

**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**

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**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 31<sup>st</sup> 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 6<sup>th</sup> 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.

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- 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.

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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**

<b>Financial Policies &amp; Procedures</b>	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

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	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
<b>Management Board</b>	13.	Management Committee Manual
	14.	Conflict of Interest Policy
<b>Personnel Policies</b>	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
<b>Health &amp; Safety</b>	41.	Evacuation Procedure
	42.	Health and Safety Policy
	43.	Risk Management Policy & Procedures
<b>Counselling</b>	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
<b>General</b>	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
<b>Creche Specific Policies</b>	1.	Absence of Creche Coordinator Policy
	2.	Accidents Prevention Reporting & Notification Policy
	3.	Additional Needs Policy
	4.	Admissions Policy

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	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

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### **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



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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

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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.

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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.

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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.

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### **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.

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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.

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#### **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
<b>10 Interventions</b>	<b>Total</b>	<b>545</b>		<b>1136</b>

#### **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.

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#### **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
<b>3 Interventions</b>	<b>Total</b>	<b>77</b>		<b>123</b>

#### **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



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- 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
<b>6 Interventions</b>	<b>Total</b>	<b>307</b>		<b>148</b>

**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.

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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 8<sup>th</sup> 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 11<sup>th</sup> 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.

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#### **Commitment to Change Conference**

The Commitment to Change Conference is scheduled for 20<sup>th</sup> 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

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**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
<b>3 Interventions</b>	<b>Total</b>	<b><u>60</u></b>		<b><u>137</u></b>

**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.

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**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
<b>7 Interventions</b>	<b>Total</b>	<b>1177</b>		<b>378</b>

**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.

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**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
<b>2 Interventions</b>	<b>Total</b>	<b>192</b>		<b>241</b>

**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.

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**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
<b>5 Interventions</b>	<b>Total</b>	<b>74</b>		<b>215</b>

**Summary of Service Provision 2023/2024**

<b>Total Number of Programmes Interventions</b> <b>36.</b>	<b>Total Number of Women and children</b> <b>2378</b>
<b>Total Number of Sessions</b> <b>2432</b>	

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)

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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, Esme 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 13<sup>th</sup> May 2013 and reviewed again at the March 2024 meeting of the Management Committee.



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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.

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**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.

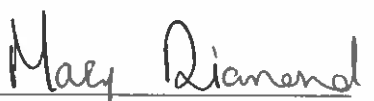
**Auditors**

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 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 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 £
<b>Incoming resources</b>					
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
<b>Total incoming resources</b>		<u>4,620</u>	<u>532,570</u>	<u>537,190</u>	<u>510,701</u>
<b>Resources expended</b>					
Costs of generating funds:					
Charitable Activities	5	13,811	531,188	544,999	530,100
Governance costs	5	-	4,153	4,153	3,913
<b>Total resources expended</b>		<u>13,811</u>	<u>535,341</u>	<u>549,152</u>	<u>534,013</u>
<b>Net incoming / (outgoing) resources for the year</b>	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>
<b>Total funds carried forward</b>		<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
		£	£
<b>Fixed assets</b>			
Tangible assets	9	142,140	147,050
<b>Current assets</b>			
Debtors	10	6,783	6,108
Cash at bank and in hand		121,542	154,070
		128,325	160,178
<b>Creditors: amounts falling due within one year</b>	11	(106,719)	(131,520)
<b>Net current assets</b>		21,606	28,658
<b>Net assets</b>		163,746	175,708
<b>Funds</b>	12		
Restricted income funds	12	3,045	4,904
Unrestricted income funds	12	160,701	170,804
<b>Total funds</b>		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

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
<b>Net cash outflow from operating activities</b>		<b>(32,012)</b>	<b>(20,012)</b>
Returns on investments and servicing of finance	13	34	11
Capital expenditure	13	(550)	(593)
<b>Decrease in cash in the year</b>		<b>(32,528)</b>	<b>(20,594)</b>
<b>Reconciliation of net cash flow to movement in net funds</b>	14		
<b>Decrease in cash in the year</b>		<b>(32,528)</b>	<b>(20,594)</b>
<b>Net funds at 1 April 2023</b>		<b>154,070</b>	<b>174,664</b>
<b>Net funds at 31 March 2024</b>		<b>121,542</b>	<b>154,070</b>

**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**

	<b>Restricted funds £</b>	<b>2024 Total £</b>	<b>2023 Total £</b>
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:-**

<b><u>Charitable Activities</u></b>	<b>Unrestricted Expenditure</b>	<b>Restricted Expenditure</b>	<b>2024 Total</b>	<b>2023 Total</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
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>
<b><u>Governance Costs</u></b>			<b>Total</b>	<b>Total</b>
			<b>£</b>	<b>£</b>
Auditors remuneration			<u>4,153</u>	<u>3,913</u>

**6. Net outgoing resources for the year**

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
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**  
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**Notes to financial statements**  
**for the year ended 31 March 2024**

**7. Employees**

<b>Employment costs</b>	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
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.

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
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:

<b>2024</b>	<b>2023</b>
<b>Number</b>	<b>Number</b>
<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**

	<b>Buildings</b>	<b>Fixtures and</b>		
	<b>Freehold</b>	<b>Fittings</b>	<b>Equipment</b>	<b>Total</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>Cost</b>				
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>
<b>Depreciation</b>				
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>
<b>Net book values</b>				
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**

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

**11. Creditors: amounts falling due within one year**

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
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 £
<b>Returns on investments and servicing of finance</b>		
Interest received	<u>34</u>	<u>11</u>
<b>Capital expenditure</b>		
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>
<b>Net funds</b>	<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**

<b>15. Movements in Funds</b>	<b>At 1 April 2023 £</b>	<b>Incoming resources £</b>	<b>Outgoing resources £</b>	<b>Transfers £</b>	<b>At 31 March 2024 £</b>
<b>Restricted funds:</b>					
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>
<b>Unrestricted funds:</b>					
General funds	<u>170,804</u>	<u>4,620</u>	<u>(13,811)</u>	<u>(912)</u>	<u>160,701</u>
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.