

**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**Company Limited by Guarantee**  
**FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2023**

**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 2023**

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**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**MEMBERS OF THE BOARD AND PROFESSIONAL ADVISERS**  
**YEAR ENDED 31 MARCH 2023**

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<b>The board of trustees</b>	Donna di Stefano Judith Helen Taylor Anna Shields Sarah Bullock Anna Kozaczek Jayne Estelle DGLISH – Vice Chair Sarah Rowan Hewitt Susan Ann Key - Chair
<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 2023**

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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 2023.

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 2023**

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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
- 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 **1,932** members, accessing in person, online or by phone. Most members felt able to return to in person provision this year. Nevertheless, we have seen increased levels of anxiety post pandemic.
- There has been an increase in demand for services with a **200% increase** in women accessing courses, **50% increase** in the number of women receiving counselling and **62% increase** in the number of women support by the Women's Advocate.
- We secured funding to continue to deliver the majority of our services however the Employment Project and Women Thrive project came to an end. Both projects were successful, exceeding the expected targets. Many of the services set up have continued beyond the end of the grant including the weekly financial support drop in and work of the Financial Wellbeing volunteers.
- **41 volunteers** and **10 volunteer counsellors** were central in the planning and delivery of services and peer support.
- Volunteers offered over **6,000 hours** of support across the year, an **increase of 47%** on last year.
- 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, Hindu Nari Sangh and Sangini**. Numerous partners supported the delivery of financial wellbeing support from our Tuesday drop in including **South Tyneside Homes, ACTS, Your Voice Counts, Northern Rights, Changing Lives, NECA, STARS, Hannay Family Law Solicitors and local authority adult and children's services**. 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 have developed a new partnership addressing food sustainability with the **local authority, Apna Ghar and Hospitality and Hope**.
- Eve Allen stepped down from her role as Chair and was replaced by Sue Key. We are grateful to Eve for her support and welcome Sue to the role.

## WOMEN'S HEALTH IN SOUTH TYNESIDE

### COMPANY LIMITED BY GUARANTEE

### TRUSTEES' ANNUAL REPORT *(continued)*

#### YEAR ENDED 31 MARCH 2023

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- We held “**Thinking Together**” sessions to review and monitor our progress with our Strategic Plans and to strengthen our teamwork.

We continued working toward the adoption of an Anti-Racism Charter developed by Black and minoritised women working in the VAWG sector.

#### Provision

#### Learning Programme

The Service Development and Delivery Coordinator, Janet Cresswell, moved on in September 2022 and Asia Uddin moved into the role in March 2023. The role was renamed as Learning Programme Coordinator.

- **406** individual women have accessed one or more of the **103** different short courses and workshops provided this year, with **1120** course places taken meaning women are attending 2-3 courses a year. The number of women supported by the learning programme is a **200% increase** on the previous year. We feel this is as women feel less anxious in social spaces following the pandemic.
- **18** paid tutors and **14** volunteer facilitators worked with us to offer a wider range of provision. Sessional tutors and WHiST volunteers used their considerable skill to deliver social activities, exercise, personal development courses, creative courses, volunteer training and support with physical and mental health issues.
- **99%** of women completing an evaluation said that their levels of confidence increased following attendance on the course
- **100%** of women completing an evaluation reported an increased sense of wellbeing

#### Volunteering

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

- **41** volunteers supported by Volunteer Coordinator, Joy Nancarrow, delivered services to over **600** women.
  - Lockdown brought about many changes in the way women live and work and volunteers have developed new roles to welcome women, some of whom continue to feel anxious about attending. **10** volunteers have provided this support throughout the year.
  - **6** volunteers have provided meet and greet to introduce **162** women, new to WHiST, to our support and services. Over **20** workers from across South Tyneside have also been introduced to WHiST by volunteers.
  - **11** volunteers have staffed our Coffee Bar kitchen providing a range of refreshments to women dropping into our project both to access services and as a welcoming place to meet and talk to other women. We delivered Warm Spaces support from the coffee bar over the winter months.
  - **9** volunteers have worked in our garden throughout the year to ensure women can access this tranquil outdoor space.
  - **14** volunteers have facilitated groups including a memory group, creative writing, book club and women and activism group.
  - **4** Financial wellbeing champions have supported women at the weekly financial support drop in.
  - 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.
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## WOMEN'S HEALTH IN SOUTH TYNESIDE

### COMPANY LIMITED BY GUARANTEE

### TRUSTEES' ANNUAL REPORT *(continued)*

YEAR ENDED 31 MARCH 2023

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#### Counselling

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

- **15** counsellors have delivered sessions from WHiST this year.
- Funding from the **Office of the Police Crime Commissioner** secured the full time Counselling Coordinator role provided by Margaret Bird for 3 years. Additional PCC and Public Health funding allowed us to employ counsellors Lindsey Howe, Sonia Tabassum and Louise Wilson for 2 years. Funding from the **Integrated Care Board** will secure the Senior Counsellor post delivered by Ruth Marshall for 3 years.
- All counsellors receive **supervision** in line with BACP and UKCP regulations, in addition group supervision has been offered.
- The Counselling Coordinator delivered **122 hours** of clinical supervision sessions and urgent supervision related calls to volunteer counsellors including **4** trainees.
- **164** assessments were offered and **82% increase** on 21/22.
- **2,152** sessions of counselling were offered.
- **197** women were referred, and **163** women received counselling support, a **50% increase** on the previous year
- Our long-standing partner, **Rape Crisis Tyneside Northumberland (RCTN)** provides outreach services at WHiST.
- We have ongoing links with **South Tyneside DA Steering Group, Impact Family Services, 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 Advocate

Women's Advocate, Rebecca Hardy, supports women on a one-to-one basis, including attending meetings and signposting to partners. Rebecca provides support to women experiencing complex issues, creating an action plan to address and tackle those issues that "keep them awake at night".

- **128** women supported, accessing **1,152** sessions. This is a **62% increase** on the number of women seen last year.
  - 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.
  - **100** Referrals made to **37** partner organisations in South Tyneside.
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## WOMEN'S HEALTH IN SOUTH TYNESIDE

### COMPANY LIMITED BY GUARANTEE

### TRUSTEES' ANNUAL REPORT *(continued)*

YEAR ENDED 31 MARCH 2023

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#### Young Women's Development Work

Our Young Women's Development Worker, Megan Thompson engages with organisations and young women aged 16-25 years to increase their participation in WHiST services.

- **50** organisations engaged with.
- **140** young women engaged in focus groups and workshops.
- **20% increase** in young women becoming a WHiST member.
- Life skills course delivered "All the stuff they don't teach you in school".
- Team of **4** young volunteers working on the project.
- Services support young women with their mental health, developing life skills, reducing isolation, exploring healthy relationships 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.

#### Self Help and Peer Support groups

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

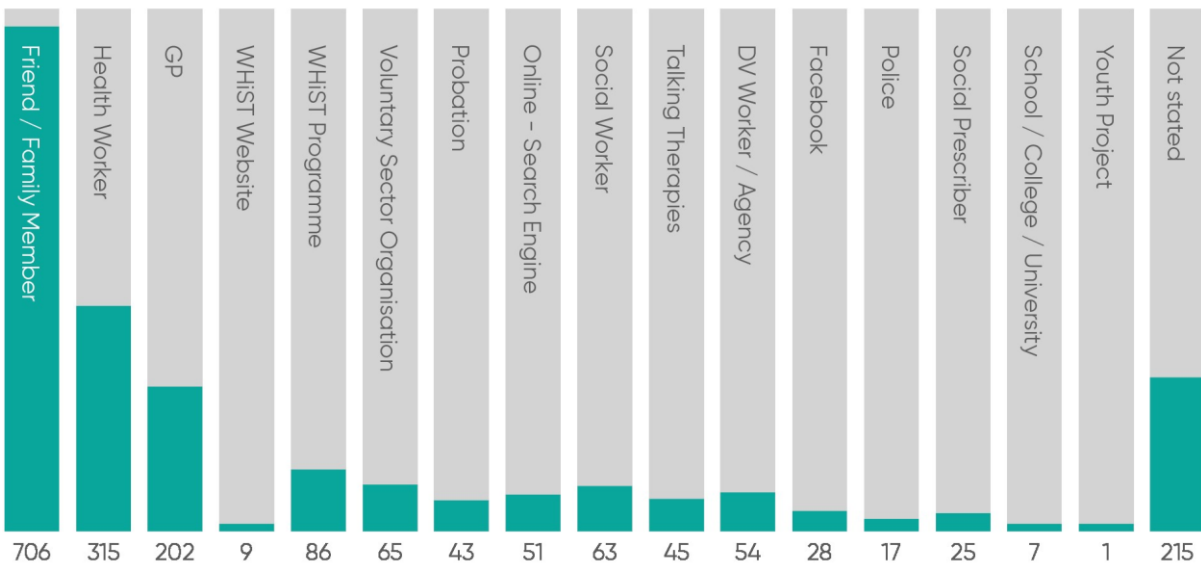
- Weekly Relaxation session with a trained facilitator.
- Fibromyalgia support
- IT support
- Women and Activism group
- Living with Long Term Health Conditions, delivered fortnightly.
- Craft group with peer and volunteer support
- Weekly volunteer led art group
- Meet and Greet - volunteer led service
- Re-MIND – a volunteer led memory support group
- Creative Writing
- Credit union collection point with Moneywise Credit Union
- Weekly volunteer led gardening group

**WOMEN'S HEALTH IN SOUTH TYNESIDE  
COMPANY LIMITED BY GUARANTEE  
TRUSTEES' ANNUAL REPORT (continued)  
YEAR ENDED 31 MARCH 2023**

**Profile of members**

27% of referrals to WHiST came from statutory health professionals with 41.5% being referred by a friend or self-referrals. Other referrals came from Northumbria Police, probation, social services, and other VCSE organisations.

**Members by Referral Source**



**Profile of members**

WHiST Members **1932**

Women attending WHiST live in the following wards

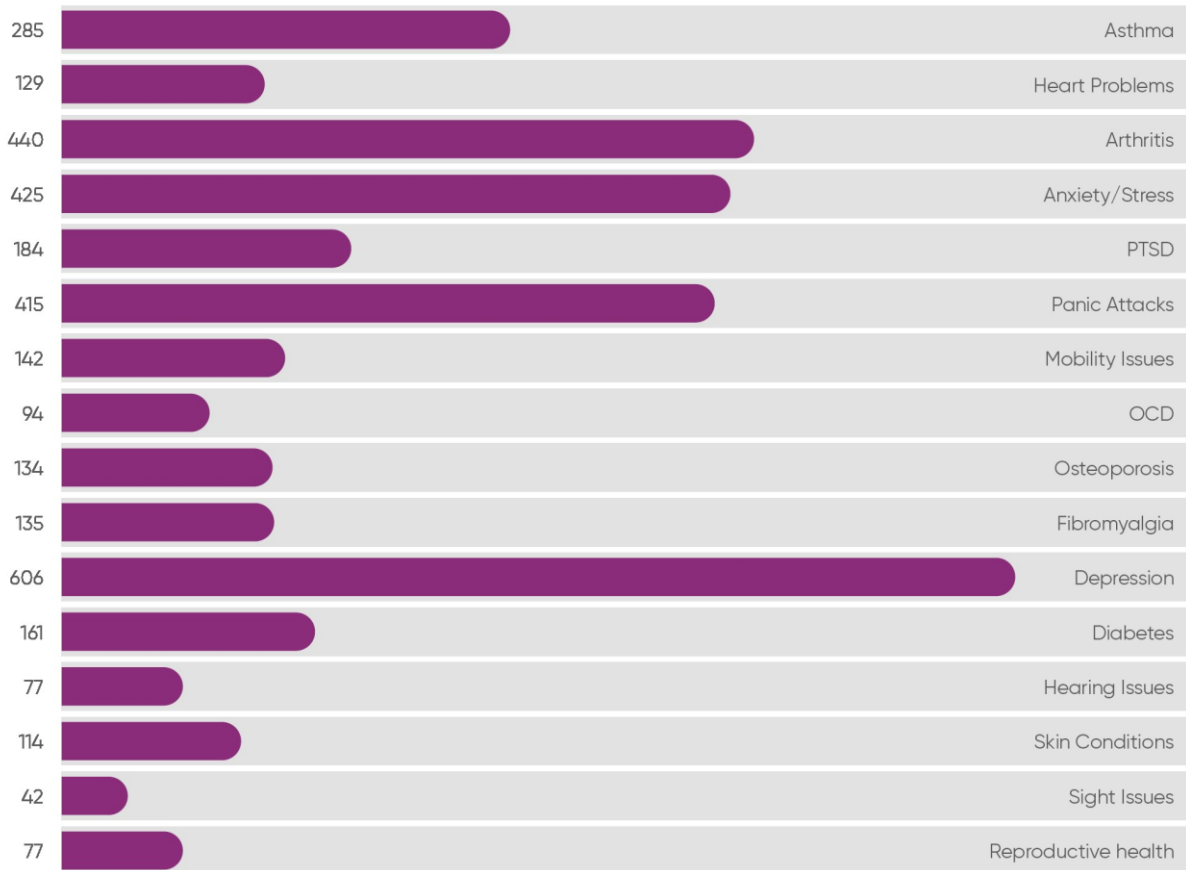
62 members attend from outside South Tyneside.



**WOMEN'S HEALTH IN SOUTH TYNESIDE  
COMPANY LIMITED BY GUARANTEE  
TRUSTEES' ANNUAL REPORT (continued)  
YEAR ENDED 31 MARCH 2023**

**Long Term Condition**

The 16 most reported health conditions of members, at the point of referral, were,

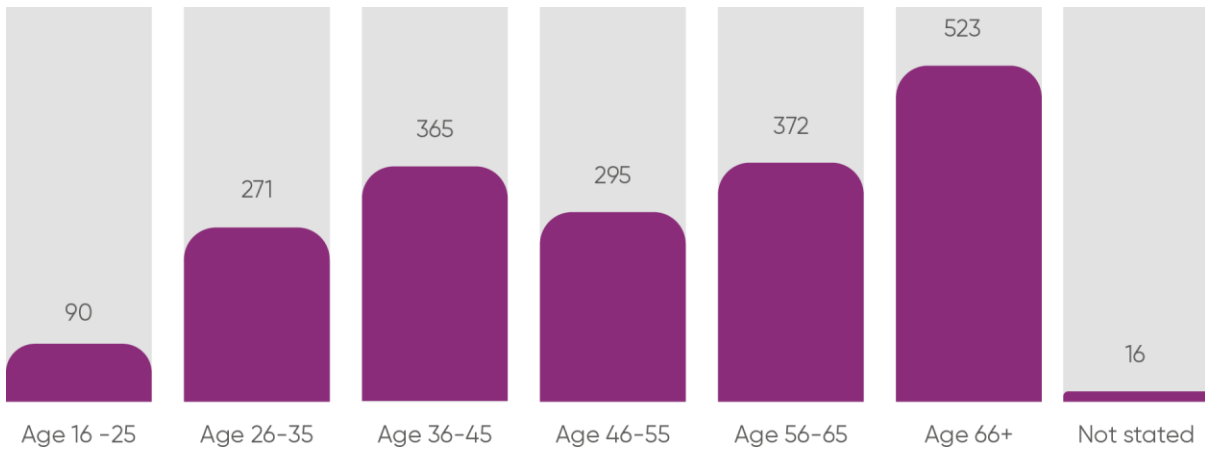


**Members by age group**

Numbers of women under 30 accessing provision rose by 20% this year.

**WOMEN'S HEALTH IN SOUTH TYNESIDE  
COMPANY LIMITED BY GUARANTEE  
TRUSTEES' ANNUAL REPORT (continued)  
YEAR ENDED 31 MARCH 2023**

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**Ethnicity**

The majority of our members are White British, however, 14% are from the following ethnic groups.

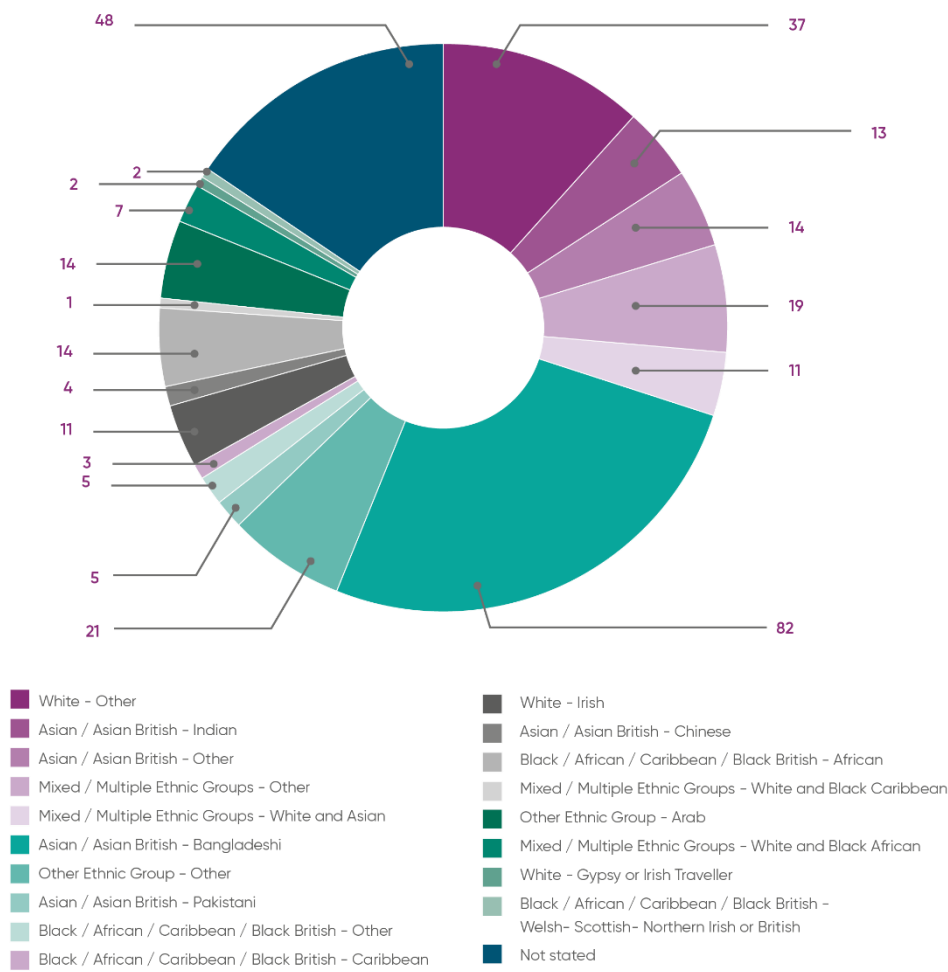
**WOMEN'S HEALTH IN SOUTH TYNESIDE  
COMPANY LIMITED BY GUARANTEE  
TRUSTEES' ANNUAL REPORT (continued)  
YEAR ENDED 31 MARCH 2023**

**Ethnicity**

The majority of members identify as White British

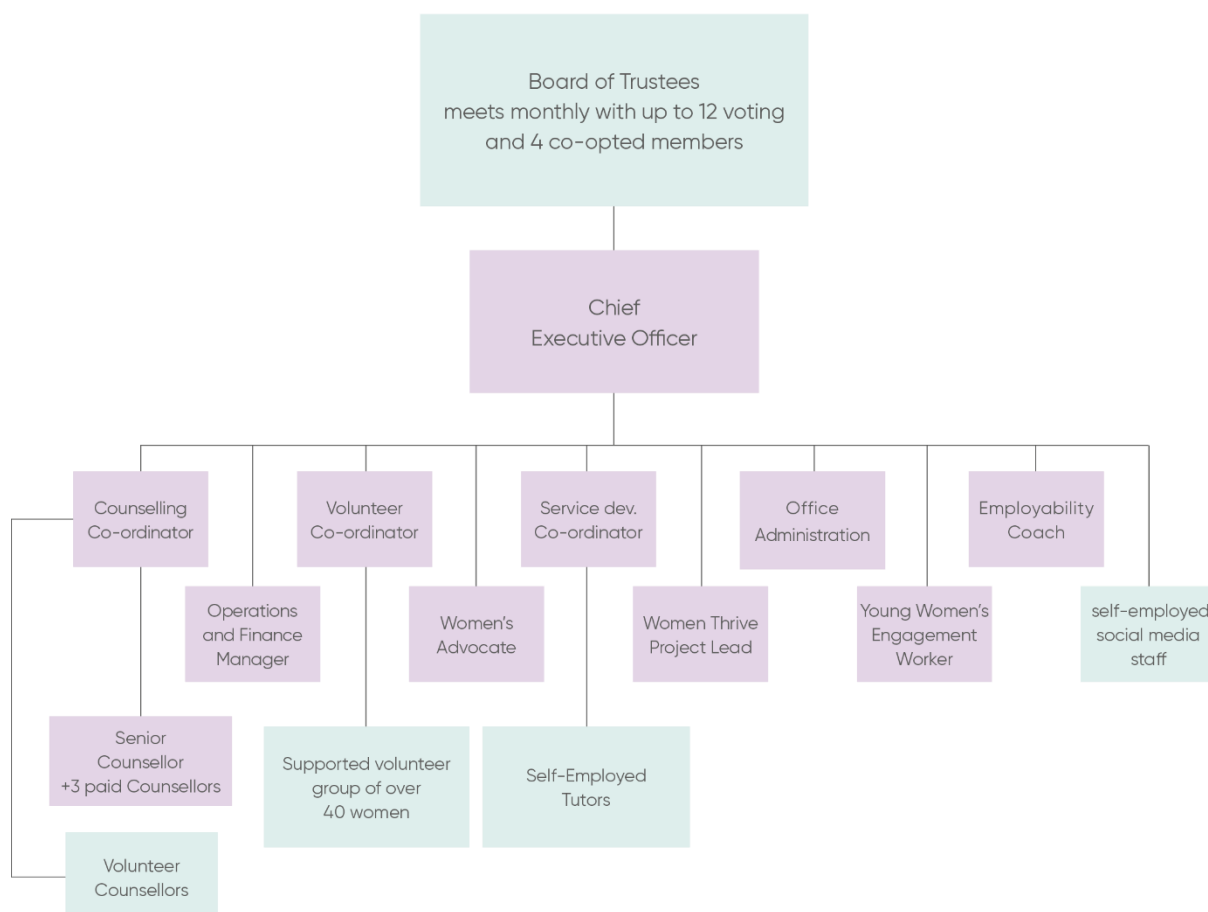


14% of members are from the following ethnic groups.



**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**COMPANY LIMITED BY GUARANTEE**  
**TRUSTEES' ANNUAL REPORT** *(continued)*  
**YEAR ENDED 31 MARCH 2023**

**Governance**



- There have been 8 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, Sue Key, meet regularly 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 2023

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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.

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

#### REFERENCE AND ADMINISTRATIVE DETAILS

##### List of Trustees

Sue Key: Chair

Sarah Bullock

Jayne Daghish

Donna di Stefano

Sarah Hewitt

Anna Kozaczek: Charity Secretary

Anna Shields

Judith Helen Taylor: Councillor

##### Key Employees of the charitable company

Corinne Devine: Chief Executive Officer

#### RESERVES AND FINANCIAL HEALTH

##### Our Finances

The Statement of Financial Activities show:

- ❖ Incoming resources of £430,498
- ❖ Expenditure of £480,966

The total funds of £1,203,548 includes:

- ❖ Restricted Funds of £848,200 – mainly consisting of the freehold property and other tangible fixed assets of £779,763
- ❖ Unrestricted Funds of £125,348
- ❖ Designated Funds of £230,000

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

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## WOMEN'S HEALTH IN SOUTH TYNESIDE

### COMPANY LIMITED BY GUARANTEE

### TRUSTEES' ANNUAL REPORT *(continued)*

YEAR ENDED 31 MARCH 2023

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#### **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.

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

- ❖ Northumberland Police and Crime Commissioners
- ❖ Public Health
- ❖ South Tyneside Joint Commissioning Team
- ❖ Community Foundation
- ❖ 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.
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**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**COMPANY LIMITED BY GUARANTEE**  
**TRUSTEES' ANNUAL REPORT** *(continued)*  
**YEAR ENDED 31 MARCH 2023**

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**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.

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 ensuring 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



Sue Key  
Chair

Approved by the Trustees on 9 August 2023

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**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF**  
**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**YEAR ENDED 31 MARCH 2023**

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I report on the accounts of Women's Health in South Tyneside for the year ended 31 March 2023, which are set out on pages 17 to 36.

**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 2023**

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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 BA (Hons) FCA  
Independent Examiner



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

Date: 9 August 2023

**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**COMPANY LIMITED BY GUARANTEE**  
**STATEMENT OF FINANCIAL ACTIVITIES**  
**(INCORPORATING THE INCOME STATEMENT)**  
**YEAR ENDED 31 MARCH 2023**

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
<b>Income and endowments</b>					
<b>Donations and legacies:</b>					
Donations and legacies	5	10,940	–	10,940	7,843
Charitable activities	6	9,969	–	9,969	3,864
Investment income	7	3,260	–	3,260	260
<b>Other trading activities</b>	8	<u>16,442</u>	<u>389,887</u>	<u>406,329</u>	<u>501,177</u>
<b>Total income</b>		<u>40,611</u>	<u>389,887</u>	<u>430,498</u>	<u>513,144</u>
<b>Expenditure on:</b>					
Charitable activities		<u>3,914</u>	<u>477,052</u>	<u>480,966</u>	<u>424,276</u>
<b>Total expenditure</b>	9	<u>3,914</u>	<u>477,052</u>	<u>480,966</u>	<u>424,276</u>
<b>Net income/(expenditure)</b>	11	36,697	(87,165)	(50,468)	88,868
Transfer between funds					–
Balances brought forward		<u>318,651</u>	<u>935,365</u>	<u>1,254,016</u>	<u>1,165,148</u>
Balances carried forward		<u>355,348</u>	<u>848,200</u>	<u>1,203,548</u>	<u>1,254,016</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 2023**

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	Note	2023		2022	
		£	£	£	£
<b>Fixed assets</b>					
Tangible assets	12		779,763		807,384
<b>Current assets</b>					
Debtors	13	24,662		16,620	
Cash at bank and in hand		<u>433,975</u>		<u>445,739</u>	
		458,637		462,359	
<b>Creditors: amounts falling due within one year</b>	14	<u>(34,852)</u>		<u>(15,727)</u>	
<b>NET CURRENT ASSETS</b>			<u>423,785</u>		<u>446,632</u>
<b>NET ASSETS</b>			1,203,548		1,254,016
<b>FUNDS</b>					
Restricted income funds	15		848,200		935,365
Unrestricted income funds:					
Designated funds	16		230,000		194,000
General unrestricted funds	16		<u>125,348</u>		<u>124,651</u>
<b>TOTAL FUNDS</b>	17		1,203,548		1,254,016

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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 2023 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 9 August 2023 and are signed on their behalf by:

*Sue Key*

Sue Key – Chair

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

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**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**COMPANY LIMITED BY GUARANTEE**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**YEAR ENDED 31 MARCH 2023**

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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. 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  
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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 2023**

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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 2023**

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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 2023 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 2023**

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

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

**5 Donations and legacies**

	<b>Unrestricted Funds £</b>	<b>Restricted Funds £</b>	<b>Total funds 2023 £</b>	<i>Total funds 2022 £</i>
Donations	6,379	–	6,379	6,443
Subscriptions	4,561	–	4,561	1,400
Gifts in kind	–	–	–	–
	<u>10,940</u>	–	<u>10,940</u>	<u>7,843</u>

**WOMEN'S HEALTH IN SOUTH TYNESIDE  
COMPANY LIMITED BY GUARANTEE  
NOTES TO THE FINANCIAL STATEMENTS  
YEAR ENDED 31 MARCH 2023**

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**6 Charitable activities**

	<b>Unrestricted Funds £</b>	<b>Restricted Funds £</b>	<b>Total Funds 2023 £</b>	<i>Total Funds 2022 £</i>
Fundraising events	159	–	159	994
Room hire	<u>9,810</u>	<u>–</u>	<u>9,810</u>	<u>2,870</u>
	9,969	–	9,969	3,864
	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>

**7 Investment income**

	<b>Unrestricted Funds £</b>	<b>Restricted Funds £</b>	<b>Total Funds 2023 £</b>	<i>Total Funds 2022 £</i>
Bank interest receivable	<u>3,260</u>	<u>–</u>	<u>3,260</u>	<u>260</u>

**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**COMPANY LIMITED BY GUARANTEE**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**YEAR ENDED 31 MARCH 2023**

**8 Other trading activities**

	<b>Unrestricted Funds £</b>	<b>Restricted Funds £</b>	<b>Total Funds 2023 £</b>	<i>Total Funds 2022 £</i>
ST Joint Commissioning Team	–	44,912	44,912	32,912
Coffee bar sales	4,566	–	4,566	4,404
Miscellaneous income	2,470	–	2,470	2,184
Big Lottery Fund – Wise Group	–	27,053	27,053	36,317
Community Foundation Women's Fund	–	–	–	15,000
Northumbria Police and Crime				
Commissioner	–	79,000	79,000	57,570
Changing Lives	–	10,000	10,000	9,230
Ballinger	–	15,000	15,000	15,000
Smallwood Trust and Rosa	–	–	–	48,550
Community Fund – Henry Smith	–	–	–	36,400
National Lottery Community Fund	–	9,600	9,600	–
Sir James Knott	–	5,750	5,750	–
South Tyneside CCG	–	20,680	20,680	–
Community Foundation	–	–	–	26,000
Tudor Trust	–	–	–	30,000
Money Saving Expert	–	5,768	5,768	–
Community Foundation – Know Your				
Neighbourhood	–	16,087	16,087	–
Good Things Foundation	–	–	–	1,960
Community Fund – WM Leech	–	–	–	5,000
Virgin Foundation	–	33,000	33,000	25,000
Inspire Covid	–	–	–	1,000
Arnold Clark	–	–	–	1,000
Sports England	–	–	–	6,980
STC – household vouchers	4,200	–	4,200	4,200
Community Foundation – Linden Family		8,712	8,712	4,950
STC Skills	206	–	206	14,396
Barbour Trust	–	–	–	6,000
STC Public Health	–	101,396	101,396	89,869
Community Foundation – Reed Fund	–	–	–	3,000
Coalfield Regeneration Trust	–	–	–	24,255
Warm Space	5,000	–	5,000	–
Community Foundation – Port of Tyne	–	1,000	1,000	–
Community Foundation – Kellet Fund	–	11,929	11,929	–
	<u>16,442</u>	<u>389,887</u>	<u>406,329</u>	<u>501,177</u>

**WOMEN'S HEALTH IN SOUTH TYNESIDE  
COMPANY LIMITED BY GUARANTEE  
NOTES TO THE FINANCIAL STATEMENTS  
YEAR ENDED 31 MARCH 2023**

**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 2023 £</b>	<i>Total Funds 2022 £</i>
<b>Charitable activities:</b>						
Coffee shop	88,922	1,300	7,107	18,142	115,471	<i>100,404</i>
Studio	88,921	20,085	7,107	15,490	131,603	<i>123,315</i>
Counselling	88,921	3,316	7,107	15,490	114,834	<i>99,963</i>
Seminars	88,921	811	7,107	15,490	112,329	<i>98,074</i>
Gifts in kind	-	-	-	-	-	-
Governance costs	-	-	-	<u>6,729</u>	<u>6,729</u>	<u><i>2,520</i></u>
	<u>355,685</u>	<u>25,512</u>	<u>28,428</u>	<u>71,341</u>	<u>480,966</u>	<u><i>424,276</i></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 £477,052 (2022: £407,277) and unrestricted costs of £3,914 (2022: £16,999).

**10 Staff numbers and emoluments**

**The aggregate payroll costs were:**

	<b>2023 £</b>	<i>2022 £</i>
Wages and salaries	300,928	<i>253,037</i>
Social security costs	19,593	<i>15,802</i>
Other pension costs	<u>35,164</u>	<u><i>29,836</i></u>
	<u>355,685</u>	<u><i>298,675</i></u>

**Particular of employees**

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

	<b>2023 £</b>	<i>2022 £</i>
Number of management and administration staff	<u>11</u>	<u><i>9</i></u>

No employee received emoluments of more than £60,000 during the year (2022: £60,000 - none).

The total remuneration and benefits paid to key management amounted to £48,698 (2022: £47,728).

No (2022: none) trustee received reimbursement of expenses for their role as a volunteer. The amount claimed was £nil (2022: £nil). Trustee/volunteer indemnity insurance has been provided by the charity at a cost of approximately £550 (2022: £550).

**WOMEN'S HEALTH IN SOUTH TYNESIDE  
COMPANY LIMITED BY GUARANTEE  
NOTES TO THE FINANCIAL STATEMENTS  
YEAR ENDED 31 MARCH 2023**

**11 Net movements in funds**

Net movement in funds is stated after charging:

	<b>2023</b>	<i>2022</i>
	<b>£</b>	<b>£</b>
Accountancy and Independent Examination	2,760	2,520
Depreciation	<u>28,428</u>	<u>27,898</u>

**12 Tangible fixed assets**

	<b>Freehold Property £</b>	<b>Equipment £</b>	<b>Total £</b>
<b>Cost</b>			
At 1 April 2022	1,129,672	65,321	1,194,993
Additions	–	807	807
Disposals	–	–	–
At 31 March 2023	<u>1,129,672</u>	<u>66,128</u>	<u>1,195,800</u>
<b>Depreciation</b>			
At 1 April 2022	337,899	49,710	387,609
Charge for the year	22,593	5,835	28,428
Disposals	–	–	–
At 31 March 2023	<u>360,492</u>	<u>55,545</u>	<u>416,037</u>
<b>Net book value</b>			
At 31 March 2023	<u>769,180</u>	<u>10,583</u>	<u>779,763</u>
At 31 March 2022	<u>791,773</u>	<u>15,611</u>	<u>807,384</u>

**WOMEN'S HEALTH IN SOUTH TYNESIDE  
COMPANY LIMITED BY GUARANTEE  
NOTES TO THE FINANCIAL STATEMENTS  
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**13 Debtors**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Trade debtors	23,180	8,555
Prepayments and accrued income	1,385	7,968
Other debtors	<u>97</u>	<u>97</u>
	<u>24,662</u>	<u>16,620</u>

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

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Trade creditors	2,499	5,657
Taxation and social security	5,807	6,165
Accruals	25,955	3,905
Other creditors	<u>591</u>	<u>—</u>
	<u>34,852</u>	<u>15,727</u>

**15 Restricted funds**

**For the year ended 31 March 2023**

	<i>Balance at 1 Apr 2022</i>	<b>Movement in resources:</b>			<b>Balance At 31 Mar 2023</b>
		<b>Incoming</b>	<b>Outgoing</b>	<b>Transfers</b>	
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Freehold property ***	702,851	—	(22,386)	—	680,465
Coalfields – Regional Impact Fund **	9,501	—	—	—	9,501
Changing Lives	29,126	10,000	—	—	39,126
ST Joint Commissioning Team	—	44,912	(44,912)	—	—
WEA	2,893	—	—	—	2,893
Garfield Weston **	3,092	—	(70)	—	3,022
Community Foundation Women's Fund	1,477	—	(1,477)	—	—
Ballinger Trust	—	15,000	(15,000)	—	—
Cloth Workers Fund **	5,164	—	(123)	—	5,041
Northumbria Police and Crime Commissioner	6,946	79,000	(85,946)	—	—
Wise Group BBO **	25,240	27,053	(29,284)	—	23,009
Big Lottery Fund – Celebration fund	—	—	—	—	—
Community Foundation – Henry Smith	2,468	—	(2,468)	—	—
Smallwood Trust and Rosa	42,455	—	(42,455)	—	—
Virgin Foundation	—	33,000	(21,799)	—	11,201

**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 2023 (continued)**

	<b>Movement in resources:</b>				<b>Balance At 31 Mar 2023</b>
	<i>Balance at 1 Apr 2022</i>	<b>Incoming</b>	<b>Outgoing</b>	<b>Transfers</b>	
	£	£	£	£	£
Tudor Trust **	1,021	–	(160)	–	861
Awards For All **	4,496	–	(899)	–	3,597
Community Foundation	20,382	–	(13,962)	–	6,420
Co-operative Community Fund	1,420	–	(1,420)	–	–
Karbon Homes **	187	–	(53)	–	134
ST PHE	60,567	101,396	(124,711)	–	37,252
Coalfields Regeneration Trust	15,109	–	(15,109)	–	–
Community Foundation – Reed Fund	970	–	(970)	–	–
Community Foundation – Linden Family	–	8,712	(3,195)	–	5,517
South Tyneside CCG	–	20,680	(20,580)	–	100
Sir James Knott	–	5,750	(2,187)	–	3,563
Community Foundation – Kellet Fund	–	11,929	(7,071)	–	4,858
Lottery Community Fund	–	9,600	(2,098)	–	7,502
Money Saving Expert	–	5,768	(2,000)	–	3,768
Community Foundation – Port of Tyne	–	1,000	(630)	–	370
Community Foundation – Know Your Neighbourhood	–	16,087	(16,087)	–	–
	<u>935,365</u>	<u>389,887</u>	<u>(477,052)</u>	<u>–</u>	<u>848,200</u>

**For the year ended 31 March 2022**

	<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>	
	£	£	£	£	£
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 2023**

**15 Restricted funds (continued)**

For the year ended 31 March 2022 (continued)

	<b>Movement in resources:</b>				<b>Balance At 31 Mar 2022 £</b>
	<b>Balance at 1 Apr 2021 £</b>	<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>

\*\* 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 £6,232 (2022: £9,501).

**Changing Lives**

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

**ST Joint Commissioning Team**

Funding from ST Joint Commissioning Team 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 2023**

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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 £2,944 (2022: £3,092).

**Community Foundation Women's Fund**

Funding received for 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 £5,041 (2022: £5,164).

**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 £23 (2022: £41).

**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 £861 (2022: £1,021).

**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 2023**

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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 £1,124 (2022: £2,022).

**Community Foundation – Growth and Resilience Fund**

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

**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 £134 (2022: £187).

**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.

**South Tyneside CCG**

Funding towards the counselling service.

**Sir James Knott**

Funding towards Learning Programme Co-ordinator salary

**Community Foundation – Kellet Fund**

Funding for exercise courses and volunteers.

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

**NOTES TO THE FINANCIAL STATEMENTS**

**YEAR ENDED 31 MARCH 2023**

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

**Money Saving Expert**

Funding towards financial hardship drop in and advocacy service.

**Community Foundation – Port of Tyne**

Funding towards the choir.

**Community Foundation – Know your Neighbourhood**

Funding towards the volunteering project.

**16 Unrestricted funds**

**For the year ended 31 March 2023**

	<i>Balance at 1 Apr 2022 £</i>	<b>Incoming £</b>	<b>Outgoing £</b>	<b>Transfers £</b>	<b>Balance At 31 Mar 2023 £</b>
<i>Designated funds:</i>					
Building maintenance and repair	10,000	–	–	10,000	20,000
Reserves	125,000	–	–	20,000	145,000
Contingencies for end of contractual term	<u>59,000</u>	–	–	<u>6,000</u>	<u>65,000</u>
Total designated funds	194,000	–	–	36,000	230,000
<i>General funds</i>	<u>124,651</u>	<u>40,611</u>	<u>(3,914)</u>	<u>(36,000)</u>	<u>125,348</u>
	<u>318,651</u>	<u>40,611</u>	<u>(3,914)</u>	–	<u>355,348</u>

**WOMEN'S HEALTH IN SOUTH TYNESIDE  
COMPANY LIMITED BY GUARANTEE  
NOTES TO THE FINANCIAL STATEMENTS  
YEAR ENDED 31 MARCH 2023**

**16 Unrestricted funds** *(continued)*

**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>(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>

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.

**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.

**WOMEN'S HEALTH IN SOUTH TYNESIDE  
COMPANY LIMITED BY GUARANTEE  
NOTES TO THE FINANCIAL STATEMENTS  
YEAR ENDED 31 MARCH 2023**

**17 Analysis of net assets between funds**

**For the year ended 31 March 2023**

	<b>Tangible Fixed Assets £</b>	<b>Net Current Assets £</b>	<b>Total £</b>
<b>Restricted funds</b>			
Freehold Property	680,465		680,465
Changing Lives	–	39,126	39,126
Garfield Weston	2,944	78	3,022
Cloth Workers Fund	5,041	–	5,041
WEA	–	2,893	2,893
Wise Group BBO	23	22,986	23,009
Tudor Trust	861	–	861
Coalfields – Regional Impact Fund	6,232	3,269	9,501
Awards for All	1,124	2,473	3,597
Community Foundation	–	6,420	6,420
Karbon Homes	134	–	134
Community Foundation – Linden Family	–	5,517	5,517
ST PHE	–	37,252	37,252
Virgin Foundation	–	11,201	11,201
South Tyneside CCG	–	100	100
Sir James Knott	–	3,563	3,563
Community Foundation – Kellet Fund	–	4,858	4,858
Lottery Community Fund	–	7,502	7,502
Money Saving Expert	–	3,768	3,768
Community Foundation – Port of Tyne	–	370	370
	<u>696,824</u>	<u>151,376</u>	<u>848,200</u>
<b>Designated funds:</b>			
Building maintenance and repair	–	20,000	20,000
Reserves	–	145,000	145,000
Contingencies for end of contractual term	–	65,000	65,000
<b>General unrestricted funds</b>	<u>82,939</u>	<u>42,409</u>	<u>125,348</u>
<b>Total funds</b>	<u>779,763</u>	<u>423,785</u>	<u>1,203,548</u>

**WOMEN'S HEALTH IN SOUTH TYNESIDE  
COMPANY LIMITED BY GUARANTEE  
NOTES TO THE FINANCIAL STATEMENTS  
YEAR ENDED 31 MARCH 2023**

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

For the year ended 31 March 2022

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

**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 2 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.

**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 2023**

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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 16 to 17.**

**WOMEN'S HEALTH IN SOUTH TYNESIDE**

**COMPANY LIMITED BY GUARANTEE**

**MANAGEMENT INFORMATION**

**YEAR ENDED 31 MARCH 2023**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
<b>Income</b>		
STC – CEO	44,912	32,912
Donations	6,379	6,443
Fund Raising Events	159	994
Coffee bar sales	1,114	796
Drop-in sales	3,452	3,608
Subscription members	4,561	1,400
Room hire	9,810	2,870
Photocopying	5	7
Interest received	3,260	260
Small grants and donations	–	16,396
Miscellaneous income	2,671	2,177
Changing Lives	10,000	9,230
Northumbria Police and Crime Commissioner	79,000	57,570
Big Lottery Fund – Wise Group	27,053	36,317
Coalfields – Reneration Trust	–	24,255
Community Foundation Women's Fund	–	15,000
Ballinger Trust	15,000	15,000
Smallwood Trust	–	48,550
Sports England	–	6,980
ST PHE	101,396	89,869
Community Foundation – Reed Fund	–	3,000
Community Fund – Henry Smith	–	36,400
Community Foundation – Linden Family	8,712	4,950
Gifts in kind	–	–
Community Foundation – WM Leech	–	5,000
Tudor Trust	–	30,000
Awards for All	–	–
Community Foundation	–	26,000
Good Things Foundation	–	1,960
Virgin Foundation	33,000	25,000
STC – household vouchers	4,200	4,200
Barbour costs	–	6,000
Community Foundation – Port of Tyn	1,000	–
Warm Spaces	5,000	–
Community Foundation – Kellett Fund	11,929	–
The Big Lottery Fund – Including Women	9,600	–
Money Saving Expert	5,768	–
Community Foundation – Know Your Neighbourhood	16,087	–
St – PCT – Counselling	20,680	–
Sir James Knott	<u>5,750</u>	<u>–</u>
<b>Total income</b>	<u>430,498</u>	<u>513,144</u>

**WOMEN'S HEALTH IN SOUTH TYNESIDE**

**COMPANY LIMITED BY GUARANTEE**

**MANAGEMENT INFORMATION**

**YEAR ENDED 31 MARCH 2023**

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	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
<b>Charitable Activities</b>		
Staff salaries and pension costs	355,685	298,675
Recruitment expenses	–	945
Coffee bar purchases	489	380
Sundry purchases	141	1,165
Drop-in supplies	1,658	1,952
Monday Lunch	1,008	–
Sessional workers	19,274	25,242
Facilitator	–	–
Supervision	2,505	1,888
Material for courses	414	285
Water	1,351	804
General rates	(678)	346
Refuse collection	965	1,213
Heat and light	5,509	6,837
Travel expenses	3,985	2,291
Printing, postage and stationery	4,106	3,696
Telephone	5,030	7,161
Computer software and consumables	11,453	10,141
Repairs and renewals	6,060	10,336
Cleaning	7,086	7,987
Subscriptions	829	861
Training costs	550	850
Insurance	5,583	4,528
Refreshments and entertaining	3,073	2,272
Depreciation	28,428	27,898
Flowers and gifts	308	496
Legal fees	1,381	1,182
Bank charges	95	83
Consultancy fees	2,543	–
Repayment of grant	788	–
Function costs	3,242	1,107
Garden purchases	152	300
Volunteer expenses	1,224	835
Gifts in kind	–	–
	<u>–</u>	<u>–</u>
<b>Total Expenditure</b>	<b>474,237</b>	<b>421,756</b>
	<u><u>–</u></u>	<u><u>–</u></u>

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**WOMEN'S HEALTH IN SOUTH TYNESIDE  
COMPANY LIMITED BY GUARANTEE  
MANAGEMENT INFORMATION  
YEAR ENDED 31 MARCH 2023**

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	<b>2023</b>	<i>2022</i>
	<b>£</b>	<i>£</i>
<b>Governance costs</b>		
Accountancy fees and independent examination	2,760	<i>2,520</i>
Accreditation fees	3,969	<i>–</i>
<b>Total expenditure</b>	<u>480,966</u>	<u><i>424,276</i></u>
<b>Net expenditure/( income) for the year</b>	<u>(50,468)</u>	<u><i>88,868</i></u>