

**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**Company Limited by Guarantee**  
**FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2022**

**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 2022**

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**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**MEMBERS OF THE BOARD AND PROFESSIONAL ADVISERS**  
**YEAR ENDED 31 MARCH 2022**

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<b>The board of trustees</b>	Donna di Stefano Eva Allen Judith Helen Taylor Anna Shields Sarah Bullock Anna Kozaczek Jayne Estelle Daghish
<b>Local Authority representative</b>	Judith Helen Taylor
<b>Charity secretary</b>	Anna Kozaczek
<b>Registered office</b>	Salus House 33 Mile End Road South Shields Tyne and Wear NE33 1TA
<b>Charity number</b>	1119901
<b>Company registration number</b>	06175697
<b>Accountants</b>	Debére Limited Chartered Accountants Swallow House Parsons House Washington Tyne and Wear NE37 1EZ
<b>Bankers</b>	Virgin Money 30 Fowler Street South Shields Tyne and Wear NE33 1NE
<b>Solicitor</b>	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 2022**

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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 2022.

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.
- ❖ 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 women over 16, irrespective of class, sexual orientation, ethnicity 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.

**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**COMPANY LIMITED BY GUARANTEE**  
**TRUSTEES' ANNUAL REPORT** *(continued)*  
**YEAR ENDED 31 MARCH 2022**

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**This year we achieved our aims by delivering the following services:**

- Counselling
- Personal development and training courses
- Employability support
- Volunteering opportunities
- Listening ear service
- IT support including access to equipment and broadband
- Support around financial hardship
- Services for women age 16-25 years
- Advocacy
- Support groups
- Drop-in sessions
- Exercise sessions
- Health and wellbeing support
- Information, advice & guidance
- Social events including a late evening meal

Our services complement Local and National 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.

**Achievement and Performance**

- We delivered services to our members through lockdown and are now seeing women return to our building. We secured additional funding allowing us to deliver more services than pre pandemic. **1,612** members access in person, online or by phone.
- New services this year include,  
**Women Thrive** – funded by **Smallwood Trust** and **Rosa** to support women experiencing financial hardship  
**Additional paid counselling posts** funded by **Public Health, Coalfields Regeneration Trust** and the **Office of the Police Crime Commissioner**. This funding has enabled us to double the number of women receiving counselling.
- We worked with **Public Health** to provide mental health services for women including a **Women's Advocate** and **Young Women's Engagement Worker**.
- **40 volunteers** and **9 volunteer counsellors** were central in the planning and delivery of services and peer support.
- Volunteers offered over **4,063 hours** of support across the year. Counselling volunteers delivered **1,427** sessions.
- We employed two women through the Government **Kickstart** scheme. They worked with us for 6 months on young women development work and social media and marketing. Both women have now moved into paid roles at WHiST.
- We continued to work in partnership with other organisations in the Borough. We planned and hosted another successful International Women's Day event with **Apna Ghar, CREST, Customs House, Hindu Nari Sangh and Sangini**. We worked with **First Contact Clinical** to deliver healthy lifestyle support to women at WHiST and at Bilton Hall Community Centre. 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** to support women in the criminal justice system. 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, increasing the representation of younger women. We held **"Thinking Together"** sessions to review and monitor our progress with our Strategic Plans and to strengthen our teamwork.
- We began to work toward the adoption of an Anti-Racism Charter developed by Black and minoritised women working in the VAWG sector. Work toward the Charter is ongoing.

**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**COMPANY LIMITED BY GUARANTEE**  
**TRUSTEES' ANNUAL REPORT** *(continued)*  
**YEAR ENDED 31 MARCH 2022**

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### **Provision**

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

### **Courses**

- **135** individual women have accessed one or more of the **92** different short courses and workshops provided this year, attending **574** sessions, with **694** course places taken.
- **10** new tutors worked with us to widen the kinds of courses on offer. Paid sessional tutors and WHiST volunteers used their considerable skill to deliver exercise, personal development courses, creative courses, volunteer training and support with physical and mental health issues.
- **91%** of women improved their levels of confidence
- **79%** said they felt more positive
- **76%** felt more motivated
- **95%** improved their sense of wellbeing

### **Volunteering**

The Volunteer team are a core part of WHiST team and central to our delivery of support services.

- **40** volunteers supported by Volunteer Coordinator, Joy Nancarrow, delivered services to over **532** women.
- As we moved from lockdown, some women continued to feel anxious about attending. **7** women were supported by volunteers with regular wellbeing calls.
- Listening Ear volunteers supported **33** women who were living with multiple challenges.
- Funded by the Linden Family and supported by Community Chef Roweena, **12** volunteers are supporting the provision of fully funded 3 course meals on Thursday evenings, both in the kitchen and Front of House. The meals are attended by between **25-30** women, who would otherwise eat alone, each week.
- Our supported volunteering model is essential to the success of our work. We provide a solution focused environment which enables volunteer to set, reach and evaluate goals. It enables personal risk taking, allowing women to push themselves beyond pre-existing comfort zones by providing a safety net to test and explore in a supported environment

**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**COMPANY LIMITED BY GUARANTEE**  
**TRUSTEES' ANNUAL REPORT** *(continued)*  
**YEAR ENDED 31 MARCH 2022**

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### **Counselling**

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

- **14** 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. Funding from **Coalfields Regeneration Trust** allowed us to offer paid positions to long standing volunteers. Lindsey Howe, Sonia Tabassum and Louise Wilson moved into these roles in September 2021.
- 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.
- **90** assessments were offered.
- **1,427** sessions of counselling were offered.
- **177** women were referred, and **109** women received counselling
- Our long-standing partner, **Rape Crisis Tyneside Northumberland (RCTN)** provides outreach services at WHiST.
- We have ongoing links with **South Tyneside DV Forum, Impact Family Services, Angelou Centre, Apna Ghar, and FLOWS.**

### **Employability Project**

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

- **29** Women enrolled on the programme by March 2021.
- **14** women attended job interviews and **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
- **47** 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.
- The programme will end in March 2023.

**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**COMPANY LIMITED BY GUARANTEE**  
**TRUSTEES' ANNUAL REPORT** *(continued)*  
**YEAR ENDED 31 MARCH 2022**

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### **Women's Advocate**

A new service emerging from the focused support work delivered during lockdown. Advocate, Rebecca Johnston provides 1-2-1 support to women helping them to tackle the issues that "keep them awake at night".

- **79** women supported accessing **675** sessions
- A wide range of issues addressed including childhood sexual abuse, housing, debt and financial hardship, domestic violence, physical and mental ill health, parenting issues including child to parent violence, family relationships
- **62** Referrals made to **32** partner organisations in South Tyneside.

### **Young Women's Development Work**

Our Young Women's Development Worker, Megan Thompson oversees the project which is funded by Public Health. Employed since September 2021, Megan is listening to the views of young women, involving them in planning and helping them feel WHiST is their organisation.

- **32** organisations engaged with
- **25** 1-2-1 support sessions with **13** women
- Healthy relationship work with **35** women
- Body Positivity Art group facilitated with artist Victoria Hackett
- Team of **4** young volunteers working on the project
- Services support young women with their mental health, developing life skills, reducing isolation and improving their confidence.

### **Women Thrive Project**

Funded by **Smallwood Trust** and **Rosa** and starting in January 2022, Project Lead, Roweena Russell is implementing recommendations from WHiST Poverty Project reports. Working with South Tyneside Homes, Moving On Tyne and Wear, Hannay's Solicitors and WHiST Women's Advocate, Roweena facilitates the Tuesday drop-in providing support to women struggling with the cost of living including fuel and food poverty, debt, benefit and housing issues.

- Tuesday drop in, **17** sessions for **19** women, restored **£12,000** of benefit entitlements
- **£28,000** of household support fund vouchers distributed to **161** women
- **3** training events for **21** women on the impact of poverty, evaluation techniques and use of different media tools
- Eating Together provided **120** meals and **10** cooking sessions

**WOMEN'S HEALTH IN SOUTH TYNESIDE  
COMPANY LIMITED BY GUARANTEE  
TRUSTEES' ANNUAL REPORT (continued)  
YEAR ENDED 31 MARCH 2022**

**Self Help and Peer Support groups**

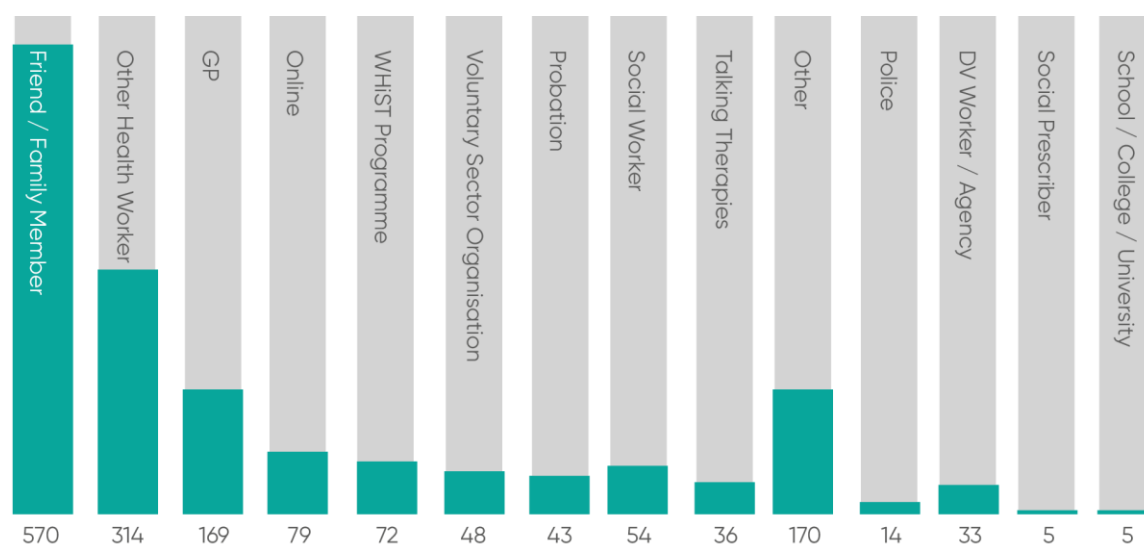
Support groups delivered throughout the year by volunteers and tutors included:

- Weekly Relaxation session with a trained facilitator.
- Women and Activism group
- Living with Long Term Health Conditions, delivered fortnightly.
- Support for women with a life limiting diagnosis
- Craft group with peer and volunteer support
- Meet and Greet volunteer led service
- Re-MIND – a volunteer memory support group
- Photography Group
- Creative Writing
- Credit union collection point with Moneywise Credit Union

**Profile of members**

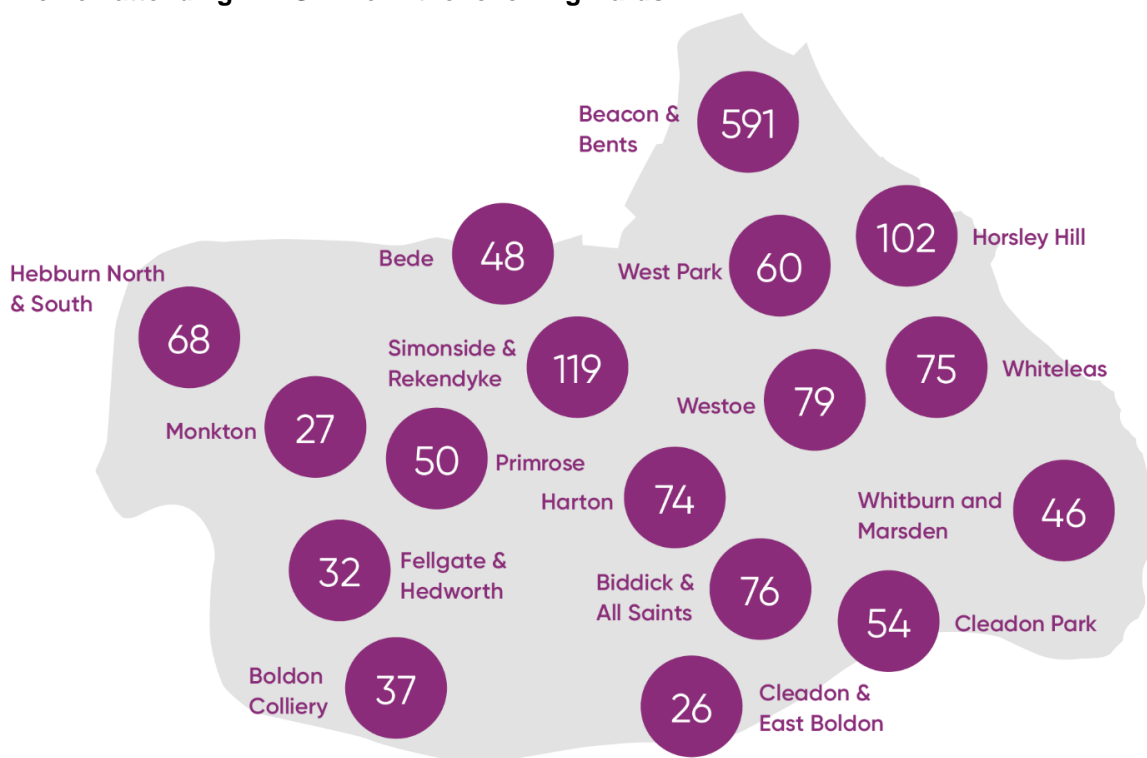
32.2% of referrals to WHiST came from statutory health professionals with 35.4% being referred by a friend. Other referrals came from Northumbria Police, probation, social services, WHiST website and social media platforms.

**Members by Referral Source**

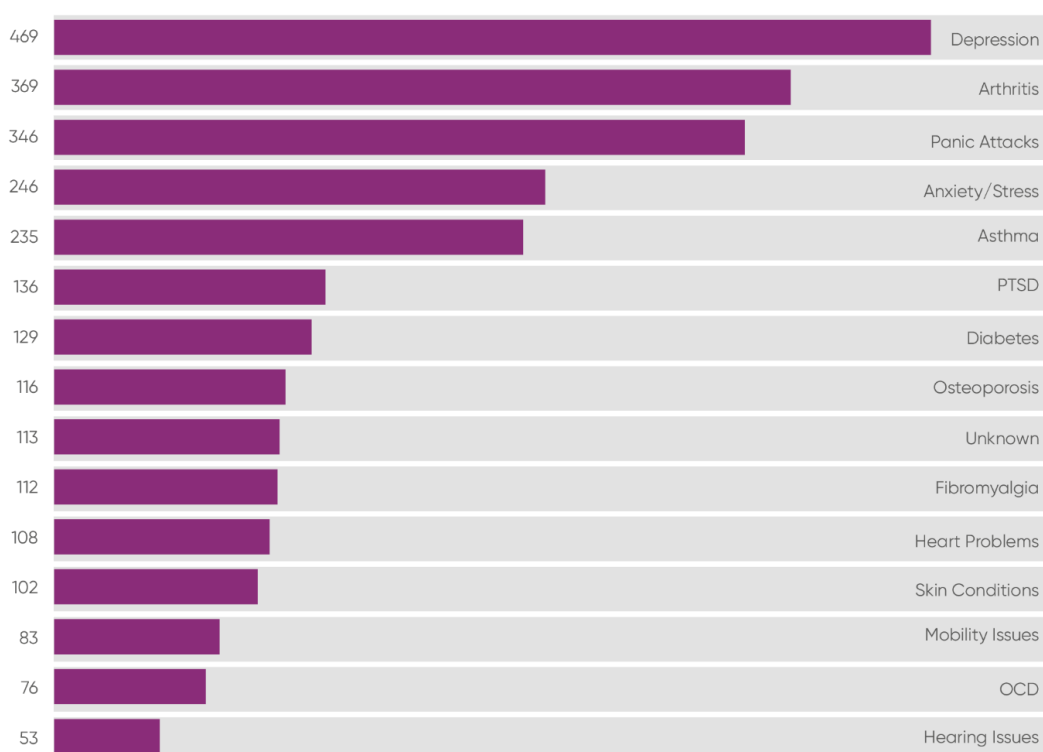


**WOMEN'S HEALTH IN SOUTH TYNESIDE  
COMPANY LIMITED BY GUARANTEE  
TRUSTEES' ANNUAL REPORT *(continued)*  
YEAR ENDED 31 MARCH 2022**

**Women attending WHiST live in the following wards**



**Top 15 most reported health conditions of WHiST members**

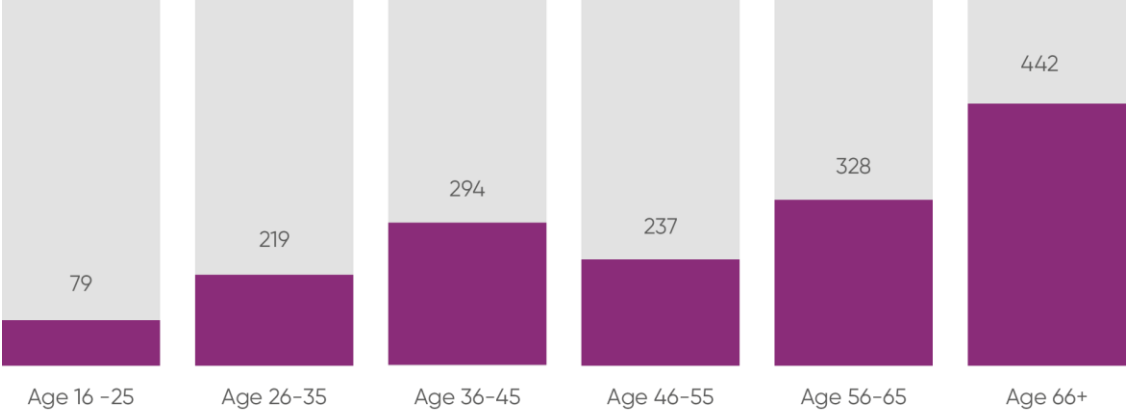


**WOMEN'S HEALTH IN SOUTH TYNESIDE  
COMPANY LIMITED BY GUARANTEE  
TRUSTEES' ANNUAL REPORT *(continued)*  
YEAR ENDED 31 MARCH 2022**

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**Members by age group**

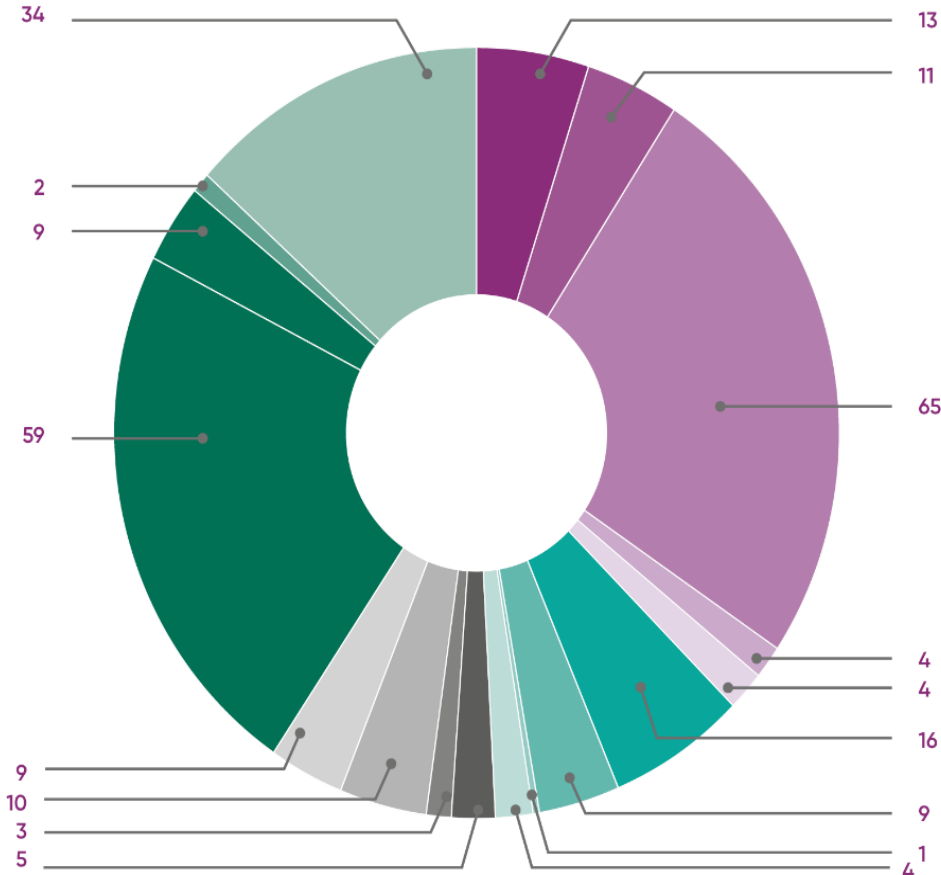
Numbers of women under 35 accessing the provision rose by 47.5% this year



**WOMEN'S HEALTH IN SOUTH TYNESIDE  
 COMPANY LIMITED BY GUARANTEE  
 TRUSTEES' ANNUAL REPORT (continued)  
 YEAR ENDED 31 MARCH 2022**

**Ethnicity**

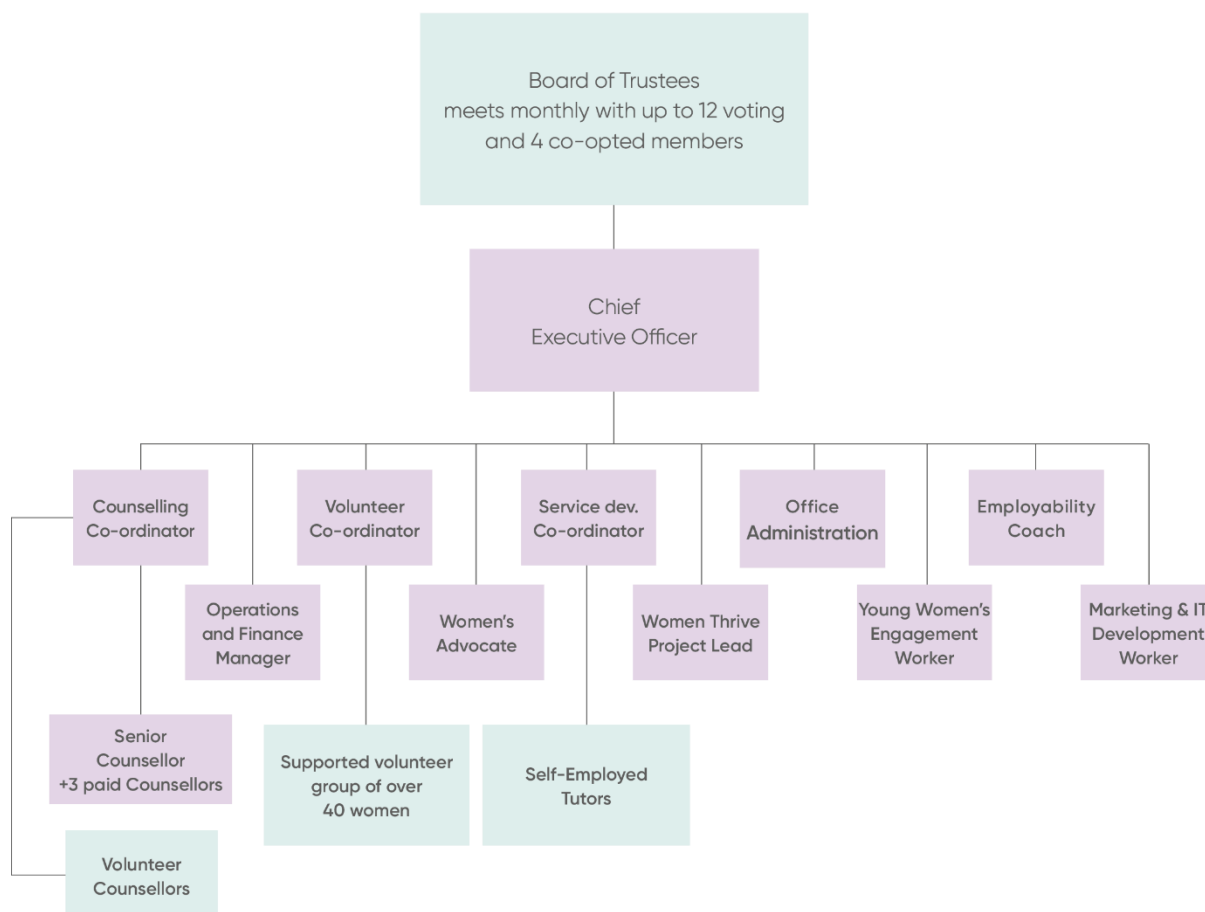
The majority of our members are White British, however, 16% are from the following ethnic groups.



- Asian / Asian British - Indian
- Asian / Asian British - Other
- Asian/Asian British - Bangladeshi
- Asian/Asian British - Pakistani
- Asian/Asian British - Chinese
- Mixed / Multiple Ethnic Groups - Other
- Mixed / Multiple Ethnic Groups - White and Asian
- Mixed/Multiple Ethnic Groups - White and Black Caribbean
- Mixed/Multiple Ethnic Groups - White and Black African
- Black / African / Caribbean / Black British - Other
- Black / African / Caribbean / Black British - Caribbean
- Black / African / Caribbean / Black British - African
- Other Ethnic Group - Arab
- Other Ethnic Group - other
- White - Irish
- White - Gypsy or Irish Traveller
- White - Other

**WOMEN'S HEALTH IN SOUTH TYNESIDE  
COMPANY LIMITED BY GUARANTEE  
TRUSTEES' ANNUAL REPORT (continued)  
YEAR ENDED 31 MARCH 2022**

**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 at monthly meetings
- Meetings have continued since lockdown via Zoom to enable working women to stand on the Board
- CEO, Corinne Devine, and Chair, Eve Allen, meet weekly to ensure the Trustees are kept up to date.

**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**COMPANY LIMITED BY GUARANTEE**  
**TRUSTEES' ANNUAL REPORT** *(continued)*  
**YEAR ENDED 31 MARCH 2022**

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**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 are working toward an Anti-Racism Charter developed by Black and minoritised women in the Violence Against Women and Girls (VAWG) sector.

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

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

**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. We will broaden our portfolio to include enterprise and room/building hire to generate an income and strengthen partnerships to enable joint funding bids.
- We aim to secure funding to re-open the under 5s creche to ensure women with young children can access support.
- Working with First Contact Clinical, we aim to develop support for working women and employers around reproductive health, including, menopause, fertility, pregnancy loss and other gynaecological issues.
- We will continue to expand out of hours provision including Saturdays and evenings.
- We intend to deliver more classes where women can attend with their children including on weekends.
- We will ensure that policies and procedures are kept up to date and that Governance is conducted professionally.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**List of Trustees**

Eva Allen: Chair

Sarah Bullock

Jayne Darglish – appointed 22 September 2021

Donna di Stefano

Anna Kozaczek: Charity Secretary

Anna Shields

Judith Helen Taylor; Councillor

**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 2022**

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## **RESERVES AND FINANCIAL HEALTH**

### **Our Finances**

The Statement of Financial Activities show:

- ❖ Incoming resources of £513,144
- ❖ Expenditure of £424,276

The total funds of £1,254,016 includes:

- ❖ Restricted Funds of £935,365 – mainly consisting of the freehold property and other tangible fixed assets of £723,801
- ❖ Unrestricted Funds of £124,651
- ❖ Designated Funds of £194,000

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 2022

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#### The principal funders for this Financial Year are the

- ❖ Northumberland Police and Crime Commissioners
- ❖ The Henry Smith Charity
- ❖ Public Health
- ❖ 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
- ❖ Smallwood Trust
- ❖ Ballinger Trust

#### 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.
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**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**COMPANY LIMITED BY GUARANTEE**  
**TRUSTEES' ANNUAL REPORT** *(continued)*  
**YEAR ENDED 31 MARCH 2022**

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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 Debére 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 1 September 2022

**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF**  
**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**YEAR ENDED 31 MARCH 2022**

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I report on the accounts of Women's Health in South Tyneside for the year ended 31 March 2022, which are set out on pages 18 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 2022**

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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 Limited*

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: 1 September 2022

**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**COMPANY LIMITED BY GUARANTEE**  
**STATEMENT OF FINANCIAL ACTIVITIES**  
**(INCORPORATING THE INCOME STATEMENT)**  
**YEAR ENDED 31 MARCH 2022**

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
<b>Income and endowments</b>					
<b>Donations and legacies:</b>					
Donations and legacies	5	7,843	–	7,843	3,230
Charitable activities	6	3,604	260	3,864	2,168
Investment income	7	260	–	260	740
<b>Other trading activities</b>	8	<u>33,172</u>	<u>468,005</u>	<u>501,177</u>	<u>434,942</u>
<b>Total income</b>		<u>44,879</u>	<u>468,265</u>	<u>513,144</u>	<u>441,080</u>
<b>Expenditure on:</b>					
Charitable activities		<u>16,999</u>	<u>407,277</u>	<u>424,276</u>	<u>352,046</u>
<b>Total expenditure</b>	9	<u>16,999</u>	<u>407,277</u>	<u>424,276</u>	<u>352,046</u>
<b>Net income/(expenditure)</b>	11	27,880	60,988	88,868	89,034
Transfer between funds		(3,126)	3,126	–	–
Balances brought forward		<u>293,897</u>	<u>871,251</u>	<u>1,165,148</u>	<u>1,076,114</u>
Balances carried forward		<u>318,651</u>	<u>935,365</u>	<u>1,254,016</u>	<u>1,165,148</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 20 to 37 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 2022**

	Note	2022		2021	
		£	£	£	£
<b>Fixed assets</b>					
Tangible assets	12		807,384		829,955
<b>Current assets</b>					
Debtors	13	16,620		9,201	
Cash at bank and in hand <i>(includes unrestricted cash at bank and in hand of £40,175 and restricted/designated cash at bank and in hand of £405,564)</i>			<u>445,739</u>		<u>346,438</u>
			462,359		355,639
<b>Creditors: amounts falling due within one year</b>	14	<u>(15,727)</u>		<u>(20,446)</u>	
<b>NET CURRENT ASSETS</b>			<u>446,632</u>		<u>335,193</u>
<b>NET ASSETS</b>			1,254,016		1,165,148
<b>FUNDS</b>					
Restricted income funds	15		935,365		871,251
Unrestricted income funds:					
Designated funds	16		194,000		160,000
General unrestricted funds	16		<u>124,651</u>		<u>133,897</u>
<b>TOTAL FUNDS</b>	17		<u>1,254,016</u>		<u>1,165,148</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 2022 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 1 September 2022 and are signed on their behalf by:



Eva Allen – Chair

The notes on pages 20 to 37 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 2022**

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**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 2022**

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**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**  
**YEAR ENDED 31 MARCH 2022**

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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 2022**

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**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 2022 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  
COMPANY LIMITED BY GUARANTEE  
NOTES TO THE FINANCIAL STATEMENTS  
YEAR ENDED 31 MARCH 2022**

**4 Statement of Financial Activities for the prior year**

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

**5 Donations and legacies**

	<b>Unrestricted Funds £</b>	<b>Restricted Funds £</b>	<b>Total funds 2022 £</b>	<i>Total funds 2021 £</i>
Donations	6,443	–	6,443	2,929
Subscriptions	1,400	–	1,400	301
Gifts in kind	–	–	–	–
	<u>7,843</u>	–	<u>7,843</u>	<u>3,230</u>

**WOMEN'S HEALTH IN SOUTH TYNESIDE  
COMPANY LIMITED BY GUARANTEE  
NOTES TO THE FINANCIAL STATEMENTS  
YEAR ENDED 31 MARCH 2022**

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**6 Charitable activities**

	<b>Unrestricted Funds £</b>	<b>Restricted Funds £</b>	<b>Total Funds 2022 £</b>	<i>Total Funds 2021 £</i>
Fundraising events	994	–	994	278
Room hire	<u>2,610</u>	<u>260</u>	<u>2,870</u>	<u>1,890</u>
	3,604	260	3,864	2,168
	<u>=====</u>	<u>=====</u>	<u>=====</u>	<u>=====</u>

**7 Investment income**

	<b>Unrestricted Funds £</b>	<b>Restricted Funds £</b>	<b>Total Funds 2022 £</b>	<i>Total Funds 2021 £</i>
Bank interest receivable	<u>260</u>	<u>–</u>	<u>260</u>	<u>740</u>

**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**COMPANY LIMITED BY GUARANTEE**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**YEAR ENDED 31 MARCH 2022**

**8 Other trading activities**

	<b>Unrestricted Funds £</b>	<b>Restricted Funds £</b>	<b>Total Funds 2022 £</b>	<i>Total Funds 2021 £</i>
ST Joint Commissioning Team	–	32,912	32,912	32,912
Coffee bar sales	796	–	796	17
Drop-in sales	3,596	12	3,608	505
Miscellaneous income	2,184	–	2,184	28,839
Big Lottery Fund – Wise Group	–	36,317	36,317	31,251
Business Education Skills	–	–	–	1,140
Community Foundation Women's Fund	–	15,000	15,000	15,000
Northumbria Police and Crime Commissioner	–	57,570	57,570	66,510
Coalfields – Regional Impact Fund	–	–	–	19,720
Changing Lives	–	9,230	9,230	6,920
Ballinger	–	15,000	15,000	15,000
Smallwood Trust and Rosa	–	48,550	48,550	29,308
Community Fund – Henry Smith	–	36,400	36,400	44,450
Catherine Cookson	–	–	–	1,000
Wm Webster Charitable Trust	–	–	–	1,500
Community Foundation – Ringtons	–	–	–	4,968
BM Covid Fund	–	–	–	1,000
Community Foundations – NBS	–	–	–	3,000
Rise – courses	–	–	–	7,200
Community Foundation Awards for All	–	26,000	26,000	9,955
Tudor Trust	–	–	–	8,836
Co-operative Community Fund	–	30,000	30,000	42,000
Karbon Homes	–	–	–	3,955
Furlough refunds	–	–	–	1,000
Independent Age Grant	–	–	–	11,247
Good Things Foundation	–	–	–	9,383
Community Fund – WM Leech	–	1,960	1,960	3,326
Virgin Foundation	–	5,000	5,000	10,000
Inspire Covid	1,000	25,000	25,000	25,000
Arnold Clark	1,000	–	1,000	–
Sports England	–	–	–	–
STC – household vouchers	4,200	6,980	6,980	–
Community Foundation – Linden Family	–	–	–	–
STC Skills	14,396	4,950	4,950	–
Barbour Trust	6,000	–	6,000	–
ST PHE	–	89,869	89,869	–
Community Foundation – Reed Fund	–	3,000	3,000	–
Coalfield Regeneration Trust	–	24,255	24,255	–
	<u>33,172</u>	<u>468,005</u>	<u>501,177</u>	<u>434,942</u>

**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**COMPANY LIMITED BY GUARANTEE**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**YEAR ENDED 31 MARCH 2022**

**9 Total resources expended costs of charitable activities**

	<b>Staff Costs £</b>	<b>Direct Costs £</b>	<b>Depre- ciation £</b>	<b>Support Costs £</b>	<b>Total Funds 2022 £</b>	<i>Total Funds 2021 £</i>
<b>Charitable activities:</b>						
Coffee shop	74,669	657	6,974	18,104	100,404	80,608
Studio	74,669	25,518	6,974	16,154	123,315	104,822
Counselling	74,669	2,165	6,975	16,154	99,963	81,088
Seminars	74,668	277	6,975	16,154	98,074	83,008
Gifts in kind	-	-	-	-	-	-
Governance costs	-	-	-	<u>2,520</u>	<u>2,520</u>	<u>2,520</u>
	<u>298,675</u>	<u>28,617</u>	<u>27,898</u>	<u>69,086</u>	<u>424,276</u>	<u>352,046</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 £407,277 (2021: £343,296) and unrestricted costs of £16,999 (2021: £8,750).

**10 Staff numbers and emoluments**

**The aggregate payroll costs were:**

	<b>2022 £</b>	<i>2021 £</i>
Wages and salaries	253,037	185,689
Social security costs	15,802	11,487
Other pension costs	<u>29,836</u>	<u>21,814</u>
	<u>298,675</u>	<u>218,990</u>

**Particular of employees**

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

	<b>2022 £</b>	<i>2021 £</i>
Number of management and administration staff	<u>9</u>	<u>7</u>

No employee received emoluments of more than £60,000 during the year (2021: £60,000 - none).

The total remuneration and benefits paid to key management amounted to £47,728 (2021: £46,449).

No (2021: none) trustee received reimbursement of expenses for their role as a volunteer. The amount claimed was £nil (2021: £nil). Trustee/volunteer indemnity insurance has been provided by the charity at a cost of approximately £550 (2021: £550).

**WOMEN'S HEALTH IN SOUTH TYNESIDE  
COMPANY LIMITED BY GUARANTEE  
NOTES TO THE FINANCIAL STATEMENTS  
YEAR ENDED 31 MARCH 2022**

**11 Net movements in funds**

Net movement in funds is stated after charging:

	<b>2022</b>	<i>2021</i>
	<b>£</b>	<b>£</b>
Accountancy and Independent Examination	2,520	2,520
Depreciation	<u>27,898</u>	<u>24,373</u>

**12 Tangible fixed assets**

	<b>Freehold Property</b>	<b>Equipment</b>	<b>Total</b>
	<b>£</b>	<b>£</b>	<b>£</b>
<b>Cost</b>			
At 1 April 2021	1,128,987	60,679	1,189,666
Additions	685	4,642	5,327
Disposals	—	—	—
At 31 March 2022	<u>1,129,672</u>	<u>65,321</u>	<u>1,194,993</u>
<b>Depreciation</b>			
At 1 April 2021	315,312	44,399	359,711
Charge for the year	22,587	5,311	27,898
Disposals	—	—	—
At 31 March 2022	<u>337,899</u>	<u>49,710</u>	<u>387,609</u>
<b>Net book value</b>			
At 31 March 2022	<u>791,773</u>	<u>15,611</u>	<u>807,384</u>
At 31 March 2021	<u>813,675</u>	<u>16,280</u>	<u>829,955</u>

**WOMEN'S HEALTH IN SOUTH TYNESIDE  
COMPANY LIMITED BY GUARANTEE  
NOTES TO THE FINANCIAL STATEMENTS  
YEAR ENDED 31 MARCH 2022**

**13 Debtors**

	<b>2022</b>	2021
	£	£
Trade debtors	8,555	1,175
Prepayments and accrued income	7,968	7,269
Other debtors	<u>97</u>	<u>757</u>
	16,620	9,201
	<u>          </u>	<u>          </u>

**14 Creditors: amounts falling due within one year**

	<b>2022</b>	2021
	£	£
Trade creditors	5,657	8,073
Taxation and social security	6,165	4,133
Accruals	<u>3,905</u>	<u>8,240</u>
	15,727	20,446
	<u>          </u>	<u>          </u>

**15 Restricted funds**

**For the year ended 31 March 2022**

	<i>Balance at 1 Apr 2021</i>	<b>Movement in resources:</b>			<b>Balance At 31 Mar 2022</b>
	£	<b>Incoming</b>	<b>Outgoing</b>	<b>Transfers</b>	£
		£	£	£	
Freehold property ***	725,238	–	(22,387)	–	702,851
Coalfields – Regional Impact Fund **	11,177	–	(3,932)	2,256	9,501
Changing Lives	19,896	9,230	–	–	29,126
ST Joint Commissioning Team	–	32,924	(32,924)	–	–
WEA	2,758	260	(125)	–	2,893
Garfield Weston **	3,162	–	(70)	–	3,092
Community Foundation Women's Fund	18,938	15,000	(32,461)	–	1,477
Ballinger Trust	12,552	15,000	(28,128)	576	–
Cloth Workers Fund **	5,287	–	(123)	–	5,164
Northumbria Police and Crime Commissioner	–	57,570	(50,624)	–	6,946
Wise Group BBO **	17,741	36,317	(28,818)	–	25,240
Big Lottery Fund – Celebration fund	77	–	(77)	–	–
Community Foundation – Henry Smith	13,028	36,400	(46,960)	–	2,468

**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**COMPANY LIMITED BY GUARANTEE**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**YEAR ENDED 31 MARCH 2022**

**15 Restricted funds (continued)**  
**For the year ended 31 March 2022 (continued)**

	<b>Movement in resources:</b>				<b>Balance At 31 Mar 2022</b>
	<i>Balance at 1 Apr 2021</i>	<b>Incoming</b>	<b>Outgoing</b>	<b>Transfers</b>	
	£	£	£	£	£
Smallwood Trust and Rosa	–	48,550	(6,095)	–	42,455
Community Foundation – Wm Leech	1,856	5,000	(6,856)	–	–
Virgin Foundation	–	25,000	(25,000)	–	–
Tudor Trust **	490	685	(154)	–	1,021
Tudor Trust – Wellbeing Fund	2,000	29,315	(31,315)	–	–
Rise – Courses	4,570	–	(4,570)	–	–
Awards For All **	6,668	–	(2,172)	–	4,496
Community Foundation	5,423	26,000	(11,041)	–	20,382
Community Foundation - Ringtons	4,906	–	(4,906)	–	–
The Good Things Foundation	2,681	1,960	(4,641)	–	–
Independent Age Grant	8,848	–	(8,848)	–	–
Co-operative Community Fund	3,955	–	(2,535)	–	1,420
Karbon Homes	–	–	(27)	214	187
Santander	–	–	(80)	80	–
Sports England	–	6,980	(6,980)	–	–
ST PHE	–	89,869	(29,302)	–	60,567
Coalfields Regeneration Trust	–	24,255	(9,146)	–	15,109
Community Foundation – Reed Fund	–	3,000	(2,030)	–	970
Community Foundation – Linden Family	–	4,950	(4,950)	–	–
	<u>871,251</u>	<u>468,265</u>	<u>(407,277)</u>	<u>3,126</u>	<u>935,365</u>

**For the year ended 31 March 2021**

	<b>Movement in resources:</b>				<b>Balance At 31 Mar 2021</b>
	<i>Balance at 1 Apr 2020</i>	<b>Incoming</b>	<b>Outgoing</b>	<b>Transfers</b>	
	£	£	£	£	£
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
ST Joint Commissioning Team	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

**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**COMPANY LIMITED BY GUARANTEE**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**YEAR ENDED 31 MARCH 2022**

**15 Restricted funds (continued)**

**For the year ended 31 March 2021 (continued)**

	<i>Balance at 1 Apr 2020</i>	<b>Movement in resources:</b>			<b>Balance At 31 Mar 2021</b>
		<b>Incoming</b>	<b>Outgoing</b>	<b>Transfers</b>	
	£	£	£	£	£
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)	–	–
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 and Rosa	–	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	–	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>

\*\* 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.

**Coalfields – Regional Impact Fund**

Funding towards purchasing some assets. The capital balance carried forward is £9,501 (2021: £11,177).

**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.

**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**COMPANY LIMITED BY GUARANTEE**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**YEAR ENDED 31 MARCH 2022**

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**15 Restricted funds** *(continued)*

**WEA**

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

**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 £3,092 (2021: £3,162).

**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 £5,164 (2021: £5,287).

**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 £41 (2021: £58).

**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.

**Smallwood Trust and Rosa**

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

**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 £1,021 (2021: £490).

**Tudor Trust – Wellbeing Fund**

Funding received towards salaries, trustees and volunteers.

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

**NOTES TO THE FINANCIAL STATEMENTS**

**YEAR ENDED 31 MARCH 2022**

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**15 Restricted funds** *(continued)*

**Rise Courses**

Funding for exercise provision

**Awards For All**

Funding received for counselling, Covid-19 equipment and remote teaching. The capital balance carried forward is £2,022 (2021: £2,921).

**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. The capital balance carried forward is £187 (2021: £nil).

**Sports England**

Funding towards sessional teaching, course expenses and volunteer expenses

**ST PHE**

Funding received to fund women's engagement worker, women's advocate and a senior counsellor. This was also towards volunteer expenses and core costs.

**Coalfields Regeneration Trust**

Funding received towards the employment of counselling staff.

**Community Foundation – Reed Fund**

Funding towards facilitator costs for choir sessions.

**Community Foundation – Linden Family**

Funding received for eating together sessions. This covers facilitator costs, food costs and volunteer expenses.

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

**NOTES TO THE FINANCIAL STATEMENTS**

**YEAR ENDED 31 MARCH 2022**

**16 Unrestricted funds**

**For the year ended 31 March 2022**

	<i>Balance at 1 Apr 2021 £</i>	<b>Incoming £</b>	<b>Outgoing £</b>	<b>Transfers £</b>	<b>Balance At 31 Mar 2022 £</b>
<i>Designated funds:</i>					
Building maintenance and repair	10,000	–	(554)	554	10,000
Reserves	85,000	–	–	40,000	125,000
Contingencies for end of contractual term	<u>65,000</u>	<u>–</u>	<u>–</u>	<u>(6,000)</u>	<u>59,000</u>
Total designated funds	160,000	–	(554)	34,554	194,000
<i>General funds</i>	<u>133,897</u>	<u>44,879</u>	<u>(16,445)</u>	<u>(37,680)</u>	<u>124,651</u>
	<u>293,897</u>	<u>44,879</u>	<u>(16,999)</u>	<u>(3,126)</u>	<u>318,651</u>

**For the year ended 31 March 2021**

	<i>Balance at 1 Apr 2020 £</i>	<b>Incoming £</b>	<b>Outgoing £</b>	<b>Transfers £</b>	<b>Balance At 31 Mar 2021 £</b>
<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>

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.

**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**COMPANY LIMITED BY GUARANTEE**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**YEAR ENDED 31 MARCH 2022**

**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 2022**

	<b>Tangible Fixed Assets £</b>	<b>Net Current Assets £</b>	<b>Total £</b>
<b>Restricted funds</b>			
Freehold Property	702,851	–	702,851
Changing Lives	–	29,126	29,126
Garfield Weston	3,014	78	3,092
Cloth Workers Fund	5,164	–	5,164
WEA	–	2,893	2,893
Community Foundation Women's Fund	–	1,477	1,477
Community Foundation – Henry Smith	–	2,468	2,468
Wise Group BBO	41	25,199	25,240
Tudor Trust	1,021	–	1,021
Coalfields – Regional Impact Fund	9,501	–	9,501
Awards for All	2,022	2,474	4,496
Community Foundation	–	20,382	20,382
Co-operative Community Fund	–	1,420	1,420
Karbon Homes	187	–	187
Smallwood Trust and Rosa	–	42,455	42,455
Community Foundation – Reed Fund	–	970	970
Northumbria Police & Crime Commissioner	–	6,946	6,946
ST PHE	–	60,567	60,567
Coalfields Regeneration Trust	–	15,109	15,109
	<u>723,801</u>	<u>211,564</u>	<u>935,365</u>
<b>Designated funds:</b>			
Building maintenance and repair	–	10,000	10,000
Reserves	–	125,000	125,000
Contingencies for end of contractual term	–	59,000	59,000
<b>General unrestricted funds</b>	<u>83,583</u>	<u>41,068</u>	<u>124,651</u>
<b>Total funds</b>	<u>807,384</u>	<u>446,632</u>	<u>1,254,016</u>

**WOMEN'S HEALTH IN SOUTH TYNESIDE  
COMPANY LIMITED BY GUARANTEE  
NOTES TO THE FINANCIAL STATEMENTS  
YEAR ENDED 31 MARCH 2022**

**17 Analysis of net assets between funds (continued)**

**For the year ended 31 March 2021**

	<b>Tangible Fixed Assets £</b>	<b>Net Current Assets £</b>	<b>Total £</b>
<b>Restricted funds</b>			
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>
<b>Designated funds:</b>			
Building maintenance and repair	–	10,000	10,000
Reserves	–	85,000	85,000
Contingencies for end of contractual term	–	65,000	65,000
<b>General unrestricted funds</b>	<u>81,622</u>	<u>52,275</u>	<u>133,897</u>
<b>Total funds</b>	<u>829,955</u>	<u>335,193</u>	<u>1,165,148</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  
COMPANY LIMITED BY GUARANTEE  
NOTES TO THE FINANCIAL STATEMENTS  
YEAR ENDED 31 MARCH 2022**

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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.

**WOMEN'S HEALTH IN SOUTH TYNESIDE  
COMPANY LIMITED BY GUARANTEE  
MANAGEMENT INFORMATION  
YEAR ENDED 31 MARCH 2022**

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**The following pages do not form part of the statutory financial statements  
which are subject to the independent examiner's report on pages 15 to 16.**

**WOMEN'S HEALTH IN SOUTH TYNESIDE**

**COMPANY LIMITED BY GUARANTEE**

**MANAGEMENT INFORMATION**

**YEAR ENDED 31 MARCH 2022**

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
<b>Income</b>		
STC – CEO	32,912	32,912
South Tyneside Business Skills and Employment	–	1,140
Donations	6,443	2,929
Fund Raising Events	994	278
Coffee bar sales	796	521
Drop-in sales	3,608	–
Subscription members	1,400	301
Room hire	2,870	1,890
Photocopying	7	10
Interest received	260	740
Small grants and donations	16,396	19,200
Miscellaneous income	2,177	5,686
Changing Lives	9,230	6,920
Northumbria Police and Crime Commissioner	57,570	66,510
Big Lottery Fund – Wise Group	36,317	31,251
Coalfields – Reneration Trust	24,255	–
Coalfields – Regional Impact Fund	–	19,720
Community Foundation Women's Fund	15,000	15,000
Ballinger Trust	15,000	15,000
WM Webster Charitable Trust	–	1,500
Smallwood Trust	48,550	29,308
Sports England	6,980	–
ST PHE	89,869	–
Community Foundation – Reed Fund	3,000	–
Community Fund – Henry Smith	36,400	44,450
Community Foundation – Linden Family	4,950	–
Gifts in kind	–	–
Community Foundation – WM Leech	5,000	10,000
Catherine Cookson Furniture	–	1,000
Community Foundation – Ringtons	–	4,968
Furlough refunds	–	11,248
Insurance claims	–	3,943
Independent Age Grant	–	9,383
Tudor Trust	30,000	42,000
Awards for All	–	8,836
Community Foundation	26,000	9,955
Rise – Courses	–	7,200
BM Covid Fund	–	1,000
Good Things Foundation	1,960	3,326
Virgin Foundation	25,000	25,000
STC – household vouchers	4,200	–
Co-operative Community Foundation	–	3,955
Karbon Homes	–	1,000
Community foundation – NBS	–	3,000
Barbour costs	6,000	–
<b>Total income</b>	<b>513,144</b>	<b>441,080</b>

**WOMEN'S HEALTH IN SOUTH TYNESIDE**

**COMPANY LIMITED BY GUARANTEE**

**MANAGEMENT INFORMATION**

**YEAR ENDED 31 MARCH 2022**

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	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
<b>Charitable Activities</b>		
Staff salaries and pension costs	298,675	218,990
Recruitment expenses	945	–
Coffee bar purchases	380	54
Sundry purchases	1,165	921
Drop-in supplies	1,952	364
Monday Lunch	–	15
Sessional workers	25,242	24,633
Facilitator	–	2,820
Supervision	1,888	900
Material for courses	285	32
Water	804	1,418
General rates	346	1,357
Refuse collection	1,213	717
Heat and light	6,837	5,667
Travel expenses	2,291	401
Printing, postage and stationery	3,696	4,136
Telephone	7,161	6,666
Computer software and consumables	10,141	19,765
Repairs and renewals	10,336	22,813
Cleaning	7,987	6,295
Subscriptions	861	765
Training costs	850	455
Insurance	4,528	3,988
Refreshments and entertaining	2,272	235
Depreciation	27,898	24,373
Flowers and gifts	496	285
Legal fees	1,182	1,257
Bank charges	83	(10)
Function costs	1,107	50
Garden purchases	300	–
Volunteer expenses	835	164
Gifts in kind	–	–
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<b>Total Expenditure</b>	<b>421,756</b>	<b>349,526</b>
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**WOMEN'S HEALTH IN SOUTH TYNESIDE  
COMPANY LIMITED BY GUARANTEE  
MANAGEMENT INFORMATION  
YEAR ENDED 31 MARCH 2022**

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	<b>2022</b>	<i>2021</i>
	<b>£</b>	<b>£</b>
<b>Governance costs</b>		
Accountancy fees and independent examination	<u>2,520</u>	<u>2,520</u>
<b>Total expenditure</b>	<u>424,276</u>	<u>352,046</u>
<b>Net income/(expenditure) for the year</b>	<u>88,868</u>	<u>89,034</u>