

WOMEN'S HEALTH IN SOUTH TYNESIDE

Company Limited by Guarantee

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

Charity Number: 1119901

Company Registered Number: 06175697

Debére Limited
Chartered Accountants
Swallow House
Parsons Road
Washington
Tyne and Wear
NE37 1EZ

WOMEN'S HEALTH IN SOUTH TYNESIDE

FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2021

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WOMEN'S HEALTH IN SOUTH TYNESIDE
MEMBERS OF THE BOARD AND PROFESSIONAL ADVISERS
YEAR ENDED 31 MARCH 2021

The board of trustees	Donna di Stefano Chris Westbury Eva Allen Judith Helen Taylor Anna Shields Sarah Bullock Anna Kozaczek
Local Authority representative	Judith Helen Taylor
Charity secretary	Anna Kozaczek
Registered office	Salus House 33 Mile End Road South Shields Tyne and Wear NE33 1TA
Charity number	1119901
Company registration number	06175697
Accountants	Debére Limited Chartered Accountants Swallow House Parsons House Washington Tyne and Wear NE37 1EZ
Bankers	Virgin Money 30 Fowler Street South Shields Tyne and Wear NE33 1NE
Solicitor	Ward Hadaway Sandgate House 102 Quayside Newcastle upon Tyne Tyne and Wear NE1 3DX

WOMEN'S HEALTH IN SOUTH TYNESIDE
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT
YEAR ENDED 31 MARCH 2021

The trustees, who are the directors of the organisation for the purpose of Company Law, present their annual director's report together with the charity's financial statements for the year ended 31 March 2021.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019)".

Objectives and Activities

WHIST is a registered charity and company limited by guarantee, it was established in 1986 with the following charitable objectives;

To Preserve and protect good health, both mental and physical, of women, particularly by providing appropriate health advice, counselling and assistance and finding effective ways of meeting specific health problems.

And

To advance the education of women to enable them to use their talents to the full and to extend their knowledge and specific skills and to encourage them to participate more fully in local and international affairs in voluntary activities and in their working lives.

We are committed to offering women only services that are open to all women over 16, irrespective of class, sexual orientation, ethnic background or disability/ability.

Our values are key to achieving the following outcomes for women:

- Promote independence, choice and control over their lives
- Increase knowledge and skills
- Improve physical and mental health awareness
- Improve access to services
- Promote social inclusion
- Improve confidence, self-esteem and well-being

We offer a wide range of holistic services offering mental, physical and emotional support in a safe, confidential and non-judgemental environment that encourages equality, independence and empowerment. We encourage women to take control of their health and decision making by supporting them to choose their own route through services to suit their changing needs and supporting them to access services in the wider community to assist their progression.

We work to achieve our aims by providing the following services:

- | | |
|--|----------------------------------|
| • Counselling | • Focused Telephone Support |
| • Personal development and training courses | • Support groups |
| • Employability support | • Drop-in sessions |
| • Volunteering opportunities | • Exercise sessions |
| • Listening ear service | • Health and wellbeing support |
| • IT support including access to equipment and broadband | • Information, advice & guidance |
| | • Library |

Our services compliment Local and Government Strategic plans and priorities and we participate in forums and working parties contributing to aligning the development of future services with the needs of local women.

WOMEN'S HEALTH IN SOUTH TYNESIDE
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT *(continued)*
YEAR ENDED 31 MARCH 2021

Achievement and Performance

- We responded swiftly and effectively to the lockdown imposed due to the pandemic, delivering online or via phone. We contacted all **1250** members during lockdown to assess their immediate needs and provide ongoing support where necessary.
- We secured funding via **Coalfields Regeneration Trust** to purchase PPE and adapt our building to enable covid safe working. Grants from the **Community Foundation** and **National Lottery Community Fund** funded work to support women through the pandemic including providing access to IT equipment and broadband.
- A new service, **Focused Support**, was established to respond flexibly to women's changing circumstances. Workers provided telephone support with whatever issues were being experienced by women including bereavement, mental and physical ill health, addiction, domestic violence, debt, housing, wellbeing planning, advocacy and support to recover from isolation. The funding for this work came from the **Police Crime Commissioner's Office**.
- **35 volunteers** and **13 volunteer counsellors** were central in the planning and delivery of services and peer support.
- Volunteers offered over **1200 hours** of support across the year. Counselling volunteers delivered **1217** sessions.
- We continued to work in partnership with other organisations in the Borough. We planned and hosted another successful International Women's Day event with **Aspire, Angelou Centre, Apna Ghar, Bright Futures, CREST, Hindu Nari Sangh and Sangini**. We worked closely with **Hospitality and Hope** to provide food bags to women in need. We addressed health needs in the Borough in partnership with other VCSE organisations and Public Health through attendance at **Alliance Working groups**. We continued to work with **Changing Lives** and **Probation** to host a successful women's hub. Our long-standing partnership with the **WEA** (Workers Educational Association) provided access to adult education for local women.
- We welcomed one new Trustee to our Board and have held "**Thinking Together**" sessions to review and monitor our progress with our Strategic Plans and to strengthen our teamwork. Thank you to Lysa Morrison for her work facilitating these sessions with Trustees, staff, and volunteers.
- We developed a new database, working with Chris Grant from Throneware. This enables us to count numbers of women accessing provision and provide more detail about the benefits of our services. The full impact of this will be seen in next year's annual report.

Provision

Our Service Development and Delivery Coordinator, Janet Cresswell, oversees WHiST learning programme.

Courses

64 different women have accessed one or more of the **20** different courses were provided this year, attending **131** sessions. Courses were designed to support women in isolation. We initially delivered on zoom and later with a hybrid model, mixing classroom and online learning. This enabled women who needed face to face support to attend alongside those isolating at home. Numbers of courses and learners are down on previous years due to the challenges of delivering online and the traumatic circumstances women were experiencing. We nevertheless delivered a third of our usual number of courses. Staff and volunteers used their considerable skill to make online learning engaging and supportive. We developed a **Recovery and Resilience** course to support women during and coming out of lockdown.

We established a **Young Women's Support Group** and are planning to extend this work in 21/22 with employment of a Young Women's Engagement Worker.

WOMEN'S HEALTH IN SOUTH TYNESIDE
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT *(continued)*
YEAR ENDED 31 MARCH 2021

Volunteering

The Volunteer team have been a central part of WHiST response to the pandemic. Volunteers are delivering support sessions and courses having gained Level 3 teaching qualifications.

- **35** volunteers supported by Volunteer Coordinator, Joy Nancarrow, delivered services to over **600** women.
- **450** women were contacted with Wellbeing Calls.
- Listening Ear volunteers supported **60** women who were living with multiple challenges and isolated at home. Weekly telephone support was provided.
- **100** cards were hand delivered to women who we were unable to contact by phone.
- **100** women who felt unable to access WHiST due to fears around Covid were called. Their experiences are being used to plan support services for the most isolated women.
- We developed an online **Volunteer Skills Course**, which was co-produced and delivered with **4** volunteers and graded by South Tyneside Skills Service as **Exceptional**.
- Volunteers identified the need for and developed **new** Virtual support groups and piloted evening and Saturday opening to extend the services provided to new women including young women **age 16-25**.

Counselling

We have offered Cognitive Behavioural Therapy (CBT), Person Centred Therapy, Gestalt, Psychodynamic, Group and Neuro-Linguistic Programming (NLP):

- **13** counsellors have delivered sessions from WHiST this year.
- Funding from the Police Crime Commissioner allowed Margaret Bird to continue in the full time Counselling Coordinator role. Additional PCC funding meant we could employ Ruth Marshall in a Senior Counsellor role.
- All counsellors receive **supervision** in line with BACP and UKCP regulations, in addition group supervision has been offered.
- The Counselling Coordinator delivered **141 hours** of clinical supervision sessions and urgent supervision related calls to volunteer counsellors including **4** trainees.
- **61** assessments were delivered. There was a decrease in the number of assessments **not attended**. We believe this is a consequence of remote delivery and the impacts of lockdown.
- **1217** sessions of counselling were attended.
- **109** women were referred, and **76** women received counselling

Our long-standing partners include Rape Crisis Tyneside Northumberland (RCTN) who provide outreach services at WHiST and Changing Lives/Probation who deliver the Women's Hub from WHiST.

We have ongoing links with South Tyneside DV Forum, Impact Family Services, Angelou Centre, Apna Ghar, FLOWS and the South of Tyne Women's Partnership.

WOMEN'S HEALTH IN SOUTH TYNESIDE
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT *(continued)*
YEAR ENDED 31 MARCH 2021

Employability Project

Delivered through partnership working with The Wise Steps Project, funded by the Lottery and European Social Fund. Employment Coach, Asia Uddin works alongside Admin Worker, Debra McBride.

- 18 Women enrolled on the programme by March 2020.
- 6 women moved into employment
- 1 woman gained a qualification
- 6 women gained a Level 1 Employability Award
- 2 women completed functional skills in English
- 6 women entered volunteering
- 25 referrals to specialist partners to access support including counselling, IT skills, confidence building and benefits advice.
- We are working with diverse women reaching our targets to engage women over 50, women with a disability, women from BAME communities, lone parents and carers.
- Referral to the programme will close in December 2021.

Focused Support Service

A new service developed in response to the pandemic. Sessional staff Karen Ambelez, Rebecca Johnston, Anna Shields, and Sonia Tabassum delivered telephone support to women isolated at home and experiencing difficult circumstances. Focused Support was also offered to women waiting for counselling.

- 41 women supported with weekly calls for up to an hour in duration.
- A wide range of issues addressed including PTSD, anxiety, depression, addiction, housing, debt and financial hardship, domestic violence, physical and mental ill health, self-neglect, eating distress, parenting issues including child to parent violence.
- Referrals made to 26 partner organisations in South Tyneside.
- Support offered by the Focused Support Workers included Mindfulness, applications for housing, benefits and college, CBT, journaling, advocacy, access to food, medication, furniture, clothing, support to take medication, dealing with debt and rent arrears, walk and talk.

Self Help and Peer Support groups

Support groups delivered throughout the year by volunteers and tutors included:

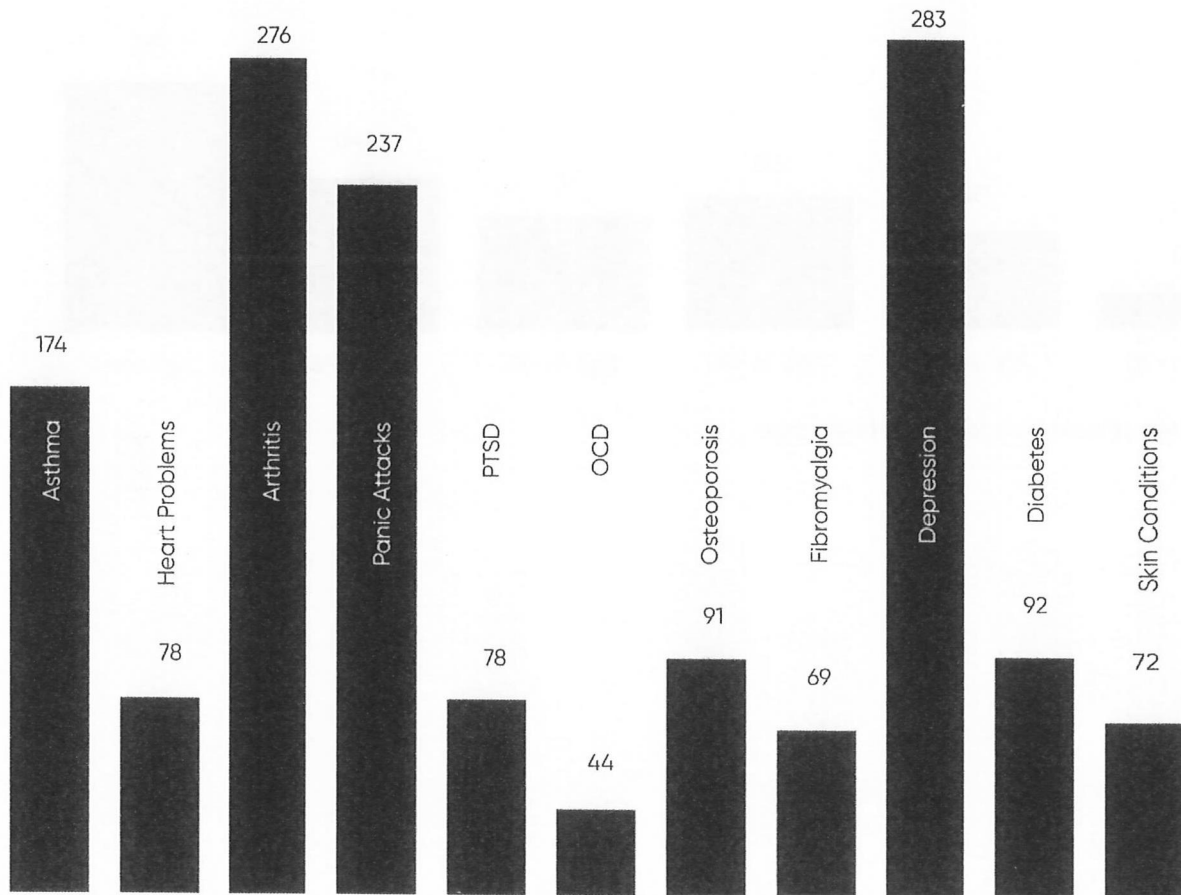
- Weekly Relaxation session with a trained facilitator.
- Living with Long Term Health Conditions, delivered fortnightly.
- Craft group with peer and volunteer support
- Meet and Greet volunteer led service
- Re-MIND – a volunteer memory support group
- Photography Group
- Creative Writing
- Simply Social drop in
- Young Women's Support Group
- Financial Support – developing a credit union collection point with Moneywise Credit Union

WOMEN'S HEALTH IN SOUTH TYNESIDE
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT (continued)
YEAR ENDED 31 MARCH 2021

Top 10 most reported health conditions of WHiST members

Long Term Condition

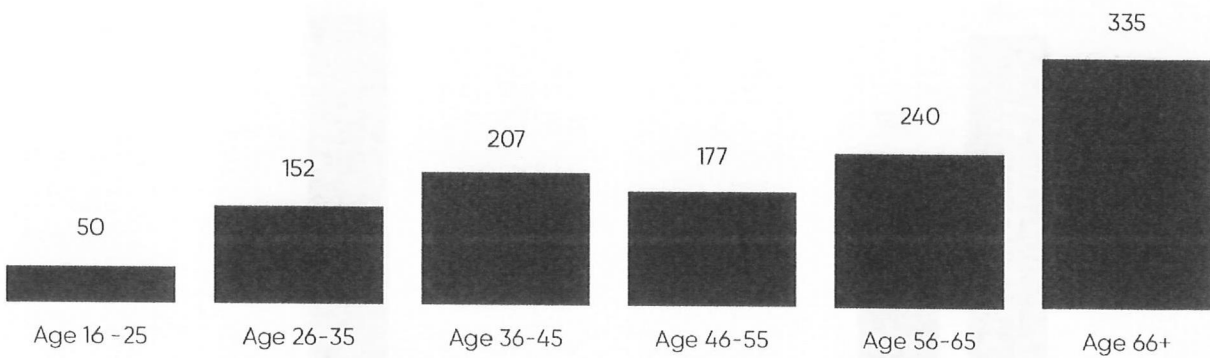
Most reported health conditions of members



**WOMEN'S HEALTH IN SOUTH TYNESIDE
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT *(continued)*
YEAR ENDED 31 MARCH 2021**

Members by Age Group

Numbers of women under 35 accessing provision continued to rise this year.

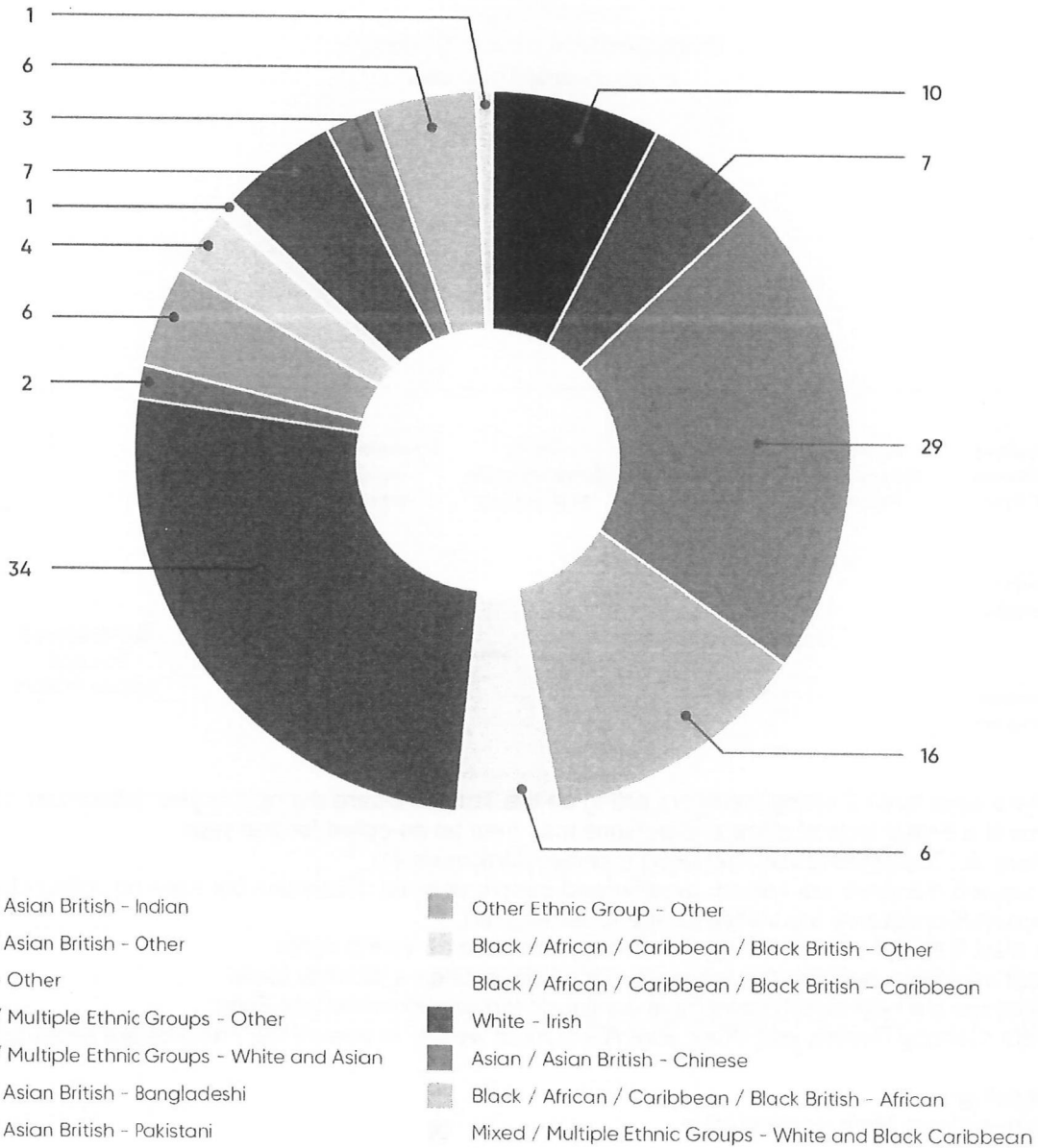


11 women chose not to state their age

**WOMEN'S HEALTH IN SOUTH TYNESIDE
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT (continued)
YEAR ENDED 31 MARCH 2021**

Ethnicity

11.3% of members are from the following ethnic groups

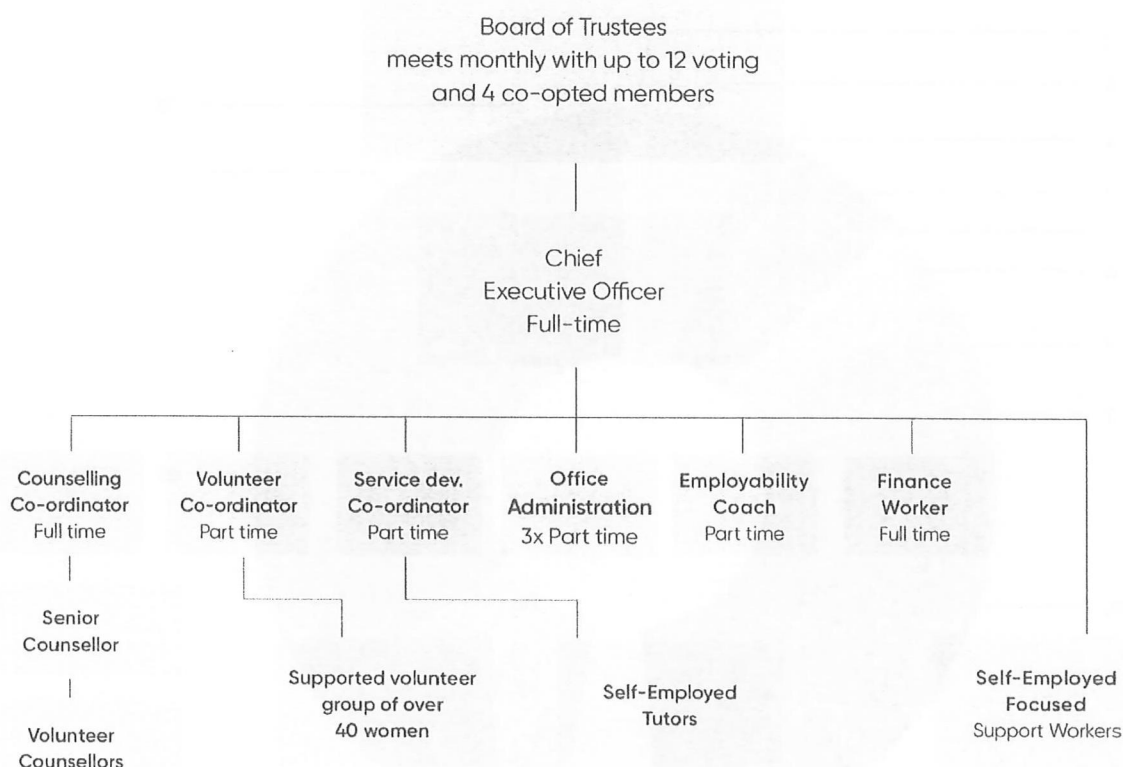


The majority of members identify as White British



**WOMEN'S HEALTH IN SOUTH TYNESIDE
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT (continued)
YEAR ENDED 31 MARCH 2021**

Governance



- There have been 7 voting members sitting on the Trustee Board during this year (Maximum 12).
- This is a 3-year term of office and persons may then be co-opted for one year.
- There is 1 Co-opted (Local Authority) member (Maximum 4).
- Co-opted members are valued, experienced people who aid discussion but have no voting status.
- Experts/Consultants are invited to attend as required.
- At least 2 staff members attend the meeting but have no voting rights.
- Staff members report on the progress of their projects on a monthly basis
- Meetings are held monthly and have continued through lockdown via Zoom.
- CEO, Corinne Devine, and Chair, Eve Allen, meet weekly to ensure the Trustees are kept up to date.

Team working

WHiST has a strong team working ethic.

Regular “Thinking Together” sessions have been held during the year bringing together staff, volunteers, Trustees and members to look at specific topics, review progress, and new initiatives. We have also worked together to review our staffing structure and Strategic Plans.

The staff team meet weekly to look ahead at provision, discuss progress, share ideas and address any issues including Safeguarding and Equality and Diversity.

Project Coordinators are supported by the work of our highly skilled admin team of Wendy Stonehouse, Debra McBride and Gell Kay.

WOMEN'S HEALTH IN SOUTH TYNESIDE
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT *(continued)*
YEAR ENDED 31 MARCH 2021

Plans for the future

- We intend to maintain current levels of delivery by identifying and making applications for funding through grants, contracts, service level agreements and broadening our portfolio to include social enterprise development to generate an income and strengthening partnerships.
- We will build on the developments established in response to Covid 19, continuing to deliver a hybrid model of in person and online/telephone services, addressing digital poverty and expanding services for younger women age 16-25 years.
- We will explore the use of the V Learn platform run by the Olive Group and NOCN to provide accredited and non-accredited learning.
- We will provide placements for two young women age 16-25 under the Kickstart scheme.
- With funding secured from Public Health we will employ a Women's Advocate to support women around debt, a part time Counsellor and a Young Women's Engagement Worker to support women age 16-25 with their mental health.
- The Smallwood Trust/Rosa have provided a one-year grant to employ a Women Thrive Project Coordinator helping women move towards financial resilience. We will work with Apna Ghar Women's Centre on this project to ensure women from BAME communities can access provision.
- Coalfields Regeneration Trust funding will provide a three-day Counsellor post, enabling the service to respond to increasing demand.
- We will re-open the under 5s creche, for part of the week, as part of the Women Thrive project.
- We will ensure that policies and procedures are kept up to date and that Governance is conducted professionally.
- We will identify and work toward a new quality mark following on from our trusted Charity Mark Level 2.

REFERENCE AND ADMINISTRATIVE DETAILS

Advisors and consultants involved during the year were as follows:

Lysa Morrison from TSHP Consultancy – running Strategic Development Workshops to review the staffing structure and develop the Five-Year Plan.

Paula Barclay – HR consultant from Professional People Management - to assist with policies ensuring we comply with legislative changes for compliance with our PQASSO kite mark and ongoing HR advice and support.

List of Trustees

Donna di Stefano

Chris Westbury – resigned 22 September 2021

Eva Allen; Chair

Judith Helen Taylor; Councillor

Anna Shields

Sarah Bullock – appointed 19 August 2020

Anna Kozaczek; Charity Secretary – appointed 30 September 2020

Jayne Daghish – appointed 22 September 2021

Key Employees of the charitable company

Corinne Devine: Chief Executive Officer

WOMEN'S HEALTH IN SOUTH TYNESIDE
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT *(continued)*
YEAR ENDED 31 MARCH 2021

RESERVES AND FINANCIAL HEALTH

Our Finances

The Statement of Financial Activities show:

- ❖ Incoming resources of £441,080
- ❖ Expenditure of £352,046

The total funds of £1,165,148 includes:

- ❖ Restricted Funds of £871,251 – mainly consisting of the freehold property and other tangible fixed assets of £748,333
- ❖ Unrestricted Funds of £133,897
- ❖ Designated Funds of £160,000

There are restrictions on the Freehold property in line with the grant funding for the extension.

The Trustees have a reserves and designated funds policy to cover:

- ❖ Reserves for between 3 to 6 months expenditure in light of the main risks of the organisation. In the current year we are running with three months reserves.
- ❖ A continuing programme of maintenance, repairs and regular servicing to ensure the building is well maintained and all statutory regulations are met.
- ❖ Contingencies for end of contractual term to meet legal employment obligations.

The Trustees receive monthly financial reports to ensure the financial viability of the project and grant budgets are on target. In the short term the Trustees have also considered the extent to which activities could be curtailed in the short term should such circumstances arise.

Risk Policy

The Trustees review risks on a regular cycle. Internal control risks are minimised by the implementation of policies and procedures to ensure compliance with accountancy procedures, employment law, health and safety, equality, diversity and inclusion. The policies are updated on a rolling programme to ensure they meet with the charities needs and compliance regulations.

Pension Liability

All pension funds are paid into either stakeholder policies or the auto enrolment pension fund. The assets of the scheme are held separately from those of the charity. The annual contributions payable are charged to the Statement of Financial activities.

Investment Policy

There is funding towards the Contingencies for end of contractual term held in a charitable bond which is renewable every March.

Aside from retaining a prudent amount in reserves most of the charity's funds are spent to meet the organisations objectives.

WOMEN'S HEALTH IN SOUTH TYNESIDE

COMPANY LIMITED BY GUARANTEE

TRUSTEES' ANNUAL REPORT *(continued)*

YEAR ENDED 31 MARCH 2021

The principal funders for this Financial Year are the

- ❖ Northumberland Police and Crime Commissioners
- ❖ The Henry Smith Charity
- ❖ South Tyneside Joint Commissioning Team
- ❖ The Tudor Trust
- ❖ The Wise Group in partnership with the National Lottery Community Fund and European Social Fund
- ❖ Virgin Money Foundation

Supporting the key objectives

- ❖ The funding from the above charities have paid towards staff salaries and the organisation overheads enabling the project to provide services and support the users.
- ❖ We have had funding from several organisations to which enabled us to provide personal development and exercise courses
- ❖ All funding is used to provide support services for the beneficiaries and to cover the organisation overheads.
- ❖ Northumberland Police and Crime Commissioners re: staff salaries for Domestic Violence work.
- ❖ Wise Group: for Employment Coaching Support.

Fundraising

The volunteers and members raised funds from coffee bar provision and donations.

RESPONSIBILITIES OF THE TRUSTEES

The trustees are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law and regulations.

Company law requires the trustees to prepare financial statements for each financial year. Under that law the trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The financial statements are required by law to 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.

RESPONSIBILITIES OF THE TRUSTEES

In preparing the financial statements the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the charities SORP 2015 (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; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

WOMEN'S HEALTH IN SOUTH TYNESIDE

COMPANY LIMITED BY GUARANTEE

TRUSTEES' ANNUAL REPORT *(continued)*

YEAR ENDED 31 MARCH 2021

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

INDEPENDENT EXAMINER

A resolution to re-appoint Claire Miller of Debere Limited as Independent Examiner for the ensuing year will be proposed at the Annual General Meeting.

SMALL COMPANY PROVISIONS

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Signed on behalf of the directors

Eva Allen
Chair



Approved by the Trustees on 22 September 2021

WOMEN'S HEALTH IN SOUTH TYNESIDE
INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
WOMEN'S HEALTH IN SOUTH TYNESIDE

YEAR ENDED 31 MARCH 2021

I report on the accounts of Women's Health in South Tyneside for the year ended 31 March 2021, which are set out on pages 16 to 37.

Respective responsibilities of trustees and independent examiner

The charity's trustees (who are also the directors of Women's Health in South Tyneside for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 Act (the 2011 Act) and that an independent examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales.

Having satisfied myself that the charity is not subject to an audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

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

- to keep accounting records in accordance with section 386 of the Companies Act 2006 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

WOMEN'S HEALTH IN SOUTH TYNESIDE

COMPANY LIMITED BY GUARANTEE

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF WOMEN'S HEALTH IN SOUTH
TYNESIDE *(continued)***

YEAR ENDED 31 MARCH 2021

have not been met or;

- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Claire Miller BA (Hons) FCA
Independent Examiner

ON BEHALF OF DEBÉRE LIMITED
Chartered Accountants
Swallow House
Parsons Road
Washington
Tyne and Wear
NE37 1EZ

Date: 22 September 2021

WOMEN'S HEALTH IN SOUTH TYNESIDE
COMPANY LIMITED BY GUARANTEE
STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING THE INCOME STATEMENT)
YEAR ENDED 31 MARCH 2021

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Income and endowments					
Donations and legacies:					
Donations and legacies	5	3,230	–	3,230	11,518
Charitable activities	6	278	1,890	2,168	5,189
Investment income	7	740	–	740	738
Other trading activities	8	<u>34,875</u>	<u>400,067</u>	<u>434,942</u>	<u>290,819</u>
Total income		39,123	401,957	441,080	308,264
Expenditure on:					
Charitable activities		<u>8,750</u>	<u>343,296</u>	<u>352,046</u>	<u>324,339</u>
Total expenditure	9	8,750	343,296	352,046	324,339
Net income/(expenditure)	11	30,373	58,661	89,034	(16,075)
Transfer between funds		(3,592)	3,592	–	–
Balances brought forward		<u>267,116</u>	<u>808,998</u>	<u>1,076,114</u>	<u>1,092,189</u>
Balances carried forward		<u>293,897</u>	<u>871,251</u>	<u>1,165,148</u>	<u>1,076,114</u>

The Statement of Financial Activities includes all gains and losses in the year and therefore a statement of total recognised gains and losses has not been prepared.

All of the above amounts relate to continuing activities.

The notes on pages 19 to 36 form part of these financial statements

WOMEN'S HEALTH IN SOUTH TYNESIDE

COMPANY LIMITED BY GUARANTEE

Registered Number 06175697

STATEMENT OF FINANCIAL POSITION

31 MARCH 2021

	Note	2021		2020	
		£	£	£	£
Fixed assets					
Tangible assets	12		829,955		836,363
Current assets					
Debtors	13	9,201		11,697	
Cash at bank and in hand <i>(includes unrestricted cash at bank and in hand of £50,766 and restricted/designated cash at bank and in hand of £295,672)</i>			<u>346,438</u>		<u>255,919</u>
			355,639		267,616
Creditors: amounts falling due within one year	14	<u>(20,446)</u>		<u>(27,865)</u>	
NET CURRENT ASSETS			<u>335,193</u>		<u>239,751</u>
NET ASSETS			<u>1,165,148</u>		<u>1,076,114</u>
FUNDS					
Restricted income funds	15		871,251		808,998
Unrestricted income funds:					
Designated funds	16		160,000		138,063
General unrestricted funds	16		<u>133,897</u>		<u>129,053</u>
TOTAL FUNDS	17		<u>1,165,148</u>		<u>1,076,114</u>

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)).

For the year ended 31 March 2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors/trustees responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors/trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements were approved by the members of the committee and authorised for issue on 22 September 2021 and are signed on their behalf by:

Eva Allen – Chair



The notes on pages 19 to 36 form part of these financial statements

**WOMEN'S HEALTH IN SOUTH TYNESIDE
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 Salus House, Mile End Road, South Shields, Tyne and Wear, NE33 1TA.

2 Statement of compliance

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)". The charity is a Public Benefit Entity as defined by FRS 102.

3 Accounting policies

The principal accounting policies are set out below. The accounting policies have been adopted consistently throughout the year.

Going concern

The financial statements have been prepared on a going concern basis. The trustees have reviewed and considered relevant information, including the annual budget and future cash flows in making their assessment. In particular, in response to the COVID-19 pandemic, the trustees have taken into account the impact on their business of possible scenarios brought on by the impact of COVID-19, alongside the measures that they can take to mitigate the impact. Based on these assessments, given the measures that could be undertaken to mitigate the current adverse conditions, and the current resources available, the trustees have concluded that they can continue to adopt the going concern basis in preparing the annual report and accounts.

Cash flow exemption

The charity has elected to adopt the exemption from preparing a cash flow statement on the grounds that the charity qualifies as a small charity.

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.

**WOMEN'S HEALTH IN SOUTH TYNESIDE
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2021**

3 Accounting policies (continued)

Incoming resources

Voluntary income includes donations and their associated tax claims, subscriptions (as these are voluntary) and grants that provide core funding or are of a general nature. Voluntary income is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability. Such income is only deferred when the donor specifies that the grant or donation relates to future accounting periods.

Other income from charitable activities is recognised as earned, as the related services are provided. Grant income included in this category provides funding to support the charitable activities and is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Grant income

Revenue grants are credited to incoming resources on the earlier date of when they are received or when they are receivable, unless they relate to a specific future period, in which case they are deferred.

Capital grants are credited to income when received and form a restricted fund, which will be transferred to unrestricted funds in line with the depreciation on the grant-funded assets. This treatment accords with the requirements of the Charity SORP but not that of Statement of Standard Accounting Practice No 4 "Accounting for Government Grants".

Interest receivable

Interest is recognised on a receivable basis.

Resources expended

Resources expended are included in the Statement of Financial Activities on an accruals basis, inclusive of VAT. They include:

- (i) Charitable activities include all costs relating to activities where the primary aim is part of the objects of the charity along with the indirect costs. All of the direct costs have been included within this cost heading. The indirect costs, i.e. support costs include central functions and have been allocated to activity cost categories based on room availability.
- (ii) Cost of generating funds are those costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.
- (iii) Governance costs include those incurred in the governance of its assets and are primarily associated with constitutional and statutory requirements.

Staff costs and overhead expenses

Staff costs and overhead expenses are allocated to activities on the basis of staff time spent on these activities.

WOMEN'S HEALTH IN SOUTH TYNESIDE
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS
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3 Accounting policies (continued)

Support cost allocation

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs and administrative payroll costs. They are incurred directly in support of expenditure on the objects of the charity.

Pension costs

The charity provides a defined contribution scheme for employees. The assets of the scheme are held separately from those of the charity. The annual contributions payable are charged to the Statement of Financial Activities.

Tangible fixed assets and depreciation

Tangible fixed assets are included in the balance sheet at cost or at market value at the date of the acquisition. Tangible fixed assets are capitalised and included at cost.

Depreciation is calculated so as to write off an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Freehold	– 2% straight line
Equipment	– 25% straight line
Database development	– 33.33% straight line

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement after allowing for any trade discounts due.

WOMEN'S HEALTH IN SOUTH TYNESIDE
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2021

3 Accounting policies *(continued)*

Funds

The funds held by charity are either:

- Unrestricted general funds – these are funds which are available for use at the discretion of the directors in furtherance of the general objectives of the Charity and which have not been designated for other purposes; or
- Restricted funds – these are funds that can only be used for particular restricted purposes within the objects of the charity. Funds are held as restricted funds until such time as the purposes for which the funds were received have been fulfilled, at which time they are transferred to general funds; or
- Designated funds are unrestricted funds earmarked by the trustees for particular purposes. In the year ended 31 March 2021 designated funds relate to the building fund (i.e. on-going maintenance of the building), a general reserve (i.e. to retain a minimum of three months reserves) and the redundancy fund.

Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

**WOMEN'S HEALTH IN SOUTH TYNESIDE
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NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2021**

4 Statement of Financial Activities for the prior year

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Income and endowments				
Donations and legacies:				
Donations and legacies	5	7,268	4,250	11,518
Charitable activities	6	4,859	330	5,189
Investment income	7	738	–	738
Other trading activities	8	<u>13,966</u>	<u>276,853</u>	<u>290,819</u>
Total income		26,831	281,433	308,264
Expenditure on:				
Charitable activities	9	<u>42,800</u>	<u>281,539</u>	<u>324,339</u>
Total expenditure		42,800	281,539	324,339
Net income/(expenditure)	11	(15,969)	(106)	(16,075)
Transfer between funds		(53)	53	–
Balances brought forward		<u>283,138</u>	<u>809,051</u>	<u>1,092,189</u>
Balances carried forward		<u>267,116</u>	<u>808,998</u>	<u>1,076,114</u>

5 Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total funds 2021 £	Total funds 2020 £
Donations	2,929	–	2,929	6,109
Subscriptions	301	–	301	1,159
Gifts in kind	–	–	–	<u>4,250</u>
	<u>3,230</u>	–	<u>3,230</u>	<u>11,518</u>

**WOMEN'S HEALTH IN SOUTH TYNESIDE
COMPANY LIMITED BY GUARANTEE
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6 Charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	<i>Total Funds 2020 £</i>
Fundraising events	278	–	278	2,605
Room hire	–	1,890	1,890	2,026
Volunteer Therapists	–	–	–	73
Unfunded classes	–	–	–	485
	<u>278</u>	<u>1,890</u>	<u>2,168</u>	<u>5,189</u>

7 Investment income

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	<i>Total Funds 2020 £</i>
Bank interest receivable	<u>740</u>	<u>–</u>	<u>740</u>	<u>738</u>

WOMEN'S HEALTH IN SOUTH TYNESIDE
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8 Other trading activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
STC – Chief Executive Officer	–	32,912	32,912	32,912
ST Public Health – core costs	–	–	–	15,000
Coffee bar sales	17	–	17	1,329
Breakfast club income	–	–	–	979
Drop-in sales	505	–	505	5,428
Miscellaneous income	28,839	–	28,839	6,230
Big Lottery Fund – Wise Group	–	31,251	31,251	37,150
Business Education Skills	–	1,140	1,140	12,431
Community Foundation Women's Fund	–	15,000	15,000	5,241
Northumbria Police and Crime Commissioner	–	66,510	66,510	38,295
Coalfields – Peer Support	–	–	–	10,000
Coalfields – Regional Impact Fund	–	19,720	19,720	–
Changing Lives	–	6,920	6,920	6,650
The Hadrian Trust	–	–	–	1,000
Ballinger	–	15,000	15,000	15,000
Celebration Fund	–	–	–	1,000
Smallwood Trust – Women and Poverty	–	–	–	14,740
Smallwood Trust – Resilience Fund	–	29,308	29,308	–
Community Foundation – growth	–	–	–	25,000
MHN – coffee bar	–	–	–	984
Rothley Trust	–	–	–	1,000
Sir James Knott	–	–	–	4,200
The Joicey Trust	–	–	–	5,000
Community Fund – Henry Smith	–	44,450	44,450	26,250
Garfield Weston	–	–	–	25,000
Catherine Cookson	–	1,000	1,000	–
Wm Webster Charitable Trust	–	1,500	1,500	–
Community Foundation – Ringtons	–	4,968	4,968	–
BM Covid Fund	–	1,000	1,000	–
Community Foundations – NBS	3,000	–	3,000	–
Rise – courses	–	7,200	7,200	–
Community Foundation	–	9,955	9,955	–
Awards for All	–	8,836	8,836	–
Tudor Trust	–	42,000	42,000	–
Co-operative Community Fund	–	3,955	3,955	–
Karbon Homes Funding	–	1,000	1,000	–
Furlough refunds	2,514	8,733	11,247	–
Independent Age Grant	–	9,383	9,383	–
Good Things Foundation	–	3,326	3,326	–
Community Fund – WM Leech	–	10,000	10,000	–
Virgin Foundation	–	25,000	25,000	–
	<u>34,875</u>	<u>400,067</u>	<u>434,942</u>	<u>290,819</u>

**WOMEN'S HEALTH IN SOUTH TYNESIDE
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS
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9 Total resources expended costs of charitable activities

	Staff Costs £	Direct Costs £	Depre- ciation £	Support Costs £	Total Funds 2021 £	Total Funds 2020 £
Charitable activities:						
Crèche	-	-	-	-	-	-
Coffee shop	54,748	67	6,093	19,700	80,608	75,754
Studio	54,748	24,645	6,093	19,336	104,822	90,616
Counselling	54,747	913	6,093	19,335	81,088	72,624
Seminars	54,747	2,832	6,094	19,335	83,008	78,575
Gifts in kind	-	-	-	-	-	4,250
Governance costs	-	-	-	2,520	2,520	2,520
	<u>218,990</u>	<u>28,457</u>	<u>24,373</u>	<u>80,226</u>	<u>352,046</u>	<u>324,339</u>

Support costs have been allocated across activities on the basis of room usage. These include costs associated with providing accommodation, finance, personal and other central activities to the charity's clients. Total funds includes restricted costs of £321,312 (2020: £281,539) and unrestricted costs of £30,734 (2020: £42,800).

10 Staff numbers and emoluments

The aggregate payroll costs were:

	2021 £	2020 £
Wages and salaries	185,689	167,743
Social security costs	11,487	8,827
Other pension costs	<u>21,814</u>	<u>19,441</u>
	<u>218,990</u>	<u>196,011</u>

Particular of employees

The average number employees during the year, calculated on the basis of full time equivalents, was as follows:

	2021 £	2020 £
Number of management and administration staff	<u>7</u>	<u>6</u>

No employee received emoluments of more than £60,000 during the year (2020: £60,000 - none).

The total remuneration and benefits paid to key management amounted to £46,449 (2020: £48,837).

No (2020: one) trustee received reimbursement of expenses for their role as a volunteer. The amount claimed was £nil (2020: £27). Trustee/volunteer indemnity insurance has been provided by the charity at a cost of approximately £550 (2020: £550).

**WOMEN'S HEALTH IN SOUTH TYNESIDE
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11 Net movements in funds

Net movement in funds is stated after charging:

	2021 £	2020 £
Accountancy and Independent Examination	2,520	2,520
Depreciation	<u>24,373</u>	<u>25,722</u>

12 Tangible fixed assets

	Freehold Property £	Equipment £	Total £
Cost			
At 1 April 2020	1,126,792	44,909	1,171,701
Additions	2,195	15,770	17,965
Disposals	—	—	—
At 31 March 2021	<u>1,128,987</u>	<u>60,679</u>	<u>1,189,666</u>
Depreciation			
At 1 April 2020	292,771	42,567	335,338
Charge for the year	22,541	1,832	24,373
Disposals	—	—	—
At 31 March 2021	<u>315,312</u>	<u>44,399</u>	<u>359,711</u>
Net book value			
At 31 March 2021	<u>813,675</u>	<u>16,280</u>	<u>829,955</u>
At 31 March 2020	<u>834,021</u>	<u>2,342</u>	<u>836,363</u>

**WOMEN'S HEALTH IN SOUTH TYNESIDE
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13 Debtors

	2021 £	2020 £
Trade debtors	1,175	4,284
Prepayments and accrued income	7,269	7,316
Other debtors	<u>757</u>	<u>97</u>
	9,201	11,697

14 Creditors: amounts falling due within one year

	2021 £	2020 £
Trade creditors	8,073	2,371
Taxation and social security	4,133	3,315
Accruals	<u>8,240</u>	<u>22,179</u>
	20,446	27,865

15 Restricted funds

For the year ended 31 March 2021

	Balance at 1 Apr 2020 £	Movement in resources:			Balance At 31 Mar 2021 £
		Incoming £	Outgoing £	Transfers £	
Freehold property ***	747,586	–	(22,348)	–	725,238
South Tyneside Business Skills and Employment	6,451	1,140	(10,006)	2,415	–
Coalfields - Peer Support	610	–	(610)	–	–
Coalfields – Regional Impact Fund **	–	19,720	(8,543)	–	11,177
Changing Lives	14,026	6,920	(1,050)	–	19,896
STC – Chief Executive Officer	3,258	32,912	(37,347)	1,177	–
WEA	868	1,890	–	–	2,758
Garfield Weston **	3,232	–	(70)	–	3,162
Community Foundation Women's Fund	3,938	15,000	–	–	18,938
Big Lottery Fund – volunteers, admin, crèche	1,593	–	(1,593)	–	–
Ballinger Trust	271	15,000	(2,719)	–	12,552
Cloth Workers Fund **	5,411	–	(124)	–	5,287
Northumbria Police and Crime Commissioner	–	66,510	(66,510)	–	–
Wise Group BBO **	9,452	31,251	(22,962)	–	17,741
Big Lottery Fund – Celebration fund	77	–	–	–	77
Community Foundation – Henry Smith	1,425	49,478	(37,875)	–	13,028
Sir James Knott	72	–	(72)	–	–
Rothley Trust	1,000	–	(1,000)	–	–

WOMEN'S HEALTH IN SOUTH TYNESIDE
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NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2021

15 Restricted funds (continued)

For the year ended 31 March 2021 (continued)

	<i>Balance at 1 Apr 2020</i>	Movement in resources:			Balance At 31 Mar 2021
		Incoming	Outgoing	Transfers	
	£	£	£	£	£
STC – children, adults and health	1,792	–	(1,792)	–	–
The Hadrian Trust	1,000	–	(1,000)	–	–
Smallwood Trust – Women and Poverty	6,936	–	(6,936)	–	–
Smallwood Trust – Resilience Fund	–	29,308	(29,308)	–	–
Community Foundation – Wm Leech	–	10,000	(8,144)	–	1,856
Virgin Foundation	–	25,000	(25,000)	–	–
Tudor Trust **	–	588	(98)	–	490
Tudor Trust – Wellbeing Fund	–	45,117	(43,117)	–	2,000
Rise – Courses	–	7,200	(2,630)	–	4,570
Awards For All **	–	8,836	(2,168)	–	6,668
Community Foundation	–	9,955	(4,532)	–	5,423
Catherine Cookson	–	1,000	(1,000)	–	–
Community Foundation - Ringtons	–	4,968	(62)	–	4,906
The Good Things Foundation	–	3,326	(645)	–	2,681
Independent Age Grant	–	9,383	(535)	–	8,848
Co-operative Community Fund	–	3,955	–	–	3,955
Karbon Homes Funding	–	1,000	(1,000)	–	–
WM Webster extension costs	–	1,500	(1,500)	–	–
BM Covid Fund	–	1,000	(1,000)	–	–
	<u>808,998</u>	<u>401,957</u>	<u>(343,296)</u>	<u>3,592</u>	<u>871,251</u>

For the year ended 31 March 2020

	<i>Balance At 1 Apr 2019</i>	Movement in resources:			Balance At 31 Mar 2020
		Incoming	Outgoing	Transfers	
	£	£	£	£	£
Freehold property ***	769,929	–	(22,343)	–	747,586
South Tyneside Business Skills and Employment	4,473	12,431	(10,453)	–	6,451
Coalfields – Peer Support	–	10,000	(9,390)	–	610
Changing Lives	9,126	6,650	(1,750)	–	14,026
Willan Charitable Trust	4,800	–	(4,800)	–	–
STC – Chief Executive Officer	2,509	32,912	(32,163)	–	3,258
WEA	701	330	(163)	–	868
Garfield Weston **	3,224	25,000	(24,992)	–	3,232
Community Foundation – Growth and Resilience Foundation	–	25,000	(25,051)	51	–
Community Foundation Women's Fund	–	5,241	(1,303)	–	3,938
Big Lottery Fund – volunteers, admin, crèche	2,696	–	(1,103)	–	1,593
Ballinger Trust	–	15,000	(14,729)	–	271
Cloth Workers Fund **	5,534	–	(123)	–	5,411

WOMEN'S HEALTH IN SOUTH TYNESIDE
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS
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15 Restricted funds (continued)

For the year ended 31 March 2020 (continued)

	Movement in resources:				Balance At 31 Mar 2020 £
	Balance at 1 Apr 2019 £	Incoming £	Outgoing £	Transfers £	
Community Foundation – Business Training	3,000	–	(3,000)	–	–
Northumbria Police and Crime Commissioner	367	38,295	(38,662)	–	–
BLF Building Capacity, Database **	2,692	–	(2,692)	–	–
Wise Group BBO	–	37,150	(27,698)	–	9,452
MHN – coffee bar	–	984	(984)	–	–
Big Lottery Fund – Celebration fund	–	1,000	(923)	–	77
Community Foundation – Henry Smith	–	26,250	(24,825)	–	1,425
The Joicey Trust	–	5,000	(5,002)	2	–
Sir James Knott	–	4,200	(4,128)	–	72
Rothley Trust	–	1,000	–	–	1,000
STC – children, adults and health	–	15,000	(13,208)	–	1,792
The Hadrian Trust	–	1,000	–	–	1,000
Gifts in kind	–	4,250	(4,250)	–	–
Smallwood Trust	–	14,740	(7,804)	–	6,936
	<u>809,051</u>	<u>281,433</u>	<u>(281,539)</u>	<u>53</u>	<u>808,998</u>

** Capital funds (i.e. where the assets have been capitalised and the depreciation is charged against these balances).

*** The balance brought forward combines freehold property, Big Lottery Fund – Extension and Big Lottery Fund – Grant for Extension balances taken from the 2015 financial statements.

Sufficient funds are held in an appropriate form to enable each fund to be applied in accordance with any restrictions placed on it.

South Tyneside Business Skills and Employment

This represents funding towards the cost of tutors, administration and building costs to provide courses and exercise.

Coalfields - Peer Support

Funding received for peer support and volunteering support, volunteer expenses and a course.

Coalfields – Regional Impact Fund

Funding towards purchasing some assets. The capital balance carried forward is £11,177 (2020: £nil).

Changing Lives

Funding received towards partnership work to support the work of the NCRC.

South Tyneside Adult Services

Funding from South Tyneside Adult Services towards the Chief Executive Officer salary costs.

WEA

Funding received to pay for course costs for venue and training materials.

WOMEN'S HEALTH IN SOUTH TYNESIDE
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NOTES TO THE FINANCIAL STATEMENTS
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15 Restricted funds *(continued)*

Garfield Weston

Funding received towards the refurbishment of the kitchen. This fund is being reduced each year by the depreciation charge. The capital balance carried forward is £3,162 (2020: £3,154).

Community Foundation Women's Fund

Funding received for core costs.

Big Lottery – volunteers, admin, crèche

Funding received to help towards salary and core costs.

Ballinger Trust

Funding received towards salaries and core costs.

Cloth Workers Fund

Funding received towards the refurbishment of the kitchen. This fund is being reduced each year by the depreciation charge. The capital balance carried forward is £5,287 (2020: £5,411).

Northumbria Police and Crime Commissioner

Funding received towards work with Victims of Domestic Violence.

Wise Group BBO

Partnership agreement with the European Social Fund co-funded initiative with the Big Lottery Fund to provide and Employment Coach to identify referrals, provide coaching and wrap around support, provide employability support when appropriate and signposting to wider wrap around support from within the wider partnership and within mainstream services. The capital balance carried forward is £58 (2020: £nil).

Big Lottery Fund – Celebration Fund

International Women's Day celebration working with other women's group to encourage integration and improve community cohesion to promote diversity.

Community Foundation – Henry Smith

Funding received to cover costs that enable us to provide services and facilities for the participants.

Sir James Knott

Funding received towards salaries and core costs.

Rothley Trust

Funding received towards replacing external automatic entrance door.

STC – Children, adults & health

Funding received towards the service provision.

The Hadrian Trust

Funding received for group support for long term health conditions and a health course.

Smallwood Trust – Resilience Fund

Funding received for salaries and overheads to enable the continued support for women experiencing health inequalities.

Community Foundation – WM Leech

Funding received to provide volunteer and peer support.

**WOMEN'S HEALTH IN SOUTH TYNESIDE
COMPANY LIMITED BY GUARANTEE**

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2021

15 Restricted funds (continued)

Smallwood Trust – Women and Property

Funding received for salaries and overheads to enable the continued support for women experiencing health inequalities.

Virgin Foundation

Funding received towards volunteer co-ordinator salary.

Tudor Trust

Funding received towards the purchase of some assets. The capital balance carried forward is £490 (2020: £nil).

Tudor Trust – Wellbeing Fund

Funding received towards salaries, trustees and volunteers.

Rise Courses

Funding for exercise provision

Awards of All

Funding received for counselling, Covid-19 equipment and remote teaching. The capital balance carried forward is £2,921 (2020: £nil).

Community Foundation – Growth and Resilience Fund

Funding to enable the charity to move forward with its sustainability plans.

Catherine Cookson

Funding received towards replacing the external automatic door.

Community Foundation – Ringtons

Funding received for sessional support workers.

The Good Things Foundation

Funding to provide census support.

Independent Age Grant

Funding received to organise and run courses.

Co-operative Community Fund

Funding received for tutor costs to facilitate a support group.

Karbon Homes

Funding received for support worker costs to support women dealing with complex circumstances due to Covid.

WM Webster Extension costs

Funding received towards the extension costs. This fund is being reduced each year by the depreciation charge. The capital balance carried forward is £nil.

BM Covid Fund

Funding received for remote learning, tutor and equipment costs.

**WOMEN'S HEALTH IN SOUTH TYNESIDE
COMPANY LIMITED BY GUARANTEE**

NOTES TO THE FINANCIAL STATEMENTS

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16 Unrestricted funds

For the year ended 31 March 2021

	<i>Balance at 1 Apr 2020 £</i>	Incoming £	Outgoing £	Transfers £	Balance At 31 Mar 2021 £
<i>Designated funds:</i>					
Building maintenance and repair	7,052	–	(2,640)	5,588	10,000
Reserves	79,866	–	–	5,134	85,000
Contingencies for end of contractual term	<u>51,145</u>	<u>–</u>	<u>–</u>	<u>13,855</u>	<u>65,000</u>
Total designated funds	138,063	–	(2,640)	24,577	160,000
<i>General funds</i>	<u>129,053</u>	<u>39,123</u>	<u>(6,110)</u>	<u>(28,169)</u>	<u>133,897</u>
	<u>267,116</u>	<u>39,123</u>	<u>(8,750)</u>	<u>(3,592)</u>	<u>293,897</u>

For the year ended 31 March 2020

	<i>Balance at 1 Apr 2019 £</i>	Incoming £	Outgoing £	Transfers £	Balance At 31 Mar 2020 £
<i>Designated funds:</i>					
Building maintenance and repair	9,707	–	(7,169)	4,514	7,052
Reserves	79,866	–	–	–	79,866
Contingencies for end of contractual term	<u>45,500</u>	<u>–</u>	<u>–</u>	<u>5,645</u>	<u>51,145</u>
Total designated funds	135,073	–	(7,169)	10,159	138,063
<i>General funds</i>	<u>148,065</u>	<u>26,831</u>	<u>(35,631)</u>	<u>(10,212)</u>	<u>129,053</u>
	<u>283,138</u>	<u>26,831</u>	<u>(42,800)</u>	<u>(53)</u>	<u>267,116</u>

The Committee feel it is prudent to hold some designated funding for the enhancement and continuation of the services and the upkeep of the building.

Building Maintenance and Repair

Funding set aside to ensure that the building complies with all legal and health and safety legislation and is repaired and maintained to a reasonable standard. Maintaining the asset is part of the agreement for the building extension grant from the Big Lottery Fund.

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16 Unrestricted funds (continued)

Reserves

A minimum of three months reserves have been set aside to enable the Charity to fulfil all of its legal obligations.

Contingencies for end of contractual term

Due to current economic climate the decision has been taken to hold sufficient funding to meet its contractual liabilities, safeguarding the ability of the charity to meet its objectives.

17 Analysis of net assets between funds

For the year ended 31 March 2021

	Tangible Fixed Assets £	Net Current Assets £	Total £
Restricted funds			
Freehold Property	725,238	–	725,238
Changing Lives	–	19,896	19,896
Garfield Weston	3,162	–	3,162
Cloth Workers Fund	5,287	–	5,287
WEA	–	2,758	2,758
Community Foundation Women's Fund	–	18,938	18,938
Ballinger Trust	–	12,552	12,552
BLF – Celebration Fund	–	77	77
Community Foundation – Henry Smith	–	13,028	13,028
Wise Group BBO	58	17,683	17,741
Community Foundation – WM Leech	–	1,856	1,856
Tudor Trust	490	–	490
Tudor Trust – Wellbeing Fund	–	2,000	2,000
Rise – Courses	–	4,570	4,570
Coalfields – Regional Impact Fund	11,177	–	11,177
Awards for All	2,921	3,747	6,668
Community Foundation	–	5,423	5,423
Community Foundation - Ringtons	–	4,906	4,906
The Good Things Foundation	–	2,681	2,681
Independent Age Grant	–	8,848	8,848
Co-operative Community Fund	–	3,955	3,955
	<u>748,333</u>	<u>122,918</u>	<u>871,251</u>
Designated funds:			
Building maintenance and repair	–	10,000	10,000
Reserves	–	85,000	85,000
Contingencies for end of contractual term	–	65,000	65,000
General unrestricted funds	<u>81,622</u>	<u>52,275</u>	<u>133,897</u>
Total funds	<u>829,955</u>	<u>335,193</u>	<u>1,165,148</u>

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17 Analysis of net assets between funds (continued)

For the year ended 31 March 2020

	Tangible Fixed Assets £	Net Current Assets £	Total £
Restricted funds			
Freehold Property	747,586	–	747,586
South Tyneside Business Skills and Employment	–	6,451	6,451
Changing Lives	–	14,026	14,026
Garfield Weston	3,154	78	3,232
Cloth Workers Fund	5,411	–	5,411
STC – Chief Executive Officer	–	3,258	3,258
BLF – Volunteers, admin and creche	–	1,593	1,593
WEA	–	868	868
Coalfields Regeneration Trust	–	610	610
Community Foundation Women's Fund	–	3,938	3,938
Ballinger Trust	–	271	271
BLF – Celebration Fund	–	77	77
Community Foundation – Henry Smith	–	1,425	1,425
Sir James Knott	–	72	72
Rothley Trust	–	1,000	1,000
STC – Children, Adults and Health	–	1,792	1,792
Smallwood Trust	–	6,936	6,936
Wise Group BBO	–	9,452	9,452
The Hadrian Trust	–	1,000	1,000
	756,151	52,847	808,998
Designated funds:			
Building maintenance and repair	–	7,052	7,052
Reserves	–	79,866	79,866
Contingencies for end of contractual term	–	51,145	51,145
General unrestricted funds	<u>80,212</u>	<u>48,841</u>	<u>129,053</u>
Total funds	<u>836,363</u>	<u>239,751</u>	<u>1,076,114</u>

18 Future Sustainability

We will continue to apply for grant funding to provide a sustainable range of services to support the women in South Tyneside. The extension will enable us to drive forward new initiatives and develop our partnership work.

We have a large asset in the building which we operate from and this is shown in the accounts. The asset has significant restrictions imposed by the Big Lottery Fund for the next 6 years under the terms and conditions of the grant awarded. This appears that the charity is richer on paper than we are in real life.

**WOMEN'S HEALTH IN SOUTH TYNESIDE
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19 Related party transactions

There have been no related party transactions during the year.

20 Company limited by guarantee

The company is limited by guarantee and has no share capital. In the event of a winding up, every member undertakes to contribute such an amount as may be required for the payment of liabilities not exceeding a total of £1 each.