activities, free play and themed activities such as sensory play. We purchased indoor and outdoor resources including sensory resources, sensory tent, sensory lighting, construction area items, large hard plastic house, ball run, dance scarves, sensory buddy, sensory chewable, bubble machine. Also purchased was a range of new baby resources including soft black and white floor tiles, two baby bouncers, Baby gym and Tummy time mat.

Activities such as messy play enabled free expression, for example, floor painting, themed tuff trays, water play. Sand play is always available along with painting easel. It has been observed that children seem to have developed a range of sensory issues post covid.

10 Improving the Environment.

The setting has been changed to a brighter, stimulating welcoming environment, with resources and visual displays throughout the setting.

With funding secured from Screwfix, Ulster Gardens, Souter, the Childcare Partnership and the Beatrice Laing Foundation we were able to reroof the creche and repaint all the creche areas.

Respite

A much valued and sought after service for impoverished, vulnerable children and mothers. We have developed a waiting list, and each child gets a six-week session, if staff feel a child could benefit from further sessions, the child will be placed back on the waiting list.

Due to demand and waiting list we extended our respite in early June to

6 children x 2 morning sessions per week

6 children x 2 afternoon sessions per week

With child intake rotating every 6 weeks, due to the high demand, mum can re-refer if she feels she and her child need more support. Sessions are delivered within the crèche, which is a safe, inclusive, welcoming, nurturing environment.

Our creche has been supported with 'Books Trust' this year where they provided Treasure book packs for all the children attending the service, they also provide a lot of free downloadable resources online.

A healthy snack is provided with fruit and water, or milk and sugar free yoghurt and all allergies are recorded and displayed. Snack time is made fun with Rhyme and props interacting with the story wall.

Sessions are planned to help with children's social/emotional, physical, cognitive and motor development with a range of activities and stimulating resources encouraging peer interaction, a sense of belonging and pride, freedom to express themselves, self-esteem, speech and language/communication and empathy towards others. All activities are inclusive and planned around the children's likes.

Activities include story & rhyme, music & movement, messy play, sensory play, arts and crafts, problem solving and free play. The world around us and nature.

The room is planned in areas such as home corner, construction area, shop area, soft play/sensory, tabletop play, art and messy play area, small world area and role play/dress up and calming and story area. Tuff trays are used for sensory play and themes are changed regular, e.g. sand, fake grass, gulp, jelly, child friendly foam, animals and tractors, cars and trucks, buckets and spades. Children enjoyed outdoor play with our recently purchased outdoor playhouse, ball run, and different sized balls stimulating hand/eye coordination, sensory garden, slide, trikes, slide, see-saw and pushchairs. Children gained stronger social connections, communication, confidence, life skills, and resilience and family relations.

Summer Scheme

Three x one-week sessions in July/August for 0–4-year-olds, this keeps contact with the families and support socially for the children as programmes during the summer are very limited for this age group within the area. Sessions were planned indoor and outdoor. Outings to local parks and nature trails, family

outings were planned, and risk assessed. Indoor sessions included messy play, arts, free play. Story days took place where a mum was invited into tell a story from a book or about her culture. We also included sensory days, role play, group activities, problem solving, and treasure hunts with magnifying glasses searching for bugs and hidden treasure. Sand/water play was included in everyday sensory. Mums, children and staff enjoyed a teddy bears picnics for one of our family outings to coincide with the Crafty Teddies workshop where the mums and children made their own special bear. Special days were celebrated and visually displayed. All activities were planned to be inclusive and centred on children's developmental needs and speech and communication. Family outings enabled families from impoverished circumstances to have a fun family outing during the summer holidays.

Summer Scheme and Outings

Easter Party 29-04-23 Inhouse with easter bonnet making for children and siblings, an easter egg hunt, sensory play session, and healthy treats. In attendance was 21 children and 13 mums.

Summer Trip 15-06-23 Jungle King. All children, siblings and mums received lunch and a summer gift. In attendance was 23 children and 14 mums.

15 Summer Scheme sessions 3 x 1 week sessions July 2 hour sessions, 6 children per session. In attendance was 18 children over the 4 weeks.

In total 64 children attended the creche this year participated and benefitted from the services and programmes we offered this year.

Stay and Play Programme

We delivered three x 4 week Stay and Play Programmes to 124 Mums and their children.

These four-week programmes gave parents the opportunity to explore messy/sensory play with their child and gain ideas of what can be done at home to further develop play skills and begin to interact with other children.

The programme made parents aware of how to develop their child's speech through concepts such as: 'commentating' when their child is playing, rather than asking lots of questions. Parents and children explored music and rhymes, through song and instruments.

Parents and children had fun exploring physical play through using a variety of items available in the home, therefore, extending play to items which are low cost or free.

Creche Inspection

May 2023

Extract from Creche and Childcare Inspection carried out by the Western Health and Social Care Trust.

“The Centre is reputable within the local community, and it is evident the organisation affords a high level of care to children. Within the setting, safeguarding is afforded the highest care and attention, and procedures continue to promote the welfare and safety of the children in its care. The organisation has a well-informed staff team who continue to provide a good quality childcare experience for children and families in the local community”.

Mother and Baby Swim Programme

We ran 17 X 6 Week Mother and Baby Swim programmes for 259 mums and their babies.

The programme aimed to remove any fears parent or child may have in water and create an atmosphere of safety and fun.

The programme was delivered by a qualified and Access NI checked instructor and we hired our local Templemore Sports Complex and Foyle Arena. All participating babies had received their baby vaccinations.

The programmes enabled parents to support their baby in water confidence and build on skills for gradual child led submersion.

Breastfeeding Support Group

We delivered 31 sessions to 45 breastfeeding mums

The delivery of breastfeeding support has been under constant review this year with a concerted effort to promote breastfeeding and the work of the group in Derry Well Women.

With support from the health visitor and WHSCT we have jointly run breastfeeding workshops for parents as well as the support group.

In recent months our work to create a breastfeeding social hub facilitated by a health visitor and parent support worker provides invaluable practical support and peer support to mums.

The objectives of the breastfeeding support group are:

Promoting Successful Breastfeeding: Encourage and support mothers in establishing and maintaining successful breastfeeding relationships with their infants.

Providing Education and Information: Offer evidence-based information and education on breastfeeding techniques, benefits, challenges, and solutions to empower mothers to make informed decisions.

Creating a Supportive Community: Foster a supportive environment where mothers can connect with each other, share experiences, and offer emotional support, reducing feelings of isolation and enhancing confidence.

Addressing Concerns and Challenges: Address common breastfeeding concerns and challenges such as latch difficulties, milk supply issues, and nipple pain, providing practical guidance and reassurance.

Promoting Maternal Well-being: Prioritize maternal well-being by addressing physical and emotional concerns related to breastfeeding, promoting self-care practices, and offering resources for additional support if needed.

Supporting Transition Periods: Provide support during transitional periods such as returning to work or introducing solid foods, offering guidance and strategies to navigate these changes while continuing to breastfeed.

Facilitating Peer Support: Encourage peer-to-peer support among group members, fostering a sense of camaraderie and shared understanding, and promoting mutual encouragement and empowerment.

Offering Professional Guidance: Provide access to qualified lactation consultants, healthcare professionals, or trained volunteers who can offer expert guidance, answer questions, and address specific breastfeeding challenges.

Advocating for Breastfeeding Rights: Advocate for policies and practices that support breastfeeding mothers in the community, including workplace accommodations, public breastfeeding acceptance, and access to breastfeeding-friendly spaces.

Baby Massage and Baby Reflexology

We ran 6 programmes x 4 weeks x 1 hour Baby Massage Programmes for 114 mothers with their babies and 6 programmes x 1 hour Baby Reflexology for 146 mothers with their babies. These programmes helped increase long term bonding between mother and child as well as helping with baby's digestive issues such as colic, reflux and constipation.

Ante Natal Classes

We ran 12 x 3 weeks antenatal classes.

The programmes aimed to support first time parents through pregnancy, and prepare them for labour, birth and the early days of baby's life. It was an opportunity

for pregnant mothers and their partners to gain knowledge of health in pregnancy and parent education. This was a particularly well taken up service as access to prenatal support was seriously diminished over this period due to coronavirus.

Two hundred and seventy-five parents were supported to:

Think about who is there for support; complete a birth plan; become aware of various birth positions; recognise the stages and signs of labour; have knowledge of pain relief options available; prepare for getting to know your baby; discuss feeding options and become aware of responsive feeding; discuss benefits and concerns regarding breastfeeding.

Post Natal Depression Programme (Minding Mammy).

We delivered 3 x 8-week programmes

Twenty-two mums have been attending this group facilitated by a health visitor and CBT practitioner. In addition to weekly support and promotion of self-care through CBT we introduced complementary therapies for each mum

Table to demonstrate levels of activity associated with Supporting Women and Children 2023/2024

Intervention	Number of sessions per year		Average Attendance per session	Numbers of women/children
Breast Feeding Support Group	31 x Weekly sessions	31	4	45
Baby Massage	6 x 4-week Programmes	24	10	114
Attachment Programmes	6 x 4-week Programmes	24	11	146
Minding Mammy Group	3 x 8-week sessions	24	7	22
Family Time	2 Family Events	2	30	63
Ante Natal Classes	12 x 3 weeks programmes	36	26	275
Hypnobirthing	1 x 4-week programme	4	24	24
Crèche	Daily Sessions	286	6	64
Stay and play	3 x 4-week programmes	12	18	124
Mother and Baby Swim	17 x 6-week programmes	102	15	259

10 Interventions	Total	545		1136
-------------------------	--------------	------------	--	-------------

8.2 Gender Specific Interventions

There is much evidence to indicate the determining influence of women on family and community health status. We maintain and develop gender specific work which recognizes the role of women in terms of community well-being. We particularly focus on issues peculiar to women including PMS, endometriosis, peri natal support (both ante- and post-natal), miscarriage, menopause and sexual health.

Menopause Clinic and Support Group.

The menopause clinic continued at a reduced level due to clinician unavailability for several months.

To ensure that women were supported we introduced a facilitated monthly support group. We also provided workplace talks to Children in Crossfire and E and I Engineering

105 women were supported this year.

Pregnancy Loss and Bereavement Counselling.

In 2023/2024 18 women were supported by our pregnancy loss and bereavement service.

All women are referred through the Childbirth and Pregnancy Loss Specialised Midwife with leaflets also available for women to access prior to discharge from hospital following a pregnancy or childbirth loss.

Women self- referred to Derry Well Women to seek counselling for a specific pregnancy or childbirth loss. The benefits that this service has provided these women have been simply invaluable in aiding their healing and recovery process. The support that women have received from Derry Well Women has enabled several of them to contemplate and even enter into any future pregnancies in a more positive state of mind thus reducing maternal anxiety which has been shown to positively impact birth outcomes.

Table to demonstrate levels of activity associated with Gender Specific Interventions. 2023/2024

Intervention	Number of sessions per year		Average Attendance per session	Numbers of women
Menopause Clinic	16 hours x Telephone and face to face Clinic	16	1	15
Menopause Talks and Support Group	15 Talks	15	12	90

Pregnancy Loss and Bereavement Counselling	46 Counselling Hours	46	1	18
3 Interventions	Total	77		123

9. Chronic Illness Management

Within this category we addressed Chronic Diseases (Cancer, Respiratory, Cardiovascular, Diabetes), Mental Health (treatment and prevention of Stress/Depression/Anxiety) and Accidents and Pain Management.

The provision made by Derry Well Women in respect of these issues is complementary to a range of other statutory and voluntary sector services available to women for prevention, detection and treatment of illnesses categorized under these three broad headings. Our specific interventions across each of the three causes of Mortality/Morbidity fall into five broad strands.

9.1 Cancer Services:

1. Our services provided women with the ability to maximise their wellbeing and to make the best possible choices for their own health and the health of their families during a time of uncertainty reduced access to health services and isolation and loneliness. Peer support is at the heart of all our programmes.

This year Derry Well Women delivered cancer counselling to 25 women new to this service. We delivered 2 Well Programmes to 29 women. We delivered 128 complementary therapy sessions to 54 women. 54 women are registered on our cancer support group with an average of 14 attending fortnightly.

Mental Health & Wellbeing Programme

We also delivered a Mental Health and Wellbeing Programme for 10 women.

This was an 8-week course delivered to women living with and/or having had a cancer diagnosis.

The purpose of the programme was to help improve mental health and well-being.

Some of the topics covered included:

- Emotional Awareness – learning to identify and manage our emotions more effectively
- Living with change and Uncertainty
- Identifying Support
- Prioritizing our lives
- Relationships
- Mindfulness
- Aromatherapy
- Enrichment session

- Creative Expression: journaling, art, movement to music.

**Tables to demonstrate levels of activity associated with
Cancer Services 2023/2024**

Intervention	Number of sessions per year		Average Attendance per session	Numbers of new women
Cancer Support Group	20 x 2-hour sessions	20	14	22
Complementary Therapy Treatments	128 x 1-hour treatments	128	1	54
Mental Health and Well Being	9 weeks x 2 hours	9	8	8
Cancer Counselling	129 x counselling sessions	129	1	25
One Day Cancer Programme	One day Workshops	1	10	10
The Well Programme for Women Living with Cancer	2 x 10-week programmes	20	11	29
6 Interventions	Total	307		148

Cancer Connected Communities West

April 2023 – March 2024

Programme Delivery – Derry Well Women

As of March 2024, through the CCCW project Derry Well Women has delivered a range of interventions tailored to meet the needs of people living with cancer. The support provided to date includes 73 counselling sessions, 98 complementary therapy sessions, 11 cancer information talks, 12 therapeutic programmes, 2 carer support days and an ongoing cancer support group. In response to information received from the gathering session workshops regarding cancer prevention and nutritional information, Derry Well Women developed a series of 1:1 clinics and talks with a Specialist Cancer Dietician, which are being very well received.

Gathering Sessions

In April 2023, CCCW hosted the second Gathering Session which was specifically focused on the Cancer Workforce. There were over 60 attendees which included Department of Health representatives, Macmillan, GPs, District Nurses, Community and Voluntary representatives, as well as staff from the NW Cancer Centre such as

Oncologists, Clinical Nurse Specialists, Social Workers, the Booking and Administration team, Dieticians, and many others. Themes for improvement that were identified through the workshops included, communication, palliative care, use of technology and data, improving staff health wellbeing, primary care, and many others.

In June 2024, the third Gathering Session was held in the Waterfoot Hotel Derry. There were over 50 attendees, and the focus was on issues specific to those caring for someone diagnosed with cancer and the impact on families. The most common areas that came up at this workshop were in relation to supporting and acknowledging the role of a carer, the emotional and mental health of carers, communication (both in relation to communicating with the carer and supporting families to communicate their cancer diagnosis to younger family members), and the financial impact of a cancer diagnosis.

In October 2024, the fourth and final Gathering Session was focused on rurality. Some of the themes suggested for improvement were access to transport, mental health and wellbeing, palliative support, access to pharmacy specifically in relation to out of hours palliative drugs.

The Gathering Session process was very successful and through evaluation forms we captured that over 99% of attendees said they enjoyed the process and wanted to attend future workshops and events. Our partners at the NW Cancer Centre attended each workshop and we had meetings after each Gathering Session to share the feedback and stories. In response to this, our WHSCT partners immediately started to act on any 'quick wins' they could immediately resolve, as well as investigating bigger issues that were identified.

Negotiating Change

After a process of reviewing all the data, case studies, and feedback from the four Gathering Session workshops, the themes to be taken forward to the Negotiating Change process are as follows:

- Access to Primary Care
- Cancer prevention and early detection
- Carers
- Communication amongst staff, departments, and other trust areas
- Communication with patients
- Gender specific issues (i.e. women's health, menopause, BRCA gene, male breast cancer)
- Issues specific to rural patients
- Hospital Facilities (dietary requirements, waiting areas, etc.)
- Mental health and emotional wellbeing
- Palliative
- Pharmacy
- Supporting the Cancer Workforce

- Transport

The three Negotiating Change workshops have been scheduled between March – May 2024 and have been structured in line with the following themes of the Cancer Strategy:

1. Preventing Cancer
2. Diagnosing and Treating Cancer
3. Supporting People to Live Well and Die Well

The first Negotiating Change workshop was held on 8th March 2024 at the Silver Birch Hotel Omagh. The theme of the workshop 'Preventing Cancer'. Attendees included representatives from Department of Health, Public Health Agency, Western Health & Social Care Trust, Macmillan, as well as the CCCW partners, cancer patients and their carers or family members.

At the workshop, five areas for change were presented and discussed in relation to cancer prevention:

1. Health Awareness and Information
2. Screening
3. Gender specific issues
4. Role of Community Voluntary Sector
5. Improving Access / Overcoming Barriers

Together the attendees agreed on which questions they want to be considered for the Commitment to Change Conference. The CCCW team are in the process of reviewing these questions and engaging with the decision makers in each area to ensure each question will be addressed effectively at the conference.

The next Negotiating Change workshop will be held on 11th April and will focus on 'Diagnosing and Treating Cancer'. The workshop will focus on themes such as Integrated Care, supporting the cancer workforce and improving communication between professionals, departments and trusts as well as communication with patients.

The final Negotiating Change workshop will be held on the 2nd May and will focus on 'Supporting People to Live Well and Die Well'. There will be a wide range of themes discussed at this workshop including mental health, rurality, palliative care, finance, carers etc.

Commitment to Change Conference

The Commitment to Change Conference is scheduled for 20th June 2024 in the Ebrington Hotel Derry. The current Health Minister, Robin Swann, has confirmed his attendance as well as Neil Guckian, Chief Executive of the Western Health & Social Care Trust. Other attendees will include representatives from Department of Education, Department for Infrastructure, Macmillan, Public Health Agency as well as the CCCW partnership and other community and voluntary groups. The cancer patients, carers and family members who have engaged with the project will also all

be invited to attend and, in some cases, ask their questions directly to the relevant decision maker.

10. Managing Long Term Conditions

Women Experiencing Long Covid

We delivered 40 sessions of gentle restorative yoga for 111 women living with Long Covid a reduction on last year.

These were women who continued to feel the debilitating effects of Covid for between twelve weeks and over a year beyond the initial illness.

The programmes were facilitated by a health care professional who herself is living with Long Covid.

Restorative Yoga aimed to provide:

- a supported, calm place for participants to relax and rest.
- Gentle breath awareness to support diaphragmatic breathing.
- Gentle seated or lying stretches specific for muscles which may be affected by Covid;
- Deep relaxation and rest in restorative yoga to reduce stress, improve fatigue levels, reduce pain and improve sleep quality;
- The following tables outline the percentage improvement across 25 participants in levels of fatigue, pain, breathlessness, sleep and anxiety levels.
- Results for fatigue, pain, breathlessness and sleep relate to all 25 assessments.
- Results for levels of reduction in anxiety related to only those 10

Endometriosis Support

The Endometriosis Support Group held 10 two-hour sessions on the last Tuesday of the month. They had 16 women registered onto the group.

This support group enabled endometriosis patients to share their experiences and help others with the condition. The group covered the following issues:

- Pain management
- Self-Care
- Nutrition
- Complementary therapies
- Emotional Support

**Table to demonstrate levels of activity associated with
Managing Long Term Conditions 2023/2024**

Intervention	Number of sessions per year		Average Attendance per session	Numbers of new women
Intro to Yoga x 4	4 x 1 hour	10	10	10
Gentle Yoga for Long Covid	40 x1 hour sessions	40	20	111
Endometriosis Support Group	10 x 2-hour sessions	10	7	16
3 Interventions	Total	<u>60</u>		<u>137</u>

11. Mental Health and Well Being Services

Derry Well Women provides a range of transformative Mental Wellbeing Programmes and Counselling Services ensuring choice, graduated access from gentle to more challenging interventions with each intervention being strength, not deficit, based and focused on the person not the presenting problem. Derry Well Women’s progress has been marked by efforts to define a “Woman Centred Approach” as an entity. All mental health improvement and well - being programmes returned in house this year.

Counselling Service

We continue to offer counselling through telephone Zoom and face to face. 98% of women are now choosing a face-to-face service which is improving their social contact post covid.

This year 141 women have received 1001 sessions of generic counselling.

The issues presented included trauma relationships, isolation and loneliness, domestic Abuse, bereavement and loss, homelessness, re-location, employment issues, anxiety and depression.

We are now operating with a team of twelve counsellors of which ten are accredited and we are currently seeking tenders to expand the team.

Psychological Hub Referrals 2023/2024

In April 2023 Derry Well Women was contracted by WHSCT to deliver counselling for women referred with mild to moderate depression from the Psychological Hub.

In 2023/2024 Derry Well Women received forty-five referrals the majority of whom requested face to face counselling. We provided 228 sessions of counselling to 44 clients living with mild to moderate depression and anxiety.

Emotional Detox

Emotional Detox helps women understand the concept of an emotional detox and its benefits. It teaches how to take care of negative feelings and provides a road map for living a happy, fulfilled life. Women learn simple, powerful techniques for letting go of negative emotions and find out how to rid of fear and stay calm and confident.

Aims of the programme:

To introduce a way of bringing peace into our lives through non-violent communication.

To enable participants to discover the language of peaceful living.

To help women understand the concept of speaking peace as taught by Rosenberg.

13 women completed one x 8-week programmes.

Benefits of the Programme:

This programme was successful in that it encouraged individuals to look within for answers and listen to their body dialogue, recognize their unhealthy coping mechanisms, and replace them with more healthy ones. They learnt or developed skills in medication, mindfulness, body dialogue, connecting to the self and becoming more self-aware.

Coping with Anxiety and Depression.

We delivered two x 6week courses to 24 women. This course is designed to support women who may be experiencing depression or underlying anxiety. Its aim is to teach coping skills which women affected by depression/anxiety can employ to help deal with the symptoms that affect them personally. Information regarding complementary therapies, diet and sleep is also given.

The facilitator also discusses the use of prescribed drugs.

Self Esteem

We delivered three x eight-week Self - Esteem programmes for 29 women.

The programme addressed self- efficacy, addictive relationships, self -care positive/negative self-talk and equipped participants with the necessary tools and skills to maintain and build good self- esteem.

Table to demonstrate levels of Activity Associated with

Mental Health 2023/2024

Intervention	Number of sessions per year		Average Attendance per session	Numbers of women
Coping with Anxiety and Depression	2 x 6-week programme	12	10	24
Emotional Detox	1 x 8-week sessions	8	11	13
Self Esteem	3 x 8-week programmes	24	6	29
Yoga	14 classes	14	16	53
1 to 1 Counselling	1001counselling hours	1001	1	141
1 to 1 listening ear	17 hours help line	17	1	17
Assessment Interviews	101x 1-hour assessments	101	1	101
7 Interventions	Total	1177		378

12. Accident Prevention Young at Heart Group.

The Young at Heart Group which has an enrolment of 79 women meets weekly.

Derry Well Women designed specific activities to reduce loneliness, social isolation and promote health and well-being for older women by reducing isolation, increasing social connection, uplifting mood and improving emotional health and well-being.

The activities delivered were co-designed with the participants and were based on the issues which were raised and included the following:

Podiatry Foot Clinic

162 women attended the monthly podiatry clinic.

12.1 Table to demonstrate levels of Activity Associated with Accident Prevention. 2023/2024

Intervention	Number of sessions per year		Average Attendance per session	Numbers of women
Practical Supports in Later Life Keeping Young at Heart	3 x 10-week Programmes	30	30	79

Podiatry Foot Care Advice	162	162	1	162
2 Interventions	Total	192		241

13. Local Expressed Need.

Cognitive Behavioural Therapy for Everyday Use

Cognitive Behavioural Therapy (CBT) is an eight-week course which is aimed at women from all backgrounds and all levels of education. The course is a psycho educational based course which means that it is not a therapy group as such. The main aim of the course is to provide participants with the skills to deal with their emotional and psychological problems through developing an awareness of how their cognitions affect their emotions and behaviour. Cognitive behavioural therapy (CBT) has been reported to be an effective treatment for anxiety disorders and depression in older adults, typically leading to reductions in worry, anxiety, and depressive symptoms (Gould et al., 2012).

24 Women attended CBT therapy this year.

1. SingTonicity

‘Sing Tonicity’ is an 8-week programme using an innovative approach which was developed in Sweden. It acknowledges that the voice is a part of the human physicality and it becomes small, lacking in confidence and even silent when we are traumatised or hurt or prevented from speaking out. It is a non-threatening, powerful way of helping people connect with their feelings, find expression and develop their confidence. 97 women attended this year.

2. Mindfulness

‘Mindfulness’ is a 8 week programme which aims to benefit each woman’s emotional and physical health. Mindfulness is the practice of becoming more aware of the present moment rather than dwelling on the past or focusing on the future. This helps with stress management and to prevent rumination and negative thoughts. Mindful-based therapies have been reported to be effective treatments, even as an alternative to behavioural therapies (Ziegerska et al., 2009) and have been found effective to remove stress (Witkiewitz, Greenfield & Bowen, 2013).

31 women attended this programme which was delivered via Zoom.

Journey to Inner Peace

Journey to Inner Peace is a programme that introduces an alternative way of managing unhelpful patterns of behaviour and negative thinking.

It will help turn around the alarming statistics of anger, violence and quiet desperation in our community / society and in their place, to plant the seeds of positive expectations, self – responsibility, higher self-esteem and to seed hope. 27 women attended over 2 x 8-week programmes.

**Table to demonstrate levels of Activity Associated with
Local Expressed Need. 2023/2024**

Intervention	Number of sessions per year		Average Attendance per session	Numbers of women
CBT for Everyday Use	3x 8week sessions	24	15	47
Practitioners Training	2 sessions	2	13	13
Mindfulness	1 x 8 weeks	8	31	31
Journey to Inner Peace	2 x 8 weeks	16	14	27
SingTonicity	3 x 8weeks	24	30	97
5	Total	74		215

14. Summary of Service Provision 2023/2024

Total Number of Programmes Interventions 36.	Total Number of Women and children
Total Number of Sessions 2432	
	2378

In 2023/2024, therefore, we delivered **36 interventions** within the following range of activities to **2378** women and children through **2432** sessions of delivery.

- Women and Children Programmes.
- Childcare Services and Programmes including Crèche facilities.
- Emotional Health and Mental Well Being Programmes
- Cancer Programmes including the Well Programme, Complementary Therapies Support Group and counselling.
- Chronic Illness Management Programmes including Pain Management of Endometriosis.
- Gender Specific Programmes (Menopause Clinic, Post Natal Depression; Antenatal & Sexual Health Education for schools)
- Counselling Services (Generic, Trauma, Cancer, Listening Ear, Pregnancy and Bereavement Loss)

- Practical Supports in Later Life a Health Improvement Programme for women 65-90 years
- Three Support Groups (Breastfeeding, Cancer, Endometriosis)
- Clinical and Screening Services
- Health and Well Being and Social Support Programmes for women directly affected by The Troubles including Counselling, Complementary Therapies, Social Support Programmes and Listening Ear
- Programmes for the frail elderly.
- Programmes for women living with long covid

Testimonials

MINDFULNESS PROGRAMME

“This mindfulness course has been transformative for me. I have been taught how to use mindfulness to deal with bereavement, loss, anxiety and health issues.

As a result of this course, I have developed a new and positive techniques for living in the present and appreciating the good things in life – the things that really matter.

The delivery of the course and the support materials have been excellent. Karen is an excellent tutor; she has made my life so much more meaningful. I owe her a lot of gratitude.

Thankyou”

“The course has been of immense help to me, drawing attention to my negativity patterns and anxiety.

The wide varied course has made me aware of the ways in which I can improve my life.

As a result of this course I am now addressing issues that I would not have been able to do before. The handouts have been extremely helpful as I can read and re-read them and refresh the course. Karen has been helpful in so many ways and the course has been so varied and the group chats so supportive and enlightening”.

“I found this course very useful to not only myself but also I brought the teachings home to my family. It was incredibly interesting every week. One of the aspects which stood out was the principle that thoughts are just that and how we should look at them”.

“I loved this course. It has helped me a great deal. I think differently now about thoughts, this has helped me to stop overthinking and I was able to go to a party that I would not normally go to before this course because of the overthinking. The handouts are great because I can look over what we did and keep me on the right track.

This course has changed me for the better. “

“Karen told us that if we can adapt the concepts, she will teach us, it can change our lives. This course has changed how I think about everything that is happening/has happened in my life. I am growing into a stronger person, and I feel I will be able to face huge challenges that I will face in the future all due to what I have learnt here. I am sleeping better, I know how to turn my thoughts off, I approach everything in a more positive way and that gives me peace.

The handouts are invaluable as they can be used time and time again to reinforce all the skills we have learnt especially in times of stress.

I am grateful for Karen, Derry Well Women and the chance to participate in this course.

Thank you.”

“The mindfulness course has been fantastic. Acceptance, gratitude and cognitive diffusion have been vital in helping me have a better quality of mind. Learning that my thoughts and feelings are simply that has allowed me to gain distance on them and this has transformed my quality of life. Karen was fun to learn from and the handouts have been really helpful and I’m glad I can have them in the future. I wish everyone had the opportunity to take this course as it has the potential to be lifechanging.”

“This course has been amazing and delivered in the most professional way. It has helped me greatly with my mental health. I firmly believe it should be taught in schools. Handouts were given with each class and they were both informative and clear. The attendance was testimony to the quality from the course as everyone attended every week. “

CBT

“In receiving clear information and understanding on the CBT model”.

“I have greater awareness of how my negative thinking can affect my health”.

“I am more aware of my own needs now”.

“When issues arise, I have learned to focus on one thing at a time”.

“I learned about self-awareness, self-love, and to recognise my own feelings and examine and question my own thoughts about myself and where they have come from and are they true or not”.

“I learned about boundaries and how to be assertive”.

“I have learned I don’t have to deal with everything, everything is not my fault that I need to solve”.

“I am more aware when people treat me badly, I’m not going to be a victim”.

“I’m coping with my depression”.

“Doing the negative journaling really helps and these thoughts don’t linger on my mind”.

Self Esteem

“I have learnt a lot from this course. I really look forward to Tuesday night.”

“I was diagnosed with bi-polar disorder at the age of twelve and have been hospitalized many times throughout the years, this course has helped me a lot. If there was a course on Decluttering as a follow up I would definitely sign up for it.”

“I thought that self-esteem would make me more assertive, and it has. I have ended a long-term relationship that was going nowhere and I am more aware of the need to have healthy boundaries in order to self-care.”

“Every week I fill bin bags and create more space in my life to allow others in, we cover things that I have been thinking about and situations I have found myself in

and learn that I am not alone. Someone else shared photos of the clutter she had accumulated in her home and had now started to deal with. We discussed how best to navigate this problem with the right tools and techniques learned throughout the course.”

“I suddenly realize that I am not alone and that the other women in the group are experiencing the same things. I found good support from others in the group opening and sharing their feelings and I also know that spending quality time by myself is important to self-care. I learned a lot about colour therapy and how colours can affect our mood! I also got a great insight into my life by completing the timeline”

“I have stopped an ex-boyfriend from sending me abusive texts. I will no longer engage with him and have blocked him in social media. I have identified that this was an addictive relationship and I no longer want to be part of it.”

Sing Tonicity

“I feel I have come a long way and feel a lot happier and content in myself. I have lots of good friends.”

“Sing Tonicity has been a very important part of my self-care, health and wellbeing. The entire concept of the class, the songs, the subject matter, the friendships made and the laughter. It is all invaluable. Thank you so much to Siobhan and Derry Well Women.”

“Sing Tonicity has undoubtedly improved my overall attitude and I highly recommend it to everyone.”

“At a positive and great place both mentally and physically, thanks to Derry Well Women, I have a good outlook in life!”

“I am managing my life better now thank god for Well Women.”

“This course and its facilitator are inspirational. I will just be trying to implement the suggestions into my daily life”.

“Positive outlook most of the time. Negative spells are fewer. Less anxious and more in control of myself.”

“Tuesdays Sing Tonicity is a joy and lifts my mood every week.”

“Sing Tonicity makes such a difference to your attitude if you are feeling low going in but come out feeling good”.

“Self-care has been poor as I am recovering from cancer and I have a lot of side effects from treatments. I am delighted to return to Derry Well Women and Sing Tonicity”.

MINDING MAMMY –

“I’m working on putting myself first, as I have learned it is the most important to look after myself and to be able to look after my children as best I can.”

“I definitely believe this programme brought a positive spin to a difficult time in my life. I would recommend this programme and I feel like I have learned so much about life, myself and others.”

“Thank you so much for this opportunity, it has been amazing and vital for my mental health and being more resilient and calmer for my sake and my family.”

“I have loved the course and feel I can now take these skills through life. Thank you, Derry Well Women, Carol and Sinead, you have made a huge difference to me.”

Derry Well Women Cancer Programmes Supported by DHSS&PS Cancer Support Fund.



Derry Well Women successfully delivered a range of cancer programmes funded by the Department of Health through the Community Foundation NI – January 2023-April 2024.

The project completed in April 2024 and ran for 16 months during which time we engaged with 346 women through the delivery of 518 hours of Programmes, workshops and Therapies. We delivered 94 hours of Complementary Therapies, 6 Coffee Mornings, 4 One Day Cancer Programmes, 2 Thrive Programmes, 3 Well Programmes, one Mental Health and Wellbeing Programme and 50 hours of counselling.

These interventions were delivered to women aged between 20-89 years, 70% of whom were from urban areas, 30% rural communities and 5% from ethnic minorities. The presenting cancers included: - breast, bowel, Anal, Uterine, Mucinous carcinoma, Hodgkins Lymphoma, lung, ovarian and brain, In the provision of these programmes, we partnered with MacMillan, Care for Cancer Omagh, Swell Enniskillen, Action Cancer, Advice Northwest and Cancer Focus.

In response to requests from clients for specific nutritional advice for women with cancer, we delivered a 2-hour workshop on Food Myths, Eating well during and after treatment, how to support those with a poor appetite, Managing common side effects (focusing on nutritional tips), Pancreatic Cancer and Nutritional Management, Nutrition in Breast cancer (usually tailored to those post treatment including information on menopause). This was delivered by a Specialist Cancer Nutritionist.

Through this range of interventions women were able to access support and resources at a variety of levels:-

At a personal level women were able to access individual therapies such as counselling, individual complementary therapies, stress management skills, Mental Health and Wellbeing Programmes, Nutritional information specific to cancer and attend Financial Advice clinics in Derry Well Women provided by Advice Northwest. These clinics provide 1 to 1 support relating to: Benefits/Grants, Employment, Housing, Debt, Access to Health and Pensions.

At a social level women met with others in similar circumstances to themselves who provided peer support, friendship, social connection and what many described as a lifeline out of isolation.

At a family level the programmes provided a safe supportive space where those living with cancer could discuss their fears and concerns away from family. The programmes also prepared them to have difficult discussions with family members

and to be able to ask for their support without causing additional worry. This was particularly important for those women who were at palliative stage in their diagnosis, who were supported to have end of life conversations and to make practical arrangements.

At a community level -connections were made between community organisations delivering different types of services. This enabled women particularly rurally isolated women to become aware of and access services closer to home. Inter community partnerships and referrals were developed to support individual and groups of women.

All participants had the opportunity of contributing to the Cancer Connected Communities Project where they shared their cancer experiences within the current healthcare provision, looking at how access to services and support could be improved. At the core of programme delivery, facilitators promoted ways to improve good mental health and wellbeing. This was achieved by exploring the importance of self-awareness and its importance in building/strengthening self confidence and self-esteem. Groups were empowered to make informed decisions, to form meaningful connections, be being kind to themselves, focus on positives and learn to assert themselves.

Assessment of the take-up and participation in programmes, together with the qualitative data gathered suggest that because of their involvement, participants have inputted to the development of services, care pathways and improvements for the prevention of and care for cancer and have increased their own (and family) mental health and wellbeing and made suggestions about gaps in provision at a community level.

This project was successful based on participant attendance and feedback, group discussions, individual conversations, and facilitator observations.

Women reported.

1. **Increased Positivity** – Women reported that they had gained hope, achieved a new prospective on life, regained what they felt they had lost either physically, emotionally or psychologically and had gained an appreciation of living for the day.
2. **Health Related Changes** – most of the women reported that they had adopted new health related behaviours in relation to diet, exercise, relaxation, sleep management and reducing harmful behaviours. Many found both positive physical and emotional changes because of this.
3. **Appreciation of Wraparound Support.** All the women reported an appreciation of support especially peer support. They appreciated the notion of a common goal and the sharing aspects of the programmes. They appreciated the identification of support within their communities when access to primary care is proving so difficult.

4. **At Policy level** Several of the women engaged in Derry Well Women's Cancer Connected Communities Project which enabled them to use their patient journey and experience to influence health care, policy and provision in the Western Trust area.

Participant Feedback

"I enjoyed the experiences of the group and their positive attitude. Sharing experiences, through their cancer journeys, learning and laughter is what helps bring joy, made us feel comfortable in the classes and connect with others who have also been through cancer."

"I know I can't change how I feel instantly but I also know by using the techniques I have been taught, I can change."

"Every topic covered taught me something new and encouraged me to challenge my thinking and look at alternative perspectives".

"After a cancer diagnosis it can feel very lonely, getting out for treatment and courses helps maintain social interaction".

"I am a changed woman!"

"As a carer I most enjoyed allowing myself time and knowing that today was about me and feeling OK about that".

Tribute to Carmel Mulrine



We knew Carmel Mulrine over the past 35 years as a colleague a founding member of Derry Well Women but most of all as a friend. We have known her as a committed community development worker in the City of Derry, where she was centrally involved in a variety of community projects related to health and wellbeing, education and social justice.

She was a profoundly compassionate woman who cared deeply for people and expressed that at both personal and professional levels. Over the past twelve years Carmel worked with our Young at Heart group where she led the development of several significant programmes, which addressed the physical, emotional, social and spiritual needs of elderly women in our community. She was on the steering group of our frailty programme, which specifically

looked at the needs of carers and of older carers. During this time Carmel developed a specific interest in aging, loss, serious illness and end of life. She was central to our Namaste Programme which provided support to carers of those living with end-stage dementia. Carmel's spirituality was something that she expressed through her care for others, for the environment, for her community. Carmel has been fundamental to the development of Derry Well Women from her role as a founding member, to her membership on Committee, to her skilled facilitation and to her continued contribution to the ethos of the organisation.

Through all her life Carmel was committed to the health and wellbeing of others and this was borne out in the many professional roles she carried out including managing the FPA, Health Promotion, Derry Healthy Cities and many local community organisations. Carmel had a strong commitment to the needs of older women within our community and dedicated much of her recent years to identifying and addressing needs and escalating those to our Council, Politicians, and our Older People's Commissioner.

Carmel has given a lifelong commitment to the service of others in every capacity that I have known her to work. Her care to others was fundamental to her being. I have never known anyone quite like her to exhibit a profound interest in the welfare of others. Not only to be interested in it, but to act on it, in practical, supportive, and spiritual ways. How Carmel could maintain and sustain a group through adversity was no more obvious than during the two years of the pandemic, when she supported a group of up to forty women by telephone, skype and garden gate calls. In so many ways Carmel epitomised positivity. She was empathetic, compassionate, had a great sense of humour and a huge understanding of human nature. She was a

naturally inquisitive and vibrant personality. From her many years in community work, working often with vulnerable marginalised and excluded people, Carmel developed a vast understanding of the needs of people who are living in particularly challenging circumstances. She was mature and grounded on good theory and practice as well as being inspirational herself.

We all miss her deeply.



Tribute to Margaret Cunningham

Margaret Cunningham was for over thirty years a much loved and appreciated member of the Derry Well Women community.

Margaret worked in the Creche before joining the Committee of which she became Chairperson in 1999. She was a long-standing member of the Young at Heart group.

Over the years and particularly at her death the one word consistently used about Margaret was “beautiful”.

Margaret was beautiful in so many ways. There was almost a gentle quality to her beauty. A lightness to it. She brightened Well Women in everything she did.

One of the first indications of that lightness was hearing her singing to the children in the Creche. There were many occasions when she sang with us including a memorable evening in An Teach Ban when the whole room fell silent as she sang “South of the Border.”

Over the years her daughter, daughter in law and grand daughter became very much a part of Derry Well Women. Even her husband Michael got roped in to installing a water filter . Her connection to us was in every aspect of her life.

We were never in any doubt that Margaret loved Well Women and we loved her.

Derry Well Women Team 2023/2024

Committee

Phil Mahon (Chair)
Tara Boyle (Vice Chair)
Mary Diamond
(Secretary)
Sinead Callan
(Treasurer)
Sandra Mc Neill
Nuala Doherty
Grainne Mc Laughlin
Sarah Kelly
Karen Meehan
Paula Barr
Marie Clare Logue
Pauline Mc Clenaghan

Staff

Susan Gibson
Ann Mc Donald
Patricia Villa
Patricia McAdams
(Retired December
2023)
Yvonne O Doherty
Fiona Walker
Oonagh Butler
Deirdre O Neill
Jennifer Turner
Roisin Mc Laughlin

Clinical Team

Audrey Parke
Nigel Nutt
Mary Bradley

Generic Counselling Team

Ann McDonald
Majella McWilliams
Moira Smith

Anne Flanagan
Tracey Harrison
Madeline Callaghan
Marie Clare Murphy
Ellen Factor
Sharon Laird
Karen Mc Gillion
Valerie Long
Jeanette Mc Cole
Cora Mc Laughlin
Claire Kent
Erin Mc Laughlin

Cancer Counselling and Cancer Complementary Therapy Team

Mary Diamond
Tracey Harrison
Anne Flanagan
Geraldine Duddy
Patricia Swann
Brigean Byrne
Nolene Mc Cauley

Support Group Facilitators

Mary Diamond
Tracey Harrison
Sinead Mc Daid
Carol Watkins
Deirdre O Hara

Tutors & Facilitators

Siobhan Heaney
Marie Hone
Anne Browne
Marina Sweeney
Patricia Swann
Aileen Mulheron
Karen Baldwin
Deirdre O Hara

Tracey Harrison
Orla O Brien
Dawn Bradley
Philomena Mc Dermott
Sandra Mc Neill
Katherine Kelly

Complementary Therapists

Brigean Byrne
Marie Hone
Ellen Hastings
Rose Mc Cartney
Patricia Swann
Nolene McAuley
Jean Mc Cafferty
Shiela Mc Corkell
Elaine Carlin
Joan Friel
Jennifer Mc Clements
Caroline Harkin.
Crèche Volunteers
Michelle Kennedy
Catherine Doherty
Jennifer Mc Gavigan

Derry Well Women

17 Queen Street
Derry, BT48 7EQ

Tel: 02871 360777

Email:

info@derrywellwoman.org

Web: [www.derrywellwo
man.org](http://www.derrywellwoman.org)



Derry Well Women Ltd

Northern Ireland - Charity number 101247

Annual return

Charity number: NIC 101247
Company number: NI022926

Derry Well Women Limited
(A company limited by guarantee)

Directors report and financial statements

for the year ended 31 March 2024

Derry Well Women Limited
(A company limited by guarantee)

Legal and administrative information

Charity number NIC 101247
XR 35546

Company registration number NI022926

Business Address 17 Queen Street
Derry
BT48 7EQ

Registered Office 17 Queen Street
Derry
BT48 7EQ

Directors Pauline McClenaghan
Philomena Mahon (Chairperson)
Sinead Callan (Treasurer)
Mary Diamond (Secretary)
Philomena Melaugh (Resigned 22/06/23)
Carolyn Jain (Resigned 22/06/23)
Tara Boyle (Vice Chairperson)
Nuala Doherty
Paula Barr
Catherine Meehan
Grainne Mc Laughlin
Sarah Kelly
Marie Claire Logue (Appointed 22/06/23)
Sandra McNeill (Appointed 22/06/23)

Secretary Mary Diamond

Auditors McGroarty McCafferty & Company
2 Carlisle Terrace
Derry
BT48 6JX

Bankers Ulster Bank Ltd
Da Vinci Complex
Culmore Road
Derry
BT48 8JB

Solicitors Kelly & Corr Solicitors
2c Clarendon Street
Derry
BT48 7ES

Derry Well Women Limited
(A company limited by guarantee)

Structure, Governance and Management

1. Governing Documents

Derry Well Women is a charitable company limited by guarantee, incorporated on 31st October 1989 and registered as a Charity with the Northern Ireland Charity Commission on 19th January 2015 Charity Number NIC 101247 (formerly registered with HMRC UK Charity No. XR35546). The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

2. Recruitment and Appointment of Board of Directors

The subscribers to the Memorandum of Association of the Company and such other persons as are admitted to membership in accordance with the articles should be members of the company. No person shall be admitted as a member of the company unless s/he is approved by the directors. Every person who wishes to become a member shall deliver to the company an application for membership in such form as the directors require.

Board members are elected to serve for a period of up to three years after which they must be re-elected at the next Annual General Meeting. Sinead Callan and Tara Boyle are required to stand down by rotation and are putting themselves forward for re-election at the AGM to be held on 6th June 2024.

Derry Well Women's charity work inevitably focuses on women's health, health promotion, health education and addressing health inequalities. The Board, therefore, seeks to ensure that the needs of women in relation to their specific health issues are appropriately reflected and addressed through the skills, experience, and knowledge of the members. To enhance the membership, the Charity has supported the active participation of its clients and valued the input of their own experience to steer the work of the Charity.

Traditional skills related to healthcare and childcare are well represented on the Board, including Primary Care, Research, Social Work, Childcare, Family Law, Health Visiting, Nursing and Counselling. There is also a generic skills base including accountancy, legal, education, policy development, child development and community development. Board members are requested to provide a list of their skills (updated each year) and in the event of skills being lost due to retirement, individuals are approached to offer themselves for election to the board.

3. Induction and Training of Board Members

Board members are usually familiar with the practical work of the Charity, having been encouraged to read background information on the Charity and by meeting with other Board members and staff.

Additionally, new members are invited to attend induction sessions which are jointly led by the Chairperson and General Manager and cover:

- The roles and responsibilities of board Members
- The main documents which set out the operational framework of the Charity, including:
 - Memorandum and Articles of Association.
 - Resourcing the organisation and staying abreast with the current financial position as set out in the latest published accounts.
 - Strategic Plans
 - Ethos of Derry Well Women
 - Derry Well Women Policies/Procedures

On appointment Directors are required to:

- Complete a "fit and proper" declaration.
- Complete an Access NI clearance check.
- Complete a Conflict-of-Interest form.

Derry Well Women Limited **(A company limited by guarantee)**

- Under- take training related to designated roles i.e. Child Protection, Safeguarding Vulnerable Adults, Recruitment, Risk Management and Governance.

Annual strategic planning meetings are also held with the Board staff and clients.

The specific responsibilities of the Board are to:

- Formulate policies and maintain an overview of organisational direction. • Set strategic aims and objectives.
- Provide leadership mentoring and support to facilitate the implementation of aims objectives and corporate policies.
- Provide a line of accountability for staff casual staff and volunteers.
- Ensure good governance including risk management, ethical standards and quality assurance.

A procedures manual has been produced for the control and management of financial systems and procedures within the organisation.

4. Risk Management

In February 2014 the Management Board signed off the revised Risk Register and Continuity Plan for 2014. This was reviewed in 2024. Phil Mahon was appointed and acts as Designated Committee Governance and Risk Assessment Officer.

With the onset of Corona Virus and Covid 19 in mid- March 2020 Derry Well Women was required to work to and adopt DHSS guidelines and practice related to COVID -19 Infection Prevention and Control. All risk assessment and Health and Safety policies were reviewed, and new policies written to reflect social distancing and hygiene requirements.

5. Maintaining Financial Stability

In 2023/2024, the Board primarily focussed on applications to grant making trusts and attracting charitable giving. These initiatives have led to the development of a new framework for the expanded delivery of our core programmes including the rationalisation of some services, effective partnership working to maximise current resources, extending our services to other venues and locations, and developing our Strategic Plan for 2023/2026 which ensures we continue to deliver within the limitations of funding restraints.

Significant funding was received from the National Lottery Charities Board People and Communities, BBC Children in Need, Trusthouse Foundation, Screwfix, Halifax Foundation, Souter Trust, Pathways, Childcare Partnership, Ulster Gardens, Beatrice Laing Foundation WG Edwards Charitable Foundation and Dept of Health through CFNI. This effort has ensured there has been minimal impact on the financial stability and strengthened the organisation's ability and capacity to deliver on its stated aims for the next three years.

April 2023 to March 2024 saw continued delivery on our contract with the Western Health and Social Care Trust with an overall performance of delivering health improvement programmes to 2609 women and children. A contract review was carried out in October 2023 with contract value receiving a 3% inflationary uplift for 23-24 to £135,423.01.

Derry Well Women continued delivery on our contract with the WHSCT Talking Therapies to deliver counselling to women with mild to moderate depression. This contract was worth up to £15,000 in 2023/2024.

In March 2024 we completed our fourth year of four-year funding from VSS. Derry Well Women continued to receive uplifted Pathways funding through Early Years the Organisation for Young Children to support the Creche Assistant post to March 2024. Additional funding was secured to support the capital costs of reroofing the Creche area.

6. Managing Financial Risks

Internal control risks are minimised by the implementation of financial policies and procedures for separate authorisation of all transactions and payments. Procedures are in place to ensure compliance with health and safety of staff, volunteers, clients and visitors to the centre.

Derry Well Women Limited **(A company limited by guarantee)**

Our audit of accounts is carried out by independent auditors appointed through a competitive tendering process (Mc Groarty Mc Cafferty & Co 2023/2024) and our monthly payroll is processed by a member of staff from firm of accountants Moore Stephens on a contractual basis overseen by our Treasurer who authorises monthly online BACS payments.

7. Organisational Structure

Derry Well Women Ltd currently has a Board of 12 Directors who meet at least 10 times a year and is responsible for establishing policies overseeing their implementation and informing the strategic direction of the organisation. At present the board has 12 members from a variety of professional and community backgrounds relevant to the work of Derry Well Women. The overall organisational structure and staff levels have been addressed in a way which is both realistic and practical to meet the demands it faces, and taking into consideration the environment in which the organisation must now operate.

A scheme of delegation is in place and day-to-day responsibility for the provision of the services rests with the Manager along with Programme Coordinator's and the Finance and Administration Officers. The Manager has responsibility for the strategic and day-to-day operational management of the centre, resourcing programmes, providing individual support and supervision to the staff team ensuring the team continue to develop their skills and working practices in line with best practice.

Staff implement Board strategy and policies and work to clear programmes of work and job descriptions to meet the objectives of the organisation. Staff are directly accountable to and report to the Board. Staff receive regular line management and support and supervision provided by board officers and Manager.

Derry Well Women operates within the NICVA code of good governance and within a framework of professional and procedural standards including British Association of Counselling & Psychotherapy, PHA Standards, VSS Minimum Standards, and DHSS&PS NI Childminding and Day Care Standards.

8. Related Parties and Policies

Insofar as it is complementary to the organisation's objects, Derry Well Women is guided by both regional (DHSS & PSNI) PHA and local (WHSCT) policy.

Derry Well Women works to minimum standards as set by PHA and BACP in relation to counselling and psychotherapy, complementary therapies, mental health services and DHSS&PS minimum standards in relation to Childcare and PHA standards in relation to Governance and service delivery.

Derry Well Women works in partnership with statutory, voluntary, community and independent services to facilitate referral, service development and mutual support systems.

This year Derry Well Women specifically partnered with the Western Health and Social Care Trust, Action Cancer, Advice Northwest, Cancer Focus, SWELL, Care for Cancer Omagh, MacMillan Centre, Ulster University, Victims Survivors Service, Open College Network, WHSCT Psychological Hub, Altnagelvin Hospital, ROSA Thrive, Early Years the Organisation for Young Children, Fiona Boyle Associates, Women's Aid and VSS, to deliver some of our projects and programmes, avail of training and share best practice.

Derry Well Women co-chairs the Emotional Health & Well Being and Suicide Strategy Implementation Group and Co-Chairs The Western Cancer Locality Partnership Group. Derry Well Women works with these organisations and other groups of women to develop and deliver locally relevant health improvement programmes.

9. Policies

Financial Policies & Procedures		
	1.	Financial Statement Policy
	2.	Financial Systems Procedure
	3.	Policy and procedure for petty cash
	4.	Policy for Cash Handling
	5.	Procurement/Tendering Policy & Procedure
	6.	Purchasing Procedure

Derry Well Women Limited
(A company limited by guarantee)

	7.	Rationales: Rent, Insurance, Electricity, Telephone, Oil, Water, Salaries
	8.	Retention of Documents Policy
	9.	Staff travel/mileage expenses Policy Tutor/Facilitator Travel Allowance
	10.	Asset Management Policy
	11.	Reserves Policy
	12.	Salary Review Policy
Management Board	13.	Management Committee Manual
	14.	Conflict of Interest Policy
Personnel Policies	15.	Alcohol and Drug Policy
	16.	Confidentiality Policy
	17.	Disciplinary Policy & Procedure
	18.	Fair Employment Policy
	19.	Dismissals Procedure
	20.	Age Discrimination Policy
	21.	Disability Discrimination Policy
	22.	Domestic Violence Policy / Procedure
	23.	Equal Opportunities Policy
	24.	Grievance Policy & Procedure
	25.	Handling and Assessing Criminal Conviction Information
	26.	Induction for Staff and Volunteers
	27.	Leave of Absence Policy
	28.	Lone Worker Policy
	29.	Managing Sickness at Work Policy
	30.	No Smoking Policy
	31.	Recruitment of Facilitators
	32.	Recruitment Policy & Procedure
	33.	Staff Development & Training Policy
	34.	Whistle Blowing Policy
	35.	Volunteer Policy
	36.	Work/Life Balance (Flexible Working) Policy & Procedure
	37.	Workplace Mental Health Policy
	38.	Managing Internal Conflict
	39.	Gifts and Hospitality Policy
	40.	Redundancy Policy
Health & Safety	41.	Evacuation Procedure
	42.	Health and Safety Policy
	43.	Risk Management Policy & Procedures
Counselling	44.	Suicide Risk Policy and Procedures
	45.	Vulnerable Adults Protection from Abuse Policy and Procedure
	46.	Safeguarding our Children and You
	47.	Referrals Policy
	48.	Negotiated Time Out Policy for Counsellors
	49.	Protect Life Policy
	50.	Serious Adverse Incident Reporting
General	51.	Complaints Policy
	52.	Data Protection Policy and Procedure
	53.	Email/Internet and Telephone Policy
	54.	Environmental Policy
	55.	Mobile Phone Policy
	56.	Publicity Policy and Strategy
	57.	Social Media
Creche Specific Policies	1.	Absence of Creche Coordinator Policy
	2.	Accidents Prevention Reporting & Notification Policy
	3.	Additional Needs Policy
	4.	Admissions Policy

Derry Well Women Limited
(A company limited by guarantee)

	5.	Adverse Incident Reporting
	6.	Allegations against Staff Policy
	7.	Promoting Positive Behaviour Policy
	8.	Collection of Children Policy
	9.	Email Internet Telephone Policy
	10.	Evacuation Procedure
	11.	First Aid
	12.	Food and Drink
	13.	Induction for Staff and Volunteers
	14.	Infection Control
	15.	Line Management
	16.	Management & Replacement of play equipment
	17.	Management of Records Policy
	18.	Management of Emergencies
	19.	Management of Risks associated with the care of individual service users
	20.	Meeting Children's Individual Needs
	21.	Menu Planning
	22.	Parental Consent Policy
	23.	Parents Access to Records Policy
	24.	Participation Policy
	25.	Personal Care & Toileting Policy
	26.	Photography & Videography Policy
	27.	Play Policy
	28.	Procedure on Staff Use of Mobile Phones
	29.	Protecting Children and Workers Policy
	30.	Risk Policy Refer to Risk Policy in General Policies
	31.	Safeguarding our Children Policy Refer to General Policies
	32.	Security of Setting Policy
	33.	Settling in Policy
	34.	Trips Policy
	35.	Use of Student Guidance

To ensure good governance, the Committee updated the Risk Register and developed five new policies: Serious Adverse Incident Reporting; Protect Life Policy; Age Discrimination Policy; Disability Discrimination Policy and Fair Employment Policy.

This year the Board also reviewed and updated the Complaints Policy and financial policies as required.

- Financial Systems Policy
- Financial Statement
- Register of Interests
- Cash Handling
- Asset Management
- Travel Policy
- Retention of Documents Policy
- Reserves Policy
- Purchasing Procedures
- Procurement Policy
- Petty Cash Policy
- Gifts and Hospitality Policy
- Fraud Policy

Derry Well Women Limited **(A company limited by guarantee)**

10. Purpose of Derry Well Women

To promote the physical and mental health of women in Derry and surrounding area irrespective of class, race or religion by: -

- (i) Financing and administering a centre which shall be known as The Derry Well Women which will provide premises for a range of services run by and for women.
- (ii) Establishing a health education programme for women in the Derry area.

Our core aim is to empower women to help us shape responses to meet their health needs, and to work in partnership with them and other agencies to deliver services which are evidenced based and rooted in best practice and address unmet need. We are advocates for a gender approach to identifying the determinants of women's health and wellbeing, and for the need to devise cross cutting programmes tailored to the characteristics of our catchment area.

Our approach is underpinned by the goals of:

- i. Providing a leadership focus for gender specific health care.
- ii. Making health and social care systems work better for women.
- iii. Leveraging change in policy and where and how care is provided, and
- iv. Building a knowledge base to empower women in choices relating to their health and wellbeing.

Our programmes address the main causes of morbidity and mortality as identified by the Women's EU Convention - cardiovascular/respiratory disease, cancer, mental illness, osteoporosis and diabetes.

Our programmes are developed for a range of targeted groups, including lone parents, new mothers, older women and carers. Our programmes are designed to also address unmet need including eating disorders, women who experience Post Traumatic Stress Disorder and women managing long-term conditions.

In contextualising policy to local circumstances and in listening to the needs expressed by women the services we provide are:

- Counselling
- Mental Health Improvement Programmes
- Carers Support / Self Help
- Promoting positive mental health and wellbeing
- Programmes for victim/survivors of trauma
- Supporting Mothers and Children programmes
- Cancer Programmes
- Preventative Health Education and Lifestyle
- Frailty Programmes addressing the needs of women with early dementia and their carers.
- Complementary Therapies and Holistic approach to health
- Advocacy for change and tackling inequalities.
- Chronic Illness Management
- Clinics and Screening programmes
- Promoting Social Inclusion
- Schools Education programmes
- Training practitioners

11. Strategic Direction

This year Derry Well Women implemented its Strategic Plan for 2023- 2026. This plan was developed at all levels of the organisation and reflects our commitment to the co-production and co-design of programmes.

The current political, economic, and cultural trends are harbingers of a period of transition in society. Derry Well Women is also entering a period of transition. The challenges include retaining the learning and experience of 35 years while introducing new personnel and exploring and testing new ideas; sharing the learning of our unique programmes for women in a society emerging from conflict; grappling with the new context while

Derry Well Women Limited **(A company limited by guarantee)**

maintaining our social justice model of engagement; growing and expanding our organisation by increasing the ethnic diversity, expanding the age profile and introducing programmes for neglected areas of women's health care. To emphasise the importance of these developments which are already underway, we have entitled this three-year plan "Managing Transition".

Mission

Derry Well Women's mission is to jointly - identify and work collaboratively to engage with the physical, physiological, social, and spiritual health needs and challenges of women of all ages from the Northwest of Ireland.

We deliver on this mission firstly by providing a wide range of quality services based exclusively on meeting women's needs and valuing their assets, using teams of health and social care professionals in collaboration with staff, volunteers, and service users, in a safe, secure, and relaxing environment.

Secondly, we campaign for and contribute to changes in health care policy and practice.

Thirdly, we embrace the WHO "Health for All" principles of equality, participation, empowerment and partnerships in achieving improved health and well-being for women, and work in partnership with a range of agencies and community bodies.

Specifically, we pursue women's equality and empowerment by involving our programme participants in the co-producing of relevant health programmes moving the participant from needs approach to a rights approach. Co-production of health programmes leading to co-production of health and wellbeing is the social justice model which is at the heart of our mission.

Strategic Aims

Having reflected on our mission, ethos and the conceptual framework underlying our work and having considered the strategic context of rapid and unpredictable change, the Board of Derry Well Women agreed five strategic aims.

- i. To continue to provide women with a women-centred health service which will improve the health and wellbeing of women, families and community and recognises the changing needs of women's health.
- ii. To promote social inclusion, to address health inequalities and improve health by meeting the specific health needs of women generally and specifically marginalised groups of women including women victims of the conflict.
- iii. To further refine the conceptual framework and embed the theory and practice of co-producing in the work of Derry Well Women.
- iv. To continue to build and maintain a strategic complex of collaborative partnerships.
- v. To capture and share the learning from the work of Derry Well Women with women's health projects at home and abroad especially in post conflict societies.

These main aims are delivered through the maintenance of modern, professional and flexible structures designed to promote women's and community's health and well-being.

The main objectives and activities for the year continued to focus upon the health needs of women and children as identified through three approaches:

1. Clarifying the major causes of morbidity and mortality in women which inform departmental and governmental priorities for action.
2. Identifying what women themselves see as the significant personal and community health issues on which they seek support or wish to act.
3. Meeting priorities described within regional and local strategies relating to promoting health and wellbeing of women and children including DHSS&PS Health and Well Being" Delivering Together

Derry Well Women Limited **(A company limited by guarantee)**

2026” “Care Matters in Northern Ireland, A Bridge to a Better Future” 2007 DHSSPSNI, “Family Matters, DHSS&PS “Making Life Better” a whole system strategic framework for Public Health 2013 to 2023 “Western Health and Social Care Trust Infant Mental Health Strategy”, “A Cancer Strategy for Northern Ireland 2022-2023”,DOH “Mental Health Strategy” 2021 to 2031, DHSS&PS “Co-production Guide Connecting and Realising Value Through People”

The major causes of morbidity and mortality in women in the Western Trust area are cardiovascular disease, cancer, respiratory disease and mental ill health. The provision made by Derry Well Women in respect of these issues in the past year is categorised under the broad headings of:

- Counselling including referrals from the Psychological Hub and specialisms in Victims Survivors of the Troubles, Domestic Violence, Pregnancy and Childbirth Loss, Cancer and Pre and Post Termination Counselling.
- Support Self Help and Advocacy
- Integrated programmes of Care and Support for Specific Groups of Women
- Advocating for Change/Addressing Health Inequalities
- Chronic Illness Management
- Clinics and Screening • Promoting Social Inclusion
- Promoting Women and Children Programmes
- Lead Partner in Cancer Connected Communities West.

12. Public Benefit

The direct benefits which flow from this purpose and aims include: the improved health status of women in general and improved specific health outcomes for women; an improvement in the overall physical, mental and emotional health and wellbeing of women within the geographical area of Derry and surrounding area; a reduction in social exclusion and an improvement in the health and social status of specific groups of vulnerable women; the promotion of an understanding of the gender specific health needs of women and advocating for policy change.

These benefits are demonstrated by setting specific and measurable outcomes for services, by using a variety of feedback mechanisms including self- reported health improvement assessments e.g. psychometric tests, formal auditing of services, regular independent evaluation of services and gathering both formal and informal service user feedback. This information can be found in our analysis of evaluation feedback, Annual Report, reports to funders, published research and service evaluations. Risk assessment identifies minimum risks related to the delivery of services and that mitigating controls and actions in relation to risk of malpractice/poor quality of care, non -disclosure, staff welfare, breach of confidentiality or loss of data, human resources, misappropriation of funds and governance arrangements are in place (fully outlined in the Risk Register and Business Continuity Plan) and that the benefits far outweigh the minimum risks. The beneficiaries of this purpose are women living in Derry and surrounding areas who either self -refer or are referred with specific health illness/ issues/concerns on to specific services and interventions.

There is additional benefit to health professionals, facilitators, therapists, and counsellors who gain skills and experience which are transferrable to other settings and are of benefit to our beneficiaries. There is benefit to Board Members which arises from a programme of training in good governance, finance, personnel management, risk management. There is benefit to staff and Board Members who can access specific services on an equal access basis which are provided to our beneficiaries. This benefit is incidental and is necessary to ensure the benefit is provided to all our beneficiaries.

13. Northern Ireland Women’s Health Strategy

DWW welcomes the commitment from DOH to prioritise a focus on Women’s Health. We are delighted to be working in partnership with DoH and Queens on this and look forward to engaging in a comprehensive listening exercise to hear the priorities and perspectives on health issues from a diverse range of women from across NI. We will remain in contact with DoH colleagues throughout to ensure that the analysis of the listening exercise shapes the development of a Women’s Health Strategy for NI which adopts a life course approach to women’s health.

Derry Well Women Limited (A company limited by guarantee)

Health Minister Robin Swann has announced that the Department of Health is supporting an initiative to undertake a large-scale public listening exercise on women's health in Northern Ireland.

The public listening exercise is being conducted by Derry Well Women, working in partnership with Queens University Belfast, and will take place alongside the development of a Women's Health Action Plan, as announced by the Minister last month.

Minister Swann said: *"I welcome the positive shift we are seeing in our public conversation and understanding about women's health and wellbeing, and these issues are high priorities for my department".*

"We want to hear their views and experiences of the healthcare system and how it should be shaped going forward".

"By putting women at the centre of discussions we can ensure that their voices are heard and that limited funds are appropriately aligned with priorities."

The Department has committed £10,000 funding to support the initiative which will involve surveys and focus groups with the public and voluntary and community sector, as well as engagement with healthcare professionals, to hear about their experiences and priorities for women's health in NI.

The Women's Health Action Plan will build on ongoing initiatives across Health and Social Care and will identify the priority actions that can be taken forward within the current budget, as well as those requiring additional investment.

14. In 2023/2024 we delivered services both in house and outreach to 2378 women and children.

These women were expectant mums, young mothers, young women, older women, carers, women living with domestic abuse, post-natal depression, trauma, depression, anxiety, loss and bereavement, relationship issues and anxiety and depression in the aftermath of the Coronavirus pandemic. These were women living with long covid, living with chronic illness, living with a cancer diagnosis. Many were in poverty and facing a year of further hardships.

All were committed to their own health and well-being as well as that of their children and family and viewed Derry Well Women as a lifeline which promoted their health and well – being, put them and their children first and supported them to cope, to hope to thrive. This is borne out in the testimonials quoted throughout and at the end of this report.

We used a holistic approach to address all dimensions of women and children's well -being and considered all determinants on women's health medicine management, diet, physical activity, risk avoidance, preventative measures, lifestyle and activity management, social participation and wellness as well as considering external factors including housing money management housing etc.

Supporting Women and Children

Derry Well Women Creche provides a safe, welcoming, inclusive, diverse environment focusing on children's mental health ensuring their physical, social, emotional, cognitive and motor development through planned activities and free play in a fun environment with stimulating resources and areas helping the children with social interaction, a sense of belonging and self-esteem, supporting mums enabling strong mother/child relationships.

Creche Activities

We supported children's development through planned sessions of group activities, free play and themed activities such as sensory play. We purchased indoor and outdoor resources including sensory resources, sensory tent, sensory lighting, construction area items, large hard plastic house, ball run, dance scarves, sensory buddy, sensory chewable, bubble machine. Also purchased was a range of new baby resources including soft black and white floor tiles, two baby bouncers, Baby gym and Tummy time mat.

Derry Well Women Limited **(A company limited by guarantee)**

Activities such as messy play enabled free expression, for example, floor painting, themed tuff trays, water play. Sand play is always available along with painting easel. It has been observed that children seem to have developed a range of sensory issues post covid.

Improving the Environment.

The setting has been changed to a brighter, stimulating welcoming environment, with resources and visual displays throughout the setting. With funding secured from Screwfix, Ulster Gardens, Souter, the Childcare Partnership and Beatrice Laing Foundation we were able to reroof the creche and repaint all creche areas.

Respite

A much valued and sought after service for impoverished, vulnerable children and mothers. We have developed a waiting list, and each child gets a six-week session, if staff feel a child could benefit from further sessions, the child will be placed back on the waiting list.

Due to demand and waiting list we extended our respite in early June to:

6 children x 2 morning sessions per week
6 children x 2 afternoon sessions per week

With child intake rotating every 6 weeks, due to the high demand, mum can re- refer if she feels she and her child need more support. Sessions are delivered within the crèche, which is a safe, inclusive, welcoming, nurturing environment.

Our creche has been supported with 'Books Trust' this year where they provided Treasure book packs for all the children attending the service, they also provide a lot of free downloadable resources online. A healthy snack is provided with fruit and water, or milk and sugar free yoghurt and all allergies are recorded and displayed. Snack time is made fun with rhyme and props interacting with the story wall. Sessions are planned to help with children's social/emotional, physical, cognitive and motor development with a range of activities and stimulating resources encouraging peer interaction, a sense of belonging and pride, freedom to express themselves, self-esteem, speech and language/communication and empathy towards others.

All activities are inclusive and planned around the children's likes. Activities include story & rhyme, music & movement, messy play, sensory play, arts and crafts, problem solving and free play. The world around us and nature. The room is planned in areas such as home corner, construction area, shop area, soft play/sensory, tabletop play, art and messy play area, small world area and role play/dress up and calming and story area. Tuff trays are used for sensory play and themes are changed regular, e.g. sand, fake grass, gulp, jelly, child friendly foam, animals and tractors, cars and trucks, buckets and spades. Children enjoyed outdoor play with our recently purchased outdoor playhouse, ball run, and different sized balls stimulating hand/eye coordination, sensory garden, slide, trikes, slide, see-saw and pushchairs. Children gained stronger social connections, communication, confidence, life skills, and resilience and family relations.

Summer Scheme

Three x one-week sessions in July/August for 0-4-year-olds, this keeps contact with the families and support socially for the children as programmes during the summer are very limited for this age group within the area. Sessions were planned indoor and outdoor. Outings to local parks and nature trails, family outings were planned, and risk assessed.

Indoor sessions included messy play, arts, free play. Story days took place where a mum was invited into tell a story from a book or about her culture. We also included sensory days, role play, group activities, problem solving, and treasure hunts with magnifying glasses searching for bugs and hidden treasure. Sand/water play was included in everyday sensory. Mums, children and staff enjoyed a teddy bears picnics for one of our family outings to coincide with the Crafty Teddies workshop where the mums and children made their own special bear. Special days were celebrated and visually displayed.

All activities were planned to be inclusive and centred on children's developmental needs and speech and communication. Family outings enabled families from impoverished circumstances to have a fun family outing during the summer holidays.

Derry Well Women Limited (A company limited by guarantee)

Summer Scheme and Outings

Easter Party 29-04-23 Inhouse with easter bonnet making for children and siblings, an easter egg hunt, sensory play session, and healthy treats. In attendance was 21 children and 13 mums.

Summer Trip 15-06-23 Jungle King. All children, siblings and mums received lunch and a summer gift. In attendance was 23 children and 14 mums.

15 Summer Scheme sessions 3 x 1 week sessions July 2 hour sessions, 6 children per session. In attendance was 18 children over the 4 weeks.

In total 64 children attended the creche this year participated and benefitted from the services and programmes we offered this year.

Stay and Play Programme

We delivered three x 4 week Stay and Play Programmes to 124 Mums and their children.

These four-week programmes gave parents the opportunity to explore messy/sensory play with their child and gain ideas of what can be done at home to further develop play skills and begin to interact with other children.

The programme made parents aware of how to develop their child's speech through concepts such as: 'commentating' when their child is playing, rather than asking lots of questions. Parents and children explored music and rhymes, through song and instruments.

Parents and children had fun exploring physical play through using a variety of items available in the home, therefore, extending play to items which are low cost or free.

Creche Inspection May 2023

Extract from Creche and Childcare Inspection carried out by the Western Health and Social Care Trust.

"The Centre is reputable within the local community, and it is evident the organisation affords a high level of care to children. Within the setting, safeguarding is afforded the highest care and attention, and procedures continue to promote the welfare and safety of the children in its care. The organisation has a well-informed staff team who continue to provide a good quality childcare experience for children and families in the local community".

Mother and Baby Swim Programme

We ran 17 X 6 Week Mother and Baby Swim programmes for 259 mums and their babies.

The programme aimed to remove any fears parent or child may have in water and create an atmosphere of safety and fun.

The programme was delivered by a qualified and Access NI checked instructor and we hired our local Templemore Sports Complex and Foyle Arena. All participating babies had received their baby vaccinations.

The programmes enabled parents to support their baby in water confidence and build on skills for gradual child led submersion.

Breastfeeding Support Group

We delivered 31 sessions to 45 breastfeeding mums.

The delivery of breastfeeding support has been under constant review this year with a concerted effort to promote breastfeeding and the work of the group in Derry Well Women.

Derry Well Women Limited (A company limited by guarantee)

With support from the health visitor and WHSCT we have jointly run breastfeeding workshops for parents as well as the support group.

In recent months, our work to create a breastfeeding social hub facilitated by a health visitor and parent support worker provides invaluable practical support and peer support to mums.

The objectives of the breastfeeding support group are:

Promoting Successful Breastfeeding: Encourage and support mothers in establishing and maintaining successful breastfeeding relationships with their infants.

Providing Education and Information: Offer evidence-based information and education on breastfeeding techniques, benefits, challenges, and solutions to empower mothers to make informed decisions.

Creating a Supportive Community: Foster a supportive environment where mothers can connect with each other, share experiences, and offer emotional support, reducing feelings of isolation and enhancing confidence.

Addressing Concerns and Challenges: Address common breastfeeding concerns and challenges such as latch difficulties, milk supply issues, and nipple pain, providing practical guidance and reassurance.

Promoting Maternal Well-being: Prioritize maternal well-being by addressing physical and emotional concerns related to breastfeeding, promoting self-care practices, and offering resources for additional support if needed.

Supporting Transition Periods: Provide support during transitional periods such as returning to work or introducing solid foods, offering guidance and strategies to navigate these changes while continuing to breastfeed.

Facilitating Peer Support: Encourage peer-to-peer support among group members, fostering a sense of camaraderie and shared understanding, and promoting mutual encouragement and empowerment.

Offering Professional Guidance: Provide access to qualified lactation consultants, healthcare professionals, or trained volunteers who can offer expert guidance, answer questions, and address specific breastfeeding challenges.

Advocating for Breastfeeding Rights: Advocate for policies and practices that support breastfeeding mothers in the community, including workplace accommodations, public breastfeeding acceptance, and access to breastfeeding-friendly spaces.

Baby Massage and Baby Reflexology

We ran 6 programmes x 4 weeks x 1 hour Baby Massage Programmes for 114 mothers with their babies and 6 programmes x 1 hour Baby Reflexology for 146 mothers with their babies.

These programmes helped increase long term bonding between mother and child as well as helping with baby's digestive issues such as colic, reflux and constipation.

Derry Well Women Limited
(A company limited by guarantee)

Ante Natal Classes

We ran 12 x 3 weeks antenatal classes.

The programmes aimed to support first time parents through pregnancy, and prepare them for labour, birth and the early days of baby's life. It was an opportunity for pregnant mothers and their partners to gain knowledge of health in pregnancy and parent education. This was a particularly well taken up service as access to prenatal support was seriously diminished over this period due to coronavirus.

Two hundred and seventy-five parents were supported to:

Think about who is there for support; complete a birth plan; become aware of various birth positions; recognise the stages and signs of labour; have knowledge of pain relief options available; prepare for getting to know your baby; discuss feeding options and become aware of responsive feeding; discuss benefits and concerns regarding breastfeeding.

Post Natal Depression Programme (Minding Mammy).

We delivered 3 x 8-week programmes.

Twenty-two mums have been attending this group facilitated by a health visitor and CBT practitioner. In addition to weekly support and promotion of self-care through CBT we introduced complementary therapies for each mum.

Table to demonstrate levels of activity associated with Supporting Women and Children 2023/2024

Intervention	Number of sessions per year		Average Attendance per session	Numbers of women/children
Breast Feeding Support Group	31 x Weekly sessions	31	4	45
Baby Massage	6 x 4-week Programmes	24	10	114
Attachment Programmes	6 x 4-week Programmes	24	11	146
Minding Mammy Group	3 x 8 week sessions	24	7	22
Family Time	2 Family Events	2	30	63
Ante Natal Classes	12 x 3 weeks programmes	36	26	275
Hypnobirthing	1 x 4-week programme	4	24	24
Crèche	Daily sessions	286	6	64
Stay and Play	3 x 4 week programmes	12	18	124
Mother and Baby Swim	17 x 6-week programmes	102	15	259
10 Interventions	Total	545		1136

Gender Specific Interventions

There is much evidence to indicate the determining influence of women on family and community health status. We maintain and develop gender specific work which recognizes the role of women in terms of community well-being. We particularly focus on issues peculiar to women including PMS, endometriosis, peri natal support (both ante- and post-natal), miscarriage, menopause and sexual health.

Menopause Clinic and Information Sessions

The menopause clinic continued at a reduced level due to clinician unavailability for several months. To ensure that women were supported we introduced a facilitated monthly support group. We also provided workplace talks to Children in Crossfire and E and I Engineering.

105 women were supported this year.

Derry Well Women Limited
(A company limited by guarantee)

Pregnancy Loss and Bereavement Counselling.

In 2023/2024 18 women were supported by our pregnancy loss and bereavement service.

All women are referred through the Childbirth and Pregnancy Loss Specialised Midwife with leaflets also available for women to access prior to discharge from hospital following a pregnancy or childbirth loss.

Women self-referred to Derry Well Women to seek counselling for a specific pregnancy or childbirth loss. The benefits that this service has provided these women have been simply invaluable in aiding their healing and recovery process. The support that women have received from Derry Well Women has enabled several of them to contemplate and even enter into any future pregnancies in a more positive state of mind thus reducing maternal anxiety which has been shown to positively impact birth outcomes.

Table to demonstrate levels of activity associated with Gender Specific Interventions. 2023/2024

Intervention	Number of sessions per year		Average Attendance per session	Numbers of women
Menopause Clinic	16 hours x Telephone and face to face Clinic	16	1	15
Menopause Talks and Support Group	15 Talks	15	12	90
Menopause Management using CBT	4 x 2-hour sessions	4	12	12
Pregnancy Loss and Bereavement Counselling	46 Counselling Hours	46	1	18
3 Interventions	Total	77		123

Chronic Illness Management

Within this category we addressed Chronic Diseases (Cancer, Respiratory, Cardiovascular, Diabetes), Mental Health (treatment and prevention of Stress/Depression/Anxiety) and Accidents and Pain Management.

The provision made by Derry Well Women in respect of these issues is complementary to a range of other statutory and voluntary sector services available to women for prevention, detection and treatment of illnesses categorized under these three broad headings. Our specific interventions across each of the three causes of Mortality/Morbidity fall into five broad strands.

Cancer Services:

Our services provided women with the ability to maximise their wellbeing and to make the best possible choices for their own health and the health of their families during a time of uncertainty reduced access to health services and isolation and loneliness. Peer support is at the heart of all our programmes.

This year Derry Well Women delivered cancer counselling to 25 women new to this service. We delivered 2 Well Programmes to 29 women. We delivered 128 complementary therapy sessions to 54 women. 54 women are registered on our cancer support group with an average of 14 attending fortnightly.

Mental Health & Wellbeing Programme

We also delivered a Mental Health and Wellbeing Programme for 10 women. This was an 8-week course delivered to women living with and/or having had a cancer diagnosis. The purpose of the programme was to help improve mental health and well-being.

Some of the topics covered included:

- Emotional Awareness – learning to identify and manage our emotions more effectively
- Living with change and Uncertainty
- Identifying Support

Derry Well Women Limited
(A company limited by guarantee)

- Prioritizing our lives
- Relationships
- Mindfulness
- Aromatherapy
- Enrichment session
- Creative Expression: journaling, art, movement to music.

Tables to demonstrate levels of activity associated Cancer Services 2023/2024

Intervention	Number of sessions per year		Average Attendance per session	Numbers of new women
Cancer Support Group	20 x 2-hour sessions	20	14	22
Complementary Therapy Treatments	128 x 1-hour treatments	128	1	54
Mental Health and Well Being	9 weeks x 2 hours	9	8	8
Cancer Counselling	129 x counselling sessions	129	1	25
One Day Cancer Programme	One day Workshops	1	10	10
The Well Programme for Women Living with Cancer	2 x 10-week programmes	20	11	29
6 Interventions	Total	307		148

Cancer Connected Communities West

April 2023 – March 2024

Programme Delivery – Derry Well Women

As of March 2024, through the CCCW project Derry Well Women has delivered a range of interventions tailored to meet the needs of people living with cancer. The support provided to date includes 73 counselling sessions, 98 complementary therapy sessions, 11 cancer information talks, 12 therapeutic programmes, 2 carer support days and an ongoing cancer support group. In response to information received from the gathering session workshops regarding cancer prevention and nutritional information, Derry Well Women developed a series of 1:1 clinics and talks with a Specialist Cancer Dietician, which are being very well received.

Gathering Sessions

In April 2023, CCCW hosted the second Gathering Session which was specifically focused on the Cancer Workforce. There were over 60 attendees which included Department of Health representatives, Macmillan, GPs, District Nurses, Community and Voluntary representatives, as well as staff from the NW Cancer Centre such as Oncologists, Clinical Nurse Specialists, Social Workers, the Booking and Administration team, Dieticians, and many others. Themes for improvement that were identified through the workshops included, communication, palliative care, use of technology and data, improving staff health wellbeing, primary care, and many others.

In June 2023, the third Gathering Session was held in the Waterfoot Hotel Derry. There were over 50 attendees, and the focus was on issues specific to those caring for someone diagnosed with cancer and the impact on families. The most common areas that came up at this workshop were in relation to supporting and acknowledging the role of a carer, the emotional and mental health of carers, communication (both in relation to communicating with the carer and supporting families to communicate their cancer diagnosis to younger family members), and the financial impact of a cancer diagnosis.

In October 2023, the fourth and final Gathering Session was focused on rurality. Some of the themes suggested for improvement were access to transport, mental health and wellbeing, palliative support, access to pharmacy specifically in relation to out of hours palliative drugs.

Derry Well Women Limited **(A company limited by guarantee)**

The Gathering Session process was very successful and through evaluation forms we captured that over 99% of attendees said they enjoyed the process and wanted to attend future workshops and events. Our partners at the NW Cancer Centre attended each workshop and we had meetings after each Gathering Session to share the feedback and stories. In response to this, our WHSCT partners immediately started to act on any 'quick wins' they could immediately resolve, as well as investigating bigger issues that were identified.

Negotiating Change

After a process of reviewing all the data, case studies, and feedback from the four Gathering Session workshops, the themes to be taken forward to the Negotiating Change process are as follows:

- Access to Primary Care
- Cancer prevention and early detection
- Carers
- Communication amongst staff, departments, and other trust areas
- Communication with patients
- Gender specific issues (i.e. women's health, menopause, BRCA gene, male breast cancer)
- Issues specific to rural patients
- Hospital Facilities (dietary requirements, waiting areas, etc.)
- Mental health and emotional wellbeing
- Palliative
- Pharmacy
- Supporting the Cancer Workforce
- Transport

The three Negotiating Change workshops have been scheduled between March – May 2024 and have been structured in line with the following themes of the Cancer Strategy:

1. Preventing Cancer
2. Diagnosing and Treating Cancer
3. Supporting People to Live Well and Die Well

The first Negotiating Change workshop was held on 8th March 2024 at the Silver Birch Hotel Omagh. The theme of the workshop 'Preventing Cancer'. Attendees included representatives from the Department of Health, Public Health Agency, Western Health & Social Care Trust, Macmillan, as well as the CCCW partners, cancer patients and their carers or family members.

At the workshop, five areas for change were presented and discussed in relation to cancer prevention:

1. Health Awareness and Information
2. Screening
3. Gender specific issues
4. Role of Community Voluntary Sector
5. Improving Access / Overcoming Barriers

Together the attendees agreed on which questions they want to be considered for the Commitment to Change Conference. The CCCW team are in the process of reviewing these questions and engaging with the decision makers in each area to ensure each question will be addressed effectively at the conference.

The next Negotiating Change workshop will be held on 11th April and will focus on 'Diagnosing and Treating Cancer'. The workshop will focus on themes such as Integrated Care, supporting the cancer workforce and improving communication between professionals, departments and trusts as well as communication with patients.

The final Negotiating Change workshop will be held on the 2nd of May and will focus on 'Supporting People to Live Well and Die Well'. There will be a wide range of themes discussed at this workshop including mental health, rurality, palliative care, finance, carers etc.

Derry Well Women Limited (A company limited by guarantee)

Commitment to Change Conference

The Commitment to Change Conference is scheduled for 20th June 2024 in the Ebrington Hotel Derry. The current Health Minister, Robin Swann, has confirmed his attendance as well as Neil Guckian, Chief Executive of the Western Health & Social Care Trust. Other attendees will include representatives from the Department of Education, Department for Infrastructure, Macmillan, Public Health Agency as well as the CCCW partnership and other community and voluntary groups. The cancer patients, carers and family members who have engaged with the project will also all be invited to attend and, in some cases, ask their questions directly to the relevant decision maker.

Managing Long Term Conditions

Women Experiencing Long Covid

We delivered 40 sessions of gentle restorative yoga for 111 women living with Long Covid a reduction on last year.

These were women who continued to feel the debilitating effects of Covid for between twelve weeks and over a year beyond the initial illness.

The programmes were facilitated by a health care professional who herself is living with Long Covid.

Restorative Yoga aimed to provide:

- a supported, calm place for participants to relax and rest.
- Gentle breath awareness to support diaphragmatic breathing.
- Gentle seated or lying stretches specific for muscles which may be affected by Covid.
- Deep relaxation and rest in restorative yoga to reduce stress, improve fatigue levels, reduce pain and improve sleep quality.
- The following tables outline the percentage improvement across 25 participants in levels of fatigue, pain, breathlessness, sleep and anxiety levels.
- Results for fatigue, pain, breathlessness and sleep relate to all 25 assessments.

- Results for levels of reduction in anxiety related to only those 10.

Endometriosis Support

The Endometriosis Support Group held 10 two-hour sessions on the last Tuesday of the month. They had 16 women registered onto the group. This support group enabled endometriosis patients to share their experiences and help others with the condition.

The group covered the following issues:

- Pain management
- Self-Care
- Nutrition
- Complementary therapies
- Emotional Support

Derry Well Women Limited
(A company limited by guarantee)

Table to demonstrate levels of activity associated with Managing Long Term Conditions 2023/2024

Intervention	Number of sessions per year		Average Attendance per session	Numbers of new women
Gentle Yoga for Long Covid	40 x 1 hour sessions	40	20	111
Introduction to Yoga x 4	4 x 1 hour sessions	10	10	10
Endometriosis Support Group	10 x 2-hour sessions	10	7	16
3 Interventions	Total	60		137

Mental Health and Well Being Services

Derry Well Women provides a range of transformative Mental Wellbeing Programmes and Counselling Services ensuring choice, graduated access from gentle to more challenging interventions with each intervention being strength, not deficit, based and focused on the person not the presenting problem.

Derry Well Women’s progress has been marked by efforts to define a “Woman Centred Approach” as an entity. All mental health improvement and well - being programmes returned in house this year.

Counselling Service

We continue to offer counselling through telephone Zoom and face to face. 98% of women are now choosing a face-to-face service which is improving their social contact post covid.

This year 141 women have received 1001 sessions of generic counselling. The issues presented included trauma relationships, isolation and loneliness, domestic abuse, bereavement and loss, homelessness, re-location, employment issues, anxiety and depression.

We are now operating with a team of twelve counsellors of which ten are accredited and we are currently seeking tenders to expand the team.

Psychological Hub Referrals 2023/2024

In April 2023 Derry Well Women was contracted by WHSCT to deliver counselling for women referred with mild to moderate depression from the Psychological Hub.

In 2023/2024 Derry Well Women received forty-five referrals the majority of whom requested face to face counselling. We provided 228 sessions of counselling to 44 clients living with mild to moderate depression and anxiety.

Emotional Detox

Emotional Detox helps women understand the concept of an emotional detox and its benefits. It teaches how to take care of negative feelings and provides a road map for living a happy, fulfilled life. Women learn simple, powerful techniques for letting go of negative emotions and find out how to rid of fear and stay calm and confident.

Aims of the programme:

- To introduce a way of bringing peace into our lives through non-violent communication.
- To enable participants to discover the language of peaceful living.
- To help women understand the concept of speaking peace as taught by Rosenberg.

13 women completed one x 8-week programmes.

Derry Well Women Limited
(A company limited by guarantee)

Benefits of the Programme:

This programme was successful in that it encouraged individuals to look within for answers and listen to their body dialogue, recognize their unhealthy coping mechanisms, and replace them with more healthy ones. They learnt or developed skills in medication, mindfulness, body dialogue, connecting to the self and becoming more self-aware.

Coping with Anxiety and Depression.

We delivered two x 6week courses to 24 women. This course is designed to support women who may be experiencing depression or underlying anxiety. Its aim is to teach coping skills which women affected by depression/anxiety can employ to help deal with the symptoms that affect them personally. Information regarding complementary therapies, diet and sleep is also given. The facilitator also discusses the use of prescribed drugs.

Self Esteem

We delivered three x eight-week Self - Esteem programmes for 29 women.

The programme addressed self- efficacy, addictive relationships, self -care positive/negative self-talk and equipped participants with the necessary tools and skills to maintain and build good self- esteem.

Table to demonstrate levels of Activity Associated with

Mental Health

2023/2024

Intervention	Number of sessions per year		Average Attendance per session	Numbers of women
Coping with Anxiety and Depression	2 x 6-week programmes	12	10	24
Emotional Detox	1x 8-week session	8	11	13
Self Esteem	3 x 8-week programmes	24	6	29
Yoga	14 classes	14	16	53
1 to 1 Counselling	1001 counselling hours	1001	1	141
1 to 1 listening ear	17 hours help line	17	1	17
Assessment Interviews	101 x 1-hour assessments	101	1	101
7 Interventions	Total	1177		378

Accident Prevention Young at Heart Group.

The Young at Heart Group which has an enrolment of 79 women meets weekly.

Derry Well Women designed specific activities to reduce loneliness, social isolation and promote health and well- being for older women by reducing isolation, increasing social connection, uplifting mood and improving emotional health and well- being.

The activities delivered were co-designed with the participants and were based on the issues which were raised and included the following:

Podiatry Foot Clinic

162 women attended the monthly podiatry clinic.

Derry Well Women Limited
(A company limited by guarantee)

Table to demonstrate levels of Activity Associated with Accident Prevention. 2023/2024

Intervention	Number of sessions per year		Average Attendance per session	Numbers of women
Practical Supports in Later Life Keeping Young At Heart	3 x 10-week Programmes	30	30	79
Podiatry Foot Care Advice	162	162	1	162
2 Interventions	Total	192		241

Local Expressed Need.

Cognitive Behavioural Therapy for Everyday Use

Cognitive Behavioural Therapy (CBT) is an eight-week course which is aimed at women from all backgrounds and all levels of education. The course is a psycho educational based course which means that it is not a therapy group as such. The main aim of the course is to provide participants with the skills to deal with their emotional and psychological problems through developing an awareness of how their cognitions affect their emotions and behaviour. Cognitive Behavioural Therapy (CBT) has been reported to be an effective treatment for anxiety disorders and depression in older adults, typically leading to reductions in worry, anxiety, and depressive symptoms (Gould et al., 2012).

24 women attended CBT therapy this year.

SingTonicity

‘Sing Tonicity’ is an 8-week programme using an innovative approach which was developed in Sweden. It acknowledges that the voice is a part of the human physicality, and it becomes small, lacking in confidence and even silent when we are traumatised or hurt or prevented from speaking out. It is a non-threatening, powerful way of helping people connect with their feelings, find expression, and develop their confidence. 97 women attended this year.

Mindfulness

‘Mindfulness’ is an 8 week programme which aims to benefit each woman’s emotional and physical health. Mindfulness is the practice of becoming more aware of the present moment rather than dwelling on the past or focusing on the future. This helps with stress management and to prevent rumination and negative thoughts. Mindful-based therapies have been reported to be effective treatments, even as an alternative to behavioural therapies (Ziegerska et al., 2009) and have been found effective to remove stress (Witkiewitz, Greenfield & Bowen, 2013).

31 women attended this programme which delivered via Zoom.

Journey to Inner Peace

Journey to Inner Peace is a programme that introduces an alternative way of managing unhelpful patterns of behaviour and negative thinking. It will help turn around the alarming statistics of anger, violence and quiet desperation in our community / society and in their place, to plant the seeds of positive expectations, self – responsibility, higher self-esteem and to seed hope.

27 women attended over 2 x 8-week programmes.

Derry Well Women Limited
(A company limited by guarantee)

Table to demonstrate levels of Activity Associated with Local Expressed Need. 2023/2024

Intervention	Number of sessions per year		Average Attendance per session	Numbers of women
CBT for Everyday Use	3x 8 week sessions	24	15	47
Practitioners Training	2 sessions	2	13	13
Mindfulness	1 x 8 weeks	8	31	31
Journey to Inner Peace	2 x 8 weeks	16	14	27
SingTonicity	3 x 8 weeks	24	30	97
5 Interventions	Total	74		215

Summary of Service Provision 2023/2024

Total Number of Programmes Interventions 36.	Total Number of Women and children 2378
Total Number of Sessions 2432	

In 2023/2024, therefore, we delivered **36 interventions** within the following range of activities to **2378** women and children through **2432** sessions of delivery.

- Women and Children Programmes.
- Childcare Services and Programmes including Crèche facilities.
- Emotional Health and Mental Well Being Programmes
- Cancer Programmes including the Well Programme, Complementary Therapies Support Group and counselling.
- Chronic Illness Management Programmes including Pain Management of Endometriosis.
- Gender Specific Programmes (Menopause Clinic, Post Natal Depression; Ante-natal & Sexual Health Education for schools)
- Counselling Services (Generic, Trauma, Cancer, Listening Ear, Pregnancy and Bereavement Loss)
- Practical Supports in Later Life a Health Improvement Programme for women 65-90 years
- Three Support Groups (Breastfeeding, Cancer, Endometriosis)
- Clinical and Screening Services
- Health and Well Being and Social Support Programmes for women directly affected by The Troubles including Counselling, Complementary Therapies, Social Support Programmes and Listening Ear
- Programmes for the frail elderly.
- Programmes for women living with long covid

Personnel

Staffing Levels: Four Full Time and Five Part Time
 General Manager F/T
 Programme Liaison Officer F/T
 Personal Assistant and Programme Support Worker P/T
 Trauma and Counselling Coordinator F/T
 Creche Coordinator P/T
 Creche Assistant P/T
 Finance Administrator P/T
 Cancer Connected Communities Coordinator F/T
 Resource Assistant Cancer Connected Communities P/T

Sessional Staff

Counselling Team (12)
 Complementary Therapy Team (6)

Derry Well Women Limited (A company limited by guarantee)

Support Group /Facilitation Team (17)
Creche Support Pool (2)

Training

Committee Members and Staff engaged in the following training:
Child Protection Training
Designated Child Protection Training.

Support and Supervision

Committee Members continued to provide staff with regular support and supervision.

Health and Safety

The following health and safety inspections tests and drills were carried out this year

1. Staff undertook First Aid Training July 2023
2. Three monthly fire point tests
3. Six monthly fire drills
4. Annual portable electrical equipment tests.
5. Emergency Lighting
6. Fire Equipment serviced.
7. Fire Inspection was carried out 2nd April 2023
8. Installation of additional smoke detector

Financial Review and Principal Funding Sources

Against the backdrop of increasingly limited resources and insecurities over funding, the organisation continues to meet financial challenges with a combination of sound strategic planning and financial management.

The principal funding sources for the Charity are currently by way of Service Level Agreements and contracts with the Western Health and Social Care Trust, Psychological Hub, Department for Education Northern Ireland through the Pathway Fund, the Victims Survivors Service and The National Lottery Charities Board.

Other funders included BBC Children in Need, the Trusthouse Foundation. Souter Trust, Halifax Foundation, WG Edwards Charitable Foundation, Beatrice Laing Foundation, Ulster Gardens Foundation, Screwfix, Department of Health through CFNI, Esmee Mitchell Trust, SJP Foundation and the Childcare Partnership.

Unrestricted funding this year was raised primarily through donations.

Investment Policy

As the availability of funds for investment does not arise such a policy does not exist at present. If the situation were to change the company would seek professional advice.

Reserves Policy

Principle

Building reserves and tangible assets within Derry Well Women support the overall development of the organisation and are an integral part of our financial planning.

Unrestricted reserves ensure that we have adequate funds available for planning for growth and deal with opportunities and issues as they arise.

Policy

A policy on reserves for Derry Well Women was agreed at the 13th May 2013 and reviewed again at the March 2024 meeting of the Management Committee.

Derry Well Women Limited
(A company limited by guarantee)

Derry Well Women has a reserves policy which requires:

1. Unrestricted Reserves be maintained at a minimum level of £20,000 with a desired level of £40,000 which ensures that the core activity of Derry Well Women could continue during a period of unforeseen difficulty for a period of two months based on the projected average monthly running costs of the agency approximating £20,000 per month.
2. A proportion of these reserves have to be maintained in a readily realisable form.

The calculation of the required level of reserves is an integral part of the planning, budget and forecast cycle of Derry Well Women.

It takes into account:

1. Risks associated with each stream of income and expenditure being different from that budgeted.
2. Capacity to deliver planned activity levels is maintained.
3. Services are delivered and commitments to beneficiaries met.
4. Meeting planned or emergency maintenance requirements to the premises including those connected with Health & Safety, Disability Access, etc.
5. Bridging finance is available to maintain key posts for periods where release of funding by the funding body is delayed.

The present level of reserves available to the Charity not invested in fixed assets is £21,606.

Derry Well Women Limited
(A company limited by guarantee)

for the year ended 31 March 2024

Responsibilities of the Board of Directors

The directors are responsible for preparing the Directors' Annual 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 directors to prepare financial statements for each financial year, under company law the directors 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 directors are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- 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 financial statements on the going concern basis unless it is inappropriate to assume that the company will continue in operation.

The directors 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. 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.

In so far as we are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the directors have taken all steps that they ought to have taken in order to make themselves aware of any relevant audit information and to establish that the auditors is aware of that information.

Auditors

A resolution proposing that McGroarty McCafferty & Company be reappointed as auditors of the Charity will be put to the Annual General Meeting.

The financial statements were approved and authorised for issue by the board on 4 June 2024 and signed on its behalf by;



Philomena Mahon
Director



Mary Diamond
Director

4 June 2024

Derry Well Women Limited
(A company limited by guarantee)

Independent auditor's report to the directors of Derry Well Women Limited

Opinion

We have audited the financial statements of Derry Well Women Limited for the year ended 31st March 2024 which comprise of the Statement of Financial Activities, the Balance Sheet and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

This report is made solely to the charitable company's directors, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's directors those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's directors as a body, for our audit work, for this report, or for the opinions we have formed.

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31st March 2024, and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice;
and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the directors' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

Derry Well Women Limited
(A company limited by guarantee)

Other information

The directors are responsible for the other information. The other information comprises the information included in the directors' annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinion on other matters prescribed by the Companies Act 2006

In our opinion based on the work undertaken in the course of the audit:

- the information given in the Directors' Annual Report which includes the directors report prepared for the purposes of Company Law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Directors Annual Report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Directors Annual Report.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the directors were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies exemption from the requirement to prepare a strategic report.

Derry Well Women Limited

(A company limited by guarantee)

Responsibilities of the directors

As explained more fully in the Directors' Responsibilities Statement set out on page 25, the directors (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the directors either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Explanation as to what extent the audit was considered capable of detecting irregularities, including fraud;

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. However, the primary responsibility for the prevention and detection of fraud lies with management and the board of directors of the charitable company.

Identifying and assessing potential risks related to irregularities

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, we considered the following:

- the nature of the industry, sector and the specific control environment which it operates in;
- the charities own assessment of the risks that irregularities may occur, either as a result of fraud or error;
- representations and results from our enquiries with management and the board of directors about their own identification and assessment of the risks of irregularities;
- enquiries of management relating to cash handling, reviewing the policies and procedures relating to cash handling and cash recognition;
- any matters we have identified having obtained and reviewed the Charities policies and procedures relating to;
 - * identifying and assessing if laws and regulations are compliant and whether they are aware of any instances of non-compliance;
 - * detection and response to the risk of fraud and whether they are aware of any actual, suspected or alleged fraud instances;
 - * the internal controls designed to mitigate risks or fraud or non-compliance with laws and regulations, and to minimise risk of management overrides of such controls.
- all matters discussed among the audit engagement team regarding how and where fraud could occur and the potential indicators of fraud.

As a result of these procedures, we considered the opportunities and incentives that may exist within the charity for fraud. The audit included assessing the procedures and evaluating the cash handling procedures. In common with all audits under ISAs (UK), we are also required to perform specific procedures to respond to the risk of management override.

Derry Well Women Limited

(A company limited by guarantee)

We also obtained an understanding of the legal and regulatory frameworks applicable to the charity and considered that the most significant are the Companies Act 2006, SORP 2019 (FRS 102) and Charities Act (Northern Ireland) 2008.

Audit responses to risks identified

Our procedures to respond to risks identified included the following:

- reviewing the financial statement disclosures, testing the relevant documentation to assess compliance with the significant laws and regulations - those described as having a direct effect on the financial statements;
- enquiring with management and obtaining third party confirmation from the Charities Solicitors regarding any actual or potential litigation and claims;
- performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud;
- reading minutes of board and management meetings;
- reviewing Companies House and Charity Commission Northern Ireland correspondence,
- review correspondence with HMRC, identifying non-compliance of specific information to be disclosed;
- in addressing the risk of fraud through management override of controls, testing the appropriateness of data entries and adjustments; and evaluating the rationale of any significant transactions that are unusual or outside the normal course of the Charities objectives.

We also communicated relevant identified laws and regulations and potential fraud risks to all engagement team members and remained alert to any indications of fraud or noncompliance with laws and regulations throughout the audit.

As part of an audit in accordance with ISAs (UK), we exercise professional judgment and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the charitable company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the directors.
- Conclude on the appropriateness of the directors' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charitable company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of the auditor's report. However, future events or conditions may cause the charitable company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Derry Well Women Limited
(A company limited by guarantee)

Patrick McGroarty
Senior Statutory Auditor
for and on behalf of
McGroarty McCafferty & Company
Statutory Auditor
2 Carlisle Terrace
Derry
BT48 6JX

Dated: 4 June 2024

Derry Well Women Limited
(A company limited by guarantee)

Statement of financial activities (incorporating the income and expenditure account)

For the year ended 31 March 2024

	Notes	Unrestricted funds £	Restricted funds £	2024 Total £	2023 Total £
Incoming resources					
Incoming resources from generating funds:					
Voluntary income	2	4,586	-	4,586	7,686
Investment income	3	34	-	34	11
Incoming resources from charitable activities	4	-	532,570	532,570	503,004
Total incoming resources		<u>4,620</u>	<u>532,570</u>	<u>537,190</u>	<u>510,701</u>
Resources expended					
Costs of generating funds:					
Charitable Activities	5	13,811	531,188	544,999	530,100
Governance costs	5	-	4,153	4,153	3,913
Total resources expended		<u>13,811</u>	<u>535,341</u>	<u>549,152</u>	<u>534,013</u>
Net incoming / (outgoing) resources for the year	13	(9,191)	(2,771)	(11,962)	(23,312)
Transfer of Funds		(912)	912	-	-
		<u>(10,103)</u>	<u>(1,859)</u>	<u>(11,962)</u>	<u>(23,312)</u>
Total funds brought forward		<u>170,804</u>	<u>4,904</u>	<u>175,708</u>	<u>199,020</u>
Total funds carried forward		<u>160,701</u>	<u>3,045</u>	<u>163,746</u>	<u>175,708</u>

The statement of financial activities includes all gains and losses in the year and therefore a separate statement of total recognised gains and losses has not been prepared.
All of the above amounts relate to continuing activities.

Derry Well Women Limited
(A company limited by guarantee)

Balance sheet
as at 31 March 2024

	Notes	£	2024	£	£	2023	£
Fixed assets							
Tangible assets	9		142,140			147,050	
Current assets							
Debtors	10	6,783			6,108		
Cash at bank and in hand		121,542			154,070		
		<u>128,325</u>			<u>160,178</u>		
Creditors: amounts falling due within one year	11	<u>(106,719)</u>			<u>(131,520)</u>		
Net current assets			21,606			28,658	
Net assets			<u>163,746</u>			<u>175,708</u>	
Funds	12						
Restricted income funds	12		3,045			4,904	
Unrestricted income funds	12		160,701			170,804	
Total funds			<u>163,746</u>			<u>175,708</u>	

The financial statements are prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 and the Charities SORP 2019 (FRS 102).

The financial statements were approved and authorised for issue by the Board 4 June 2024 and signed on its behalf by

Phil Mahon
Philomena Mahon
Director

Mary Diamond
Mary Diamond
Director

Company Number: NI022926

Derry Well Women Limited
(A company limited by guarantee)

Cash flow statement

for the year ended 31 March 2024

	Notes	2024 £	2023 £
Net outgoing resources for the year		(11,962)	(23,312)
Interest receivable		(34)	(11)
Depreciation and impairment		5,460	6,113
Increase in debtors		(675)	(4,254)
(Decrease)/Increase in creditors		(24,801)	1,452
Net cash outflow from operating activities		<u>(32,012)</u>	<u>(20,012)</u>
Returns on investments and servicing of finance	13	34	11
Capital expenditure	13	(550)	(593)
Decrease in cash in the year		<u>(32,528)</u>	<u>(20,594)</u>
Reconciliation of net cash flow to movement in net funds	14		
Decrease in cash in the year		(32,528)	(20,594)
Net funds at 1 April 2023		<u>154,070</u>	<u>174,664</u>
Net funds at 31 March 2024		<u><u>121,542</u></u>	<u><u>154,070</u></u>

Derry Well Women Limited
(A company limited by guarantee)

Notes to financial statements
for the year ended 31 March 2024

1. General information

The charity is a private limited company by guarantee, registered in Northern Ireland and a registered charity in Northern Ireland. The address of the registered office is 17 Queen Street, Derry, BT48 7EQ.

1.1. Accounting convention

The charity constitutes a public benefit entity as defined by FRS102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland Charities SORP 2019 (FRS102), the Companies Act 2006 and the Charities Act (Northern Ireland) 2008.

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

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

1.2. Incoming resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable.

1.3. Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

1.4. Tangible fixed assets and depreciation

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

Buildings	-	2% Straight Line
Fixture & Fittings	-	10% Straight Line
Equipment	-	20% Straight Line

Buildings are not depreciated as per the directors.

1.5. Debtors & creditors

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

Derry Well Women Limited
(A company limited by guarantee)

Notes to financial statements
for the year ended 31 March 2024

1.6. Cash at bank and in hand

Cash and cash equivalents include cash at bank and in hand.

1.7. Defined contribution pension schemes

The pension costs charged in the financial statements represent the contribution payable by the charity during the year.

1.8. Foreign currencies

Monetary assets and liabilities denominated in foreign currencies are translated into sterling at the rates of exchange prevailing at the accounting date. Transactions in foreign currencies are recorded at the date of the transactions. All differences are taken to the statement of financial activities.

1.9. Going concern

The financial statements have been prepared on a going concern basis as the directors believe that no material uncertainties exist. The directors have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

2. Voluntary income

	Unrestricted funds £	2024 Total £	2023 Total £
Donations	2,587	2,587	3,761
Sundry Income	1,999	1,999	3,925
	<u>4,586</u>	<u>4,586</u>	<u>7,686</u>

3. Investment income

	Unrestricted funds £	2024 Total £	2023 Total £
Bank interest receivable	34	34	11
	<u>34</u>	<u>34</u>	<u>11</u>

Derry Well Women Limited
(A company limited by guarantee)

Notes to financial statements
for the year ended 31 March 2024

4. Incoming resources from charitable activities

	Restricted funds £	2024 Total £	2023 Total £
Western Health and Social Care Trust	137,384	137,384	130,793
National Lottery Community Fund	167,229	167,229	169,255
HDHWILLS	-	-	500
WHSC/Talking Therapies	9,057	9,057	6,615
Trusthouse Foundation	27,863	27,863	19,455
Enkalon	292	292	208
Department of Health Childcare	2,500	2,500	-
Screwfix Foundation	4,000	4,000	-
ROSA Smallwood	-	-	12,287
Ulster Garden Villages	4,460	4,460	-
Souter Trust	4,000	4,000	-
Positive Ageing	-	-	480
SJP Foundation	2,450	2,450	1,750
Community Foundation DOH Cancer Fund	22,626	22,626	3,618
NIE Network	-	-	1,000
Ulster Bank	-	-	2,100
Danske Bank	-	-	3,000
Esme Mitchel	2,000	2,000	-
Victims Survivors Service	111,901	111,901	112,844
The Beatrice Lang Trust	2,500	2,500	-
W.G.Edwards	750	750	-
Thompson Trust	2,000	2,000	500
Halifax Foundation	4,416	4,416	2,584
Pathway Fund	15,000	15,000	15,000
BBC Children In Need	12,142	12,142	21,015
	<u>532,570</u>	<u>532,570</u>	<u>503,004</u>

Restricted Funds

Funds received which are ear marked by the funder for specific purposes. Such purposes are within the overall aims of the organisation.

Unrestricted Funds

Funds which are expendable at the discretion of the company in furtherance of the aims of the charity. In addition funds may be held in order to finance capital investment and working capital.

Derry Well Women Limited
(A company limited by guarantee)

Notes to financial statements
for the year ended 31 March 2024

5. Costs of generating funds:-

<u>Charitable Activities</u>	Unrestricted Expenditure	Restricted Expenditure	2024 Total	2023 Total
	£	£	£	£
Salaries & Wages	-	223,129	223,129	216,403
Employer's NIC	-	16,288	16,288	15,781
Pension costs	-	15,192	15,192	12,680
Rent	-	11,790	11,790	13,940
Rates & water charges	-	301	301	274
Light & heat	-	4,651	4,651	6,048
Repairs & maintenance	-	22,838	22,838	17,266
Insurance	-	2,479	2,479	2,205
Subscriptions	-	1,133	1,133	2,059
Publications & advertising	2,567	-	2,567	1,839
Training & facilitation	-	1,236	1,236	-
Travel & subsistence	-	1,764	1,764	99
Professional fees	2,592	648	3,240	4,680
Telephone	-	2,201	2,201	2,731
Office expenses - other	978	8,182	9,160	8,911
Core programme costs	-	86,239	86,239	89,960
Cancer connected programme costs	-	88,083	88,083	84,991
VSS programme costs	-	42,625	42,625	41,562
Bank charges	-	550	550	485
Loss on disposal	-	-	-	52
Depreciation & impairment	3,601	1,859	5,460	6,113
General expenses	4,073	-	4,073	2,021
	<u>13,811</u>	<u>531,188</u>	<u>544,999</u>	<u>530,100</u>

Governance Costs

	Total	Total
	£	£
Auditors remuneration	<u>4,153</u>	<u>3,913</u>

6. Net outgoing resources for the year

	2024	2023
	£	£
Net outgoing resources is stated after charging:		
Depreciation and other amounts written off tangible fixed assets	5,460	6,113
Auditors' remuneration	<u>4,153</u>	<u>3,913</u>

Derry Well Women Limited
(A company limited by guarantee)

Notes to financial statements
for the year ended 31 March 2024

7. Employees

Employment costs	2024	2023
	£	£
Wages and salaries	223,129	216,403
Social security costs	16,288	15,781
Pension costs	15,192	12,680
	<u>254,609</u>	<u>244,864</u>

No employee receives emoluments of more than £60,000 (2023: None)

The company operates a Defined Contribution pension scheme.

	2024	2023
	£	£
Defined contribution scheme	<u>15,192</u>	<u>12,680</u>

The average monthly numbers of employees (excluding the trustees) during the year, calculated on the basis of full time equivalents, was as follows:

2024	2023
Number	Number
<u>9</u>	<u>9</u>

8. Taxation

The charity's activities fall within the exemptions afforded by the provisions of the Income and Corporation Taxes Act 1988 or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its chargeable objects. Accordingly, there is no taxation charge in these accounts.

Derry Well Women Limited
(A company limited by guarantee)

Notes to financial statements
for the year ended 31 March 2024

9. Tangible fixed assets	Buildings Fixtures and			Total £
	Freehold £	Fittings £	Equipment £	
Cost				
At 1 April 2023	150,000	34,391	35,493	219,884
Additions	-	-	550	550
At 31 March 2024	<u>150,000</u>	<u>34,391</u>	<u>36,043</u>	<u>220,434</u>
Depreciation				
At 1 April 2023	9,000	34,391	29,443	72,834
Charge for the year	3,000	-	2,460	5,460
At 31 March 2024	<u>12,000</u>	<u>34,391</u>	<u>31,903</u>	<u>78,294</u>
Net book values				
At 31 March 2024	<u>138,000</u>	<u>-</u>	<u>4,140</u>	<u>142,140</u>
At 31 March 2023	<u>141,000</u>	<u>-</u>	<u>6,050</u>	<u>147,050</u>

10. Debtors	2024	2023
	£	£
Other Debtors & Prepayments	<u>6,783</u>	<u>6,108</u>

11. Creditors: amounts falling due within one year	2024	2023
	£	£
Trade creditors	1,631	11,008
Other creditors	61	438
Accruals and deferred income	<u>105,027</u>	<u>120,074</u>
	<u>106,719</u>	<u>131,520</u>

Derry Well Women Limited
(A company limited by guarantee)

Notes to financial statements
for the year ended 31 March 2024

12. Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total funds £
Fund balances at 31 March 2024 as represented by:			
Tangible fixed assets	139,095	3,045	142,140
Current assets	23,036	105,289	128,325
Current liabilities & deferred income	(1,430)	(105,289)	(106,719)
	<u>160,701</u>	<u>3,045</u>	<u>163,746</u>

13. Gross cash flows

	2024 £	2023 £
Returns on investments and servicing of finance		
Interest received	<u>34</u>	<u>11</u>
Capital expenditure		
Payments to acquire tangible assets	(550)	(645)
Receipts from sales of tangible assets	<u>-</u>	<u>52</u>
	<u>(550)</u>	<u>(593)</u>

14. Analysis of changes in net funds

	Opening balance £	Cash flows £	Other changes £	Closing balance £
Cash at bank and in hand	<u>154,070</u>	<u>(32,528)</u>	<u>-</u>	<u>121,542</u>
Net funds	<u>154,070</u>	<u>(32,528)</u>	<u>-</u>	<u>121,542</u>

Derry Well Women Limited
(A company limited by guarantee)

Notes to financial statements
for the year ended 31 March 2024

15. Movements in Funds	At				At
	1 April	Incoming	Outgoing	Transfers	31 March
	2023	resources	resources		2024
	£	£	£	£	£
Restricted funds:					
Funds	4,904	532,570	(535,341)	912	3,045
Total restricted funds	<u>4,904</u>	<u>532,570</u>	<u>(535,341)</u>	<u>912</u>	<u>3,045</u>
Unrestricted funds:					
General funds	170,804	4,620	(13,811)	(912)	160,701
Total unrestricted funds	<u>170,804</u>	<u>4,620</u>	<u>(13,811)</u>	<u>(912)</u>	<u>160,701</u>
	<u>175,708</u>	<u>537,190</u>	<u>(549,152)</u>	<u>-</u>	<u>163,746</u>

Purposes of Restricted Funds

Restricted grants awarded to the charity are provided to cover the core objects as explained in the directors report.

16. Related party transactions

There were no related party transactions during the year.

17. Company limited by guarantee

Derry Well Women Limited is a company limited by guarantee and accordingly does not have a share capital.

Every member of the company undertakes to contribute such amount as may be requires not exceeding £1 to the assets of the charitable company, in the event of it being wound up.

18. Controlling interest

Controlling interest rests with the board of directors.

19. Post Balance Sheet events

No significant events have taken place since the year end that would result in adjustments to 2024 financial information or inclusion of a note thereto.

Derry Well Women Ltd

Northern Ireland - Charity number 101247

Accounts

Charity number: NIC 101247
Company number: NI022926

Derry Well Women Limited
(A company limited by guarantee)

Directors report and financial statements
for the year ended 31 March 2023

Derry Well Women Limited
(A company limited by guarantee)

Contents

	Page
Legal and administrative information	1
Directors report	2 - 26
Auditors' report to the directors	27-31
Statement of financial activities	32
Balance sheet	33
Notes to the financial statements	34-41

Derry Well Women Limited
(A company limited by guarantee)

Legal and administrative information

Charity number	NIC 101247 XR 35546
Company registration number	NI022926
Business Address	17 Queen Street Derry BT48 7EQ
Registered Office	17 Queen Street Derry BT48 7EQ
Directors	Pauline McClenaghan (Chairperson) Philomena Mahon (Vice Chairperson) Sinead Callan (Treasurer) Mary Diamond (Secretary) Philomena Melaugh Carolyn Jain Tara Boyle Nuala Doherty Paula Barr Catherine Meehan Grainne Mc Laughlin Sarah Kelly
Secretary	Mary Diamond
Auditors	McGroarty McCafferty & Co 2 Carlisle Terrace Derry BT48 6JX
Bankers	Ulster Bank Ltd Da Vinci Complex Culmore Road Derry BT48 8JB
Solicitors	Kelly & Corr Solicitors 65 Clarendon Street Derry BT48 7ER

Derry Well Women Limited
(A company limited by guarantee)

Structure, Governance and Management

1. Governing Documents

Derry Well Women is a charitable company limited by guarantee, incorporated on 31st October 1989 and registered as a Charity with the Northern Ireland Charity Commission on 19th January 2015 Charity Number NIC 101247 (formerly registered with HMRC UK Charity No. XR35546). The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

2. Recruitment and Appointment of Board of Directors

The subscribers to the Memorandum of Association of the Company and such other persons as are admitted to membership in accordance with the articles should be members of the company. No person shall be admitted as a member of the company unless s/he is approved by the directors. Every person who wishes to become a member shall deliver to the company an application for membership in such form as the directors require.

Board members are elected to serve for a period of up to three years after which they must be re-elected at the next Annual General Meeting. Karen Meehan and Pauline Mc Clenaghan are required to stand down by rotation and are putting themselves forward for re-election at the AGM to be held on 22nd June 2023.

Derry Well Women's charity work inevitably focuses on women's health, health promotion, health education and addressing health inequalities. The Board, therefore, seeks to ensure that the needs of women in relation to their specific health issues are appropriately reflected and addressed through the skills, experience, and knowledge of the members. To enhance the membership, the Charity has supported the active participation of its clients and valued the input of their own experience to steer the work of the Charity.

Traditional skills related to healthcare and childcare are well represented on the Board, including Primary Care, Research, Social Work, Child Care, Health Visiting, Nursing and Counselling. There is also a generic skills base including accountancy, legal, education, policy development, child development and community development. Board members are requested to provide a list of their skills (updated each year) and in the event of skills being lost due to retirement, individuals are approached to offer themselves for election to the board.

3. Induction and Training of Board Members

Board members are usually familiar with the practical work of the Charity, having been encouraged to read background information on the Charity and by meeting with other Board members and staff.

Additionally, new members are invited to attend induction sessions which are jointly led by the Chairperson and General Manager and cover:

- The roles and responsibilities of board Members
- The main documents which set out the operational framework of the Charity, including:
 - Memorandum and Articles of Association.
 - Resourcing the organisation and staying abreast with the current financial position as set out in the latest published accounts.
 - Strategic Plans
 - Ethos of Derry Well Women
 - Derry Well Women Policies/Procedures

On appointment Directors are required to:

- Complete a "fit and proper" declaration.
- Complete an Access NI clearance check.
- Complete a Conflict-of-Interest form.
- Under- take training related to designated roles i.e. Child Protection, Safeguarding Vulnerable Adults, Recruitment, Risk Management and Governance.

Derry Well Women Limited **(A company limited by guarantee)**

Annual strategic planning meetings are also held with the Board staff and clients. This year Derry Well Women developed its Strategic Plan for 2023 to 2026 which will be launched at its AGM in June 2023.

The specific responsibilities of the Board are to:

- Formulate policies and maintain an overview of organisational direction. • Set strategic aims and objectives.
- Provide leadership mentoring and support to facilitate the implementation of aims objectives and corporate policies.
- Provide a line of accountability for staff casual staff and volunteers.
- Ensure good governance including risk management, ethical standards and quality assurance.

A procedures manual has been produced for the control and management of financial systems and procedures within the organisation.

4. Risk Management

In February 2014 the Management Board signed off the revised Risk Register and Continuity Plan for 2014. This was reviewed in 2020. Phil Mahon was appointed and acts as Designated Committee Governance and Risk Assessment Officer.

With the onset of Corona Virus and Covid 19 in mid- March 2020 Derry Well Women was required to work to and adopt DHSS guidelines and practice related to COVID -19 Infection Prevention and Control. All risk assessment and Health and Safety policies were reviewed, and new policies written to reflect social distancing and hygiene requirements.

5. Aftermath of Coronavirus.

There was a reduced direct impact of Covid 19 this year with the focus primarily on meeting increased demand and relocating all services to in house and face to face delivery. January 2023 saw the reintroduction of open enrolment days and evening face to face counselling was offered. Board Members continued to maintain a path to change which reassured supported and guided at every level of phasing in all elements of in-house delivery. Several programmes specifically Yoga and Stress Management for those living with Long Covid continued via Zoom.

6. Maintaining Financial Stability

In 2022/2023, the Board primarily focussed on applications to grant making trusts and attracting charitable giving. These initiatives have led to the development of a new framework for the expanded delivery of our core programmes including the rationalisation of some services, effective partnership working to maximise current resources, extending our services to other venues and locations, and developing our Strategic Plan for 2023/2026 which ensures we continue to deliver within the limitations of funding restraints.

Significant funding was received from the National Lottery Charities Board People and Communities, BBC Children in Need, ROSA Thrive Foundation, Trusthouse Foundation, Screwfix, Halifax Foundation, Souter Trust, Pathways, Danske Bank, NIE Employees Fund, Ulster Bank Employees Fund, Enkalon Foundation, Dept of Health through CFNI, and SJP Foundation. This effort has ensured there has been minimal impact on the financial stability and strengthened the organisations' ability and capacity to deliver on its stated aims for the next three years.

April 2022 to March 2023 saw continued delivery on our contract with the Western Health and Social Care Trust with an overall performance of delivering health improvement programmes to 2609 women and children. A contract review was carried out in September 2022 with contract value receiving a 3.94% inflationary uplift for 22-23 to £130,792.94.

Derry Well Women continued delivery on our contract with the WHSCT Talking Therapies to deliver counselling to women with mild to moderate depression. This contract was worth up to £15,000 in 2022/2023. In March 2023 we completed our third year of three-year funding from VSS. Derry Well Women continued to receive uplifted Pathways funding through Early Years the Organisation for Young Children to support the

Derry Well Women Limited **(A company limited by guarantee)**

Creche Assistant post to March 2023. Additional funding was secured to support the capital costs of resurfacing the outdoor play area of the creche and towards the erection of a new creche roof (work scheduled for July 2023)

7. Managing Financial Risks

Internal control risks are minimised by the implementation of financial policies and procedures for separate authorisation of all transactions and payments. Procedures are in place to ensure compliance with health and safety of staff, volunteers, clients and visitors to the centre.

Our audit of accounts is carried out by independent auditors appointed through a competitive tendering process (Mc Groarty Mc Cafferty & Co 2022/2023) and our monthly payroll is processed by a member of staff from firm of accountants Moore Stephens on a contractual basis overseen by our Treasurer who authorises monthly online BACS payments.

8. Organisational Structure

Derry Well Women Ltd currently has a Board of 12 Directors who meet at least 10 times a year and is responsible for establishing policies overseeing their implementation and informing the strategic direction of the organisation. At present the board has 12 members from a variety of professional and community backgrounds relevant to the work of Derry Well Women. The overall organisational structure and staff levels have been addressed in a way which is both realistic and practical to meet the demands it faces, and taking into consideration the environment in which the organisation must now operate.

A scheme of delegation is in place and day-to-day responsibility for the provision of the services rests with the Manager along with Programme Coordinator's and the Finance and Administration Officers. The Manager has responsibility for the strategic and day-to-day operational management of the centre, resourcing programmes, providing individual support and supervision to the staff team ensuring the team continue to develop their skills and working practices in line with best practice.

Staff implement Board strategy and policies and work to clear programmes of work and job descriptions to meet the objectives of the organisation. Staff are directly accountable to and report to the Board. Staff receive regular line management and support and supervision provided by board officers and Manager.

Derry Well Women operates within the NICVA code of good governance and within a framework of professional and procedural standards including British Association of Counselling & Psychotherapy, PHA Standards, VSS Minimum Standards, and DHSS&PS NI Childminding and Day Care Standards.

9. Related Parties and Policies

Insofar as it is complementary to the organisation's objects, Derry Well Women is guided by both regional (DHSS & PSNI) PHA and local (WHSCT) policy.

Derry Well Women works to minimum standards as set by PHA and BACP in relation to counselling and psychotherapy, complementary therapies, mental health services and DHSS&PS minimum standards in relation to Childcare and PHA standards in relation to Governance and service delivery.

Derry Well Women works in partnership with statutory, voluntary, community and independent services to facilitate referral, service development and mutual support systems.

This year Derry Well Women specifically partnered with the Western Health and Social Care Trust, Action Cancer, Advice Northwest, Cancer Focus, SWELL, Care for Cancer Omagh, MacMillan Centre, Ulster University, eCare Well, Victims Survivors Service, Open College Network, WHSCT Psychological Hub, Altnagelvin Hospital, ROSA Thrive, Early Years the Organisation for Young Children, AlleyKat Design, Gail Sheen Social Marketing, Cormac Russell Asset Based Community Development, Cecilia Whitehorn CMWorks, Women's Aid and VSS, to deliver some of our projects and programmes, avail of training and share best practice.

Derry Well Women co-chairs the Emotional Health & Well Being and Suicide Strategy Implementation Group and Co-Chairs The Western Cancer Locality Partnership Group. Derry Well Women works with these

Derry Well Women Limited
(A company limited by guarantee)

organisations and other groups of women to develop and deliver locally relevant health improvement programmes.

10. Policies

Financial Policies & Procedures	1.	Financial Statement Policy
	2.	Financial Systems Procedure
	3.	Policy and procedure for petty cash
	4.	Policy for Cash Handling
	5.	Procurement/Tendering Policy & Procedure
	6.	Purchasing Procedure
	7.	Rationales: Rent, Insurance, Electricity, Telephone, Oil, Water Salaries
	8.	Retention of Documents Policy
	9.	Staff travel/mileage expenses Policy Tutor/Facilitator Travel Allowance
	10.	Asset Management Policy
	11.	Reserves Policy
	12.	Salary Review Policy
Management Board	13.	Management Committee Manual
	14.	Conflict of Interest Policy
Personnel Policies	15.	Alcohol and Drug Policy
	16.	Confidentiality Policy
	17.	Disciplinary Policy & Procedure
	18.	Dismissals Procedure
	19.	Domestic Violence Policy / Procedure
	20.	Equal Opportunities Policy
	21.	Grievance Policy & Procedure
	22.	Handling and Assessing Criminal Conviction Information
	23.	Induction for Staff and Volunteers
	24.	Leave of Absence Policy
	25.	Lone Worker Policy
	26.	Managing Sickness at Work Policy
	27.	No Smoking Policy
	28.	Recruitment of Facilitators
	29.	Recruitment Policy & Procedure
	30.	Staff Development & Training Policy
	31.	Whistle Blowing Policy
	32.	Volunteer Policy
	33.	Work/Life Balance (Flexible Working) Policy & Procedure
	34.	Workplace Mental Health Policy
	35.	Managing Internal Conflict
	36.	Gifts and Hospitality Policy
	37.	Redundancy Policy
Health & Safety	38.	Evacuation Procedure
	39.	Health and Safety Policy
	40.	Risk Management Policy & Procedures
Counselling	41.	Suicide Risk Policy and Procedures
	42.	Vulnerable Adults Protection from Abuse Policy and Procedure
	43.	Safeguarding our Children and You
	44.	Referrals Policy
	45.	Negotiated Time Out Policy for Counsellors
General	46.	Complaints Policy
	47.	Data Protection Policy and Procedure
	48.	Email/Internet and Telephone Policy
	49.	Environmental Policy
	50.	Mobile Phone Policy

Derry Well Women Limited
(A company limited by guarantee)

	51.	Publicity Policy and Strategy
	52.	Social Media Policy
Creche Specific Policies	1.	Absence of Creche Coordinator Policy
	2.	Accidents Prevention Reporting & Notification Policy
	3.	Additional Needs Policy
	4.	Admissions Policy
	5.	Adverse Incident Reporting
	6.	Allegations against Staff Policy
	7.	Promoting Positive Behaviour Policy
	8.	Collection of Children Policy
	9.	Email Internet Telephone Policy
	10.	Evacuation Procedure
	11.	First Aid
	12.	Food and Drink
	13.	Induction for Staff and Volunteers
	14.	Infection Control
	15.	Line Management
	16.	Management & Replacement of play equipment
	17.	Management of Records Policy
	18.	Management of Emergencies
	19.	Management of Risks associated with the care of individual service users
	20.	Meeting Children's Individual Needs
	21.	Menu Planning
	22.	Parental Consent Policy
	23.	Parents Access to Records Policy
	24.	Participation Policy
	25.	Personal Care & Toileting Policy
	26.	Photography & Videography Policy
	27.	Play Policy
	28.	Procedure on Staff Use of Mobile Phones
	29.	Protecting Children and Workers Policy
	30.	Risk Policy Refer to Risk Policy in General Policies
	31.	Safeguarding our Children Policy Refer to General Policies
	32.	Security of Setting Policy
	33.	Settling in Policy
	34.	Trips Policy
	35.	Use of Student Guidance

The following policies were updated:

1. Safeguarding our Children Policy
2. Lone Worker Policy
3. Protection from Abuse Policy
4. Protect Life Policy
5. All Creche Specific Policies
6. Data Protection Policy
7. All Finance Policies
8. Management Committee Governance

11. Purpose of Derry Well Women

To promote the physical and mental health of women in Derry and surrounding area irrespective of class, race or religion by: -

- (i) Financing and administering a centre which shall be known as The Derry Well Women which will provide premises for a range of services run by and for women.
- (ii) Establishing a health education programme for women in the Derry area.

Derry Well Women Limited **(A company limited by guarantee)**

Our core aim is to empower women to help us shape responses to meet their health needs, and to work in partnership with them and other agencies to deliver services which are evidenced based and rooted in best practice and address unmet need. We are advocates for a gender approach to identifying the determinants of women's health and wellbeing, and for the need to devise cross cutting programmes tailored to the characteristics of our catchment area.

Our approach is underpinned by the goals of:

- i. Providing a leadership focus for gender specific health care.
- ii. Making health and social care systems work better for women.
- iii. Leveraging change in policy and where and how care is provided, and
- iv. Building a knowledge base to empower women in choices relating to their health and wellbeing.

Our programmes address the main causes of morbidity and mortality as identified by the Women's EU Convention - cardiovascular/respiratory disease, cancer, mental illness osteoporosis and diabetes.

Our programmes are developed for a range of targeted groups, including lone parents, new mothers, older women and carers. Our programmes are designed to also address unmet need including eating disorders, women who experience Post Traumatic Stress Disorder and women managing long-term conditions.

In contextualising policy to local circumstances and in listening to the needs expressed by women the services we provide are:

- Counselling
- Mental Health Improvement Programmes
- Carers Support / Self Help
- Promoting positive mental health and wellbeing
- Programmes for victim/survivors of trauma
- Supporting Mothers and Children programmes
- Cancer Programmes
- Preventative Health Education and Lifestyle
- Frailty Programmes addressing the needs of women with early dementia and their carers.
- Complementary Therapies and Holistic approach to health
- Advocacy for change and tackling inequalities.
- Chronic Illness Management
- Clinics and Screening programmes
- Promoting Social Inclusion
- Schools Education programmes
- Training practitioners

12. Strategic Direction

This year Derry Well Women developed its Strategic Plan for 2023- 2026. This plan was developed at all levels of the organisation and reflects our commitment to the co-production and co-design of programmes. The current political, economic, and cultural trends are harbingers of a period of transition in society. Derry Well Women is also entering a period of transition. The challenges include retaining the learning and experience of 35 years while introducing new personnel and exploring and testing new ideas; sharing the learning of our unique programmes for women in a society emerging from conflict; grappling with the new context while maintaining our social justice model of engagement; growing and expanding our organisation by increasing the ethnic diversity, expanding the age profile and introducing programmes for neglected areas of women's health care. To emphasise the importance of these developments which are already underway, we have entitled this three-year plan "Managing Transition".

Derry Well Women Limited **(A company limited by guarantee)**

Mission

Derry Well Women's mission is to jointly - identify and work collaboratively to engage with the physical, physiological, social, and spiritual health needs and challenges of women of all ages from the Northwest of Ireland.

We deliver on this mission firstly by providing a wide range of quality services based exclusively on meeting women's needs and valuing their assets, using teams of health and social care professionals in collaboration with staff, volunteers, and service users, in a safe, secure, and relaxing environment.

Secondly, we campaign for and contribute to changes in health care policy and practice.

Thirdly, we embrace the WHO "Health for All" principles of equality, participation, empowerment and partnerships in achieving improved health and well-being for women, and work in partnership with a range of agencies and community bodies.

Specifically, we pursue women's equality and empowerment by involving our programme participants in the co-producing of relevant health programmes moving the participant from needs approach to a rights approach. Co-production of health programmes leading to co-production of health and wellbeing is the social justice model which is at the heart of our mission.

Strategic Aims

Having reflected on our mission, ethos and the conceptual framework underlying our work and having considered the strategic context of rapid and unpredictable change, the Board of Derry Well Women agreed five strategic aims.

- i. To continue to provide women with a women-centred health service which will improve the health and wellbeing of women, families and community and recognises the changing needs of women's health.
- ii. To promote social inclusion, to address health inequalities and improve health by meeting the specific health needs of women generally and specifically marginalised groups of women including women victims of the conflict.
- iii. To further refine the conceptual framework and embed the theory and practice of co-producing in the work of Derry Well Women.
- iv. To continue to build and maintain a strategic complex of collaborative partnerships.
- v. To capture and share the learning from the work of Derry Well Women with women's health projects at home and abroad especially in post conflict societies.

These main aims are delivered through the maintenance of modern, professional and flexible structures designed to promote women's and community's health and well-being.

The main objectives and activities for the year continued to focus upon the health needs of women and children as identified through three approaches:

1. Clarifying the major causes of morbidity and mortality in women which inform departmental and governmental priorities for action.
2. Identifying what women themselves see as the significant personal and community health issues on which they seek support or wish to act.
3. Meeting priorities described within regional and local strategies relating to promoting health and wellbeing of women and children including DHSS&PS Health and Well Being" Delivering Together 2026" "Care Matters in Northern Ireland, A Bridge to a Better Future" 2007 DHSSPSNI, "Family Matters, DHSS&PS "Making Life Better" a whole system strategic framework for Public Health 2013 to 2023 "Western Health and Social Care Trust Infant Mental Health Strategy", "A Cancer Strategy for Northern Ireland 2022-2023", DOH "Mental Health Strategy" 2021 to 2031, DHSS&PS "Co-production Guide Connecting and Realising Value Through People"

Derry Well Women Limited **(A company limited by guarantee)**

The major causes of morbidity and mortality in women in the Western Trust area are cardiovascular disease, cancer, respiratory disease and mental ill health. The provision made by Derry Well Women in respect of these issues in the past year is categorised under the broad headings of:

- Counselling including referrals from the Psychological Hub and specialisms in Victims Survivors of the Troubles, Domestic Violence, Pregnancy and Childbirth Loss, Cancer and Pre and Post Termination Counselling.
- Support Self Help and Advocacy
- Integrated programmes of Care and Support for Specific Groups of Women
- Advocating for Change/Addressing Health Inequalities
- Chronic Illness Management
- Clinics and Screening • Promoting Social Inclusion
- Promoting Women and Children Programmes
- Lead Partner in Cancer Connected Communities West.

13. Public Benefit

The direct benefits which flow from this purpose and aims include: the improved health status of women in general and improved specific health outcomes for women; an improvement in the overall physical, mental and emotional health and wellbeing of women within the geographical area of Derry and surrounding area; a reduction in social exclusion and an improvement in the health and social status of specific groups of vulnerable women; the promotion of an understanding of the gender specific health needs of women and advocating for policy change.

These benefits are demonstrated by setting specific and measurable outcomes for services, by using a variety of feedback mechanisms including self-reported health improvement assessments e.g., psychometric tests, formal auditing of services, regular independent evaluation of services and gathering both formal and informal service user feedback. This information can be found in our analysis of evaluation feedbacks, Annual Report, reports to funders, published research and service evaluations. Risk assessment identifies minimum risks related to the delivery of services and that mitigating controls and actions in relation to risk of malpractice/poor quality of care, non-disclosure, staff welfare, breach of confidentiality or loss of data, human resources, misappropriation of funds and governance arrangements are in place (fully outlined in the Risk Register and Business Continuity Plan) and that the benefits far outweigh the minimum risks. The beneficiaries of this purpose are women living in Derry and surrounding areas who either self-refer or are referred with specific health illness/ issues/concerns on to specific services and interventions.

There is additional benefit to health professionals, facilitators, therapists, and counsellors who gain skills and experience which are transferrable to other settings and are of benefit to our beneficiaries. There is benefit to Board Members which arises from a programme of training in good governance, finance, personnel management, risk management. There is benefit to staff and Board Members who can access specific services on an equal access basis which are provided to our beneficiaries. This benefit is incidental and is necessary to ensure the benefit is provided to all our beneficiaries.

12. Strengthening the Organisation

- I. The Strategic Plan for 2023-2026 was developed. This was achieved via 10 facilitated sessions with Committee, Management and staff and service users during the period April to December 2022.

Committee and Management sought input on the wider global context. Derry Well Women recorded the relevant events and trends in three different spatial categories:

- I. Ireland and Northern Ireland.
- II. United Kingdom; and
- III. European Union and the World.

Derry Well Women Limited **(A company limited by guarantee)**

This enabled a triple lens focus on those issues that affected more directly the home ground as well as admitting issues that might have a more direct impact elsewhere, but which will impact indirectly here.

2. We improved our: -

- I. Social media platforms and all staff completed social media training.
- II. We refreshed our website in 2022. We extended our reach by driving brand awareness through the website.

13. Service Delivery 2022/2023

In 2022/2023 we delivered services both in house and outreach to 2609 women and children.

These women were expectant mums, young mothers, young women, older women, carers, women living with domestic abuse, post-natal depression, trauma, depression, anxiety, loss and bereavement, relationship issues and anxiety and depression in the aftermath of the Coronavirus pandemic. These were women living with long covid, living with chronic illness, living with a cancer diagnosis. Many were in poverty and facing a year of further hardships.

All were committed to their own health and well-being as well as that of their children and family and viewed Derry Well Women as a lifeline which promoted their health and well – being, put them and their children first and supported them to cope, to hope to thrive. This is borne out in the testimonials quoted throughout and at the end of this report.

We used a holistic approach to address all dimensions of women and children's well -being and considered all determinants on women's health medicine management, diet, physical activity, risk avoidance, preventative measures, lifestyle and activity management, social participation and wellness as well as considering external factors including housing and money management etc.

Supporting Women and Children

Derry Well Women Creche provides a safe, welcoming, inclusive, diverse environment focusing on children's mental health ensuring their physical, social, emotional, cognitive and motor development through planned activities and free play in a fun environment with stimulating resources and areas helping the children with social interaction, a sense of belonging and self-esteem, supporting mums enabling strong mother/child relationships.

Creche Activities

We supported children's development through planned sessions of group activities, free play and themed activities such as sensory play. We purchased indoor and outdoor resources including sensory resources, sensory tent, sensory lighting, construction area items, large hard plastic house, ball run, dance scarves, sensory buddy, sensory chewable, bubble machine. Also purchased was a range of new baby resources including soft black and white floor tiles, two baby bouncers, Baby gym and Tummy time mat.

Activities such as messy play enabled free expression, for example, floor painting, themed tuff trays, water play. Sand play is always available along with painting easel. It has been observed that children seem to have developed a range of sensory issues post covid. Ranging from touch, mess, noise. Staff observed many children were not playing with the sand, water or playdough and paint. Staff observed prior to covid messy activities, sand and water were the most sought activities by children.

Staff made these activities available during each session, never forcing children to participate in the messy/sensory play. Children like to learn from other children and the mixed age group creche promotes this. Children are encouraged to show their artwork to their peers and staff, staff respond praising, clapping, giving the individual a sense of pride, belonging and boosts their self-esteem. Children are encouraged during story time to tell a story from the pictures. Rhyme time with visual aids and props along with our interactive story wall is part of our daily room plan and takes place after snack. These activities help children develop their speech, language and communication, self-thinking, imagination and promotes a sense of belonging and social interaction.

Derry Well Women Limited **(A company limited by guarantee)**

Improving the Environment.

The setting has been changed to a brighter, stimulating welcoming environment, with resources and visual displays throughout the setting for example the family wall displaying pictures of children's family and themselves, help children understand, families are diverse, different sizes, different members, and communities. With the help of the children an inclusion wall display was put up and is used as a visual aid talking point.

Staff have developed a Global Warming and Climate change wall display as a visual aid for children to understand, staff encourage children to talk and ask open ended questions relating to simple things we can do to help change climate change. Children helped create their "All about me book" which is kept in the story corner. Children love seeing themselves in photos and this helps build their self-esteem and sense of belonging. Photos of children taking part in activities are displayed throughout the setting. Photos are emailed confidentially to parents through email, so they can see what their child is doing at Creche this enabled parents to recognise activities their child is able to do which encourages extended home learning and family bonding. Free play is encouraged in different areas of the setting for example the home corner can be a shop, a dentist, a hospital, a vet, staff change the home corner theme based on observing individual children's likes.

Our construction area promotes hand eye coordination and self-thinking and social interaction, with large wooden blocks, foam blocks, wooden hospital, wooden garage, hoop stand, train track and tools. The baby corner contains treasure baskets, floor resources, black n white tummy time mat and soft floor tiles, it is stimulating and has low level beams enabling children to pull themselves up, older children are encouraged to interact with the babies, babies who have begun to get themselves into the sitting position take part in snack time secured in strapped low level seating, the seating is also used so they can join in on table top play. Children have access to outdoor play with fun stimulating inclusive resources, for example, trikes, three wheeled scooters, slide, tunnel, mud kitchen, hula hoops and planting in trays, outdoor play is closely supervised by staff. Staff promote taking turns and sharing through planned activities, supervision, resources and encouragement.

Staff plan activities and the purchase of new resources through observations and children's likes and abilities. Staff work in close partnership with mums who are the primary caregivers and know their child best Mums and siblings take part in outings and fun days enabling them to interact with their child Activities were planned to be inclusive and age appropriate. We celebrate cultural occasions through wall displays and visual, aids. Children pictures are placed on the birthday wall and peers are encouraged to sing 'Happy birthday' to the birthday child.

The outdoor play area has been transformed with new surfacing creating a safer, flat play space, the fence has been painted to look like large colouring pencils and a new outdoor blackboard was attached to fence, children and mums loved the new outdoor space, mums stated "you would not think it was the same area".

Respite

A much valued and sought after service for impoverished, vulnerable children and mothers. We have developed a waiting list and each child gets a six-week session, if staff feel a child could benefit from further sessions, the child will be placed back on the waiting list.

Due to demand and waiting list we extended our respite in early June to:

- 6 children x 2 morning sessions per week
- 6 children x 2 afternoon sessions per week

With child intake rotating every 6 weeks, due to the high demand, mum can re- refer if she feels she and her child need more support. Sessions are delivered within the crèche, which is a safe, inclusive, welcoming, nurturing environment. Staff are welcoming, friendly, and approachable and operate an open-door policy, understanding the family's needs and concerns, treating them with respect and confidentiality. Staff support families to the best of their ability and signpost parents to other agencies if they require additional support. Sessions are delivered indoor and outdoor with family outings, planned session outings of the local area and use of local resources, sessions and outings are planned to be inclusive for all abilities and age.

Our creche has been supported with 'Books Trust' this year where they provided Treasure book packs for all the children attending the service, they also provide a lot of free downloadable resources online. A healthy snack is provided with fruit and water, or milk and sugar free yoghurt and all allergies are recorded and displayed. Snack time is made fun with Rhyme and props interacting with the story wall.

Derry Well Women Limited **(A company limited by guarantee)**

Sessions are planned to help with children's social/emotional, physical, cognitive and motor development with a range of activities and stimulating resources encouraging peer interaction, a sense of belonging and pride, freedom to express themselves, self-esteem, speech and language/communication and empathy towards others.

All activities are inclusive and planned around the children's likes. Activities include story & rhyme, music & movement, messy play, sensory play, arts and crafts, problem solving and free play. The world around us and nature. The room is planned in areas such as home corner, construction area, shop area, soft play/sensory, tabletop play, art and messy play area, small world area and role play/dress up and calming and story area. Tuff trays are used for sensory play and themes are changed regular, e.g., sand, fake grass, gulp, jelly, child friendly foam, animals and tractors, cars and trucks, buckets and spades. Children enjoyed outdoor play with our recently purchased outdoor playhouse, ball run, and different sized balls stimulating hand/eye coordination, sensory garden, slide, trikes, slide, see-saw and pushchairs. Children gained stronger social connections, communication, confidence, life skills, and resilience and family relations.

Summer Scheme

Three x one-week sessions in July/August for 0-4-year-olds, this keeps contact with the families and support socially for the children as programmes during the summer are very limited for this age group within the area. Sessions were planned indoor and outdoor. Outings to local parks and nature trails, family outings were planned, and risk assessed.

Indoor sessions included messy play, arts, free play. Story days took place where a mum was invited into tell a story from a book or about her culture. We also included sensory days, role play, group activities, problem solving, and treasure hunts with magnifying glasses searching for bugs and hidden treasure. Sand/water play was included in everyday sensory. Mums, children and staff enjoyed a teddy bears picnics for one of our family outings to coincide with the Crafty Teddies workshop where the mums and children made their own special bear. Special days were celebrated and visually displayed.

All activities were planned to be inclusive and centred on children's developmental needs and speech and communication. Family outings enabled families from impoverished circumstances to have a fun family outing during the summer holidays.

Summer Scheme and Outings

- Thirty (30) Summer Scheme sessions 3 x 1 week sessions July/ children per session
- Family outing via bus to Art space 2 Campsie/Eglington 29-06-22,
- Family outing via bus to Art space 2 Campsie/Eglington 30-06-22, 2 staff,
- Crafty Teddy Workshop 12-07-22,
- Teddy bears picnic 14-07-22, 2
- Family outing to Bounce House 10-08-22.
- Halloween Party 29-10-22
- Christmas Party 14-12-22

One hundred and seventy-seven (177) parents and children attended these outings.

In total 94 children attended the creche this year participated and benefitted from the services and programmes we offered this year.

Stay and Play Programme

We delivered seven x 4 week Stay and Play Programmes to 99 Mums and their children.

These four-week programmes gave parents the opportunity to explore messy/sensory play with their child and gain ideas of what can be done at home to further develop play skills and begin to interact with other children.

The programme made parents aware of how to develop their child's speech through concepts such as: 'commentating' when their child is playing, rather than asking lots of questions. Parents and children explored music and rhymes, through song and instruments.

Derry Well Women Limited
(A company limited by guarantee)

Parents and children had fun exploring physical play through using a variety of items available in the home, therefore, extending play to items which are low cost or free.

Mother and Baby Swim Programme

We ran 11 X 6 Week Mother and Baby Swim programmes for 149 mums and their babies.

This was a first for us and demand was enormous with 60 Mums requesting to join.

They aimed to remove any fears parent or child may have in water and create an atmosphere of safety and fun.

The programme was delivered by a qualified and Access NI checked instructor and we hired our local Templemore Sports Complex. All participating babies had received their baby vaccinations.

The programmes enabled parents to support their baby in water confidence and build on skills for gradual child led submersion.

Breastfeeding Support Group

We delivered 41 sessions to 20 breastfeeding mums.

Facilitated by a health visitor this group provides invaluable practical support and peer support to mums.

Baby Massage and Baby Reflexology

We ran 14 programmes x 4 weeks x 1 hour Baby Massage Programmes for 109 mothers with their babies and 14 programmes x 1 hour Baby Reflexology for 103 mothers with their babies.

These programmes helped increase long term bonding between mother and child as well as helping with baby's digestive issues such as colic, reflux and constipation.

Ante Natal Classes

We ran 19 x 3 weeks antenatal classes.

The programmes aimed to support first time parents through pregnancy, and prepare them for labour, birth and the early days of baby's life. It was an opportunity for pregnant mothers and their partners to gain knowledge of health in pregnancy and parent education. This was a particularly well taken up service as access to prenatal support was seriously diminished over this period due to coronavirus.

Three hundred and fifty-four (354) parents were supported to:

Think about who is there for support; complete a birth plan; become aware of various birth positions; recognise the stages and signs of labour; have knowledge of pain relief options available; prepare for getting to know your baby; discuss feeding options and become aware of responsive feeding; discuss benefits and concerns regarding breastfeeding.

Post Natal Depression Programme (Minding Mummy).

We delivered 6 x 6-week programmes.

Thirty (30) mums have been attending this group facilitated by a qualified health visitor.

Derry Well Women Limited
(A company limited by guarantee)

Paediatric First Aid

Two sessions for 20 mums were in response to demand for mothers struggling to access services and who wanted support in handling minor ailments at home for their children.

Table to demonstrate levels of activity associated with Supporting Women and Children 2022/2023

Intervention	Number of sessions per year		Average Attendance per session	Numbers of women/children
Breast Feeding Support Group	41 x Weekly sessions	41	3	20
Baby Massage	14 x 4-week Programmes	56	7	109
Attachment Programmes	14 x 4-week Programmes	56	7	103
Minding Mammy Group	6 x 6 week sessions	36	6	30
Paediatric First Aid	2 sessions	2	20	20
Nurturing Programme	1x 1 sessions	1	12	16
Family Time	5 Family Events	5	35	177
Ante Natal Classes	19 x 3 weeks programmes	57	25	354
Crèche	Daily Sessions	382	6	94
Stay and Play	7 x 4-week programmes	28	14	99
Mother and Baby Swim	11 x 6-week programmes	66	14	149
11 Interventions	Total	730		1171

Gender Specific Interventions

There is much evidence to indicate the determining influence of women on family and community health status. We maintain and develop gender specific work which recognizes the role of women in terms of community well-being. We particularly focus on issues peculiar to women including PMS, endometriosis, peri natal support (both ante- and post-natal), miscarriage, menopause and sexual health.

Menopause Clinic and Information Sessions

The menopause clinic continued to provide a monthly telephone clinic offering information, advice and support to women experiencing menopausal symptoms. 51 women were supported this year.

CBT Programme for Women living through the Menopause

One issue to emerge during the Covid 19 lockdown was increased loneliness, isolation and struggles to cope for women who were peri menopausal. Whilst Derry Well Women runs a monthly clinic and telephone support service it became obvious that the one-to-one support alone was not sufficient to meet the increasing demand. So, in addition to doubling our clinics we engaged Dr Sandra McNeill, Consultant Obstetrician and Gynaecologist to deliver a second CBT programme for menopausal women with the assistance of Audrey Parke Menopause Nurse and Derry Well Women Clinician. The programme ran for six weeks.

Each session introduced a new topic and built on what had been learnt during the week and in the previous session. Daily diary records were important to assess, how recommended changes participants had made were helping them. Homework was given each week and participants were asked to make individual goals for each session of the treatment.

The programme addressed menopausal symptoms, the physiology and manifestation of hot flushes, managing night sweats, the role of thoughts, feelings and behaviour. Stress management, healthy lifestyle, problem-solving, relaxation and paced breathing with imagery and goal setting were also addressed.

This programme was attended by twelve (12) women.

Derry Well Women Limited
(A company limited by guarantee)

Sexual Health Awareness Schools Programme 2022.

1. St Catherines Strabane Primary School May 2022 4 sessions 63 children.
2. St Marys College Lower Sixth Health and Social Care Students on the uses and benefits of complementary therapies.

Pregnancy Loss and Bereavement Counselling.

In 2022/2023 14 women were supported by our pregnancy loss and bereavement service. All women are referred through the Childbirth and Pregnancy Loss Specialised Midwife with leaflets also available for women to access prior to discharge from hospital following a pregnancy or childbirth loss.

Women self-referred to Derry Well Women to seek counselling for a specific pregnancy or childbirth loss. The benefits that this service has provided these women have been simply invaluable in aiding their healing and recovery process. The support that women have received from Derry Well Women has enabled several of them to contemplate and even enter into any future pregnancies in a more positive state of mind thus reducing maternal anxiety which has been shown to positively impact birth outcomes.

Cost of Living Resilience Programme.

We delivered a one-day Cost of Living Programme to 25 women.

The Cost-of-Living Resilience Workshop was delivered on Thursday 24th November 2022, in response to the cost-of-living crisis, to 20 participants and focused on Building Resilience in a Changing World by using taught techniques and methods to:

- Learn how to adapt and bounce back quickly when faced with challenges.
- Develop coping mechanisms on how to deal with stressful situations.
- Learn how to survive and thrive through these times.

Content of the Programme focused on 4 areas.

1. Self-Awareness and Self-Regulation
2. Self-Belief and Self-Confidence
3. Financial Wellbeing
4. Changing Habits and Behaviours

Table to demonstrate levels of activity associated with Gender Specific Interventions. 2022/2023

Intervention	Number of sessions per year		Average Attendance per session	Numbers of women
Menopause Clinic	51 hours x Telephone and face to face Clinic	51	1	51
Menopause Talks	4 Talks	4	12	12
Menopause Management using CBT	4 x 2-hour sessions	4	12	12
Pregnancy Loss and Bereavement Counselling	58 Counselling Hours	58	1	14
Sexual Health Schools Programme	4 x 2-hour sessions	4	31	63
Cost of Living Resilience Programme	2 X Sessions	2	25	25
6 Interventions	Total	123		177

Chronic Illness Management

Within this category we addressed Chronic Diseases (Cancer, Respiratory, Cardiovascular, Diabetes), Mental Health (treatment and prevention of Stress/Depression/Anxiety) and Accidents and Pain Management.

Derry Well Women Limited (A company limited by guarantee)

The provision made by Derry Well Women in respect of these issues is complementary to a range of other statutory and voluntary sector services available to women for prevention, detection and treatment of illnesses categorized under these three broad headings. Our specific interventions across each of the three causes of Mortality/Morbidity fall into five broad strands.

Cancer Services:

1. Our services provided women with the ability to maximise their wellbeing and to make the best possible choices for their own health and the health of their families during a time of uncertainty reduced access to health services and isolation and loneliness. Peer support is at the heart of all our programmes.

This year Derry Well Women delivered cancer counselling to 7 women new to this service. We delivered 3 Well Programmes to 40 women. We delivered 86 complementary therapy sessions to 45 women. 54 women are registered on our cancer support group with an average of 14 attending fortnightly.

Mental Health & Wellbeing Programme

We also delivered a Mental Health and Wellbeing Programme for 10 women. This was an 8-week course delivered to women living with and/or having had a cancer diagnosis. The purpose of the programme was to help improve mental health and well-being.

Some of the topics covered included:

- Emotional Awareness – learning to identify and manage our emotions more effectively
- Living with change and Uncertainty
- Identifying Support
- Prioritizing our lives
- Relationships
- Mindfulness
- Aromatherapy
- Enrichment session
- Creative Expression: journaling, art, movement to music.

Additional Activity Within Cancer Services Category under Cancer Connected Communities.

Project Background

Cancer Connected Communities is a partnership led by Derry Well Women with Action Cancer, Advice NW, Cancer Focus, Care for Cancer, Omagh and SWELL Enniskillen. The partnership is dedicated to supporting people affected by cancer in the Western Trust area by connecting them to each other, to sources of support within their communities and to those who can make a difference to how and where they receive services. It is a three-year project funded by a grant of £465k from the National Lottery Community Fund and it engages marginalised groups where cancer services are limited and where there are barriers to access relating to rurality, poverty, and fear.

Although they do not benefit from the funding the project also has the partnership of the WHSCT and Macmillan. This programme will ensure cancer patients take the lead in creating a change agenda to integrate cancer care in the WHSCT using coproduction and an engagement model to connect people living with cancer across communities to each other and organisations with the capability to improve their lives. The project will engage marginalised groups where cancer services are limited and barriers exist due to rurality, exclusion, fear; deliver support programmes; listen to cancer programme participants; set priorities for improved cancer services; directly articulate priorities to service planners to influence strategic change.

The Cancer Connected Communities Project is based on a four tier Model of engagement developed by Derry Well Women. The essence of the model is that those providing health and social care services (in this case community-based support services) listen to those they are caring for throughout the caring episodes.

Derry Well Women Limited **(A company limited by guarantee)**

Tier One - Provision of community programmes across this Trust area in which facilitators and care givers are gathering and recording knowledge based on client experience at the point of delivery.

Tier Two - Gathering Sessions were the partners and the Western Health and Social Care Trust bring together participants and facilitators to tell us what is being experienced and what is being heard to capture the common themes that would shape a change agenda.

Tier Three - Finally at tier three the partners meet with Trust representatives and commissioners and agree actions and commitments in respect of the main themes that will then be announced at a stage 4.

Tier Four - At Tier Four Partners, participants, focus group members, health service providers and planners and other relevant agencies will attend a Commitment to Change Conference to address and make public their commitments. Commitments made will be recorded and action against each one will be monitored to assess progress which will be fed back to those who participated.

Project Milestones: April 2022 – March 2023

Programme Delivery

As of March 2023, the Cancer Connected Communities West partnership has reached **1036 people** currently living with cancer or affected by cancer. Across the Partnership there is a range of **16** interventions tailored to meet the needs of people living with cancer. The support provided to date includes **36** therapeutic programmes, **352** counselling sessions, **428** complementary therapy sessions, **58** specifically tailored welfare benefit support sessions and many others.

The profile of participants includes men and women aged **20 to 90** coming from Derry, Limavady, Omagh, Enniskillen and surrounding areas. We have people from largely rural areas, living with a disability, from single parent households; members of the LGBTQ+ community, the travelling community, Chinese, Indian and other ethnic groups.

All the participants have presented with a cancer diagnosis, including those currently living with cancer, are in remission or are at palliative or end of life stages. Types of cancer include breast, bowel, anal, thyroid, ovarian, Hodgkin's Lymphoma, prostate and brain.

Training:

Effective Listening for Effecting Change (ELEC): A 2-day bespoke training programme was designed and delivered in October 2022 for the facilitators, counsellors, complementary therapists, staff, and volunteers of the CCCW partnership. The purpose of the training was to support them in their roles to have informal conversations with a purpose, identify key trends and issues in cancer care and how to effectively record and feedback this information to influence change.

Asset Based Community Development (ABCD) workshop: Cormac Russell delivered a ABCD workshop at the Balmoral Hotel in Belfast on 3rd February 2023. This was attended representatives from the CCCW partnership, as well as Macmillan, WHSCT, Compassionate Communities NI and Clarendon Medical Practice.

Listening Ear: Listening Ear training has been scheduled for Clarendon Medical Practice and has been requested by Care for Cancer, Omagh and the MacMillan Centre.

Gathering Sessions

Gathering Session 1: The first Gathering Session was held in the Silver Birch Hotel Omagh on 22nd November 2022. This is where the themes and trends identified so far via our Programme Delivery phase were summarised and presented to the participants in attendance. The purpose of this event was to build consensus on these themes as well as identify new themes and suggest solutions or opportunities for improvement.

Gathering Session 2: The second Gathering Session held in The Waterfoot Hotel Derry was focused on hearing the voice of the key Cancer Care Providers within the WHSCT including the Oncology teams, MDT leads, Nursing Staff, AHP staff, Primary Care, receptionist staff, community care staff etc.

Derry Well Women Limited
(A company limited by guarantee)

Negotiating Change: This process was initiated in January 2023 and actions have already been taken to investigate current processes and design solutions.

Tables to demonstrate levels of activity associated with Mortality, Morbidity and Chronic Disease Management 2022/2023

Intervention	Number of sessions per year		Average Attendance per session	Numbers of women
Cancer Support Group	22x 2-hour sessions	22	14	54
Complementary Therapy Treatments	86 x 1-hour treatments	86	1	45
Mental Health and Well Being	9 weeks x 2 hours	9	10	10
Cancer Counselling	147 x counselling sessions	147	1	7
The Well Programme for Women Living with Cancer	3 x 10-week programmes	30	11	40
5 Interventions	Total	294		156

Managing Long Term Conditions

Women Experiencing Long Covid

We delivered 74 sessions of gentle restorative yoga for 212 women living with Long Covid an increase of 83 women on last year.

These were women who continued to feel the debilitating effects of Covid for between twelve weeks and over a year beyond the initial illness.

The programmes were facilitated by a health care professional who herself is living with Long Covid.

Restorative Yoga aimed to provide:

- a supported, calm place for participants to relax and rest.
- Gentle breath awareness to support diaphragmatic breathing.
- Gentle seated or lying stretches specific for muscles which may be affected by Covid.
- Deep relaxation and rest in restorative yoga to reduce stress, improve fatigue levels, reduce pain and improve sleep quality.
- The following tables outline the percentage improvement across 25 participants in levels of fatigue, pain, breathlessness, sleep and anxiety levels.
- Results for fatigue, pain, breathlessness and sleep relate to all 25 assessments.
- Results for levels of reduction in anxiety related to only those 10.

Endometriosis Support

The Endometriosis Support Group returned to in house meetings on the last Tuesday of the month. They had 10 two-hour sessions with 15 women registered onto the group.

This support group enabled endometriosis patients to share their experiences and help others with the condition.

Derry Well Women Limited
(A company limited by guarantee)

The group covered the following issues:

- Pain management
- Self-Care
- Nutrition
- Complementary therapies
- Emotional Support

“I would love to discuss more on pain management and how to live with a chronic disease. I want us all to come together to make endo more aware to others and educating them exactly what it is and how to look out for signs and symptoms. I want the group to be something that feels safe and comfortable for us to share and not feel like we are being judged, and that’s exactly why I love it.”

“Endo has been a massive part of my life, I started symptoms at age 9, and only now at 34 have I come to accept it as being part of my life journey and not just my life. I will participate fully in any Awareness Raising, information giving any pro-action for younger girls to get a quicker diagnosis but for me simply having that two hours a month to come and have a cuppa, talk if I feel like it and listen to others has helped me enormously.”

Table to demonstrate levels of activity associated with Managing Long Term Conditions 2022/2023

Intervention	Number of sessions per year		Average Attendance per session	Numbers of ne women
Gentle Yoga for Long Covid	74 x1 hour sessions	74	20	212
Introduction to Yoga	32 x 1.5hour sessions	32	10	42
Endometriosis Support Group	10 x 2-hour sessions	10	7	15
3 Interventions	Total	<u>116</u>		<u>269</u>

Mental Health and Well Being Services

Derry Well Women provides a range of transformative Mental Wellbeing Programmes and Counselling Services ensuring choice, graduated access from gentle to more challenging interventions with each intervention being strength, not deficit, based and focused on the person not the presenting problem. Derry Well Women’s progress has been marked by efforts to define a “Woman Centred Approach” as an entity.

All mental health improvement and well - being programmes returned in house this year.

Counselling Service

We continue to offer counselling through telephone Zoom and face to face. 95% of women are now choosing a face-to-face service which is improving their social contact post covid.

This year we received 127 requests for generic counselling. Eighty-Nine (89) women have received 998 sessions of generic counselling.

The issues presented included Relationships, Isolation and Loneliness, Domestic Abuse, Bereavement and Loss, Homelessness, Re-location, Employment Issues, Anxiety and Depression.

We are now operating with a team of fourteen counsellors of which eleven are accredited and we are currently recruiting to expand the team. Nine counsellors have completed a twelve-week training programme in an ACTO /BACP approved Certificate in Online Counselling and are now competent to work online.

Derry Well Women Limited (A company limited by guarantee)

Psychological Hub Referrals 2022/2023.

In April 2022 Derry Well Women was contracted by WHSCT to deliver counselling for women referred with mild to moderate depression from the Psychological Hub.

In 2022/2023 Derry Well Women received forty-nine referrals the majority of whom requested face to face counselling. Following the re-introduction of in-house counselling we provided 167 sessions of counselling to 47 clients living with mild to moderate depression and anxiety.

Emotional Detox

Emotional Detox helps women understand the concept of an emotional detox and its benefits. It teaches how to take care of negative feelings and provides a road map for living a happy, fulfilled life. Women learn simple, powerful techniques for letting go of negative emotions and find out how to rid of fear and stay calm and confident.

22 women completed two x 8-week programmes.

Aims of the programme:

- To introduce a way of bringing peace into our lives through non-violent communication.
- To enable participants to discover the language of peaceful living.
- To help women understand the concept of speaking peace as taught by Rosenberg.

Benefits of the Programme:

This programme was successful in that it encouraged individuals to look within for answers and listen to their body dialogue, recognize their unhealthy coping mechanisms, and replace them with more healthy ones. They learnt or developed skills in medication, mindfulness, body dialoguing, connecting to the self and becoming more self-aware.

Coping with Anxiety and Depression.

This course is designed to support women who may be experiencing depression or underlying anxiety. Its aim is to teach coping skills which women affected by depression/anxiety can employ to help deal with the symptoms that affect them personally. Information regarding complementary therapies, diet and sleep is also given.

The facilitator also discusses the use of prescribed drugs.

10 women attended this 6-week course.

Self Esteem

We delivered three x eight-week Self - Esteem programmes for 31 women.

The programme addressed self- efficacy, addictive relationships, self -care positive/negative self-talk and equipped participants with the necessary tools and skills to maintain and build good self- esteem.

Derry Well Women Limited
(A company limited by guarantee)

Table to demonstrate levels of Activity Associated with

Mental Health

2022/2023

Intervention	Number of sessions per year		Average Attendance per session	Numbers of women
Coping with Anxiety and Depression	1 x 6-week programme	6	10	10
Emotional Detox	2x 8-week sessions	16	11	22
Self Esteem	3 x 8-week programmes	24	6	31
Yoga	35 classes	35	16	47
1 to 1 Counselling	998 counselling hours	998	1	89
1 to 1 listening ear	28 hours help line	28	1	17
Assessment Interviews	184x 1-hour assessments	184	1	184
Promoting Mental Health through Cycling	3 x 5-week Training Programmes	15	6	23
8 Interventions	Total	1306		423

Accident Prevention Young at Heart Group.

The Young at Heart Group which has an enrolment of 54 women meets weekly.

Derry Well Women designed specific activities to reduce loneliness, social isolation and promote health and well-being for older women by reducing isolation, increasing social connection, uplifting mood and improving emotional health and well-being.

The activities delivered were co-designed with the participants and were based on the issues which were raised and included the following:

Chair Based Yoga funded by the WHSCT Positive Aging Grant.

Podiatry Foot Clinic

147 women attended the monthly podiatry clinic.

Table to demonstrate levels of Activity Associated with
Accident Prevention. 2022/2023

Intervention	Number of sessions per year		Average Attendance per session	Numbers of women
Practical Supports in Later Life Keeping Young At Heart	3 x 10-week Programmes	30	30	55
Podiatry Foot Care Advice	147	147	1	147
2 Interventions	Total	177		202

Local Expressed Need.

Cognitive Behavioural Therapy for Everyday Use

Cognitive Behavioural Therapy (CBT) is an eight-week course which is aimed at women from all backgrounds and all levels of education. The course is a psycho educational based course which means that it is not a therapy group as such. The main aim of the course is to provide participants with the skills to deal with their emotional

Derry Well Women Limited (A company limited by guarantee)

and psychological problems through developing an awareness of how their cognitions affect their emotions and behaviour. Cognitive behavioural therapy (CBT) has been reported to be an effective treatment for anxiety disorders and depression in older adults, typically leading to reductions in worry, anxiety, and depressive symptoms (Gould et al., 2012).

24 Women attended CBT therapy this year.

SingTonicity

'SingTonicity' is an 8-week programme using an innovative approach which was developed in Sweden. It acknowledges that the voice is a part of the human physicality, and it becomes small, lacking in confidence and even silent when we are traumatised or hurt or prevented from speaking out. It is a non-threatening, powerful way of helping people connect with their feelings, find expression and develop their confidence. 68 women attended this year.

Mindfulness

'Mindfulness' is an 8-week programme which aims to benefit each woman's emotional and physical health. Mindfulness is the practice of becoming more aware of the present moment rather than dwelling on the past or focusing on the future. This helps with stress management and to prevent rumination and negative thoughts. Mindful-based therapies have been reported to be effective treatments, even as an alternative to behavioural therapies (Ziegerska et al., 2009) and have been found effective to remove stress (Witkiewitz, Greenfield & Bowen, 2013).

15 women attended this programme which delivered via Zoom.

Sound Meditation Programme

Healing using the power of sound and vibration is one of the most ancient and oldest ways of healing practices in the world. There are many kinds of sound healing, but one of the most effective practised is Singing Bowl Therapy.

Singing Bowls have been used worldwide for healing, meditation purpose and deep breathing. This therapy is based on the belief that energy vibrates at different rates in the body. The vibration of the bowl can have profound effects on the mind, body and spirit promoting harmony within a person's body. The vibrations balance the right and left hemisphere of the brain which help restore your body's balance which in turn helps you heal.

16 women attended this 8-week programme.

Journey to Inner Peace

Journey to Inner Peace is a programme that introduces an alternative way of managing unhelpful patterns of behaviour and negative thinking.

It will help turn around the alarming statistics of anger, violence and quiet desperation in our community / society and in their place, to plant the seeds of positive expectations, self -- responsibility, higher self-esteem and to seed hope.

32 women attended over 2 x 8-week programmes.

Stairways to Well Being

Stairways is a program that has been created to provide people within our communities with a toolkit to manage their mental and emotional well-being through a Holistic, person-centered approach.

We aim to guide people through the experience of the benefits of mindfulness and various Holistic therapies in order to be able deal with the everyday stresses of life in immediate and measurable ways.

Derry Well Women Limited
(A company limited by guarantee)

Having completed the Stairways to Well-Being program participants will have learned different tools in which to evolve from old thinking habits and begin a journey of awareness of themselves breaking free from old patterns of behavior. Participants will have gained skills such as.

- The power of thought and effective thought management
 - Accommodate specific practices into daily life for the purpose of replenishing, mental, emotional and spiritual well-being.
 - Self-love and personal boundaries
 - Using skills such as mindfulness, meditation & sound healing, EFT (emotional freedom technique).
 - Awareness of our chakras and auric field.
 - Working with our angels
 - To become more visible in the world and to recognise your own uniqueness.
 - Rejuvenate your life and nurture playfulness, light-heartedness joy and fun.
- 16 women attended this 8-week programme.

Actions For Happiness

Action for Happiness is an 8-week programme based on teaching people the ten keys to happier living based on the latest scientific research relating to happiness. The programme teaches a range of CBT techniques to help people be able to put the 10 key areas into practice in their own lives. The theory is based on the fact that people who are happy and fulfilled in their lives are content and not suffering from distress, anxiety or depression. If we can learn how to promote and apply happiness in our own lives, then the quality of our lives will improve.

30 women attended this 8-week programme

Table to demonstrate levels of Activity Associated with Local Expressed Need. 2022/2023

Intervention	Number of sessions per year		Average Attendance per session	Numbers of women
CBT for Everyday Use	3x 8week sessions	24	6	24
Practitioners Training	2 sessions	2	10	10
Mindfulness	1 x 8 weeks	8	15	15
Journey to Inner Peace	2 x 8 weeks	16	12	32
SingTonicity	2 x 8weeks 1x 6 weeks	22	25	68
Actions For Happiness	1x 8 weeks	8	25	30
Stairway to Wellbeing	1x 8 weeks	8	16	16
Sound Meditation	1x 8 weeks	8	16	16
8 Interventions	Total	96		211

Summary of Service Provision 2022/2023

Total Number of Programmes Interventions 43.	Total Number of Women and children
Total Number of Sessions 2842	
	2609

In 2022/2023, therefore, we delivered 43 interventions within the following range of activities to 2609 women and children through 2842 sessions of delivery.

- Women and Children Programmes.
- Childcare Services and Programmes including Crèche facilities.
- Emotional Health and Mental Well Being Programmes

Derry Well Women Limited **(A company limited by guarantee)**

- Cancer Programmes including the Well Programme, Complementary Therapies Support Group and counselling.
- Chronic Illness Management Programmes including Pain Management of Endometriosis.
- Gender Specific Programmes (Menopause Clinic, Post Natal Depression; Ante-natal & Sexual Health Education for schools)
- Counselling Services (Generic, Trauma, Cancer, Listening Ear, Pregnancy and Bereavement Loss)
- Practical Supports in Later Life a Health Improvement Programme for women 65-90 years
- Three Support Groups (Breastfeeding, Cancer, Endometriosis)
- Clinical and Screening Services
- Health and Well Being and Social Support Programmes for women directly affected by The Troubles including Counselling, Complementary Therapies, Social Support Programmes and Listening Ear
- Promoting Positive Mental Health Through Physical Activity (Cycling)
- Programmes for the frail elderly including Namaste.
- Programmes for women living with long covid.

Health and Safety

The following health and safety inspections tests and drills were carried out this year

1. The Fire Alarm System
2. Three monthly fire point tests
3. Six monthly fire drills
4. Annual portable electrical equipment tests.
5. Emergency Lighting
6. Fire Equipment serviced.

Financial Review and Principal Funding Sources

Against the backdrop of increasingly limited resources and insecurities over funding, the organisation continues to meet financial challenges with a combination of sound strategic planning and financial management. The principal funding sources for the Charity are currently by way of Service Level Agreements and contracts with the Western Health and Social Care Trust, Psychological Hub, Department for Education Northern Ireland through the Pathway Fund, the Victims Survivors Service and The National Lottery Charities Board.

Other funders included BBC Children in Need, the Trusthouse Foundation, Rosa Thrive, Souter Trust, Halifax Foundation, Danske Bank, Enkalon, Foundation, Thompson Trust, Screwfix, Department of Health through CFNI, Esmee Mitchell Trust the SJP Foundation and WHSCT Positive Ageing.

Unrestricted funding this year was raised primarily through donations.

Investment Policy

As the availability of funds for investment does not arise such a policy does not exist at present. If the situation were to change the company would seek professional advice.

Reserves Policy

Principle

Building reserves and tangible assets within Derry Well Women support the overall development of the organisation and are an integral part of our financial planning.

Unrestricted reserves ensure that we have adequate funds available for planning for growth and deal with opportunities and issues as they arise.

Policy

A policy on reserves for Derry Well Women was agreed at the 13th May 2013 and reviewed again at the September 2022 meeting of the Management Committee.

Derry Well Women Limited
(A company limited by guarantee)

Derry Well Women has a reserves policy which requires:

1. Unrestricted Reserves be maintained at a minimum level of £20,000 with a desired level of £40,000 which ensures that the core activity of Derry Well Women could continue during a period of unforeseen difficulty for a period of two months based on the projected average monthly running costs of the agency approximating £20,000 per month.
2. A proportion of these reserves have to be maintained in a readily realisable form.

The calculation of the required level of reserves is an integral part of the planning, budget and forecast cycle of Derry Well Women.

It takes into account:

1. Risks associated with each stream of income and expenditure being different from that budgeted.
2. Capacity to deliver planned activity levels is maintained.
3. Services are delivered and commitments to beneficiaries met.
4. Meeting planned or emergency maintenance requirements to the premises including those connected with Health & Safety, Disability Access, etc.
5. Bridging finance is available to maintain key posts for periods where release of funding by the funding body is delayed.

The present level of reserves available to the Charity not invested in fixed assets is £28,658.

Derry Well Women Limited
(A company limited by guarantee)

for the year ended 31 March 2023

Responsibilities of the Board of Directors

The directors are responsible for preparing the Directors' Annual 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 directors to prepare financial statements for each financial year, which 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 directors are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- 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 financial statements on the going concern basis unless it is inappropriate to assume that the company will continue in operation.

The directors 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. 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.

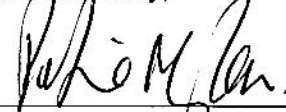
In so far as we are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the directors have taken all steps that they ought to have taken in order to make themselves aware of any relevant audit information and to establish that the auditors is aware of that information.

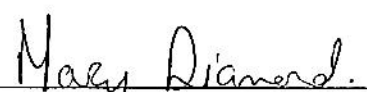
Auditors

A resolution proposing that McGroarty McCafferty & Company be reappointed as auditors of the Charity will be put to the Annual General Meeting.

The financial statements were approved and authorised for issue by the board on 15 June 2023 and signed on its behalf by;



Pauline McClenaghan
Director



Mary Diamond
Director

15 June 2023

Derry Well Women Limited
(A company limited by guarantee)

Independent auditor's report to the directors of Derry Well Women Limited

Opinion

We have audited the financial statements of Derry Well Women Limited for the year ended 31st March 2023 which comprise the Statement of Financial Activities, the Balance Sheet and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

This report is made solely to the charitable company's directors, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's directors those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's directors as a body, for our audit work, for this report, or for the opinions we have formed.

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2023, and of its incoming resources and expenditure of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the directors' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

Derry Well Women Limited
(A company limited by guarantee)

Other information

The directors are responsible for the other information. The other information comprises the information included in the directors' annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinion on other matters prescribed by the Companies Act 2006

In our opinion based on the work undertaken in the course of the audit:

- the information given in the directors' annual report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Directors Annual Report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Directors Annual Report.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the directors were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies exemption from the requirement to prepare a strategic report.

Derry Well Women Limited **(A company limited by guarantee)**

Responsibilities of the directors

As explained more fully in the Directors' Responsibilities Statement set out on page 26, the directors (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the directors either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Explanation as to what extent the audit was considered capable of detecting irregularities, including fraud;

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. However, the primary responsibility for the prevention and detection of fraud lies with management and the board of directors of the charitable company.

Identifying and assessing potential risks related to irregularities

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, we considered the following:

- the nature of the industry, sector and the specific control environment which it operates in;
- the charities own assessment of the risks that irregularities may occur, either as a result of fraud or error;
- representations and results from our enquiries with management and the board of directors about their own identification and assessment of the risks of irregularities;
- enquiries of management relating to cash handling, reviewing the policies and procedures relating to cash handling and cash recognition;
- any matters we have identified having obtained and reviewed the Charities policies and procedures relating to;
- * identifying and assessing if laws and regulations are compliant and whether they are aware of any instances of non-compliance;
- * detection and response to the risk of fraud and whether they are aware of any actual, suspected or alleged fraud instances;
- * the internal controls designed to mitigate risks or fraud or non-compliance with laws and regulations, and to minimise risk of management overrides of such controls.
- all matters discussed among the audit engagement team regarding how and where fraud could occur and the potential indicators of fraud.

As a result of these procedures, we considered the opportunities and incentives that may exist within the charity for fraud. The audit included assessing the procedures and evaluating the cash handling procedures. In common with all audits under ISAs (UK), we are also required to perform specific procedures to respond to the risk of management override.

Derry Well Women Limited

(A company limited by guarantee)

We also obtained an understanding of the legal and regulatory frameworks applicable to the charity and considered that the most significant are the UK Companies Act 2006, SORP 2019 (FRS 102) and Charities Act (Northern Ireland) 2008.

Audit responses to risks identified

Our procedures to respond to risks identified included the following:

- reviewing the financial statement disclosures, testing the relevant documentation to assess compliance with the significant laws and regulations - those described as having a direct effect on the financial statements;
- enquiring with management and obtaining third party confirmation from the Charities Solicitors regarding any actual or potential litigation and claims;
- performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud;
- reading minutes of board and management meetings;
- reviewing Companies House and Charity Commission Northern Ireland correspondence,
- review correspondence with HMRC, identifying non-compliance of specific information to be disclosed;
- in addressing the risk of fraud through management override of controls, testing the appropriateness of data entries and adjustments; and evaluating the rationale of any significant transactions that are unusual or outside the normal course of the Charities objectives.

We also communicated relevant identified laws and regulations and potential fraud risks to all engagement team members and remained alert to any indications of fraud or noncompliance with laws and regulations throughout the audit.

As part of an audit in accordance with ISAs (UK), we exercise professional judgment and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the charitable company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the directors.
- Conclude on the appropriateness of the directors' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charitable company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of the auditor's report. However, future events or conditions may cause the charitable company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Derry Well Women Limited
(A company limited by guarantee)

Patrick M. McGroarty
Patrick McGroarty

Senior Statutory Auditor
for and on behalf of
McGroarty McCafferty & Co
Statutory Auditor
2 Carlisle Terrace
Derry
BT48 6JX

Dated: 15 June 2023

Derry Well Women Limited
(A company limited by guarantee)

Statement of financial activities (incorporating the income and expenditure account)

For the year ended 31 March 2023

	Notes	Unrestricted funds £	Restricted funds £	2023 Total £	2022 Total £
Incoming resources					
Incoming resources from generating funds:					
Voluntary income	2	7,686	-	7,686	15,444
Investment income	3	11	-	11	-
Incoming resources from charitable activities	4	1,000	502,004	503,004	340,114
Total incoming resources		<u>8,697</u>	<u>502,004</u>	<u>510,701</u>	<u>355,558</u>
Resources expended					
Costs of generating funds:					
Charitable Activities	5	21,297	508,803	530,100	356,372
Governance costs	5	-	3,913	3,913	3,840
Total resources expended		<u>21,297</u>	<u>512,716</u>	<u>534,013</u>	<u>360,212</u>
Net incoming (outgoing) resources for the year	13	(12,600)	(10,712)	(23,312)	(4,654)
Transfer of Funds		(8,339)	8,339	-	-
		<u>(20,939)</u>	<u>(2,373)</u>	<u>(23,312)</u>	<u>(4,654)</u>
Total funds brought forward		<u>191,743</u>	<u>7,277</u>	<u>199,020</u>	<u>203,674</u>
Total funds carried forward		<u>170,804</u>	<u>4,904</u>	<u>175,708</u>	<u>199,020</u>

The statement of financial activities includes all gains and losses in the year and therefore a separate statement of total gains and losses has not been prepared.

All of the above amounts relate to continuing activities.

Derry Well Women Limited
(A company limited by guarantee)

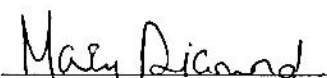
Balance sheet
as at 31 March 2023

	Notes	2023		2022	
		£	£	£	£
Fixed assets					
Tangible assets	9		147,050		152,570
Current assets					
Debtors	10	6,108		1,854	
Cash at bank and in hand		154,070		174,664	
		<u>160,178</u>		<u>176,518</u>	
Creditors: amounts falling due within one year	11	<u>(131,520)</u>		<u>(130,068)</u>	
Net current assets			28,658		46,450
Net assets			<u>175,708</u>		<u>199,020</u>
Funds	12				
Restricted income funds	12		4,904		7,277
Unrestricted income funds	12		170,804		191,743
Total funds			<u>175,708</u>		<u>199,020</u>

The financial statements are prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 and the Charities SORP 2019 (FRS 102).

The financial statements were approved and authorised for issue by the Board 15 June 2023 and signed on its behalf by


Pauline McClenaghan
Director


Mary Diamond
Director

Company Number: NI022926

Derry Well Women Limited
(A company limited by guarantee)

Notes to financial statements
for the year ended 31 March 2023

1. General information

The charity is a private limited company by guarantee, registered in Northern Ireland and a registered charity in Northern Ireland. The address of the registered office is 17 Queen Street, Derry, BT48 7EQ.

1.1. Accounting convention

The charity constitutes a public benefit entity as defined by FRS102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland Charities SORP 2019 (FRS102), the Companies Act 2006 and the Charities Act (Northern Ireland) 2008.

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

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

1.2. Incoming resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable.

1.3. Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.

1.4. Tangible fixed assets and depreciation

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

Buildings	-	2% Straight Line
Fixture & Fittings	-	10% Straight Line
Equipment	-	20% Straight Line

Buildings are not depreciated as per the directors.

1.5. Debtors & creditors

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

1.6. Cash at bank and in hand

Cash and cash equivalents include cash at bank and in hand.

Derry Well Women Limited
(A company limited by guarantee)

Notes to financial statements
for the year ended 31 March 2023

1.7. Defined contribution pension schemes

The pension costs charged in the financial statements represent the contribution payable by the charity during the year.

1.8. Foreign currencies

Monetary assets and liabilities denominated in foreign currencies are translated into sterling at the rates of exchange prevailing at the accounting date. Transactions in foreign currencies are recorded at the date of the transactions. All differences are taken to the statement of financial activities.

2. Voluntary income

	Unrestricted funds £	2023 Total £	2022 Total £
Donations	3,761	3,761	12,260
Sundry Income	3,925	3,925	2,734
The Cathedral Church of St Anne	-	-	450
	<u>7,686</u>	<u>7,686</u>	<u>15,444</u>

3. Investment income

	Unrestricted funds £	2023 Total £	2022 Total £
Bank interest receivable	11	11	-
	<u>11</u>	<u>11</u>	<u>-</u>

Derry Well Women Limited
(A company limited by guarantee)

Notes to financial statements
for the year ended 31 March 2023

4. Incoming resources from charitable activities

	Unrestricted funds £	Restricted funds £	2023 Total £	2022 Total £
Western Health and Social Care Trust	-	130,793	130,793	125,835
National Lottery Community Fund	-	169,255	169,255	38,402
HDHWILLS	-	500	500	-
WHSCT/Talking Therapies	-	6,615	6,615	3,208
Trusthouse Foundation	-	19,455	19,455	11,884
Enkalon	-	208	208	500
Truemark	-	-	-	3,994
Wesleyan	-	-	-	6,724
ROSA Smallwood	-	12,287	12,287	12,972
Tesco Groundwork	-	-	-	1,000
Souter Trust	-	-	-	4,200
Positive Ageing	-	480	480	-
SJP Foundation	-	1,750	1,750	-
Community Foundation DOH Cancer Fund	-	3,618	3,618	-
NIE Network	1,000	-	1,000	-
Ulster Bank	-	2,100	2,100	-
Danske Bank	-	3,000	3,000	-
Victims Survivors Service	-	112,844	112,844	104,016
Thompson Trust	-	500	500	100
Halifax Foundation	-	2,584	2,584	5,000
Pathway Fund	-	15,000	15,000	15,000
BBC Children In Need	-	21,015	21,015	7,279
	<u>1,000</u>	<u>502,004</u>	<u>503,004</u>	<u>340,114</u>

Restricted Funds

Funds received which are ear marked by the funder for specific purposes. Such purposes are within the overall aims of the organisation.

Unrestricted Funds

Funds which are expendable at the discretion of the company in furtherance of the aims of the charity. In additions funds may be held in order to finance capital investment and working capital.

Derry Well Women Limited
(A company limited by guarantee)

Notes to financial statements
for the year ended 31 March 2023

5. Costs of generating funds:-

<u>Charitable Activities</u>	Unrestricted Expenditure	Restricted Expenditure	2023 Total	2022 Total
	£	£	£	£
Salaries & Wages	11,623	204,780	216,403	152,974
Employer's NIC	847	14,934	15,781	8,852
Pension costs	681	11,999	12,680	10,335
Rent	-	13,940	13,940	11,920
Rates & water charges	-	274	274	259
Light & heat	-	6,048	6,048	4,482
Repairs & maintenance	-	17,266	17,266	8,531
Insurance	-	2,205	2,205	2,155
Establishment - other	-	2,059	2,059	2,573
Publications & advertising	-	1,839	1,839	1,057
Travel & subsistence	-	99	99	49
Professional fees	4,140	540	4,680	4,822
Telephone	-	2,731	2,731	2,445
Office expenses - other	1,583	7,328	8,911	9,206
Core programme costs	-	89,960	89,960	71,976
Cancer connected programme costs	-	84,991	84,991	14,636
VSS programme costs	-	41,562	41,562	41,946
Bank charges	-	485	485	387
Loss on disposal	52	-	52	-
Depreciation & impairment	2,371	3,742	6,113	6,413
General expenses	-	2,021	2,021	1,354
	<u>21,297</u>	<u>508,803</u>	<u>530,100</u>	<u>356,372</u>
 <u>Governance Costs</u>			Total	Total
			£	£
Auditors remuneration			<u>3,913</u>	<u>3,840</u>

6. Net outgoing resources for the year

	2023	2022
	£	£
Net outgoing resources is stated after charging:		
Depreciation and other amounts written off tangible fixed assets	6,113	6,413
Auditors' remuneration	<u>3,913</u>	<u>3,840</u>

Derry Well Women Limited
(A company limited by guarantee)

Notes to financial statements
for the year ended 31 March 2023

7. Employees

Employment costs	2023	2022
	£	£
Wages and salaries	216,403	152,974
Social security costs	15,781	8,852
Pension costs	12,680	10,335
	<u>244,864</u>	<u>172,161</u>

No employee receives emoluments of more than £60,000 (2022: None)

The company operates a Defined Contribution pension scheme.

	2023	2022
	£	£
Defined contribution scheme	<u>12,680</u>	<u>10,335</u>

The average monthly numbers of employees (excluding the trustees) during the year, calculated on the basis of full time equivalents, was as follows:

	2023	2022
	Number	Number
	<u>9</u>	<u>9</u>

8. Taxation

The charity's activities fall within the exemptions afforded by the provisions of the Income and Corporation Taxes Act 1988 or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its chargeable objects. Accordingly, there is no taxation charge in these accounts.

Derry Well Women Limited
(A company limited by guarantee)

Notes to financial statements
for the year ended 31 March 2023

9. Tangible fixed assets	Land and buildings	Fixtures and fittings	Equipment	Total
	freehold	Fittings	Equipment	Total
	£	£	£	£
Cost				
At 1 April 2022	150,000	34,391	35,108	219,499
Additions	-	-	645	645
Disposals	-	-	(260)	(260)
At 31 March 2023	<u>150,000</u>	<u>34,391</u>	<u>35,493</u>	<u>219,884</u>
Depreciation				
At 1 April 2022	6,000	34,391	26,538	66,929
Charge for the year	3,000	-	3,113	6,113
On disposals	-	-	(208)	(208)
At 31 March 2023	<u>9,000</u>	<u>34,391</u>	<u>29,443</u>	<u>72,834</u>
Net book values				
At 31 March 2023	<u>141,000</u>	<u>-</u>	<u>6,050</u>	<u>147,050</u>
At 31 March 2022	<u>144,000</u>	<u>-</u>	<u>8,570</u>	<u>152,570</u>
10. Debtors			2023	2022
			£	£
Other Debtors & Prepayments			<u>6,108</u>	<u>1,854</u>
11. Creditors: amounts falling due within one year			2023	2022
			£	£
Trade creditors			11,008	8,417
Other creditors			438	-
Accruals and deferred income			120,074	121,651
			<u>131,520</u>	<u>130,068</u>

Derry Well Women Limited
(A company limited by guarantee)

Notes to financial statements
for the year ended 31 March 2023

12. Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total funds £
Fund balances at 31 March 2023 as represented by:			
Tangible fixed assets	142,146	4,904	147,050
Current assets	28,658	131,520	160,178
Current liabilities & Deferred Income	-	(131,520)	(131,520)
	<u>170,804</u>	<u>4,904</u>	<u>175,708</u>

13. Movements in Funds

	At 1 April 2022 £	Incoming resources £	Outgoing resources £	Transfers £	At 31 March 2023 £
Restricted funds:					
Funds	7,277	502,004	(512,716)	8,339	4,904
Total restricted funds	<u>7,277</u>	<u>502,004</u>	<u>(512,716)</u>	<u>8,339</u>	<u>4,904</u>
Unrestricted funds:					
General funds	191,743	8,697	(21,297)	(8,339)	170,804
Total unrestricted funds	<u>191,743</u>	<u>8,697</u>	<u>(21,297)</u>	<u>(8,339)</u>	<u>170,804</u>
	<u>199,020</u>	<u>510,701</u>	<u>(534,013)</u>	<u>-</u>	<u>175,708</u>

Purposes of Restricted Funds

Restricted grants awarded to the charity are provided to cover the core objects as explained in the directors report.

14. Related party transactions

There were no related party transactions during the year.

15. Company limited by guarantee

Derry Well Women Limited is a company limited by gurantee and accordingly does not have a share capital.

Every member of the company undertakes to contribute such amount as may be requires not exceeding £1 to the assets of the charitable company, in the event of it being wound up.

Derry Well Women Limited
(A company limited by guarantee)

Notes to financial statements
for the year ended 31 March 2023

16. Controlling interest

Controlling interest rests with the board of directors.

17. Post Balance Sheet events

No significant events have taken place since the year end that would result in adjustments to 2023 financial information or inclusion of a note thereto.

Derry Well Women Ltd

Northern Ireland - Charity number 101247

Annual report



Contents

Corporate Overview

Our Strategic Aims & Objectives 2

Reports

Vice Chairs Report 4
 Secretary's Report 6
 Treasurer's Report 8
 Manager's Report 10

Financial Statements

Statement of Financial Activities 30
 Balance Sheet 31

.....

Derry Well Women
 17 Queen Street
 Derry BT48 7EQ

T. (0)28 7136 0777
 F. (0)28 7137 0103
 E. info@derrywellwoman.org

Charity No.: NIC 101247
 LLC: NI 22926

www.derrywellwoman.org

Our Strategic Aims



To provide women

with a women-centred health service, which will improve the health and wellbeing of women, families and communities and recognise the changing health priorities for women across the life course.



To promote social inclusion,

to address health inequalities and improve health by meeting the specific health needs of women generally and specifically marginalised groups of women including women living with the impact of conflict.



To continue to build

and maintain a strategic complex of collaborative partnerships in particular to develop local, national and inter-national links to support the development of a strategic approach to women's health in Northern Ireland.



To capture & share

the learning from the work of Derry Well Women with women's health projects at home and abroad especially in post-conflict societies. To take a leadership role in the development of a programme of women's health research.



To further refine the conceptual framework

and embed the theory and practice of co-producing in the work of Derry Well Women.



“Women’s longer lives are not necessarily healthy lives”



Committee and Staff presenting Derry Well Women’s 34th Annual Report to its AGM on 8th June 2022 held in St Columb’s Park House.

Front Row; Left to Right Phil Mahon Vice Chairperson, Pauline Mc McClenaghan, Chairperson, Carrie Jain, Philomena Melaugh.

Back Row Left to Right; Sarah Kelly, Karen Meehan, Paula Barr, Susan Gibson Manager, Mary Diamond Secretary, Nuala Doherty.

Vice Chairs Report

It is my privilege and pleasure as Vice-Chair to present the Chair's Annual Report for the year ending March 2023 on behalf of Pauline McClenaghan, hoping that it reflects, to some degree, her own perceptions and conclusions as to the health and well-being of our organisation, Derry Well Women.

A key issue in this year was the review and development of a Strategic Plan for the period 2023-26. In the context of significant political, economic, public health and cultural change taking place worldwide, Derry Well Women needed to reflect on its own ethos and core purpose within the local and regional context.

At this period of transition in society the mission of Derry Well Women directs us, firstly, to identify the holistic health needs of women of all ages in the Northwest of Ireland and, secondly, to engage collaboratively with our clients and a range of agencies and public bodies, in order to help deliver the required changes in health-care policy and practice we have identified. Our mission also behoves us to campaign robustly to effect such changes, whilst always adhering to the principles of equality, empowerment, participation and partnership.

Through the partnership approach of Cancer Connected Communities and the reports coming from our counselling service, we know that women are struggling with high levels of anxiety arising from Covid 19. The cost-of-living crisis, real difficulties in accessing healthcare and high levels of domestic abuse are also presenting factors.

The Strategic Plan, which has been named "Managing Transition", needs to take account of these new and unprecedented challenges which are posing untold threats to the quality of women's health. We recognise the urgent need for a N.I. Women's Health Strategy, alongside a Peri-Natal Strategy, and we will be working in close collaboration with our many partners to ensure these issues become a strategic priority for all of us in the coming period.

Derry Well Women's tried and tested social justice model of co-production, in which women cease to be passive clients and become active participants in their own healthcare, will always be at the heart of our

service delivery. To this end, staff in Cancer Connected Communities completed "Effective Listening for Effective Change". This training has also been recently requested by Primary Care Partners. Staff and frontline workers also participated in Cormac Russell's workshop "Asset-Based Community Development", helping them to recognise that the more power control and ownership people have over their own lives, the healthier and more prosperous they and their communities will become.

I would urge you all to become deeply acquainted with the detailed Aims and Objectives of "Managing Transition".

Partnership working continues to be a cornerstone of Derry Well Women practice, as new and innovative partnerships are being forged through the Cancer Connected Communities project, superbly managed by Deirdre O'Neill and Jennifer Turner.

**Our work is dependent
on all of our funders
and we thank them
for their continued
support.**

A recent contract review with WHSCT resulted in a contract uplift extension. The contract negotiators were impressed by the diversity of Derry Well Women's work and our continuity of service throughout the Covid Pandemic.

We will, of course, continue to strive to meet our funders' requirements, but our relevance and effectiveness will ultimately be assessed by how well we deliver our services to those who need them most, and how we, as a board, position ourselves to find the resources to meet those needs.

Our manager, Susan Gibson, has always adopted a painstaking and persistent approach to this aspect of her management role. No stone is left unturned in the search for resources, no sum is too small, and every single penny finds an appropriate home. Susan is assisted in the management of finances by Fiona Walker and all operate under the gimlet eye of our treasurer, Sinead Callan.

Oonagh Butler and Patricia Villa both play pivotal roles in the day-to-day running of the Centre, whilst Yvonne O'Doherty and Patricia McAdams uphold the highest standards of care for the children attending the creche. The highly valued Counselling Service led by Co-ordinator Ann McDonald, continues to receive positive feedback, despite increases in the volume and intensity of demand.

We would have been remiss in our duties had we not, throughout the year, been engaged in the vital business of succession-planning. We acknowledge the pressing need to recruit younger committee members and staff who possess levels of skills and knowledge that will be required to sustain all our services into the future.

Phil Mahon

Phil Mahon
Vice Chairperson.

Finally, I would like to pay tribute to my fellow committee members, who not only religiously attend monthly meetings but who also make themselves available to provide help and advice, whether that be for programme delivery, strategic planning, or staff support through line management.

Derry Well Women is a unique organisation which, I have no doubt, will continue, through its social justice model of engagement, to honour its commitment to the health and well-being of women and girls in the Northwest of Ireland well into the future.

Thank you.



Secretary's Report

I am delighted to present this year's company's secretary report. As always it has been a pleasure to work with a team of dedicated and hardworking women to ensure a stable committee oversight of the powerful work of Derry Well Women.

The Derry Well Women Board has met via zoom eight times this year and twice in person.

Dr Pauline Mc Clenaghan is stepping down as Chairperson at this AGM and the position will be taken up by our current Vice Chairperson Phil Mahon.

On behalf of my colleagues on the committee, we thank Pauline for her dedication and commitment over the last three years. She has been an inspirational leader to all the board members and staff of the Centre, and we greatly appreciate her dedication and wisdom.

Two of our long-standing Committee Members are retiring at this AGM, Philomena Melaugh and Carrie Jain. They will be greatly missed by all at Derry Well Women. We would like to thank them both for their long-standing contribution, diligence, inspirational leadership, wise counsel and friendship to all. We wish them good health and happiness in this next chapter of their lives. We sincerely hope that we will maintain links with each of you going forward into the future.

Board Members are elected to serve for a period of up to three years after which they must be re-elected at the next Annual General Meeting. Karen Meehan and Pauline Mc Clenaghan are required to step down by rotation, but I am delighted to say they are both putting themselves forward for re-election.

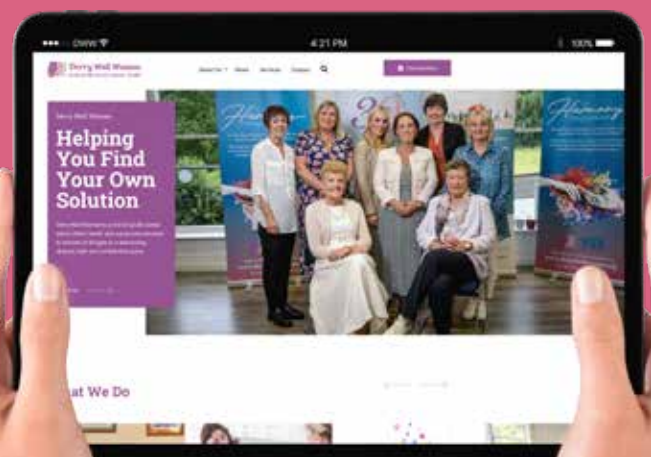
Derry Well Women's charity work inevitably focuses on women's health, health promotion, and health education in addition to addressing health inequalities. The Board aims to ensure that Derry Well Women has the highest level of good governance and that all staff receive appropriate leadership, support and supervision to most effectively carry out its mission. It also ensures that our service users are listened to and have opportunities to actively participate in shaping the services we provide.

To enable us to do this work effectively it is important that the Board has a range of skills and experiences which currently includes healthcare, childcare, health visiting, nursing, mental health, counselling, accountancy, the law, education, policy development, child development and community development.

We also continue to undertake training aimed at raising and expanding the committee's skill base.



▲ Pictured at the launch of our new website



This year, Derry Well Women developed its Strategic Plan for 2023 to 2026.

The specific responsibilities of the board are to.

- Formulate policies and maintain an overview of organizational direction.
- Set strategic aims and objectives.
- Provide leadership monitoring and support to facilitate the implementation of aims and objectives together with corporate policies.
- Provide a line of accountability for staff, casual staff and volunteers.
- Ensure good governance and quality assurance.

In maintaining financial stability in 2022/2023 the Board primarily focused on the applications to grant making trusts and attracting charitable giving.

The Board would like to thank Susan Gibson our Manager for her immense contribution to the success of these applications. This has ensured there has been minimal impact on the financial stability of the organization and strengthens our ability and capacity to deliver on our stated aims for the next three years.

This year the committee reviewed and updated the following policies.

- Safeguarding our Children Policy.
- Loan Worker Policy.
- Protection from Abuse Policy.
- Protect Life Policy.
- All Creche Specific Policies.
- Data Protection Policy.
- Management Committee Governance.

I would like to thank all my fellow Board members for their dedication, commitment and friendship.

On behalf of the Board, I would also like to thank all our staff, counsellors and facilitators who work so hard and diligently delivering psychological, social, physical and emotional support to the many women and children who use our services.

Thank you.



Mary Diamond
Company Secretary



Treasurer's Report

I am delighted to once again present the financial position of Derry Well Women for 2022/23. After a challenging couple of years navigating the impacts of the pandemic, Derry Well Women has focussed on raising additional funds through grant making trusts and charitable giving to supplement our core contracts to meet the financial needs of the organisation.

This year, following a contract review, funding from the Western Health and Social Care Trust has been uplifted to £130.8k to cover core running costs. Our contract with the Victim and Survivors Service was also uplifted to £112.8k to support counselling, complementary therapies and social support programmes. Funding of £169.3k was received in year from The National Lottery Community Fund for the Cancer Connected Communities Partnership led by Derry Well Women to support people in the Western Trust affected by cancer. Derry Well Women also maintained its funding from Children In Need (£21k) for the post of Childcare Co-ordinator, and the creche was further supported by funding of £15k from the Pathways Fund through Early Years towards the Creche Assistant's post.

In relation to fundraising activities, we were successful in securing £6.6k from WHSCT Talking Therapies to deliver additional counselling services whilst the Rosa Women's Thrive Fund provided £12.2k towards salary, programme costs and organisational development. A further £19.5k was received from The Trusthouse Foundation towards child and parenting programmes and core costs. Contributions were greatly appreciated from charitable Trusts Souter Trust, Halifax Foundation, Danske Bank, Enkalon. Foundation, Thompson Trust, Screwfix, Department of Health through CFNI, Esmee Mitchell Trust the SJP Foundation and WHSCT Positive Ageing to support and adapt Derry Well Women services and programmes during 2022/23.

The above contracts, funding and other contributions brought our total income for 2022/23 to £510.7k.

Expenditure in 2022/23 was £534k, a significant increase

of £173.8k from last year. This mainly reflects the staffing and programme costs associated with the Cancer Connected Communities programme, an increased level of activity resulting in higher programme costs as well as much needed maintenance to the roof and the outside play area. The main areas of expenditure continue to be wages, salaries and staffing costs (£244.9 k), programme and facilitation costs (£216.5k), rent (£13.9k) and running costs and overheads which, although were slightly higher than last year, remained in line with budget. Based on this, Derry Well Women recorded a loss of £23.3k.

Our current operating reserves are within bounds for the recommended levels of cash on hand, but going forward we must further concentrate on our fundraising activities and review and rationalise our programmes and services were appropriate to reduce our losses and ensure there has is minimal impact on the financial stability of the organisation. We must also be mindful of the cost-of-living crisis and its impact on the organisation, with rising costs, depreciating income, and its potential effect on charitable donations.

Finally, I wish to acknowledge the role of the Financial Administrator in maintaining the day to day administration of the financial activities of the organisation, the dedicated staff and Board, and the strong leadership of Susan in ensuring that robust financial procedures and controls are in place.

Sinead Callan

Sinead Callan
Treasurer Derry Well Women



Derry Well Women's 34th AGM



Managers Report

Service Delivery 2022/2023

In 2022/2023 we delivered services both in house and outreach to 2609 women and children.

These women were expectant mums, young mothers, young women, older women, carers, women living with domestic abuse, Post Natal Depression, trauma, depression, anxiety, loss and bereavement, relationship issues and anxiety and depression in the aftermath of the Coronavirus pandemic. These were women living with long covid, living with chronic illness, living with a cancer diagnosis. Many were in poverty and facing a year of further hardships.

All were committed to their own health and well-being as well as that of their children and family and viewed Derry Well Women as a lifeline which promoted their health and well – being, put them and their children first and supported them to cope, to hope to thrive.

This is borne out in the testimonials quoted throughout and at the end of this report.

We used a holistic approach to address all dimensions of women and children's well -being and considered all determinants on women's health medicine management, diet, physical activity, risk avoidance, preventative measures, lifestyle and activity management, social participation and wellness as well as considering external factors including housing and money management etc.

Supporting Women and Children

Derry Well Women Creche provides a safe, welcoming, inclusive, diverse environment focusing on children's mental health ensuring their physical, social, emotional, cognitive and motor development through planned activities and free play in a fun environment with stimulating resources and areas helping the children with social interaction, a sense of belonging and self-esteem, supporting mums enabling strong mother/child relationships.

Susan Gibson

Susan Gibson

General Manager Derry Well Women

Crèche Activities

We supported children's development through planned sessions of group activities, free play and themed activities such as sensory play. We purchased indoor and outdoor resources including sensory resources, sensory tent, sensory lighting, construction area items, large hard plastic house, ball run, dance scarves, sensory buddy, sensory chewable, bubble machine. Also purchased was a range of new baby resources including soft black and white floor tiles, two baby bouncers, Baby gym and Tummy time mat.

Activities such as messy play enabled free expression, for example, floor painting, themed tuff trays, water play. Sand play is always available along with painting easel. It has been observed that children seem to have developed a range of sensory issues post covid. Ranging from touch, mess, noise. Staff observed many children were not playing with the sand, water or playdough and paint. Staff observed prior to covid messy activities, sand



and water were the most sought activities by children. Staff made these activities available during each session, never forcing children to participate in the messy/ sensory play. Children like to learn from other children and the mixed age group creche promotes this. Children are encouraged to show their artwork to their peers and staff, staff respond praising, clapping, giving the individual a sense of pride, belonging and boosts their self-esteem. Children are encouraged during story time to tell a story from the pictures. Rhyme time with visual aids and props along with our interactive story wall is part of our daily room plan and takes place after snack. These activities help children develop their speech, language and communication, self-thinking, imagination and promotes a sense of belonging and social interaction.

Improving the Environment.

The setting has been changed to a brighter, stimulating welcoming environment, with resources and visual displays throughout the setting for example the family wall displaying pictures of children's family and themselves, help children understand families are diverse, of different sizes, different members, and communities. With the help of the children an inclusion wall display was put up and is used as a visual aid talking point.



Staff have developed a Global Warming and Climate change wall display as a visual aid for children to understand, staff encourage children to talk and ask open ended questions relating to simple things we can do to help change climate change. Children helped create their "All about me book" which is kept in the story corner. Children love seeing themselves in photos and this helps build their self-esteem and sense of belonging. Photos of children taking part in activities are displayed throughout the setting. Photos are emailed confidentially to parents through email, so they can see what their child is doing at Creche this enabled parents to recognise activities their child is able to do which encourages extended home learning and family

bonding. Free play is encouraged in different areas of the setting for example the home corner can be a shop, a dentist, a hospital, a vet, staff change the home corner theme based on observing individual children's likes. Our construction area promotes hand eye coordination and self-thinking and social interaction, with large wooden blocks, foam blocks, wooden hospital, wooden garage, hoop stand, train track and tools. The baby corner contains treasure baskets, floor resources, black n white tummy time mat and soft floor tiles, it is stimulating and has low level beams enabling children to pull themselves up, older children are encouraged to interact with the babies, babies who have begun to get themselves into the sitting position take part in snack time secured in strapped low level seating, the seating is also used so they can join in on table top play. Children have access to outdoor play with fun stimulating inclusive resources, for example, trikes, three wheeled scooters, slide, tunnel, mud kitchen, hula hoops and planting in trays, outdoor play is closely supervised by staff. Staff promote taking turns and sharing through planned activities, supervision, resources and encouragement. Staff plan activities and the purchase of new resources through observations and children's likes and abilities. Staff work in close partnership with mums who are the primary caregivers and know their child best Mums and siblings take part in outings and fun days enabling them to interact with their child Activities were planned to be inclusive and age appropriate. We celebrate Cultural occasions through wall displays and visual, aids. Children pictures are placed on the birthday wall and peers are encouraged to sing 'Happy birthday' to the birthday child.

With funding secured from Danske Bank and BBC Children in Need the outdoor play area has been transformed with new surfacing creating a safer, flat play space, the fence has been painted to look like large colouring pencils and a new outdoor blackboard was attached to fence, children and mums loved the new outdoor space, mums stated "you would not think it was the same area".

Respite

A much valued and sought after service for impoverished, vulnerable children and mothers. We have developed a waiting list and each child gets a six-week session, if staff feel a child could benefit from further sessions, the child will be placed back on the waiting list.

Example 1

Request from a mum, Mum attended the postnatal depression programme within the service, Mum had twins ages 30 months and a baby aged two months, Our setting operates an open door policy for mums to speak with staff, Mum disclosed she was struggling and felt she was having no time to do simple tasks or have a little "Me Time", she was feeling overwhelmed and had not much in the way of family support or friends she could rely upon. We assured her we would support her with two Respite

(Little Explorers) sessions per week, one morning and one afternoon. Mum became so overwhelmed she cried. Mum has also returned to the postnatal depression programme and has participated in another wellbeing programme.

Due to demand and waiting list we extended our respite in early June to

6 children x 2 morning sessions per week

6 children x 2 afternoon sessions per week

With child intake rotating every 6 weeks, due to the high demand, mum can re- refer if she feels she and her child need more support. Sessions are delivered within the crèche, which is a safe, inclusive, welcoming, nurturing environment. Staff are welcoming, friendly, and approachable and operate an open-door policy, understanding the family's needs and concerns, treating them with respect and confidentiality. Staff support families to the best of their ability and signpost parents to other agencies if they require additional support. Sessions are delivered indoor and outdoor with family outings, planned session outings of the local area and use of local resources, sessions and outings are planned to be inclusive for all abilities and age.

Our creche has been supported with 'Books Trust' this year where they provided Treasure book packs for all the children attending the service, they also provide a lot of free downloadable resources online.

A healthy snack is provided with fruit and water, or milk and sugar free yoghurt and all allergies are recorded and displayed. Snack time is made fun with Rhyme and props interacting with the story wall.

Sessions are planned to help with children's social/ emotional, physical, cognitive and motor development with a range of activities and stimulating resources encouraging peer interaction, a sense of belonging and pride, freedom to express themselves, self-esteem, speech and language/communication and empathy towards others. All activities are inclusive and planned around the children's likes. Activities include story & rhyme, music & movement, messy play, sensory play, arts and crafts, problem solving and free play. The world around us and nature. The room is planned in areas such as home corner, construction area, shop area, soft play/ sensory, tabletop play, art and messy play area, small world area and role play/dress up and calming and story area. Tuff trays are used for sensory play and themes are changed regular, e.g. sand, fake grass, gulp, jelly, child friendly foam, animals and tractors, cars and trucks, buckets and spades. Children enjoyed outdoor play with our recently purchased outdoor playhouse, ball run, and different sized balls stimulating hand/eye coordination, sensory garden, slide, trikes, slide, see-saw and pushchairs. Children gained stronger social connections, communication, confidence, life skills, and resilience and family relations.



Summer Scheme

Three x one-week sessions in July/August for 0–4-year-olds, this keeps contact with the families and support socially for the children as programmes during the summer are very limited for this age group within the area. Sessions were planned indoor and outdoor. Outings to local parks and nature trails, family outings were planned, and risk assessed. Indoor sessions included messy play, arts, free play. Story days took place where a mum was invited into tell a story from a book or about her culture. We also included sensory days, role play, group activities, problem solving, and treasure hunts with magnifying glasses searching for bugs and hidden treasure. Sand/water play was included in everyday sensory. Mums, children and staff enjoyed a teddy bears picnics for one of our family outings to coincide with the Crafty Teddies workshop where the mums and children made their own special bear. Special days were celebrated and visually displayed. All activities were planned to be inclusive and centred on children's developmental needs and speech and communication. Family outings enabled families from impoverished circumstances to have a fun family outing during the summer holidays.

Summer Scheme and Outings

- **30 Summer Scheme sessions** 3 x 1 week sessions July/children per session
- **Family outing via bus to Art Space 2 Campsie/Eglington** 29-06-22,
- **Family outing via bus to Art Space 2 Campsie/Eglington** 30-06-22, 2 staff,
- **Crafty Teddy Workshop** 12-07-22,
- **Teddy bears picnic** 14-07-22, 2
- **Family outing to Bounce House** 10-08-22.
- **Halloween Party** 29-10-22
- **Christmas Party** 14-12-22

One hundred and seventy-seven (**177**) parents and children attended these outings.

In total **94** children attended the creche this year participated and benefitted from the services and programmes we offered this year.

Stay and Play Programme

We delivered seven x 4 week Stay and Play Programmes to 99 Mums and their children.

These four-week programmes gave parents the opportunity to explore messy/sensory play with their child and gain ideas of what can be done at home to further develop play skills and begin to interact with other children.

The programme made parents aware of how to develop their child's speech through concepts such as: 'commentating' when their child is playing, rather than asking lots of questions. Parents and children explored music and rhymes, through song and instruments.

Parents and children had fun exploring physical play through using a variety of items available in the home, therefore, extending play to items which are low cost or free.

Mother and Baby Swim Programme

We ran 11 X 6 Week Mother and Baby Swim programmes for 149 mums and their babies.

This was a first for us and demand was enormous with 60 Mums requesting to join.

They aimed to remove any fears parent or child may have in water and create an atmosphere of safety and fun.

The programme was delivered by a qualified and Access NI checked instructor and we hired our local Templemore Sports Complex. All participating babies had received their baby vaccinations.

The programmes enabled parents to support their baby in water confidence and build on skills for gradual child led submersion.



Breastfeeding Support Group

We delivered 41 sessions to 20 breastfeeding mums.

Facilitated by a health visitor this group provides invaluable practical support and peer support to mums.

Baby Massage and Baby Reflexology

We ran 14 programmes x 4 weeks x 1 hour Baby Massage Programmes for 109 mothers with their babies and 14 programmes x 1 hour Baby Reflexology for 103 mothers with their babies.

These programmes helped increase long term bonding between mother and child as well as helping with baby's digestive issues such as colic, reflux and constipation.



Ante Natal Classes

We ran 19 x 3 weeks antenatal classes.

The programmes aimed to support first time parents through pregnancy, and prepare them for labour, birth and the early days of baby's life. It was an opportunity for pregnant mothers and their partners to gain knowledge of health in pregnancy and parent education. This was a particularly well taken up service as access to prenatal support was seriously diminished over this period due to coronavirus.

Three hundred and fifty four (354) parents were supported to:

Think about who is there for support; complete a birth plan; become aware of various birth positions; recognise the stages and signs of labour; have knowledge of pain relief options available; prepare for getting to know your baby; discuss feeding options and become aware of responsive feeding; discuss benefits and concerns regarding breastfeeding.



Post Natal Depression Programme (Minding Mummy).

We delivered 6 x 6-week programmes

Thirty (30) mums have been attending this group facilitated by a qualified health visitor.

Paediatric First Aid

Two sessions for 20 mums was in response to demand for mothers struggling to access services and who wanted support in handling minor ailments at home for their children.

Table to demonstrate levels of activity associated with Supporting Women and Children 2022/2023

Intervention	Number of sessions per year		Average Attendance per session	Numbers of women/children
Mother and Baby Swim	11 x 6-week programmes	66	14	149
Baby Massage	14 x 4-week Programmes	56	7	109
Attachment Programmes	14 x 4-week Programmes	56	7	103
Minding Mammy Group	6 x 6 week sessions	36	6	30
Paediatric First Aid	2 sessions	2	20	20
Nurturing Programme	1x 1 sessions	1	12	16
Family Time	5 Family Events	5	35	177
Ante Natal Classes	19 x 3 weeks programmes	57	25	354
Crèche	Daily Sessions	382	6	94
Stay and Play	7 x 4-week programmes	28	14	99
Breast Feeding Support Group	41 x Weekly sessions	41	3	20
Total		730		1171

8.2 Gender Specific Interventions

There is much evidence to indicate the determining influence of women on family and community health status. We maintain and develop gender specific work which recognizes the role of women in terms of community well-being. We particularly focus on issues peculiar to women including PMS, endometriosis, perinatal support (both ante- and post-natal), miscarriage, menopause and sexual health.

Menopause Clinic and Information Sessions

The menopause clinic continued to provide a monthly telephone clinic offering information, advice and support to women experiencing menopausal symptoms.

51 women were supported this year.

CBT Programme for Women living through the Menopause.

One issue to emerge during the Covid 19 lockdown was increased loneliness, isolation and struggles to cope for women who were peri menopausal. Whilst Derry Well Women runs a monthly clinic and telephone support service it became obvious that the one-to-one support alone was not sufficient to meet the increasing demand. So, in addition to doubling our clinics we engaged Dr Sandra McNeill, Consultant Obstetrician and Gynaecologist to deliver a second CBT programme for menopausal women with the assistance of Audrey Parke Menopause Nurse and Derry Well Women Clinician. The programme ran for six weeks.

Each session introduced a new topic and built on what had been learnt during the week and in the previous session. Daily diary records were important to assess, how recommended changes participants had made were helping them. Homework was given each week and

participants were asked to make individual goals for each session of the treatment.

The programme addressed menopausal symptoms, the physiology and manifestation of hot flushes, managing night sweats, the role of thoughts, feelings and behaviour. Stress management, healthy lifestyle, problem-solving, relaxation and paced breathing with imagery and goal setting were also addressed.

This programme was attended by twelve (12) women.

Sexual Health Awareness Schools Programme 2022.

1. St Catherines Strabane Primary School May 2022 4 sessions 63 children.
2. St Marys College Lower Sixth Health and Social Care Students on the uses and benefits of complementary therapies.

Pregnancy Loss and Bereavement Counselling.

In 2022/2023 14 women were supported by our pregnancy loss and bereavement service.

All women are referred through the Childbirth and Pregnancy Loss Specialised Midwife with leaflets also available for women to access prior to discharge from hospital following a pregnancy or childbirth loss.

Women self-referred to Derry Well Women to seek counselling for a specific pregnancy or childbirth loss. The benefits that this service has provided these women have been simply invaluable in aiding their healing and recovery process. The support that women have received from Derry Well Women has enabled several of them to contemplate and even enter into any future pregnancies in a more positive state of mind thus reducing maternal anxiety which has been shown to positively impact birth outcomes.

Table to demonstrate levels of activity associated with Gender Specific Interventions. 2022/2023

Intervention	Number of sessions per year		Average Attendance per session	Numbers of women
Menopause Clinic	51 hours x Telephone and face to face Clinic	51	1	51
Menopause Talks	4 Talks	4	12	12
Menopause Management using CBT	4 x 2-hour sessions	4	12	12
Pregnancy Loss and Bereavement Counselling	58 Counselling Hours	58	1	14
Sexual Health Schools Programme	4 x 2-hour sessions	4	31	63
Cost of Living Resilience Programme	2 X Sessions	2	25	25
Total		123		177

Cost of Living Resilience Programme.

We delivered a one-day Cost of Living Programme to 25 women.

The Cost-of-Living Resilience Workshop was delivered on Thursday 24th November 2022, in response to the cost-of-living crisis, to 20 participants and focused on Building Resilience in a Changing World by using taught techniques and methods to:

- Learn how to adapt and bounce back quickly when faced with challenges.
- Develop coping mechanisms on how to deal with stressful situations.
- Learn how to survive and thrive through these times.

Content of the Programme focused on 4 areas.

1. Self-Awareness and Self-Regulation
2. Self-Belief and Self-Confidence
3. Financial Wellbeing
4. Changing Habits and Behaviours

Chronic Illness Management

Within this category we addressed Chronic Diseases (Cancer, Respiratory, Cardiovascular, Diabetes), Mental Health (treatment and prevention of Stress/Depression/Anxiety) and Accidents and Pain Management.

The provision made by Derry Well Women in respect of these issues is complementary to a range of other statutory and voluntary sector services available to women for prevention, detection and treatment of illnesses categorized under these three broad headings. Our specific interventions across each of the three causes of Mortality/Morbidity fall into five broad strands.

Cancer Services

1. Our services provided women with the ability to maximise their wellbeing and to make the best possible choices for their own health and the health of their families during a time of uncertainty reduced access to health services and isolation and loneliness. Peer support is at the heart of all our programmes.

This year Derry Well Women delivered cancer counselling to 7 women new to this service. We delivered 3 Well Programmes to 40 women. We delivered 86 complementary therapy sessions to 45 women. 54 women are registered on our cancer support group with an average of 14 attending fortnightly.

Mental Health & Wellbeing Programme

We also delivered a Mental Health and Wellbeing Programme for 10 women.

This was an 8-week course delivered to women living with and/or having had a cancer diagnosis.

The purpose of the programme was to help improve mental health and well-being.

Some of the topics covered included:

- Emotional Awareness – learning to identify and manage our emotions more effectively
- Living with change and Uncertainty
- Identifying Support
- Prioritizing our lives
- Relationships
- Mindfulness
- Aromatherapy
- Enrichment session
- Creative Expression: journaling, art, movement to music.

Additional Activity Within Cancer Services Category under Cancer Connected Communities (for information only).



CANCER CONNECTED
COMMUNITIES

Project Background

Cancer Connected Communities is a partnership led by Derry Well Women with Action Cancer, Advice NW, Cancer Focus, Care for Cancer, Omagh and SWELL Enniskillen.

The partnership is dedicated to supporting people affected by cancer in the Western Trust area by connecting them to each other, to sources of support within their communities and to those who can make a difference to how and where they receive services.

It is a three-year project funded by a grant of £465k from the National Lottery Community Fund and it engages marginalised groups where cancer services are limited and where there are barriers to access relating to rurality, poverty, and fear.

Although they do not benefit from the funding the project also has the partnership of the WHSCT and Macmillan.

This programme will ensure cancer patients take the lead in creating a change agenda to integrate cancer care in the WHSCT using coproduction and an engagement model to connect people living with cancer across communities to each other and organisations with the capability to improve their lives. The project will engage marginalised groups where cancer services are limited and barriers exist due to rurality, exclusion, fear; deliver support programmes; listen to cancer programme

participants; set priorities for improved cancer services; directly articulate priorities to service planners to influence strategic change.

The Cancer Connected Communities Project is based on a four tier Model of engagement developed by Derry Well Women. The essence of the model is that those providing health and social care services (in this case community-based support services) listen to those they are caring for throughout the caring episodes.

Tier One - Provision of community programmes across this Trust area in which facilitators and care givers are gathering and recording knowledge based on client experience at the point of delivery.

Tier Two - Gathering Sessions were the partners and the Western Health and Social Care Trust bring together participants and facilitators to tell us what is being experienced and what is being heard to capture the common themes that would shape a change agenda.

Tier Three - Finally at tier three the partners meet with Trust representatives and commissioners and agree actions and commitments in respect of the main themes that will then be announced at a stage 4

Tier Four - At Tier Four Partners, participants, focus group members, health service providers and planners and other relevant agencies will attend a Commitment to Change Conference to address and make public their commitments. Commitments made will be recorded and action against each one will be monitored to assess progress which will be fed back to those who participated.

Project Milestones: April 2022 – March 2023

Programme Delivery

As of March 2023, the Cancer Connected Communities West partnership has reached 1036 people currently living with cancer or affected by cancer. Across the Partnership there is a range of 16 interventions tailored to meet the needs of people living with cancer. The support provided to date includes 36 therapeutic programmes, 352 counselling sessions, 428 complementary therapy sessions, 58 specifically tailored welfare benefit support sessions and many others.

The profile of participants includes men and women aged 20 to 90 coming from Derry, Limavady, Omagh, Enniskillen and surrounding areas. We have people from largely rural areas, living with a disability, from single parent households; members of the LGBTQ+ community, the travelling community, Chinese, Indian and other ethnic groups.

All the participants have presented with a cancer diagnosis, including those currently living with cancer, are in remission or are at palliative or end of life stages. Types of cancer include breast, bowel, anal, thyroid, ovarian, Hodgkin's Lymphoma, prostate and brain.

Training:

Effective Listening for Effecting Change (ELEC): A 2-day bespoke training programme was designed and delivered in October 2022 for the facilitators, counsellors, complementary therapists, staff, and volunteers of the CCCW partnership. The purpose of the training was to support them in their roles to have informal conversations with a purpose, identify key trends and issues in cancer care and how to effectively record and feedback this information to influence change.



Asset Based Community Development (ABCD) workshop: Cormac Russell delivered a ABCD workshop at the Balmoral Hotel in Belfast on 3rd February 2023. This was attended representatives from the CCCW partnership, as well as Macmillan, WHSCT, Compassionate Communities NI and Clarendon Medical Practice.



Listening Ear: Listening Ear training was delivered to WHSCT staff working within cancer services facilitated by Marina Sweeney in the MacMillan health and well being centre.



Gathering Sessions

Gathering Session 1: The first Gathering Session was held in the Silver Birch Hotel Omagh on 22nd November 2022. This is where the themes and trends identified so far via our Programme Delivery phase were summarised and presented to the participants in attendance. The purpose of this event was to build consensus on these themes as well as identify new themes and suggest solutions or opportunities for improvement.

Gathering Session 2: The second Gathering Session was held on 28th April 2023 in The Waterfoot Hotel Derry and was focused on hearing the voice of the key Cancer Care Providers within the WHSCT including the Oncology teams, MDT leads, Nursing Staff, AHP staff, Primary Care, receptionist staff, community care staff etc.

Negotiating Change: This process was initiated in January 2023 and actions have already been taken to investigate current processes and design solutions.



Evaluation

Fiona Boyle, of Fiona Boyle Associates, has been appointed as the Project Evaluator for Cancer Connected Communities West (CCCW). Fiona has begun a desk-based review of the project data, reports and milestones recorded to date and is in the process of scheduling 1-1 meetings with each of the CCCW partners in the coming weeks.

Gathering Session & Negotiating Change

The most recent Gathering Session at The Waterfoot Hotel was aimed specifically at WHSCT staff working within cancer services. The event was attended by 66 representatives from areas within Primary Care, Department of Health, Strategic Planning Performance Group (SPPG), Macmillan, District Nursing, Consultants, Radiographers, Palliative Care Facilitators, Clinical Nurse Specialists, Northwest Cancer administration staff and many others. One staff member commented "feeling valued and listened to was a breath of fresh air".

On 29th June, Cancer Connected Communities West will host their third Gathering Session in Derry for service users with a specific focus on the experiences of those caring for cancer patients and their family members. The fourth Gathering Session will be hosted in Fermanagh to capture the experiences of those living in the southern end of the Western Trust.

From September onwards, CCCW will enter the Negotiating Change phase of the project. Following co-production principles, cancer patients, carers, family members and health professions working within cancer services will come together to prioritise the change requests raised at the four Gathering Sessions and engage in discussions with the service planners and providers responsible for delivering change within these areas.





Gathering Session WHSCT cancer services staff – Evaluation

Out of the 66 attendees, 52 completed evaluation forms.

Evaluation	% (of completed forms)
Enjoyed the event	100%
Felt listened to at their table	100%
Felt the event improved their understanding of the CCCW project	100%
Would like to stay connected to the CCCW project	100%
Gained something from the event	99%



Staff Member Quotes

“Feeling valued and listened to was a breath of fresh air.”

“Really love how community services are working together... making such a positive difference.”

“Meeting & interacting with so many who are often working independently from each other.”

“Great overview, excellent & exciting project. Great to see DOH/commissioner colleagues buying in.”

“The project has great benefits to offer the social work profession in terms of MDT working.”

“A great example of co-production.”

“Positivity from colleagues in a room who want to give best service possible to patients/families living with cancer.”

Tables to demonstrate levels of activity associated with Mortality, Morbidity and Chronic Disease Management 2022/2023

Intervention	Number of sessions per year	Average Attendance per session	Numbers of women	
Cancer Support Group	22x 2-hour sessions	22	14	54
Complementary Therapy Treatments	86 x 1-hour treatments	86	1	45
Mental Health and Well Being	9 weeks x 2 hours	9	10	10
Cancer Counselling	147 x counselling sessions	147	1	7
The Well Programme for Women Living with Cancer	3 x 10-week programmes	30	11	40
Total		294		156

Managing Long Term Conditions

Women Experiencing Long Covid

We delivered 74 sessions of gentle restorative yoga for 212 women living with Long Covid an increase of 83 women on last year.

These were women who continued to feel the debilitating effects of Covid for between twelve weeks and over a year beyond the initial illness.



The programmes were facilitated by a health care professional who herself is living with Long Covid.

Restorative Yoga aimed to provide:

- A supported, calm place for participants to relax and rest.
- Gentle breath awareness to support diaphragmatic breathing.
- Gentle seated or lying stretches specific for muscles which may be affected by Covid;
- Deep relaxation and rest in restorative yoga to reduce stress, improve fatigue levels, reduce pain and improve sleep quality.

- The following tables outline the percentage improvement across 25 participants in levels of fatigue, pain, breathlessness, sleep and anxiety levels.
- Results for fatigue, pain, breathlessness and sleep relate to all 25 assessments.
- Results for levels of reduction in anxiety related to only those ten.

Endometriosis Support

The Endometriosis Support Group returned to in house meetings on the last Tuesday of the month. They had 10 two-hour sessions with 15 women registered onto the group.

This support group enabled endometriosis patients to share their experiences and help others with the condition. The group covered the following issues:

- Pain management
- Self-Care
- Nutrition
- Complementary therapies
- Emotional Support

“I would love to discuss more on pain management and how to live with a chronic disease. I want us all to come together to make endo more aware to others and educating them exactly what it is and how to look out for signs and symptoms. I want the group to be something that feels safe and comfortable for us to share and not feel like we are being judged, and that’s exactly why I love it.”

“Endo has been a massive part of my life, I started symptoms at age 9, and only now at 34 have I come to accept it as being part of my life journey and not just my life. I will participate fully in any Awareness Raising, information giving any pro-action for younger girls to get a quicker diagnosis but for me simply having that two hours a month to come and have a cuppa, talk if I feel like it and listen to others has helped me enormously.”

Table to demonstrate levels of activity associated with Managing Long Term Conditions 2022/2023

Intervention	Number of sessions per year	Average Attendance per session	Numbers of women
Gentle Yoga for Long Covid	74 x1 hour sessions	20	212
Introduction to Yoga	32 x 1.5hour sessions	10	42
Endometriosis Support Group	10 x 2-hour sessions	7	15
		116	269

Mental Health and Well Being Services

Derry Well Women provides a range of transformative Mental Wellbeing Programmes and Counselling Services ensuring choice, graduated access from gentle to more challenging interventions with each intervention being strength, not deficit, based and focused on the person not the presenting problem. Derry Well Women's progress has been marked by efforts to define a "Woman Centred Approach" as an entity. All mental health improvement and well - being programmes returned in house this year.

Counselling Service

We continue to offer counselling through telephone Zoom and face to face. 95% of women are now choosing a face-to-face service which is improving their social contact post covid.

This year we received 127 requests for generic



counselling. Eighty-Nine (89) women have received 998 sessions of generic counselling.

The issues presented included Relationships, Isolation and Loneliness, Domestic Abuse, Bereavement and Loss, Homelessness, Re-location, Employment Issues, Anxiety and Depression.

We are now operating with a team of fourteen counsellors of which eleven are accredited and we are currently recruiting to expand the team. Nine counsellors have completed a twelve-week training programme in an ACTO /BACP approved Certificate in Online Counselling and are now competent to work online.

Psychological Hub Referrals 2022/2023

In April 2022 Derry Well Women was contracted by WHSCT to deliver counselling for women referred with mild to moderate depression from the Psychological Hub.

In 2022/2023 Derry Well Women received forty-nine referrals the majority of whom requested face to face counselling. Following the re-introduction of in-house counselling we provided 167 sessions of counselling to 47 clients living with mild to moderate depression and anxiety.

Emotional Detox

Emotional Detox helps women understand the concept of an emotional detox and its benefits. It teaches how to take care of negative feelings and provides a road map for living a happy, fulfilled life. Women learn simple, powerful techniques for letting go of negative emotions and find out how to rid of fear and stay calm and confident.

22 women completed two x 8-week programmes.

Aims of the programme:

To introduce a way of bringing peace into our lives through non-violent communication.

To enable participants to discover the language of peaceful living.

To help women understand the concept of speaking peace as taught by Rosenberg.

Benefits of the Programme:

This programme was successful in that it encouraged individuals to look within for answers and listen to their body dialogue, recognize their unhealthy coping mechanisms, and replace them with more healthy ones. They learnt or developed skills in medication, mindfulness, body dialogue, connecting to the self and becoming more self-aware.

Coping with Anxiety and Depression.

This course is designed to support women who may be experiencing depression or underlying anxiety. Its aim is to teach coping skills which women

affected by depression/anxiety can employ to help deal with the symptoms that affect them personally. Information regarding complementary therapies, diet and sleep is also given.

The facilitator also discusses the use of prescribed drugs.

10 women attended this 6-week course.

Self Esteem

We delivered three x eight-week Self - Esteem programmes for 31 women.

The programme addressed self- efficacy, addictive relationships, self -care positive/negative self-talk and equipped participants with the necessary tools and skills to maintain and build good self

Table to demonstrate levels of Activity Associated with Mental Health 2022/2023

Intervention	Number of sessions per year		Average Attendance per session	Numbers of women
Coping with Anxiety and Depression	1 x 6-week programme	6	10	10
Emotional Detox	2x 8-week sessions	16	11	22
Self Esteem	3 x 8-week programmes	24	6	31
Yoga	35 classes	35	16	47
1 to 1 Counselling	998 counselling hours	998	1	89
1 to 1 listening ear	28 hours help line	28	1	17
Assessment Interviews	184x 1-hour assessments	184	1	184
Promoting Mental Health through Cycling	3 x 5-week Training Programmes	15	6	23
		1306		423

Accident Prevention Young at Heart Group

The Young at Heart Group which has an enrolment of 54 women meets weekly.

Derry Well Women designed specific activities to reduce loneliness, social isolation and promote health and well-being for older women by reducing isolation, increasing social connection, uplifting mood and improving emotional health and well-being.

The activities delivered were co-designed with the participants and were based on the issues which were raised and included the following:

Chair Based Yoga funded by the WHSCT Positive Aging Grant.

Podiatry Foot Clinic

147 women attended the monthly podiatry clinic

**Table to demonstrate levels of Activity Associated with Accident Prevention. 2022/2023**

Intervention	Number of sessions per year		Average Attendance per session	Numbers of women
Practical Supports in Later Life Keeping Young At Heart	3 x 10-week Programmes	30	30	55
Podiatry Foot Care Advice	147	147	1	147
		177		202



Local Expressed Need

Cognitive Behavioural Therapy for Everyday Use

Cognitive Behavioural Therapy (CBT) is an eight-week course which is aimed at women from all backgrounds and all levels of education. The course is a psycho educational based course which means that it is not a therapy group as such. The main aim of the course is to provide participants with the skills to deal with their emotional and psychological problems through developing an awareness of how their cognitions affect their emotions and behaviour. Cognitive behavioural therapy (CBT) has been reported to be an effective treatment for anxiety disorders and depression in older adults, typically leading to reductions in worry, anxiety, and depressive symptoms (Gould et al., 2012).

24 Women attended CBT therapy this year.

1. SingTonicity

‘SingTonicity’ is an 8-week programme using an innovative approach which was developed in Sweden. It acknowledges that the voice is a part of the human physicality, and it becomes small, lacking in confidence and even silent when we are traumatised or hurt or

prevented from speaking out. It is a non-threatening, powerful way of helping people connect with their feelings, find expression and develop their confidence. 68 women attended this year.

2. Mindfulness

‘Mindfulness’ is a 8 week programme which aims to benefit each woman’s emotional and physical health. Mindfulness is the practice of becoming more aware of the present moment rather than dwelling on the past or focusing on the future. This helps with stress management and to prevent rumination and negative thoughts. Mindful-based therapies have been reported to be effective treatments, even as an alternative to behavioural therapies (Ziegerska et al., 2009) and have been found effective to remove stress (Witkiewitz, Greenfield & Bowen, 2013).

15 women attended this programme which delivered via Zoom.

Sound Meditation Programme

Healing using the power of sound and vibration is one of the most ancient and oldest ways of healing practices in the world. There are many kinds of sound healing, but one of the most effective practised is Singing Bowl Therapy.

Singing Bowls have been used worldwide for healing, meditation purpose and deep breathing. This therapy is based on the belief that energy vibrates at different rates in the body. The vibration of the bowl can have profound effects on the mind, body and spirit promoting harmony within a person's body. The vibrations balance the right and left hemisphere of the brain which help restore your body's balance which in turn helps you heal.

16 women attended this 8-week programme.

Journey to Inner Peace

Journey to Inner Peace is a programme that introduces an alternative way of managing unhelpful patterns of behaviour and negative thinking.

It will help turn around the alarming statistics of anger, violence and quiet desperation in our community / society and in their place, to plant the seeds of positive expectations, self – responsibility, higher self-esteem and to seed hope.

32 women attended over 2 x 8-week programmes.

Stairways to Well Being

Stairways is a program that has been created to provide people within our communities with a toolkit to manage their mental and emotional well-being through a Holistic, person-centered approach.

We aim to guide people through the experience of the benefits of mindfulness and various Holistic therapies in order to be able deal with the everyday stresses of life in immediate and measurable ways.

Having completed the Stairways to Well-Being program participants will have learned different tools in which to evolve from old thinking habits and begin a journey of

awareness of themselves breaking free from old patterns of behaviour. Participants will have gained skills such as.

- The power of thought and effective thought management
- Accommodate specific practices into daily life for the purpose of replenishing, mental, emotional and spiritual well-being.
- Self-love and personal boundaries
- Using skills such as mindfulness, meditation & sound healing, EFT (emotional freedom technique).
- Awareness of our chakras and auric field.
- Working with our angels
- To become more visible in the world and to recognise your own uniqueness.
- Rejuvenate your life and nurture playfulness, light-heartedness joy and fun.

16 women attended this 8-week programme.

Actions For Happiness

Action for Happiness is an 8-week programme based on teaching people the ten keys to happier living based on the latest scientific research relating to happiness. The programme teaches a range of CBT techniques to help people be able to put the 10 key areas into practice in their own lives. The theory is based on the fact that people who are happy and fulfilled in their lives are content and not suffering from distress, anxiety or depression. If we can learn how to promote and apply happiness in our own lives, then the quality of our lives will improve.

30 women attended this 8-week programme

Table to demonstrate levels of Activity Associated with Local Expressed Need. 2022/2023

Intervention	Number of sessions per year		Average Attendance per session	Numbers of women
CBT for Everyday Use	3x 8 week sessions	24	6	24
Practitioners Training	2 sessions	2	10	10
Mindfulness	1 x 8 weeks	8	15	15
Journey to Inner Peace	2 x 8 weeks	16	12	32
SingTonicity	2 x 8weeks 1x 6 weeks	22	25	68
Actions For Happiness	1x 8 weeks	8	25	30
Stairway to Wellbeing	1x 8 weeks	8	16	16
Sound Meditation	1x 8 weeks	8	16	16
		96		211

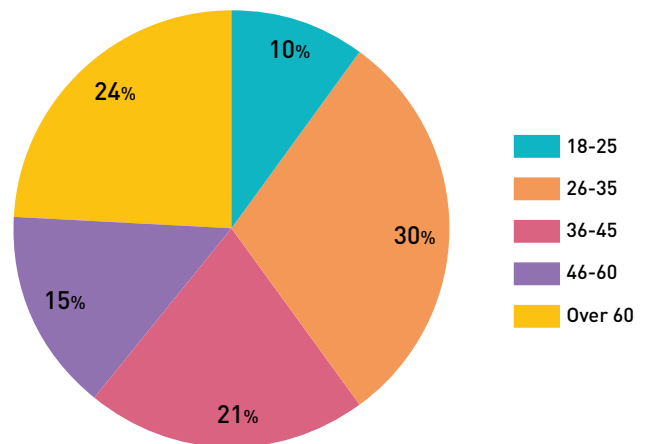
Summary of Service Provision 2022/2023

Total Number of Programmes Interventions	Total Number of Sessions	Total Number of Women and Children
43	2842	2609

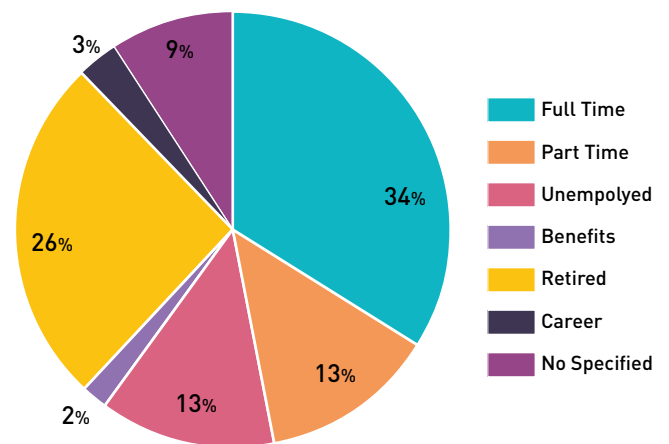
In 2022/2023, therefore, we delivered 43 interventions within the following range of activities to 2609 women and children through 2842 sessions of delivery.

- Women and Children Programmes.
- Childcare Services and Programmes including Crèche facilities.
- Emotional Health and Mental Well Being Programmes
- Cancer Programmes including the Well Programme, Complementary Therapies Support Group and counselling.
- Chronic Illness Management Programmes including Pain Management of Endometriosis.
- Gender Specific Programmes (Menopause Clinic, Post Natal Depression; Ante-natal & Sexual Health Education for schools)
- Counselling Services (Generic, Trauma, Cancer, Listening Ear, Pregnancy and Bereavement Loss)
- Practical Supports in Later Life a Health Improvement Programme for women 65-90 years
- Three Support Groups (Breastfeeding, Cancer, Endometriosis)
- Clinical and Screening Services
- Health and Well Being and Social Support Programmes for women directly affected by The Troubles including Counselling, Complementary Therapies, Social Support Programmes and Listening Ear
- Promoting Positive Mental Health Through Physical Activity (Cycling)
- Programmes for the frail elderly including Namaste.
- Programmes for women living with long covid

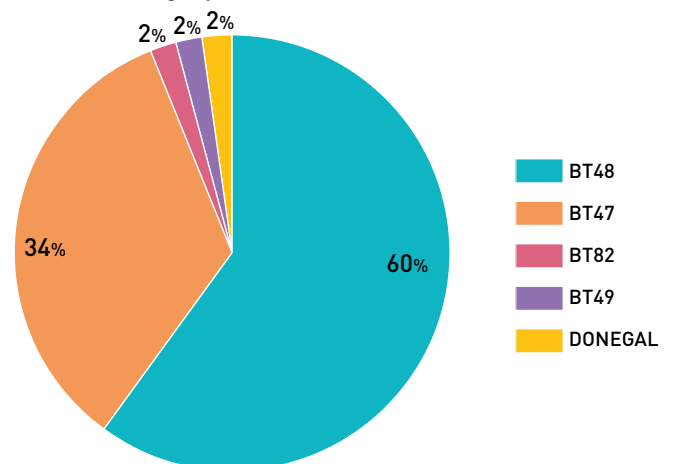
Participants Age



Employment Satus



Geographical Area's of Users 2022/2023



Testimonials

Mother and Baby Programmes

Minding Mammy PND Group

"I never knew there were other mothers feeling the same way I was, and it was really comforting and made me feel sane".

"Made me more aware of anxiety and how to manage the symptoms".

"Never so glad that I decided to attend this group. I am a lot further on in my journey but didn't realise I still needed some support and understanding, from girls going through the exact same thing. I needed to know that others knew what I was going through. S has been amazing very good at her job so caring and considerate. Genuine woman that honestly wants women to be listened to and get better."

"I get excited to get to the group and talk and see how the other girls have got on that week too. It has given me great relief and satisfaction that I too am helping my peers in the group too".

"Being able to talk to understanding people. It was great to find different methods for relaxation and services for anxiety/depression. Loved this course, wish it was longer".

Breast Feeding Support Group

"I feel supported by other breastfeeding mothers. I enjoy time with the baby while my toddler is happy playing in the creche. It gives me something to look forward to. The company is important as motherhood can feel lonely at times. It is the only group in this City that provides creche for the older child which is vital for me because I do not have lots of family support nearby."

"Really enjoyed getting out of the house and meeting other mums, plus the advice from the health visitors was really useful."

"Provided me with a safe comfortable space to express milk and continue my breastfeeding journey. Opportunity to chat to other breastfeeding mums and access professional support and advice".

"Good to meet up and talk to other mums and share experiences. Feel less isolated".

"It has been very supportive and informative. It has been great talking to health visitors and other mums in a safe and supportive space".

Stay and Play

"A few hours where we didn't have to worry about heating the house, it's so difficult now".

"My child learned new play ideas and speech improvement – we learned to play with household item and imaginative play- we will play less with plastic toys".

The Well Programme

"Patricia is a fantastic workshop leader. I have had so much fun. I will take these skills with me for life. Thank you to Derry Well Women for this course. I found other organisations very weak in comparison".

"Great charity never realized it done so much for women."

"I really feel every workplace should make courses like this mandatory as it would lead to lower sickness levels."

"Would just like to thank everyone at Derry Well Women centre. This was such a great course to be part of and have made some lovely friends that I never would have met only for this centre".

"Brilliant programme. I felt welcome from the time I entered the programme. There was flexibility when I was not able to attend due to sickness/treatment. Thank you, Patricia, for your kindness and going over and above for our group".

"It has made such a difference to my day-to-day life. My anxiety which was 10/10 at the start is now a comfortable 2, and I can manage it when it is bad".

"I feel a lot healthier from starting the Well programme and have received a lot of useful information and learnt so much. 3 things I will take away from the course are homeopathic remedies; meditation techniques and tools on how to handle stress and worrying situations."

Cost of Living Resilience Workshop

"Good connection and ideas/resources for wellbeing".

"It felt like it was something beginning, a great energy with it and I'd love a follow up or day 2".

"It was more than a cost-of-living workshop, it addressed so much more".

"Excellent advice, strategies and support – very motivational. Could we have another workshop, 3 hours was not enough. It would be a huge benefit".

"I gained so much. Thank-you Derry Well Women for sourcing this course".

"Helpful tips on budgeting and money, positive thinking, encouragement, fun/laughter, new ways of thinking/ approaching life".

"Better ways of controlling negative thoughts, good connection with group".

"Thank-you so much, I gained a few words/tools to help me understand my thoughts which I can help with my family also". Knowledge is power".

"Connection - This connection is so important.

Support - I need this support group.

Laughter - I forgot how much I love laughing".

Care for Carers Day, 26.08.22

"A great day, yesterday, any woman going through or having had a cancer diagnoses the Derry Well Women has a lot of help and support for you".

"Thank you so much for today, it was amazing to get time for me".

Mental Health and Well Being Programme. May – July 22

"I loved this class and really look forward to coming every week."

"Every topic covered taught me something new and encouraged me to challenge my thinking and look at alternative perspectives".

"Thank you so much Tracy I would do this programme over again and look forward to attending other programmes you facilitate".



(Counselling Service 28.11.22)

"Derry Well Women is invaluable; my counsellor was superb and stayed with me emotionally at every stage of my changing emotions."

Emotional Detox

"I am so happy I have completed this course as mostly I leave halfway through and then be angry at myself. Thank you for your support."

"This programme has taught me the value of listening to myself and setting boundaries."

"I am finally beginning to believe in myself and put the past behind me, thank you Tracy for being there."

Sing Tonicity

"Connection and relationships are invaluable. I've learnt techniques for meditation, breathing and self-care. A very informative and enjoyable programme each class is very stimulating, and I love coming."

"Attending the group has had a positive effect on my mental health and well-being."

"I am improving in my emotional wellbeing after the loss of spouse thanks to my attendance at Tonicity, under the kind professional leadership of Siobhan. This group is a lifeline for us."

Self Esteem

"I am doing your course for the second time as the first one helped me to get out of an abusive relationship – so thank you."

"I am now volunteering 3 times a week; thanks to the confidence I have gained on this course."

Actions For Happiness

"My first ever experience of this type of course. So worthwhile and especially helpful at this time of my life. Last year my daughter died suddenly as a result of poor mental health. A traumatic experience for our whole family. The journey of grief and bereavement is a tough one. This course has helped me recognise essentially that 'Acceptance' come first so I can begin the journey. 'Thoughts are not facts' helps me when I find myself asking these questions that every parent must ask. "Could I have prevented my daughter's death, did I do enough, did I do the right things when she was ill". I keep thinking I am responsible for everyone else and now know I am not totally in control of all that happens.

"Overthinking' is my challenge. Thank you for the literature so I can read and re-read the useful information provided."

"This workshop has been more educational and beneficial to my personal growth and healing than any health professional I have sought help and assistance within the past. I not only have learned valuable skills and tools but making small adjustments to increase happiness in my life has helped me an indescribable amount."

"Over the past 8 weeks I have found this course fantastic. I have been equipped with lots of tools to help me with my day-to-day life. I am suffering with PTSD and I have found this course has helped me to move forward and deal with things in a more positive way. The content and delivery of the course has been outstanding. Thank you, thank you, thank you!"

Journey to Inner Peace

"Coming from a recent traumatic event in my life as well as from an experience of loss of twins and of intense grief, I have come to understand my strengths and the resources that I have to help me carry on."

"Learning the skills of 'Non-Violent Communication' has taught me a whole new way of processing and of communicating".

"This is certainly a journey of healing"

Counselling Report 2022 to 2023

Derry Well Women counsellors hear from clients first hand, how they have ignored and denied their traumatic experience because they didn't recognise it and did nothing about it for years. This year our counselling service received 355 requests through our counselling service. Unfortunately, our service was not appropriate for 2 of these referrals and so suitable services were sourced for them.

Women were traumatized through various experiences and their main presentation in counselling were:

Anxiety, as a primary presentation for counselling, has more than doubled in the past 5 years and this is supported by The Mental Health Foundation which informs us that "the incidents of Anxiety have increased markedly in recent years, as a result of Covid-19 and the current Cost of living crisis which is provoking real fear and challenges for clients".

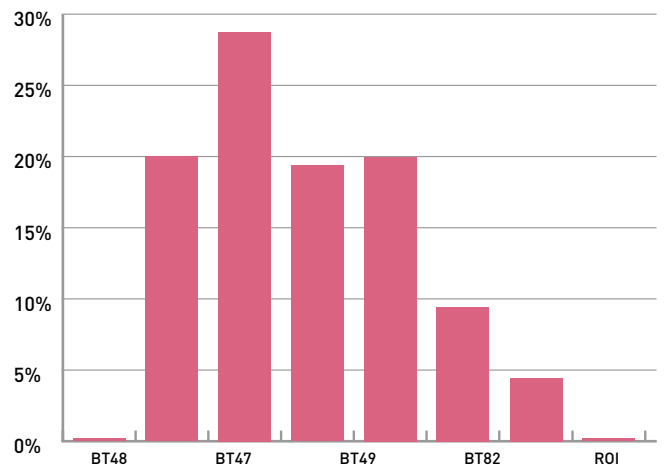
Anxiety puts pressure on relationships which increases stress which causes Anxiety and so we can see the vicious circle.

Relationship breakdown, through Addiction, Gambling, and debt and/or Domestic Abuse, has resulted in several women losing their home and re-locating. Derry Well Women has become their safe space to explore their experience and build resilience and confidence to move forward.

“Trauma is perhaps the most avoided, ignored, belittled, denied, misunderstood and untreated cause of human suffering.”

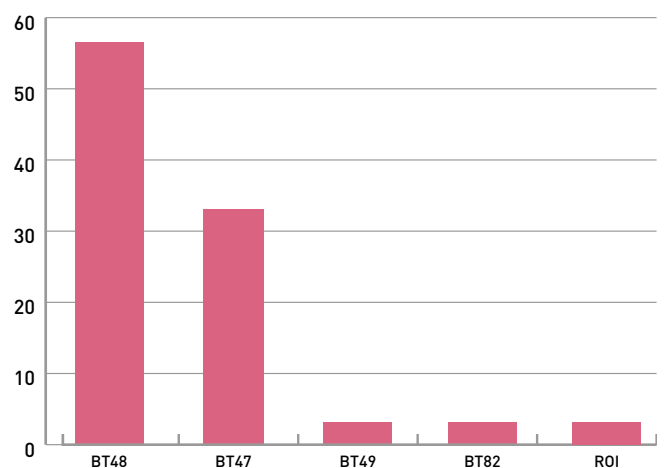
- Dr Peter Levine

Client Age Range



We note that there are now more younger women, in the 30's, engaging in counselling than 5 years ago when the highest percentage of clients were in their 50's.

Demographic Areas



The demographic area has not changed in the past 5 years.

We appreciate recommendations and sign posting made by previous clients as well as other professionals including GPs, Dentists, Psychotherapists, Mental Health Practitioners, Health Visitors, Social Workers, Counselling Tutors, Solicitors and Support Workers.

Other organisations directed women to our services this year:

Action Cancer, Altnagelvin Hospital, Autism Society, Aware Defeat Depression, City Hospital Belfast, Cunamh, Dove House, Foyle Women’s Aid, Lifeline, Management Committee Members, Mind Yourself, RNIB, RNID, The Waterside Women’s Centre, Samaritans, Sure Start, Victim Support, Wave, Zest.

Our team of 14 counsellors continue to engage in Trauma Training offered through the VSS, Action Trauma and the Clear Project and on-line training with world renowned professionals to ensure their skills and knowledge are current and relevant to client needs so that clients can understand their traumatic experience and reduce their suffering.

Some counsellors have also engaged in other training:

- Petal’s Training for Child and Pregnancy Loss
- Understanding Palliative and End of Life Care
- Hope Matters

Some clients provided feedback on how Counselling helped:

“I am less stressed because I’ve been able to share my problems”.

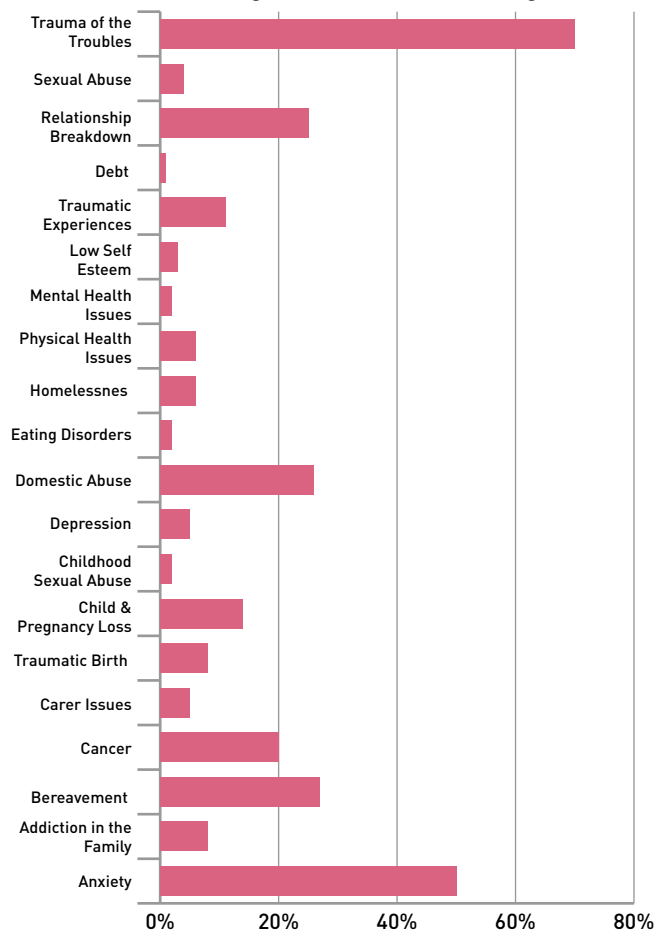
“I have learnt about me, discovering who I am and loving myself”.

“I am feeling much more confident and happier in general”.

“I now accept my anxiety and recognise that it is not always a negative trait”.

“It has helped me process what happened and now I feel stronger and more capable of coping with everyday life”.

Presenting Issues for Counselling



Ann McDonald
Ann McDonald
 Counselling Coordinator



Statement of Financial Activities

(Incorporating the Income and Expenditure Account)
For the year ended 31st March 2023

		Unrestricted funds	Restricted funds	2023 Total	2022 Total
	Notes	£	£	£	£
Incoming resources					
Incoming resources from generating funds:					
Voluntary income	2	7,686	-	7,686	15,444
Investment income	3	11	-	11	-
Incoming resources from charitable activities	4	1,000	502,004	503,004	340,114
Total incoming resources		<u>8,697</u>	<u>502,004</u>	<u>510,701</u>	<u>355,558</u>
Resources expended					
Costs of generating funds:					
Charitable Activities	5	21,297	508,803	530,100	356,372
Governance costs	5	-	3,913	3,913	3,840
Total resources expended		<u>21,297</u>	<u>512,716</u>	<u>534,013</u>	<u>360,212</u>
Net incoming (outgoing) resources for the year	13	(12,600)	(10,712)	(23,312)	(4,654)
Transfer of Funds		(8,339)	8,339	-	-
		<u>(20,939)</u>	<u>(2,373)</u>	<u>(23,312)</u>	<u>(4,654)</u>
Total funds brought forward		<u>191,743</u>	<u>7,277</u>	<u>199,020</u>	<u>203,674</u>
Total funds carried forward		<u>170,804</u>	<u>4,904</u>	<u>175,708</u>	<u>199,020</u>

The statement of financial activities includes all gains and losses in the year and therefore a separate statement of total recognised gains and losses has not been prepared.

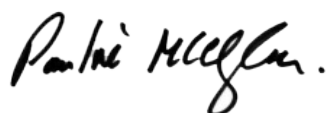
All of the above amounts relate to continuing activities.

Balance Sheet

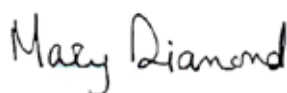
as at 31st March 2023

	Notes	2023		2022	
		£	£	£	£
Fixed assets					
Tangible assets	9		147,050		152,570
Current assets					
Debtors	10	6,108		1,854	
Cash at bank and in hand		154,070		174,664	
		<u>160,178</u>		<u>176,518</u>	
Creditors: amounts falling due within one year	11	<u>(131,520)</u>		<u>(130,068)</u>	
Net current assets			<u>28,658</u>		<u>46,450</u>
Net assets			<u>175,708</u>		<u>199,020</u>
Funds	12				
Restricted income funds	12		4,904		7,277
Unrestricted income funds	12		<u>170,804</u>		<u>191,743</u>
Total funds			<u>175,708</u>		<u>199,020</u>

The financial statements were approved and authorised for issue by the Board 1 June 2023 and signed on its behalf by



Pauline McClenaghan
Director



Mary Diamond
Director

Company Number: NI022926

Derry Well Women Team

2022 - 2023

Committee

Pauline Mc Clenaghan (Chair)
 Mary Diamond (Secretary)
 Sinead Callan (Treasurer)
 Philomena Melaugh
 Nuala Doherty
 Phil Mahon
 Grainne Mc Laughlin
 Sarah Kelly
 Tara Boyle
 Karen Meehan
 Paula Barr
 Carrie Jain

Staff

Susan Gibson
 Ann Mc Donald
 Patricia Villa
 Patricia McAdams
 Yvonne O Doherty
 Fiona Walker
 Oonagh Butler
 Deirdre O'Neill
 Jennifer Turner

Clinical Team

Audrey Parke
 Nigel Nutt

Generic Counselling Team

Ann McDonald
 Majella McWilliams
 Moira Smith
 Anne Flanagan
 Tracy Harrison
 Madeline Callaghan
 Marie Clare Murphy
 Ellen Factor
 Sharon Laird
 Karen Mc Gillion
 Valerie Long
 Jeanette Mc Cole
 Cora Mc Laughlin
 Claire Kent
 Francesca Pagliari

Cancer Counselling and Cancer Complementary Therapy Team

Mary Diamond
 Tracey Harrison
 Anne Flanagan
 Geraldine Duddy
 Patricia Swann
 Brigeen Byrne
 Nolene Mc Cauley

Support Group Facilitators

Mary Diamond
 Tracey Harrison
 Sinead Mc Daid
 Deirdre O'Hara

Tutors & Facilitators

Siobhan Heaney
 Marie Hone
 Anne Browne
 Marina Sweeney
 Patricia Swann
 Aileen Mulheron
 Karen Baldwin
 Deirdre O'Hara
 Tracey Harrison
 Orla O'Brien
 Dawn Bradley
 Philomena Mc Dermott
 Sandra Mc Neill

Crèche Volunteers

Michelle Kennedy
 Catherine Doherty

Complementary Therapists

Brigeen Byrne
 Marie Hone
 Ellen Hastings
 Cathy Cregan
 Rose Mc Cartney
 Patricia Swann
 Nolene McAuley
 Jean Mc Cafferty
 Shiela Mc Corkell
 Elaine Carlin
 Joan Friel
 Jennifer Mc Clements
 Caroline Harkin.

Derry Well Women

17 Queen Street
 Derry, BT48 7EQ
 T: 02871 360777
 E: info@derrywellwoman.org
 www.derrywellwoman.org



Derry Well Women
 17 Queen Street
 Derry BT48 7EQ

T. [0]28 7136 0777
 F. [0]28 7137 0103
 E. info@derrywellwoman.org

Charity No.: NIC 101247
 LLC: NI 22926

www.derrywellwoman.org



Derry Well Women Ltd

Northern Ireland - Charity number 101247

Annual return

Derry Well Women Limited
(A company limited by guarantee)

Independent auditor's report to the directors of Derry Well Women Limited

Opinion

We have audited the financial statements of Derry Well Women Limited for the year ended 31st March 2023 which comprise the Statement of Financial Activities, the Balance Sheet and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

This report is made solely to the charitable company's directors, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's directors those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's directors as a body, for our audit work, for this report, or for the opinions we have formed.

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2023, and of its incoming resources and expenditure of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice;
and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the directors' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

Derry Well Women Limited
(A company limited by guarantee)

Other information

The directors are responsible for the other information. The other information comprises the information included in the directors' annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinion on other matters prescribed by the Companies Act 2006

In our opinion based on the work undertaken in the course of the audit:

- the information given in the directors' annual report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Directors Annual Report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Directors Annual Report.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you in our opinion:

- adequate accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the directors were not entitled to prepare the financial statements in accordance with the small companies regime and to take advantage of the small companies exemption from the requirement to prepare a strategic report.

Derry Well Women Limited **(A company limited by guarantee)**

Responsibilities of the directors

As explained more fully in the Directors' Responsibilities Statement set out on page 26, the directors (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the directors either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Explanation as to what extent the audit was considered capable of detecting irregularities, including fraud;

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. However, the primary responsibility for the prevention and detection of fraud lies with management and the board of directors of the charitable company.

Identifying and assessing potential risks related to irregularities

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, we considered the following:

- the nature of the industry, sector and the specific control environment which it operates in;
- the charities own assessment of the risks that irregularities may occur, either as a result of fraud or error;
- representations and results from our enquiries with management and the board of directors about their own identification and assessment of the risks of irregularities;
- enquiries of management relating to cash handling, reviewing the policies and procedures relating to cash handling and cash recognition;
- any matters we have identified having obtained and reviewed the Charities policies and procedures relating to:
 - * identifying and assessing if laws and regulations are compliant and whether they are aware of any instances of non-compliance;
 - * detection and response to the risk of fraud and whether they are aware of any actual, suspected or alleged fraud instances;
 - * the internal controls designed to mitigate risks of fraud or non-compliance with laws and regulations, and to minimise risk of management overrides of such controls.
- all matters discussed among the audit engagement team regarding how and where fraud could occur and the potential indicators of fraud.

As a result of these procedures, we considered the opportunities and incentives that may exist within the charity for fraud. The audit included assessing the procedures and evaluating the cash handling procedures. In common with all audits under ISAs (UK), we are also required to perform specific procedures to respond to the risk of management override.

Derry Well Women Limited
(A company limited by guarantee)

We also obtained an understanding of the legal and regulatory frameworks applicable to the charity and considered that the most significant are the UK Companies Act 2006, SORP 2019 (FRS 102) and Charities Act (Northern Ireland) 2008.

Audit responses to risks identified

Our procedures to respond to risks identified included the following:

- reviewing the financial statement disclosures, testing the relevant documentation to assess compliance with the significant laws and regulations - those described as having a direct effect on the financial statements;
- enquiring with management and obtaining third party confirmation from the Charities Solicitors regarding any actual or potential litigation and claims;
- performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud;
- reading minutes of board and management meetings;
- reviewing Companies House and Charity Commission Northern Ireland correspondence,
- review correspondence with HMRC, identifying non-compliance of specific information to be disclosed;
- in addressing the risk of fraud through management override of controls, testing the appropriateness of data entries and adjustments; and evaluating the rationale of any significant transactions that are unusual or outside the normal course of Charities objectives.

We also communicated relevant identified laws and regulations and potential fraud risks to all engagement team members and remained alert to any indications of fraud or noncompliance with laws and regulations throughout the audit.

As part of an audit in accordance with ISAs (UK), we exercise professional judgment and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the charitable company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the directors.
- Conclude on the appropriateness of the directors' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charitable company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the charitable company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during the audit.

Derry Well Women Limited
(A company limited by guarantee)

Patrick M. McGroarty
Patrick McGroarty

Senior Statutory Auditor
for and on behalf of
McGroarty McCafferty & Co
Statutory Auditor
2 Carlisle Terrace
Derry
BT48 6JX

Dated: 15 June 2023