



Healthworks
the community health charity

FINANCE REPORT

2020 - 2021



THE LEGAL INFORMATION

Registered Company: 02952583
(England and Wales)

Registered Charity Number: 1040370

Registered Office:

Health Resource Centre,
Adelaide Terrace Benwell,
Newcastle upon Tyne, NE4 8BE

Trustees

Mr J Marks (Chair)
Dr P Cresswell (Vice Chair)
Ms D Creighton
Mr M.E. Turner
Ms D Lagun
Mr J Sabarre

Chief Executive

Mr Paul Court

Patron

Professor Sir Michael Marmot

Auditors

Stephenson Coates,
Newcastle Business Park,
2 Asama Court, NE4 7YD

Bankers

Barclays Bank plc, 446 Westgate
Road, NE4 9BN

Solicitors

David Grey, 56 Westgate Road,
NE1 5XU

Company status

The charity is controlled by its governing document, a deed of trust, and constitutes a company, limited by guarantee as defined by the Companies Act 2006.

We are a company limited by guarantee first registered 26/07/94 (registration number 02952583) and re-registered on 11/04/08 as Healthworks Newcastle and registered as a charity on 25/08/94 (registration number 1040370). We are governed through our Memorandum and Articles of Association document.

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2021.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Under the guidance of our Chair, Joel Marks, CEO, Paul Court, and our trustees, we continue to review and improve our governance. This is in line with best practice, industry standards and the Charity Code of Governance 2017.

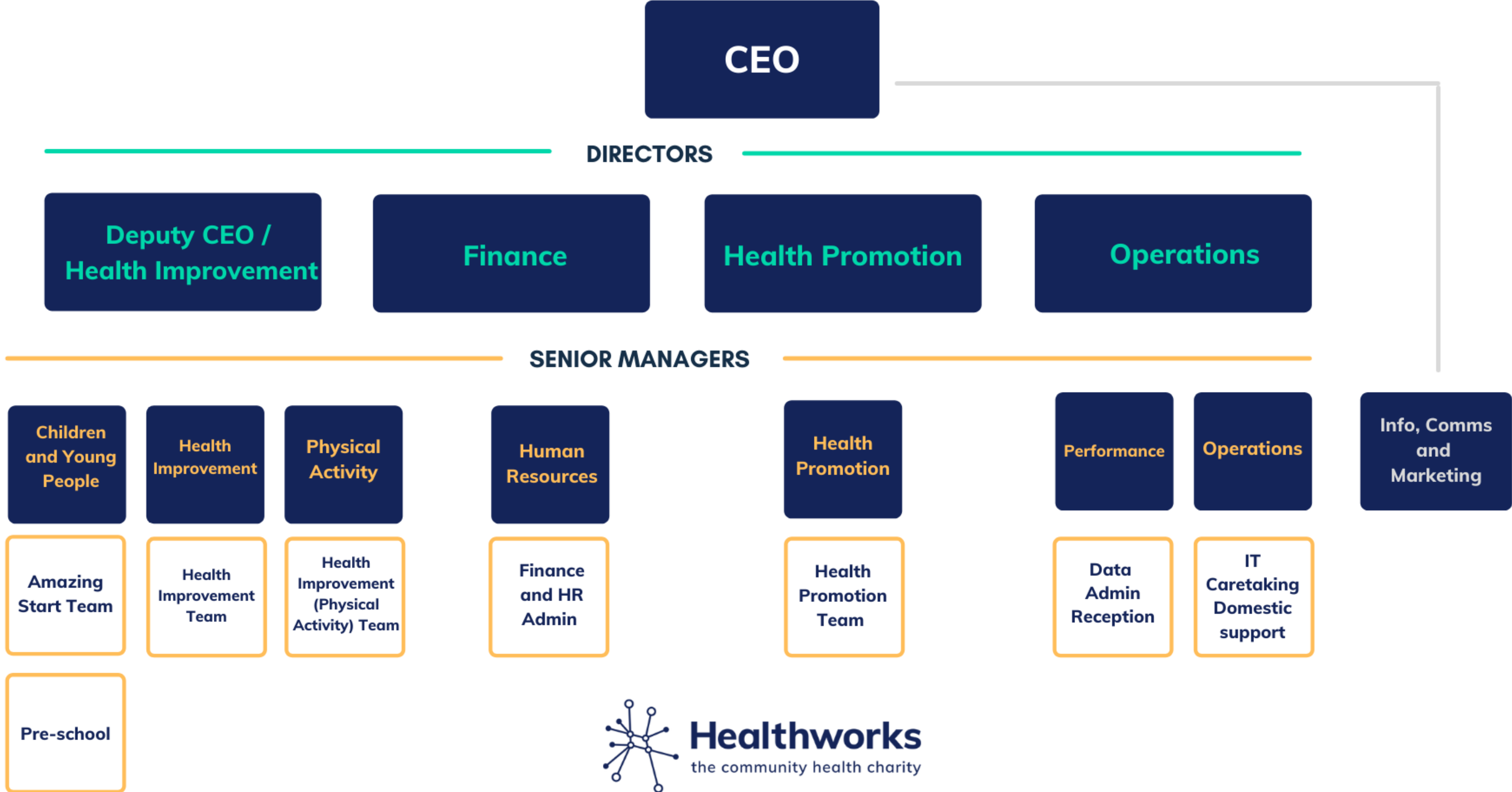
Our Charitable Purpose

Our charitable purpose is set out in our articles of association (otherwise known as our charitable objects). It is: To preserve, protect and improve the health and life outcomes of communities across the North East region of England. We're satisfied that the services we provide reflect our charitable purpose and the public benefit requirement, as set out in section 17 of the Charities Act 2011.

Organisational structure

Healthworks' Board of Trustees meets six times a year, and is responsible for overseeing our performance and providing strategic direction. The Board consists of six Trustees, who each bring considerable experience and expertise. The Board regularly reviews its own – and the Chair's – performance, and has standing committees that report on specific issues. Each committee has agreed terms of reference and includes specialist co-opted members, as well as trustees. The Board delegates the day-to-day running of Healthworks to the CEO and Senior Management Team.

ORGANISATION STRUCTURE



THE BOARD OF TRUSTEES

Our Trustees

We appoint our Trustees and committee members based on their skills and experience. We want to attract a broad range of candidates, and once appointed, Trustees and committee members go through an induction programme to make sure they understand their roles under charity and company law. All of our Trustees give their time voluntarily and receive no rewards or benefits from Healthworks. They get involved because they believe in what we do, and want to make a real difference. Any expenses claimed by the trustees are set out in our financial statements.

Recruitment of new Trustees

We seek to maintain a diverse board with a broad range of skills, knowledge and experience relevant to our mission. We carry out due diligence checks to ensure that any appointment meets the requirements of our governing document and the law. Each new Trustee visits our centres and works with the management team to ensure a good understanding of the organisation and of their role and responsibilities as Trustees.

Managing risk

Major risks are considered at board level and an appropriate risk assessment procedure is embedded in management and operational processes. The risk management policy specifies risks, evaluates the probability level and outlines the strategies for avoiding risk or mitigating potential impact. This process enables Trustees to focus on avoiding risk that might prevent the charity achieving its strategic objectives. Internal control risks are minimised by the implementation of procedures for authorisation of all transactions and projects. Operationally, Health and Safety and Information Governance remain as standing items on the Board.

OUR ACTIVITIES DELIVER PUBLIC BENEFIT BY

- Increasing the understanding and recognition of the wider social determinants of health
- Building on the capacity of individuals to identify and act on issues that impact on their own, and others, health and wellbeing (asset based approach)
- Providing local access to regular exercise via high quality, low price community gyms and classes
- Encouraging people to engage in a range of other local services which enable them to socialise within their communities
- Supporting people to access the services most appropriate to them which are available in the city
- Recruiting and training a local workforce, investing in upskilling local people
- Offering a range of volunteering opportunities for local people
- Achieving a wide reach into communities traditionally seen as 'hard to reach' through the support and co-ordination of local volunteers who reflect their community
- Buying from local suppliers and producers wherever possible, investing in the local economy
- Linking into city-wide networks to share good practice and avoid duplication
- Recognising and valuing the range of other local organisations that deliver services supporting people to manage their lives.

FINANCE

Reserves policy

Our policy is to hold money in the following designated funds:

- Planned capital investment and major maintenance fund (Health Resource Centre) - to cover the costs of planned building and equipment updating to ensure we continue to have the required facilities to deliver our work.
- Building alteration fund (The Lemington Centre) to provide a short-term cushion against the loss of premises rental income, allowing sufficient time to redevelop the space for alternative use.

The policy also requires money to be held in a general reserve at an amount approximating to 3 months operational costs in order to ensure service delivery is not jeopardised through fluctuations in funding. For 2020/21, this amounted to £385,228. This amount will also function as a shut-down fund in the event of the need to close the charity. Trustees review this policy on an annual basis to ensure that the designated funds held continue to be appropriate for our organisation, and to ensure monies held in General Reserve are appropriate.

Principal funding sources

Our turnover was £1,608, 076. We received a mixture of fees for services provided (49% of our total income), grant funding (19%), and other sources of income (32%).

This income funded the wide range of activities which took place both within our buildings settings across the region

The principal sources of fee income were:

- Contracts/Service Level Agreements (62%)
- Sales (20%)
- Premises Rental (7%)
- Other (11%)

GOOD EMPLOYMENT

We provided employment for 81 people (58 FTE) as of 31 March 2021. We know that our work is best delivered by local people who understand the wider determinants of health and the combination of pressures faced by people in areas of low income. We recruit and train local people who already have the core skills of resilience, effective communication and motivation. This peer-to-peer approach enables us to support service users to develop a greater understanding of local health services and what they can do to improve the health of both themselves and their families. We provide vocational training needed for individuals to achieve the nationally recognised qualifications appropriate to their role.

Staff welfare

All salaries are either on or above the level of the national living wage, in addition:

- All staff have free use of our two community gyms
- All staff are offered annual Health Checks, on site and in work time
- Support to quit, in work time, is available for any staff who still smoke
- 27 days annual leave pro rata (plus Bank Holidays)
- Staff can access HR advice and support in work time
- Staff are encouraged to think, be creative and challenge

Pay differentials

A report by the High Pay Centre highlighted how workplaces with big pay gaps between the highest and lowest wage earners suffer more industrial disputes, more sickness and higher staff turnover than employers with more equitable pay differentials. The ratio of our highest salary (£51,904) to our median salary (£21,743) is 2.4:1. This corresponds to the very lowest end of the range in the charity sector as determined by ACEVO (Association of Chief Executives of Voluntary Organisations).



Healthworks
the community health charity

FINANCE REPORT

2020 - 2021

Thanks to all of our past and present staff, volunteers, trustees, funders, partners and friends who have supported us in improving health outcomes for people across the region

www.healthworksnewcastle.org.uk





Healthworks
the community health charity

IMPACT REPORT

2020 - 2021

***and how we responded to
the Covid-19 Pandemic**



WELCOME FROM OUR CHAIR



The year started with the UK seven days into a total lockdown, facing an unpredictable and uncertain future. There seemed an extremely slim probability at the beginning of the year that I would be able to report on an incredibly successful year, which was capped by being awarded a King's Fund GSK IMPACT award.

The credit for the remarkable response to the Covid pandemic must lie with our CEO, the directors and the entire staff and volunteer team at Healthworks, who have worked tirelessly to continue to provide the vital services which the communities, we serve, value so highly.

Like Paul, I'm also incredibly proud of how the team were able, virtually overnight, to change over to working remotely.

Our staff were able to step up to the plate and adapt their skill set by providing much needed support to the vaccination drive by Newcastle GP Services, right from the start of the roll out. It is very humbling to be able to look back and know that Healthworks staff played a vital role in one of the biggest health care initiatives ever undertaken in Great Britain.

Finally, I must also give thanks to all the members of the Board for giving me, and the directors, so much help and support in navigating the organisation through one of the most difficult periods in Healthworks history. It has truly been a magnificent team effort to keep our services going in such a challenging environment.

The pandemic has illustrated just how important the work we do is. Looking ahead there are many exciting new projects in the pipeline, which I look forward to reporting to you about.

JOEL MARKS

CHAIR

A MESSAGE FROM OUR CHIEF EXECUTIVE



The year presented unprecedented challenges that tested the resilience of Healthworks, our staff and many of our key partners across the health and social care sector.

However, this last year has also confirmed for me some basic truths about the 3rd sector and our solution focussed, 'can do' attitude. Healthworks and other charities across the North East have been relied upon to provide support services for those most vulnerable and disadvantaged. Those very communities where the impact of Covid has hit hardest.

I'm incredibly proud of our team and how they have responded and we will continue to navigate our way through these uncertain times. I'd like to thank them for their commitment, hard work and dedication to supporting the communities we work with over the past year.

It was certainly a much needed boost to us all that our work was recognised when we were awarded a King's Fund/GSK IMPACT award. This was for our outstanding work to improve health and wellbeing in communities across the region. Throughout the pandemic, Healthworks has continued to deliver through our non-direct contact 'engagement and maintenance' services and fully embraced the digital world. The work Healthworks does is evidence based and directed at health risks and inequalities through services that impact most directly on people's life outcomes. We have continued supporting physical activity, smoking cessation, cancer awareness, breastfeeding, antenatal and family support, nutrition, diabetes, health checks, life skills training and social prescribing.

During lockdown, we continued to work in collaboration with partners across Public Health and the NHS, to develop new initiatives and services to support those most disadvantaged or living with long term conditions. We have explored new fields of innovative research and supported its delivery with our region's world class Universities which we'll report on next year.

I hope you find our Impact Report useful and informative as we reflect on what we have been able to do to support our service users and communities during the Covid pandemic.

Paul Court

CHIEF EXECUTIVE

THOUGHTS FROM OUR PATRON



During a difficult year, as Healthworks Patron, I would like to send my congratulations to the team on their success in winning a GSK IMPACT Award, in partnership with The King's Fund.

These awards recognise and reward charities that are doing excellent work to improve people's health and wellbeing within communities. There is no hiding from the fact, within the North East region, health outcomes are poor and health inequalities are far too great and have disproportionately impacted upon the lives of its population.

Healthworks has been working with local communities across the North East to improve their health, wellbeing and life outcomes for over the last 25 years and has continued to do so throughout the pandemic.

During the Covid pandemic, people facing the greatest disadvantage experienced not only a higher risk of exposure to Covid but their existing poor health put them at risk of more severe outcomes if they contracted the virus. This is because of longstanding, avoidable socio-economic inequities and ethnic disadvantage, exacerbated by a decade of spending cuts then amplified by Covid.

The next few years will see a greater need for charities such as Healthworks. They will play a vital contribution in mitigating the impact of the pandemic on health and health inequalities, delivering important services that 'Build Back Fairer'. Please continue the good work and congratulations again on this award.

Professor Sir Michael Marmot

PATRON

Professor Sir Michael Marmot is Professor of Epidemiology at University College London,
Director of the UCL Institute of Health Equity.

He is known worldwide for his research and policy advice to the World Health Organization and has advised many local and national governments and organisations throughout Europe and the rest of the world.

He has led research on health inequalities for over 40 years.

WHO WE ARE

Healthworks supports people of all ages to lead a healthier life; from the antenatal period, support with breastfeeding, being more active, eating healthily, giving up smoking, improving mobility and managing existing medical conditions. Our objective is to preserve, protect and improve the health and life outcomes of communities across the North East region of England.

We achieve this by:

- providing information about health and health improvement
- providing resources for local communities in order to improve their understanding of health issues and to have access to information that enables them to make the best health choices for themselves
- offering a range of preventative approaches with an emphasis on collaboration between different agencies and professional groups
- promoting the health benefits of exercise, healthy eating and lifestyle changes
- providing health training opportunities for organisations and the community
- providing services aimed at reducing inequalities in health

Most of our work is in areas recognised as being largely disadvantaged where quality of life is reduced either by ill health or disability. These health inequalities are caused by low income, unemployment, lack of opportunity, lower education outcomes, poor housing and child poverty. The cost of this inequality is substantial, both in years of life lost and costs to the economy. These factors result in greater dependence on health, social care and other services.

Professor Marmot, in his influential report *Fair Society, Healthy Lives, The Marmot Review into health inequalities in England* and his 10 year review (*Health Equity in England, The Marmot Review 10 Years On*) expressed significant concern about poverty and social inequality, and the negative effect this can have on physical health, mental health, and life expectancy and on a population often described as hard-to-reach and excluded. His *Build Back Fairer* report identified inequalities in social and economic conditions before the pandemic contributed to the high and unequal death toll from COVID-19. The economic harm caused by measures to control the virus also risk further damage to health and widening of health inequalities.

It is against this background that we work to support and enable communities, through advocacy, challenge and delivery to improve life outcomes.

OUR VISION

Healthworks is a charity based in Newcastle which works with local communities across the North East. Healthworks believes that everyone, regardless of the challenges they face - low income, unemployment or poor housing, should have the same opportunity to live in good health. Our aim is to support people facing these issues across the region to maintain and improve their health, wellbeing and life outcomes.

OUR VALUES

We believe in:

- Working collaboratively with other partners across the region
- Achieving excellence in all that we do
- Developing a skilled local workforce
- Seeking out what works and changing what doesn't
- The diversity of our staff and the people we serve are an asset
- Being accountable to our clients, staff and commissioners

EQUALITY, DIVERSITY AND INCLUSION

We're committed to promoting equality, valuing diversity and championing inclusion. We include these principles in all of our behaviours and everything we do – as an employer, as a provider of services and as a partner organisation. Equality, diversity and inclusion is at the heart of all our processes, policies, practices and behaviours. This shows our absolute commitment to eliminating discrimination and promoting equal opportunities. We work hard to recruit and retain a diverse workforce that reflects the communities we work with. We do this to make sure our services feel welcoming to the service users who need them. We ask that people treat each other with mutual respect, regardless of age, disability, gender, relationship status, gender reassignment, race, religion and belief or sexual orientation.

WHAT WE DO

We offer a range of in-person, group and one-to-one services, some virtually, which are designed to give the support and information needed in order to take steps to achieving a healthier lifestyle.

These include NHS Health Checks, healthy eating advice, stop smoking support and different opportunities to be more active even for those with an existing medical or long term condition.

Our Health Improvement Team are here to offer our service users the advice and guidance they need to stay on track so that they continue to make good choices that can help improve their health and wellbeing.

The Health Promotion Team deliver a range of sessions from cancer awareness to sessions for parents/carers and children covering a range of topics and themes including Starting Solids, Cooking Together, the Eat Well Guide, portion sizes and how to cook healthier family meals.



We also offer



Our organisation's goals



Increase recognition
and understanding of
the wider determinants
of health



Reduce health
inequalities and enable
people to overcome
challenges and barriers
to good health



Support communities
across the North East to
improve their health,
wellbeing and life
outcomes



Build the capacity of
individuals to identify
and act on issues that
impact on their health
and wellbeing



Work in partnership with
other organisations to
develop new services
across the region to meet
emerging need



Achieve a wide reach
into communities
traditionally seen as
"hard to reach"



Recruit, train and
upskill a local
workforce and
volunteer team



Explore new funding
opportunities and secure
commissions to develop
and expand our service
delivery



Develop and deliver a
range of inclusive health
improvement and health
promotion services



Provide local access to
regular exercise via high
quality and low cost
community gyms and
classes



Healthworks
the community health charity

MAKING A DIFFERENCE

Evidence shows the positive impact of our work on the health and wellbeing of people.

We were delighted when we won a GSK Impact Award for 2021 in partnership with The King's Fund.

This award was for our outstanding work to improve health and wellbeing in communities across the region.



Making a difference to the health and wellbeing of people in the region



285 telephone calls over 141 hours were made to people identified as clinically extremely vulnerable by the Local Authority, to offer individual signposting and support



1780 support telephone and video calls were made to 500 individuals and businesses, equating to 850 hours of remote support



When we could not offer our physical activity groups due to restrictions, we provided remote 1-2-1 support to 246 individuals with long term conditions to support them at home



32 members of our team supported two lateral flow testing sites and completed online training to enable them to carry out their role



Our staff provided 3781 hours of support to assist the roll-out of lateral flow testing at two testing centres in Newcastle



'Stay Safe at Home' falls prevention digital education sessions were offered to 221 clients during lockdown #1



During lockdown #1, we sent out 212 support packs to clients with information and guidance about safe home exercise and mental wellbeing



We took our Staying Steady falls prevention programme online by developing video and downloadable resources to support people to engage in the programme at home



A range of 'Get Active At Home' workouts were developed for our YouTube channel and were shared widely on social media



We steadily built up our online presence by developing a library of digital resources, increasing social media activity, supporting people using video technology and developing our YouTube channel



And developed our use of social media to engage people, share information and to communicate key public health messages. As of March 2021 we had 1587 followers on Facebook, 718 on Twitter and 370 people subscribed to our digital newsletter



Our Cancer Awareness work continued and we hosted or participated in 52 virtual and in-person events attended by 706 people. We also hosted 10 virtual Cancer Awareness talks with 59 participants



A range of Cancer Awareness 'Take A Minute' videos were developed and widely shared to raise understanding of signs and symptoms and the importance of screening



We recruited and trained 26 new Cancer Champions, developed a Cancer Champion Facebook group and hosted monthly virtual 'Champions Cuppas' training and support sessions for our team of 98 Cancer Champions



In the early stages of lockdown #1 we delivered food and medication and helped people access food banks. One team member was deployed to volunteer at the food bank once a week



We set up a Quit for Covid service for NHS Newcastle Hospitals Trust staff with 59% of staff supported quitting smoking



330 individuals accessed our stop smoking service and were given 1-2-1 support virtually and by telephone

Of the people accessing our Stop Smoking service:

56.1% of all clients,
56.7% of clients aged 18 – 30,
45% of clients that were pregnant and
50% of clients with long term conditions
successfully quit smoking



60.8% of clients employed in 'Routine and Manual' occupations setting a quit date quit smoking

Around 1 in 4 people in this group smokes, compared with 1 in 10 people in managerial and professional occupations



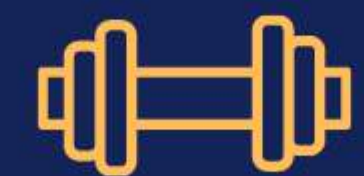
Virtual groups were developed to enable us to deliver Diabetes management and weight management during restrictions



A total of 120kg weight loss was reported between 22 clients
68% of clients reported weight loss resided <30% IMD, 27% of them reside 1%< IMD



Our Community Champions helped us produce a library of virtual 'Wellbeing Walks' for people who were unable to get out during lockdown and to encourage people who could get out to increase their daily step total



When restrictions eased, 778 people returned to our gyms and classes

Social distancing and other safety measures were put in place and both of our buildings are designated as Covid secure by the Local Authority

Making a difference to children and families



100 families have been supported by our Antenatal Volunteers and Practitioners



Weekly Breastfeeding Social Zooms introduced during lockdown, have been regularly attended by 45 families from Newcastle



Our 'Breastfeeding Mams Newcastle' dedicated social media support pages have 2700 likes on facebook and 411 Instagram followers and provides support, information and guidance to families



Our Breastfeeding Peer Support Team reached and engaged with 790 new individuals and these participated in services 2201 times between them



Throughout lockdown and beyond, our outreach work has continued through telephone and video calls and 'door step visits' - 291 individuals were reached and engaged and 920 contacts made



43 children attended our Pre-school 2,646 times between them. During lockdown #1 our team had weekly remote contact with families via each child's key worker



Despite the challenges we faced, we were able to recruit and virtually train 9 new volunteers to join our Amazing Start team and these enabled us to engage and support additional families



1800 family activity books and cookbooks were printed and delivered to local families
Over 12,000 were shared digitally with families by schools and local authorities and other partners across the region



100 free holiday activity packs put together from partner donations and personally delivered to families with young children in Lemington during the Christmas and Half Term holidays



160 people attended our virtual cooking sessions during lockdown #1, and 54 families were supported with healthy cooking packs to cook family meals at home



We developed a range of digital family resources which were (and are) accessible to families and workers for free - these included family activity ebooks, play and learn videos and family cooking activities

Client reported health and wellbeing outcomes



98% of our clients asked, said they would be "Extremely Likely" to recommend us



67% of clients reported an increase in physical activity from their starting point



84% of our clients reported an improvement in their management of their long term condition



76% of our clients told us they had improved mental wellbeing from their starting point



88% of our clients reported an improvement in their diet after being supported by us

Patricia's Story: Accessing our Action On Diabetes programme

Patricia referred herself for support to help manage her diabetes better. She was receiving some support from Newcastle Talking Helps, this was to help her overcome her fears around leaving the house.

Patricia began weekly 1-2-1 phone call sessions on our Action on Diabetes programme. Throughout the programme, she was advised on what types of foods she should be eating and the foods which she should be avoiding and each week the Health Improvement Practitioner and Patricia agreed on a small realistic goal regarding her diet and health.

Throughout the programme Patricia achieved many goals; she limited the food and drinks which were high in sugar and began to read the nutritional labels on food packaging so she could make healthier choices. Patricia's HbA1c was checked before her last appointment with us; this had fallen from 97mmol to 80mmol and she told us that she had dropped her dress size to 16/18 which she was delighted with.

Patricia said *"I am over the moon at how far I have come since our first appointment. The help and support along the way has been invaluable. Not only has my physical health improved greatly but my confidence has increased incredibly. I am confident that I can maintain the changes I have made and keep improving health. My diabetes was out of control and I didn't know what I could do to change it. I now know that if I keep taking care of my health, I will reduce my risk of developing any future complications due to Type 2 Diabetes"*.



Ashleigh's Story: Breastfeeding support from our Amazing Start Team



Ashleigh was struggling to get breastfeeding established, having had problems with breastmilk supply after breast surgery in the past. She gave birth in the middle of the Covid-19 lockdown, because of this there were no groups for Ashleigh to attend which meant she was missing out on support from other mothers.

Ashleigh was also under the care of the infant feeding team at the RVI who put a feeding plan in place before Ashleigh and her baby left hospital. Our Amazing Start team called to offer support and continued having weekly telephone contact with Ashleigh. Through weekly telephone contacts, we supported her to follow her feeding plan, gave encouragement when things were tricky and supported her in her feeding choices.

Ashleigh also joined in with our virtual breastfeeding social group where she was able to speak to volunteers and other breastfeeding mothers and to access the peer support that she was missing. When we last spoke to Ashleigh she told us her daughter was 9 months old now and still breastfeeding alongside solid foods.

Ashleigh said "I was so anxious about trying to breastfeed and I never thought I would be able to exclusively breastfeed but with the amazing support I have received from Claire from the Amazing Start team it has been possible. The team put plans in place for me and really helped me establish a routine with my daughter. They also listened to my concerns and gave me advice. I can't thank them enough for supporting me and I can proudly say after a lot of hard work my daughter is exclusively breastfed."

Jacqueline's Story: quitting smoking successfully during pregnancy



Jacqueline, a 24 year old pregnant lady, was referred into the stop smoking service through Newcastle Central Midwives. Jacqueline was referred at the early stages of her pregnancy.

She smoked 10 cigarettes a day and would have her first within 5 minutes of waking. Although Jacqueline was still young in age she had smoked for over 10 years and had never tried to quit in the past.

As pregnant service users can only use certain NRT products, we talked her through options available and Jacqueline opted for dual treatment of a 16 hr patch and inhalator. With our support she successfully remained smoke free throughout her time with the service and was very proud of her achievements.

Jacqueline told us

“I have never tried to stop smoking before, I really didn’t think I could do it. I couldn’t have done it without the support and guidance from my smoking advisor,” I am now smoke free and saving the extra money for when the baby is born”

James' Story: weight management support



James was 33 when he was referred to our service by his GP surgery after an appointment with his GP highlighting that he wanted to make lifestyle changes, lose weight and control his diet.

His weight on referral was 118kg with a BMI of 36 taking him into the obese category. James was around 76kg when he got married and it was his goal to return to this weight. Due to his hectic lifestyle James found himself very tired, grabbing food on the go and turning increasingly to takeaways for ease.

James told us his eating was often emotional either through, low mood, stress, anxiety or comfort. James completed food diaries and with the support and guidance from us he made positive changes to his diet on a weekly basis. The main focus was to reduce unhealthy snacking and replacing with healthier lower calorie alternatives where possible; have more home cooked meals and increase fruit, vegetable and salad consumption.

James made significant changes which resulted in a dramatic 18kg weight loss during his 2months support. As his weight came off, he told us that his mood and confidence were becoming increasingly more positive.

James told us *“As I lost weight my confidence improved and soon I would like to incorporate exercise into my life to continue the weight loss which will also help my mood and health”*

Paul's Story: 1-2-1 support with his diabetes

DIABETES

Paul was 61 when he was referred to our service by his GP, as he wanted guidance on his diet and wanted to lose weight. His HbA1c was high at 92mmol. Paul's GP had diagnosed Paul with Type 2 Diabetes and he was receiving medication to control it.

Paul was aware he needed to reduce his HbA1c and understood his diet would have to change along with losing some weight and increasing his physical activity. Paul had previously attended routine check-ups and had seen a deterioration in his health relating to Type 2 diabetes thus prompting him to make changes.

Paul completed food diaries and with the support and guidance from his Health Improvement Practitioner he made positive changes to his diet on a weekly basis. The main focus was to reduce the sugar in Paul's diet, alongside controlling portion sizes and limiting processed foods. By week 4 of the programme Paul had made significant changes to his diet including cutting back on high sugary foods and sticking with wholemeal carbohydrates. He had also increased his exercise by walking and gardening more. These changes saw a decrease in his weight and therefore increased his motivation.

At the end of the programme Paul had lost 5kg and reduced his HbA1c 67mmol. Paul felt much more confident making healthier food choices and was keen to try out the gym once Covid restrictions had lifted.

Alan's Story: successfully quitting smoking with our support

Alan, a 71 year old male, was referred into our stop smoking service through the NHS Targeted Lung Health Check program.

Alan had smoked for over 50 years with only one attempt to quit previously. Alan had COPD and Asthma and managed this with numerous medications. While carrying out the stop smoking assessment with Alan we spoke around barriers that have stopped him attempting to quit in the past and we worked with him to overcome these and supported him to get started on his journey.

We looked at different options available and Alan chose dual treatment of a 25mg nicotine patch and lozenges to start with. Over the 12 weeks of support, we reduced his strength of nicotine and Alan remained smoke free.

Alan told us

“I didn't think it was possible at my age to quit, I have smoked from being a young lad. I must admit I struggled in the beginning, but I can feel the difference in my chest and I am not coughing as much.”



Our year in numbers



11,857

Total service attendances by



2638

Unique individuals



30%

Identified as male

70%

Identified as female



29%

BAME engaging in our services



55% of people using our services live in <30% IMD areas



81 staff in our team

58 FTE

51 live locally

Of our staff team:

11%

Identified as male

89%

Identified as female

6%

Identified as BAME



Our turnover for the financial year was

£1,608,076



58

Amazing volunteers supported us



Giving a yearly total of

1,863 hours



Which based on the ONS figure for 2015 has an economic value of

£22,151



6 Trustees

6 Board meetings

1 AGM

OUR PARTNERS

We work in partnership with multiple agencies across the region and would like to take this opportunity to thank all our partners for their help and support during the year.



HOW YOU CAN GET INVOLVED



Volunteer

Breastfeeding Peer Support Volunteers are mothers who have breastfed or are breastfeeding and who have a positive attitude towards breastfeeding. They promote breastfeeding in a friendly and sensitive manner and the role includes supporting our Breastfeeding Co-ordinators work at events and group sessions. Our Antenatal Support Volunteers promote good attitudes to pregnancy and parenting in a friendly and sensitive manner. Our volunteers are an incredibly important part of what we do, many have used our services previously and found the support invaluable and so they have wanted to offer support to other women and parents too.

Become a Trustee

We have some amazing Trustees but we are always pleased to hear from others who might be interested in being a Healthworks Trustee. Being a Trustee is one of the most powerful ways in which you can contribute to your local community or to a cause you really care about. As a Healthworks Trustee, you play an integral part in the good governance of a charity, not only ensuring that Healthworks remains viable and sustainable but ensuring that we follow our aims and objectives in the interests of our beneficiaries. If you would like more information about becoming a Trustee, please get in touch.

Make a donation

Making a donation to Healthworks is a great way to help and support health and wellbeing in North East communities. Every penny counts! No matter how small, Healthworks really values your donation. You can take action right now and know that your gift will immediately help us to support our work. We will use your donation to:

- Reach out to the most vulnerable members of your community to improve health education
- Replacing equipment and provide more physical activities for everyone
- Develop more services for people with long term conditions

You can donate monthly or as a one-off and it's really easy to do, just pop over to the Get Involved section on our website.

OUR 2021-2022 OBJECTIVES

Healthworks is in a strong position to develop further work with partners to tackle health inequalities across the region with evidenced based intervention models of work, proven to support and have a positive impact on people's health outcomes.

We will:

- Explore more funding opportunities, to enable us to continue and develop our work to reduce health inequalities across the region
- Increase NHS, Public Health, Local Authority and Primary Care Network commissions across the region.
- Explore interventions that support those most impacted by the Covid pandemic
- Develop the Board through recruiting more Trustees and explore additional Patrons
- Work in partnership with other third sector organisations on developing new workstreams
- Continue to develop research-based services in collaboration with researchers at our world class regional universities
- Sustain local employment and support our volunteers to gain valuable experience whilst using their skills to support others in their community
- Continue joint planning with staff and partner agencies to ensure the best use of both our buildings and other community facilities over the next 5 years
- Further embed our ability to capture outputs and outcomes information to better evidence impact
- Invest in more digital content and delivery
- Support and invest in our move towards using less resources as part of a 'green' plan



Healthworks
the community health charity

IMPACT REPORT

2020 - 2021

Thanks to all of our past and present staff, volunteers, trustees, funders, partners and friends who have supported us in improving health outcomes for people across the region

www.healthworksnewcastle.org.uk



COMPANY REGISTRATION NUMBER: 02952583
CHARITY REGISTRATION NUMBER: 1040370

**Healthworks Newcastle
Company Limited by Guarantee**

**Report of the Trustees and
Audited Financial Statements**

31 March 2021

STEPHENSON COATES AUDIT LIMITED

Chartered Accountants & Statutory Auditor

West 2, Asama Court
Newcastle Business Park
Newcastle upon Tyne
NE4 7YD

Healthworks Newcastle

Company Limited by Guarantee

Financial Statements

Year ended 31 March 2021

	Page
Trustees' annual report (incorporating the director's report)	1 - 2
Independent auditor's report to the members	3 - 5
Statement of financial activities (including income and expenditure account)	6
Statement of financial position	7
Statement of cash flows	8
Notes to the financial statements	9 - 18

Healthworks Newcastle

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 March 2021

The trustees, who are also the directors for the purposes of company law, present their report and the financial statements of the charity for the year ended 31 March 2021.

Reference and administrative details

Registered charity name	Healthworks Newcastle
Charity registration number	1040370
Company registration number	02952583
Principal office and registered office	Health Resource Centre Adelaide Terrace, Benwell Newcastle upon Tyne NE4 8BE

The trustees

D Creighton
P A Cresswell
D Lagun
J H Marks
J R Sabarre
M E Turner

Auditor	Stephenson Coates Audit Limited Chartered Accountants & Statutory Auditor West 2, Asama Court Newcastle Business Park Newcastle upon Tyne NE4 7YD
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Bankers	Barclays Bank Plc 446 Westgate Road Newcastle upon Tyne NE4 9BN
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Solicitors	David Grey 56 Westgate Road Newcastle upon Tyne NE1 5XU
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Healthworks Newcastle

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

Trustees' responsibilities statement

The trustees, who are also directors for the purposes of company law, are responsible for preparing the trustees' 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 charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the incoming resources and application of resources, including the income and expenditure, for that period.

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

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the applicable Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity 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 charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

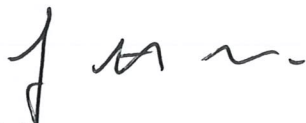
Auditor

Each of the persons who is a trustee at the date of approval of this report confirms that:

- so far as they are aware, there is no relevant audit information of which the charity's auditor is unaware; and
- they have taken all steps that they ought to have taken as a trustee to make themselves aware of any relevant audit information and to establish that the charity's auditor is aware of that information.

The auditor is deemed to have been re-appointed in accordance with section 487 of the Companies Act 2006.

The trustees' annual report was approved on 21st September 2021 and signed on behalf of the board of trustees by:



J H Marks
Trustee

Healthworks Newcastle

Company Limited by Guarantee

Independent Auditor's Report to the Members of Healthworks Newcastle

Year ended 31 March 2021

Opinion

We have audited the financial statements of Healthworks Newcastle (the 'charity') for the year ended 31 March 2021 which comprise the statement of financial activities (including income and expenditure account), statement of financial position, statement of cash flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 March 2021 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;
- 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 charity 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 trustees' 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 company's ability to continue as a going concern for a period of at least 12 months from when the financial statements are authorised for issue.

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

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information. Our opinion on the financial statements does not cover the 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.

Healthworks Newcastle

Company Limited by Guarantee

Independent Auditor's Report to the Members of Healthworks Newcastle *(continued)*

Year ended 31 March 2021

Opinions 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 trustees' report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the trustees' report.

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

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

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, the trustees (who are also the directors 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 trustees 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 trustees are responsible for assessing the charity'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 trustees either intend to liquidate the charity 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.

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. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

Healthworks Newcastle

Company Limited by Guarantee

Independent Auditor's Report to the Members of Healthworks Newcastle *(continued)*

Year ended 31 March 2021

Auditor's responsibilities for the audit of the financial statements *(continued)*

We obtained an understanding of the legal and regulatory framework applicable to both the company itself and the sector in which it operates. We identified areas of laws and regulations that could reasonably be expected to have a material effect on the financial statements from our sector experience and through discussion with the Key Management Personnel. The most significant identified that directly affect the financial statements include financial reporting legislation (including related companies' legislation), the Charities Act 2011 and UK taxation legislation. The company is subject to other laws and regulations where the consequences of non-compliance could have a material effect on amounts or disclosures in the financial statements, for instance through the imposition of fines or litigation. We identified the following areas as those most likely to have such an effect: Health and Safety, Employment Law and Data Protection regulations, recognising the nature of the company's activities.

We considered the extent of compliance with those laws and regulations as part of our procedures on the related financial statements. Our audit procedures included:

- making enquiries of Trustees and Key Management Personnel as to where they consider there to be susceptibility to fraud and whether they have any knowledge or suspicion of fraud;
- obtaining an understanding of the internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations;
- assessing the design effectiveness of the controls in place to prevent and detect fraud;
- assessing the risk of management override, including identifying and testing journal entries;
- challenging the assumptions and judgements made by management in its significant accounting estimates.

Our audit did not identify any key audit matters relating to the detection of irregularities including fraud. However, despite the audit being planned and conducted in accordance with ISAs (UK) there remains an unavoidable risk that material misstatements in the financial statements may not be detected owing to inherent limitations of the audit and that by their very nature, any such instances of fraud or irregularity likely involve collusion, forgery, intentional misrepresentations, or the override of internal controls.

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charity's members, 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 charity's members 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 charity and the charity's members as a body, for our audit work, for this report, or for the opinions we have formed.



John Oswald BA FCA
Senior Statutory Auditor

Stephenson Coates Audit Limited
Chartered accountants

West 2, Asama Court
Newcastle Business Park
Newcastle upon Tyne
NE4 7YD

21st September 2021

Healthworks Newcastle
Company Limited by Guarantee
Statement of Financial Activities
(including income and expenditure account)

31 March 2021

	Note	Unrestricted funds £	2021 Restricted funds £	Total funds £	2020 Total funds £
Income and endowments					
Donations	5	6,852	-	6,852	6,296
Charitable activities	8	1,363,951	-	1,363,951	1,169,728
Other trading activities	6	132,716	-	132,716	162,053
Investment income	7	35,082	-	35,082	34,634
Other income		69,475	-	69,475	-
Total income		<u>1,608,076</u>	<u>-</u>	<u>1,608,076</u>	<u>1,372,711</u>
Expenditure					
Expenditure on raising funds:					
Costs of raising donations	9	143,775	-	143,775	141,990
Expenditure on charitable activities	10,11	1,377,526	19,614	1,397,140	1,221,744
Total expenditure		<u>1,521,301</u>	<u>19,614</u>	<u>1,540,915</u>	<u>1,363,734</u>
Net income / (expenditure)		<u>86,775</u>	<u>(19,614)</u>	<u>67,161</u>	<u>8,977</u>
Reconciliation of funds					
Total funds brought forward		645,037	1,317,434	1,962,471	1,953,494
Total funds carried forward		<u>731,812</u>	<u>1,297,820</u>	<u>2,029,632</u>	<u>1,962,471</u>

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The notes on pages 9 to 18 form part of these financial statements.

Healthworks Newcastle

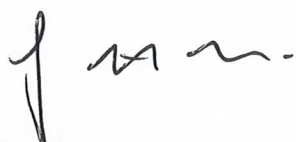
Company Limited by Guarantee

Statement of Financial Position

31 March 2021

		2021	2020
		£	£
Fixed assets			
Tangible fixed assets	15	1,312,025	1,272,909
Current assets			
Debtors	16	100,021	114,672
Cash at bank and in hand		1,052,796	896,933
		<u>1,152,817</u>	<u>1,011,605</u>
Creditors: amounts falling due within one year	17	<u>435,210</u>	<u>(322,043)</u>
Net current assets		<u>717,607</u>	<u>689,562</u>
Total assets less current liabilities		<u>2,029,632</u>	<u>1,962,471</u>
Net assets		<u>2,029,632</u>	<u>1,962,471</u>
Funds of the charity			
Unrestricted funds		731,812	645,037
Restricted funds		1,297,820	1,317,434
Total charity funds	19	<u>2,029,632</u>	<u>1,962,471</u>

These financial statements were approved by the Board of Trustees and authorised for issue on 21st September 2021, and are signed on behalf of the board by:



J H Marks
Trustee



P A Cresswell
Trustee

The notes on pages 9 to 18 form part of these financial statements.

Healthworks Newcastle

Company Limited by Guarantee

Statement of Cash Flows

Year ended 31 March 2021

	2021	2020
	£	£
Cash flows from operating activities		
Net income	67,161	8,977
<i>Adjustments for:</i>		
Depreciation charges	44,099	33,235
Interest received	(2,599)	(2,869)
<i>Changes in:</i>		
Trade and other debtors	14,651	(67,535)
Trade and other creditors	113,167	147,912
Cash generated from operations	<u>236,479</u>	<u>119,720</u>
Net cash from operating activities	<u>236,479</u>	<u>119,720</u>
Cash flows from investing activities		
Payments for the acquisition of tangible fixed assets	(83,215)	(5,475)
Interest received	2,599	2,869
Net cash used in investing activities	<u>(80,616)</u>	<u>(2,606)</u>
Net increase in cash and cash equivalents	155,863	117,114
Cash and cash equivalents at beginning of year	<u>896,933</u>	<u>779,819</u>
Cash and cash equivalents at end of year	<u>1,052,796</u>	<u>896,933</u>

The notes on pages 9 to 18 form part of these financial statements.

Healthworks Newcastle

Company Limited by Guarantee

Notes to the Financial Statements

Year ended 31 March 2021

1. General information

The charity is a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is Health Resource Centre, Adelaide Terrace, Benwell, Newcastle upon Tyne, Tyne & Wear, NE4 8BE.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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 (FRS 102) (Charities SORP (FRS 102) and the Charities Act 2011.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Incoming resources

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the amount can be measured reliably and is not deferred.

Income received in advance of training courses or the provision of other specified services is deferred until the criteria for the income recognition is met.

Income from trading activities relates to trading activities to raise funds for the charity and the income from fundraising events. It is recognised when earned.

Interest on funds held on deposit is included when receivable, this is normally upon notification of the interest paid or payable by the Bank.

Healthworks Newcastle

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2021

3. Accounting policies *(continued)*

Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis.

Expenditure is classified under the following activity headings:

- Costs of raising funds comprise the costs of commercial trading including the cafe and provision of the nursery at The Lemington Centre, together with their associated support costs.
- Expenditure on charitable activities includes the costs of providing the various activities undertaken to further the purpose of the charity, together with their support costs.
- Other expenditure represents those items not falling into any other heading.
- Irrecoverable VAT is charged against the activity for which the expenditure was incurred.

Tangible assets

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

Long leasehold	-	in accordance with terms of the lease
Plant and machinery	-	20% on cost and 15% on cost
Fixtures and fittings	-	10% on cost
Computer equipment	-	25% on cost and 20% on cost

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Voluntary assistance

Time is expended on the charity's activities and governance which is donated free of charge. It is impractical to quantify the value of the time given, and accordingly it is neither recorded as donated income nor as an expense in the financial statements

4. Limited by guarantee

Healthworks Newcastle is a company limited by guarantee and accordingly does not have a share capital.

Every member of the company undertakes to contribute such amount as may be required not exceeding £1 to the assets of the charitable company in the event of its being wound up while he or she is a member, or within one year after he or she ceases to be a member.

Healthworks Newcastle

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2021

5. Donations	2021	2020
	£	£
Donations	<u>6,852</u>	<u>6,296</u>
6. Other trading activities	2021	2020
	£	£
Café Income	14,842	34,012
Room hire	3,860	11,589
Playgroup Admissions	114,014	116,452
	<u>132,716</u>	<u>162,053</u>
7. Investment Income	2021	2020
	£	£
Rents received	32,483	31,765
Deposit account interest	2,599	2,869
	<u>35,082</u>	<u>34,634</u>
8. Income from Charitable Activities	2021	2020
	£	£
<u>Core Activities</u>		
Service Level Agreements	57,753	-
Admissions	-	48,853
Rental income	71,748	79,609
Grant income	18,303	341
Other income	19,237	21,696
Training & Development Courses	-	2,956
	<u>167,041</u>	<u>153,455</u>
<u>Physical Activities</u>		
Service Level Agreements	178,023	185,332
Admissions	6,278	-
Grant income	17,386	250
Other income	834	2,222
	<u>202,521</u>	<u>187,804</u>

Healthworks Newcastle

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2021

8. Income from Charitable Activities *(continued)*

	2021	2020
	£	£
<u>Health Improvements</u>		
Service Level Agreements	186,663	314,529
Grant income	75,527	18,710
Shortfall funding	20,972	-
Link Worker funding	92,514	19,545
Other income	6,002	5,003
Stop Smoking Services	11,120	-
Assessment income	47,427	72,066
	<u>440,225</u>	<u>429,853</u>
<u>Health Promotion</u>		
Service Level Agreements	172,352	163,897
Grant income	174,995	8,237
Other income	3,602	3,880
	<u>350,949</u>	<u>176,014</u>
<u>Children and Young People</u>		
Service Level Agreements	196,301	169,913
Grant income	4,966	-
Other income	1,948	543
	<u>203,215</u>	<u>170,456</u>
<u>Learning & Development</u>		
Link Worker funding	-	42,073
	<u>-</u>	<u>42,073</u>
<u>Parks for People</u>		
Grant income	-	5,840
Other income	-	4,233
	<u>-</u>	<u>10,073</u>
	<u>-</u>	<u>-</u>
Total income from Charitable Activities	<u>1,363,951</u>	<u>1,169,728</u>

Grants received, included in the above, totalled £291,177 (2020: £33,378)

Healthworks Newcastle

Company Limited by Guarantee

Notes to the Financial Statements (continued)

Year ended 31 March 2021

9. Raising Funds

Other trading activities

	2021	2020
	£	£
Café costs	29,937	38,341
Playgroup costs	113,838	103,649
	<u>143,775</u>	<u>141,990</u>

10. Charitable Activities Costs

	Direct Costs	Support Costs	Total 2021
	(£)	(see Note 11) (£)	(£)
Core Activities	73,609	501,077	574,686
Physical Activities	147,760	5,195	152,955
Health Improvement	271,351	11,275	282,626
Health Promotion	217,308	9,053	226,361
Children & Young People	152,190	8,322	160,512
	<u>862,218</u>	<u>534,922</u>	<u>1,397,140</u>

	Direct Costs	Support Costs	Total 2020
	(£)	(see Note 11) (£)	(£)
Core Activities	88,609	462,557	551,166
Physical Activities	156,592	532	157,124
Health Improvement	225,216	14,539	239,755
Health Promotion	116,072	213	116,285
Children & Young People	152,527	4,887	157,414
	<u>739,016</u>	<u>482,728</u>	<u>1,221,744</u>

Healthworks Newcastle

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2021

11. Support costs

	Management	Governance costs	Total 2021
	£	£	£
Core Activities	495,338	5,739	501,077
Physical Activities	5,195	–	5,195
Health Improvement	11,275	–	11,275
Health Promotion	9,053	–	9,053
Children & Young People	8,322	–	8,322
	<u>529,183</u>	<u>5,739</u>	<u>534,922</u>

	Management	Governance costs	Total 2020
	£	£	£
Core Activities	457,409	5,148	462,557
Physical Activities	532	–	532
Health Improvement	14,539	–	14,539
Health Promotion	213	–	213
Children & Young People	4,887	–	4,887
	<u>477,580</u>	<u>5,148</u>	<u>482,728</u>

12. Net income / (expenditure)

	2021	2020
	£	£
Auditor's remuneration	4,500	4,000
Depreciation – owed assets	44,099	33,235
Hire of plant and machinery	2,956	1,705
Receipts under the Coronavirus Job Retention Scheme	69,475	-

13. Trustee remuneration and benefits

There were no trustees' remuneration or other benefits for the year ended 31 March 2021 (2020: Nil).

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2021 (2020: Nil).

Healthworks Newcastle

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2021

14. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2021	2020
	£	£
Gross Wages and Salaries	1,141,106	915,582
Employers National Insurance	75,838	54,105
Employers Pension	21,672	12,501
	<u>1,238,616</u>	<u>982,188</u>

The average monthly number of employees during the year was as follows

	2021	2020
	£	£
Core Activities	24	23
Physical Activities	4	7
Health Improvement	24	12
Health Promotion	18	20
Children & Young People	11	9
	<u>81</u>	<u>71</u>

No employee received employee benefits of more than £60,000 during the year (2020: Nil).

The Key Management Personnel of the charity comprises the Trustees, the Chief Executive Officer, the Deputy Chief Executive Office, Director of Wellbeing, Director of Community Development, Director of Finance and Director of Operations.

The total employee benefits of the Key Management Personnel of the Charity was £190,214 (2020: £187,878).

15. Tangible fixed assets

	Long Leasehold	Plant & Machinery	Fixtures & Fittings	Computer Equipment	Total
	£	£	£	£	£
<i>Cost</i>					
At 1 April 2020	1,529,693	31,122	137,426	227,179	1,925,420
Additions	-	-	45,081	38,134	83,215
At 31 March 2021	<u>1,529,693</u>	<u>31,122</u>	<u>182,507</u>	<u>265,313</u>	<u>2,008,635</u>
<i>Depreciation</i>					
At 1 April 2020	276,459	31,122	129,023	215,907	652,511
Charge for the year	18,755	-	14,789	10,555	44,099
At 31 March 2021	<u>295,214</u>	<u>31,122</u>	<u>143,812</u>	<u>226,462</u>	<u>696,610</u>
<i>Carrying amount</i>					
At 31 March 2021	<u>1,234,479</u>	<u>-</u>	<u>38,695</u>	<u>38,851</u>	<u>1,312,025</u>
At 31 March 2020	<u>1,253,234</u>	<u>-</u>	<u>8,403</u>	<u>11,272</u>	<u>1,272,909</u>

All tangible fixed assets are held for the purposes of the charity.

Healthworks Newcastle

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2021

16. Debtors

	2021	2020
	£	£
Trade debtors	60,895	77,760
Other debtors	20,455	8,003
Prepayments and accrued income	18,671	28,909
	<u>100,021</u>	<u>114,672</u>

17. Creditors: amounts falling due within one year

	2021	2020
	£	£
Trade creditors	60,467	31,548
Social security and other taxes	21,732	14,720
VAT	57,566	47,281
Other creditors	5,852	4,397
Accruals and deferred income	289,593	224,097
	<u>435,210</u>	<u>322,043</u>

Included within Accruals and deferred income is an amount of £217,468 (2020: £198,149) relating to deferred income. The full amount of £198,149 has been released to the SOFA from the previous accounting period and income totalling £217,468 has been deferred in the current year.

18. Pensions and other post-retirement benefits

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £21,672 (2020: £12,501).

Healthworks Newcastle

Company Limited by Guarantee

Notes to the Financial Statements (continued)

Year ended 31 March 2021

19. Analysis of charitable funds

Unrestricted funds

	At 1 April 2020	Income	Expenditure	At 31 March 2021
	£	£	£	£
General funds	645,037	1,608,076	(1,521,301)	731,812

Restricted funds	At 1 April 2020	Income	Expenditure	At 31 March 2021
	£	£	£	£
Capital Health Resource Centre	1,020,999	–	(10,140)	1,010,859
Sure Start Refurbishment	267,766	–	(2,039)	265,727
Savoy Cooker	320	–	(320)	–
TLC Playgroup	28,349	–	(7,115)	21,234
	1,317,434	–	(19,614)	1,297,820

Unrestricted funds

	At 1 April 2019	Income	Expenditure	At 31 March 2020
	£	£	£	£
General funds	619,356	1,372,711	(1,347,030)	645,037

Restricted funds	At 1 April 2019	Income	Expenditure	At 31 March 2020
	£	£	£	£
Capital Health Resource Centre	1,031,139	–	(10,140)	1,020,999
Sure Start Refurbishment	269,805	–	(2,039)	267,766
Savoy Cooker	320	–	–	320
TLC Playgroup	32,874	–	(4,525)	28,349
	1,334,138	–	(16,704)	1,317,434

The purpose of the funds are:

Capital Health Resource Centre

This represents grants given for the purchase of the building leasehold and equipment, which is expended in line with the depreciation on the relevant assets.

Sure Start Refurbishment

Grant to help towards the cost of the refurbishment of the offices used by the Sure Start Team.

Savoy Cooker

Grant to cover the cost of a cooker for use in the cafe at the Lemington Centre.

TLC Playgroup Extension

Grant to help towards the cost of the extension to the nursery at the Lemington Centre.

Healthworks Newcastle

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2021

20. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Tangible fixed assets	14,205	1,297,820	1,312,025	1,272,909
Current assets	1,152,817	–	1,152,817	1,011,605
Current liabilities	(435,210)	–	(435,210)	(322,043)
Net assets	<u>731,812</u>	<u>1,297,820</u>	<u>2,029,632</u>	<u>1,962,471</u>

21. Related parties

Joel Marks, Chairman of Healthworks Newcastle, is also a director of Cheviot Insurance Services Limited from which Healthworks Newcastle purchased supplies on an arm's length basis totalling £9,340 (2020 – £8,721). Included within trade creditors is an amount of £7,757 (2020 - £7,467) due to Cheviot Insurance Services Limited.

During the year, Trustees donations totalled £Nil (2020: £Nil).

There were no other related party transactions during the year ended 31 March 2021 to report.