

WOMEN'S HEALTH IN SOUTH TYNESIDE
Company Limited by Guarantee
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

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 2024

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WOMEN'S HEALTH IN SOUTH TYNESIDE
MEMBERS OF THE BOARD AND PROFESSIONAL ADVISERS
YEAR ENDED 31 MARCH 2024

The board of trustees	Donna di Stefano Judith Helen Taylor Anna Shields Anna Kozaczek Jayne Estelle Daghish – Vice Chair Sarah Rowan Hewitt Susan Ann Key - Chair
Local Authority representative	Judith Helen Taylor
Charity secretary	Anna Kozaczek
Registered office	Salus House 33 Mile End Road South Shields Tyne and Wear NE33 1TA
Charity number	1119901
Company registration number	06175697
Accountants	Debére Limited Chartered Accountants Swallow House Parsons House Washington Tyne and Wear NE37 1EZ
Bankers	Virgin Money 30 Fowler Street South Shields Tyne and Wear NE33 1NE
Solicitor	Ward Hadaway Sandgate House 102 Quayside Newcastle upon Tyne Tyne and Wear NE1 3DX

WOMEN'S HEALTH IN SOUTH TYNESIDE
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT
YEAR ENDED 31 MARCH 2024

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 2024.

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.

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

- | | |
|---|---|
| • Counselling | • Support groups |
| • Personal development and training courses | • Drop-in sessions |
| • Cooking on a budget provision | • Exercise sessions |
| • Volunteering opportunities | • Health and wellbeing support |
| • Listening ear service | • Information, advice & guidance |
| • Support around financial hardship | • Social events |
| • Services for women age 16-25 years | • Support for the development of a Poverty Truth Commission |
| • Advocacy | |

WOMEN'S HEALTH IN SOUTH TYNESIDE

COMPANY LIMITED BY GUARANTEE

TRUSTEES' ANNUAL REPORT *(continued)*

YEAR ENDED 31 MARCH 2024

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 **2,303** members, accessing in person, online or by phone.
- There has been an increase in demand for services with a **49% increase** in the number of women accessing the advocacy service and **22% increase** in the number of women receiving counselling.
- We secured funding to continue to deliver the majority of our services however the Young Women's Development project came to an end. Staff are building on the work delivered to continue to offer younger women the support they need. Finding funding to further develop this provision is a current priority.
- **53 volunteers** and **9 volunteer counsellors** were central in the planning and delivery of services and peer support.
- Volunteers offered **5,360 hours** of support across the 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 and CREST**. 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 and this year extended this partnership to include **Probation** services. Our long-standing partnership with the **WEA** (Workers Educational Association) provided access to adult education for local women. We delivered a new partnership addressing food sustainability with the **local authority, Apna Ghar and Hospitality and Hope** funded by the UKSPF.
- 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

Learning Programme Coordinator, Asia Uddin, coordinates courses and workshops at WHiST and supports the team of self-employed tutors.

- **390** individual women have accessed one or more of the **117** different short courses and workshops provided this year, with **1,007** course places taken meaning women are attending 2-3 courses a year. Attendance on courses is now back to pre-pandemic levels.
- **19** paid tutors and **16** 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.

WOMEN'S HEALTH IN SOUTH TYNESIDE
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT *(continued)*
YEAR ENDED 31 MARCH 2024

Learning Programme *(continued)*

- We worked in partnership with the following organisations to provide additional courses within our learning programme, **Active Families, Tailored Leisure, True Connections NE CIC, and WEA.**
- The ages of women attending ranged from **18-90 years.**
- **90%** of women completing an evaluation said they felt more positive following attendance on a course.
- **80%** of women completing an evaluation reported an improved sense of wellbeing and **77%** of women felt more confident.
- **61%** of women said that attending a course reduced feelings of anxiety and depression.

Volunteering

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

- **53** volunteers, supported by Volunteer Coordinator, Joy Nancarrow, delivered services to over **600** women.
- Many women report feeling isolated and alone, this year **11** volunteers have provided a service to welcome women who may be feeling anxious about accessing services and support into WHiST.
- **6** volunteers provided meet and greet to introduce **162** women, new to WHiST, to our services. Workers from over **15** organisations from across South Tyneside attended professional meet and greet sessions.
- **11** volunteers staffed our coffee bar and 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 Welcoming Places support from the coffee bar throughout the year providing free tea/coffee and low-cost meals.
- **9** volunteers worked in our garden throughout the year to ensure women can access this tranquil outdoor space.
- **16** volunteers facilitated groups including a creative arts group, find out about drop in, book club and women and activism group.
- **2** Financial wellbeing champions supported women at the financial support drop in.
- The volunteer team organised and delivered events attended by our members including International Women's Day, Kings Coronation Event and World Mental Health Day.
- Our supported volunteering model is essential to the success of our work. We provide a solution focused environment which enables volunteers 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.

Counselling Service

- We offered short term and medium to longer term therapy including Cognitive Behavioural Therapy (CBT), Person Centred Therapy, Gestalt, Integrative and Neuro-Linguistic Programming (NLP),
- The service is largely funded by the Office of the Police Crime Commissioner with additional funding from the Integrated Care Board.
- **15** counsellors delivered sessions from WHiST this year.
- All counsellors receive supervision in line with BACP and UKCP regulations, in addition group supervision has been offered.

WOMEN'S HEALTH IN SOUTH TYNESIDE

COMPANY LIMITED BY GUARANTEE

TRUSTEES' ANNUAL REPORT *(continued)*

YEAR ENDED 31 MARCH 2024

- The Coordinator offered a minimum of **85** clinical supervision sessions in the year plus **45** additional support/supervision contacts for safeguarding/urgent support. Over the year, we had **7** advanced counselling trainees on supervised placement working with us.
- **197** assessments were offered in the year
- **2,022** sessions of counselling were offered.
- We made **184** additional support and follow up calls, many to women on the counselling waiting list who were isolated and in emotional crisis.
- **170** new women were referred, and **199** women received counselling support over the 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, Restart, Evolve, FLOWS and First Contact Clinical.

Food Fair Project

The Food Fair Project is a partnership with Apna Ghar, a Minority Ethnic Women's organisation, and Hospitality & Hope, a food insecurity, homelessness, and community wellbeing charity. It was borne out of a poverty research project called "Hear my Voice" which took place at WHiST in 2020. Research found that many women were struggling to feed themselves and their families and being able to afford nutritious food was seen as a luxury. Stella Carmichael, the Food Fair Community Connector, encourages local people to cook affordable, tasty, healthy meals using more fresh fruit, vegetables, lentils, beans etc., and less meat, salt, and sugar.

- **443** women benefitted from the Food Fair Project (July 23-March 24).
- **85%** of course and workshop participants increased their knowledge and skill of cooking on a budget.
- **30** organisations were contacted to engender interest in the Food Fair project.
- **29** events were delivered across South Tyneside at community centres, charities and voluntary organisations, Family Hubs, South Shields FC, on the Key Community Bus and in Welcoming Places.
- **4** tutors were recruited and have delivered workshops on affordable cooking and health related topics.

Advocacy Service

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 multiple and complex issues, creating an action plan to address and tackle those issues that "keep them awake at night".

- **118** women supported via 1-2-1 advocacy.
- Issues addressed included childhood sexual abuse, housing, debt and financial hardship, domestic violence, physical and mental ill health, parenting issues including child to parent violence, family relationships.
- **16** women were supported to engage with Children's Services, **33** with debt issues, **63** with housing issues.
- **73** Women received support from visiting our weekly Tuesday drop-in session, where women can get advocacy support or meet with partner organisations.
- **8** partner organisations regularly attend the drop-in.

WOMEN'S HEALTH IN SOUTH TYNESIDE
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT *(continued)*
YEAR ENDED 31 MARCH 2024

Self Help and Peer Support groups

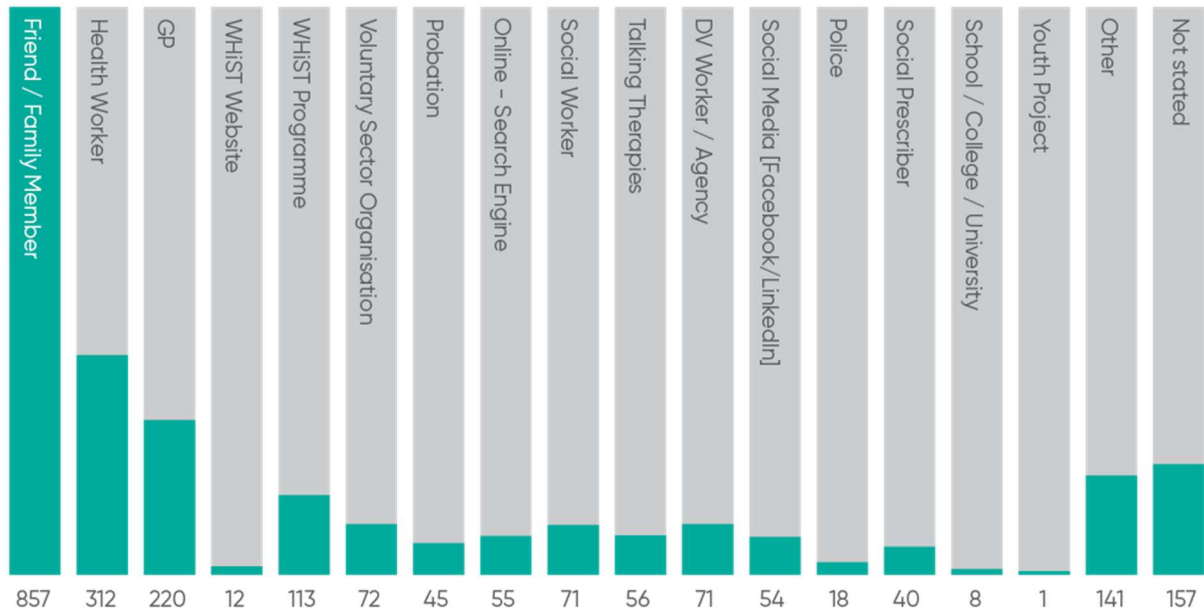
Support groups delivered throughout the year by volunteers and tutors included,

- Weekly Relaxation session with a trained facilitator.
- Living with Long Term Health Conditions, delivered fortnightly.
- IT support.
- Women and Activism group.
- 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.
- Weekly volunteer led gardening group.
- Find out about Tuesday social hub.
- Chatty café.
- Walking group.
- Book club.

Profile of members

26% of referrals to WHiST came from statutory health professionals with 37% being referred by a friend or self-referrals. Other referrals came from social prescribers, Northumbria Police, probation, social services, and other VCSE organisations.

Members by Referral Source



**WOMEN'S HEALTH IN SOUTH TYNESIDE
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT (continued)
YEAR ENDED 31 MARCH 2024**

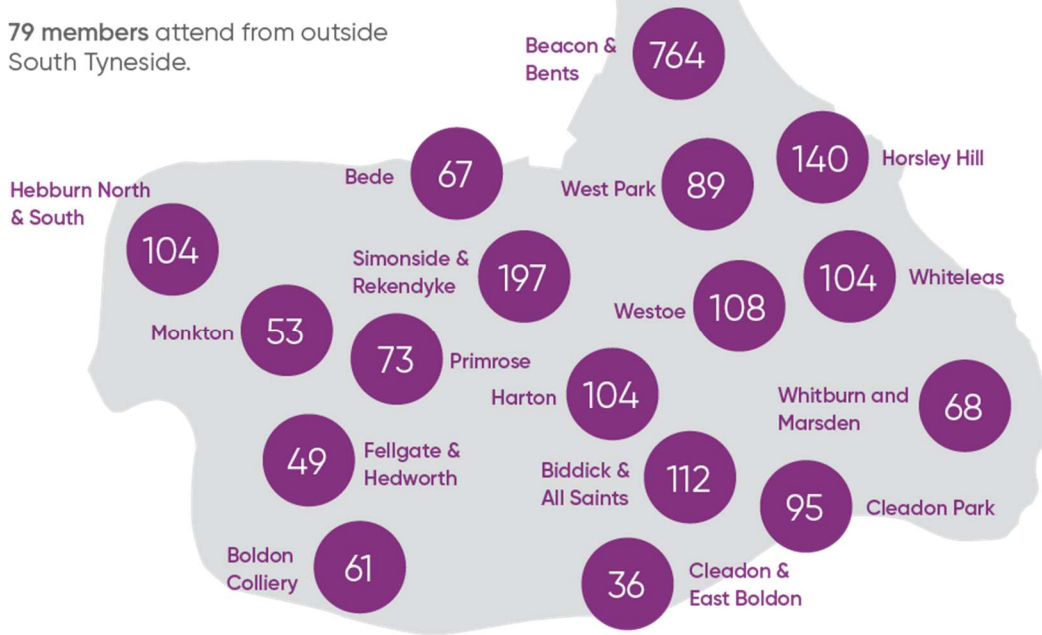
Profile of members

WHiST
Members

2303

Women attending WHiST live in the following wards

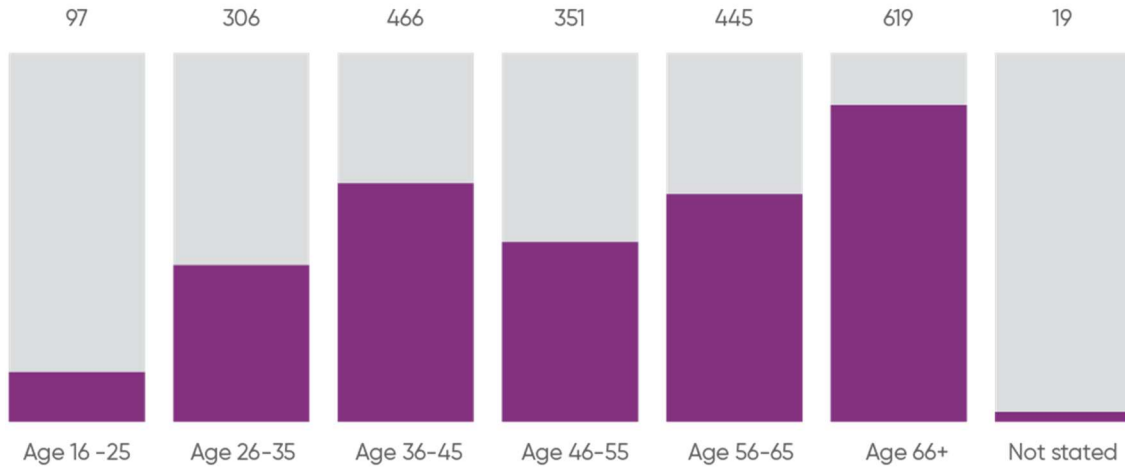
79 members attend from outside South Tyneside.



**WOMEN'S HEALTH IN SOUTH TYNESIDE
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT (continued)
YEAR ENDED 31 MARCH 2024**

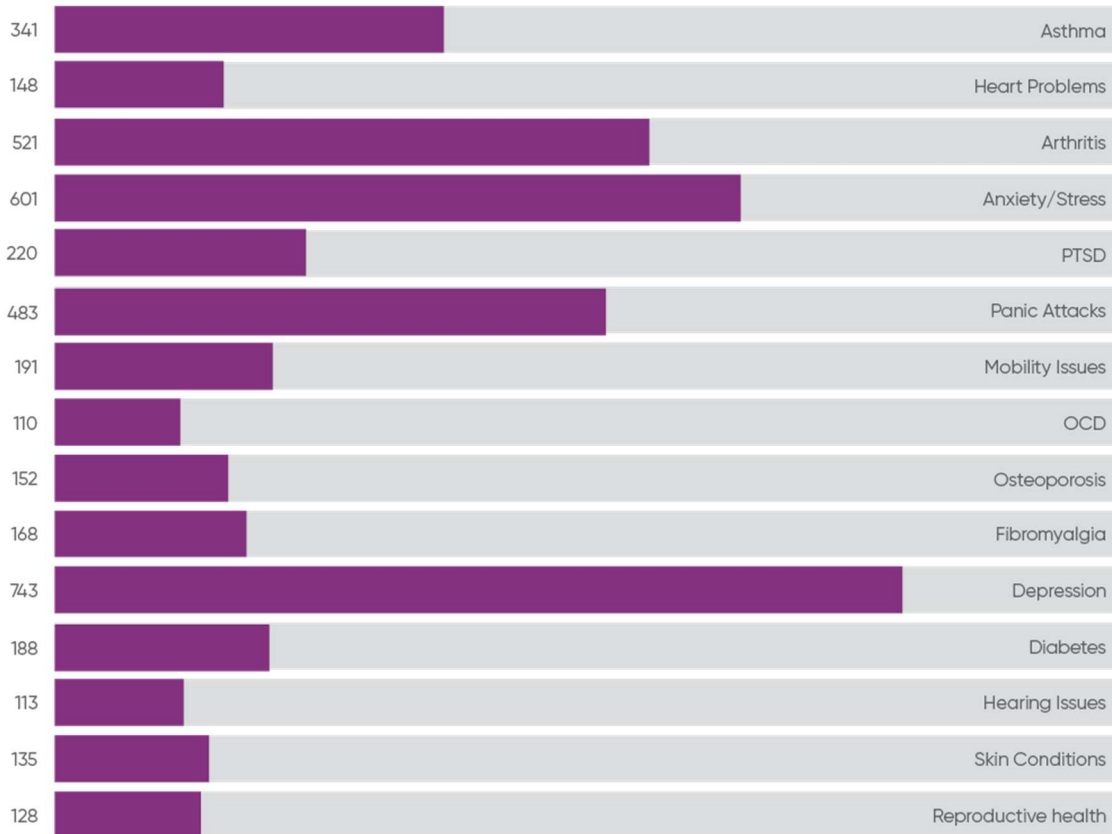
Members by Age Group

The number of members aged 35 and under increased by 11.6% in 23/24



Health Condition

The 15 most reported health conditions of members at the point of referral



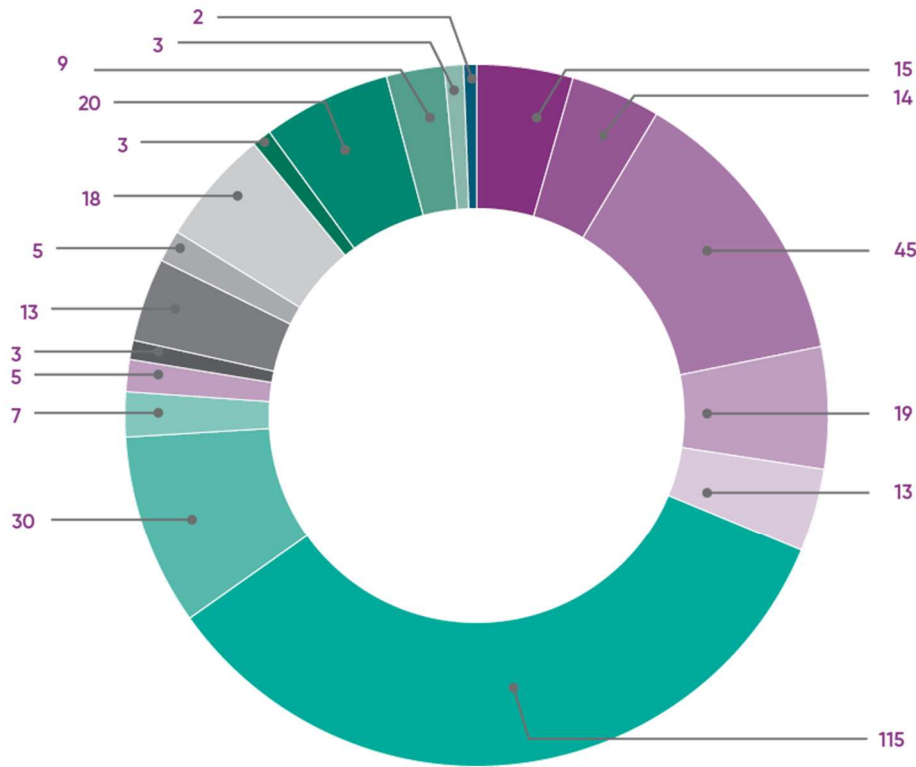
**WOMEN'S HEALTH IN SOUTH TYNESIDE
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT (continued)
YEAR ENDED 31 MARCH 2024**

Ethnicity

The majority of members identify as White British



14.7% of members are from the following ethnic groups.



- | | |
|---|---|
| <ul style="list-style-type: none"> Asian / Asian British - Indian Asian / Asian British - Other White - Other Mixed / Multiple Ethnic Groups - Other Mixed / Multiple Ethnic Groups - White and Asian Asian / Asian British - Bangladeshi Other Ethnic Group - Other Asian / Asian British - Pakistani Black / African / Caribbean / Black British - Other | <ul style="list-style-type: none"> Black / African / Caribbean / Black British - Caribbean White - Irish Asian / Asian British - Chinese Black / African / Caribbean / Black British - African Mixed / Multiple Ethnic Groups - White and Black Caribbean Other Ethnic Group - Arab Mixed / Multiple Ethnic Groups - White and Black African White - Gypsy or Irish Traveller Black / African / Caribbean / Black British - Welsh- Scottish- Northern Irish or British |
|---|---|

WOMEN'S HEALTH IN SOUTH TYNESIDE
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT *(continued)*
YEAR ENDED 31 MARCH 2024

- 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, Sue Key, meet regularly to ensure the Trustees are kept up to date.

Team working

WHiST has a strong team working ethic.

Regular “**Thinking Together**” sessions have been held during the year bringing together staff, volunteers, Trustees and members to look at specific topics, review progress, and new initiatives. We 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
Jayne Daghish
Donna di Stefano
Sarah Hewitt
Anna Kozaczek: Charity Secretary
Anna Shields
Judith Helen Taylor; Councillor

RESERVES AND FINANCIAL HEALTH

Our Finances

The Statement of Financial Activities show:

- ❖ Incoming resources of £479,637
- ❖ Expenditure of £535,331

WOMEN'S HEALTH IN SOUTH TYNESIDE
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT *(continued)*
YEAR ENDED 31 MARCH 2024

The total funds of £1,147,854 includes:

- ❖ Restricted Funds of £770,242 – mainly consisting of the freehold property and other tangible fixed assets of £669,845
- ❖ Unrestricted Funds of £133,612
- ❖ Designated Funds of £244,000

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 organisation and grant budgets are on target. 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 2024

The principal funders for this Financial Year are

- ❖ Northumberland Police and Crime Commissioner
- ❖ Public Health – Better Mental Health fund
- ❖ South Tyneside Joint Commissioning Unit
- ❖ Tyne and Wear Community Foundation Women's Fund
- ❖ UK Shared Prosperity Fund
- ❖ Virgin Money Foundation
- ❖ Know Your Neighbourhood fund via Tyne and Wear Community Foundation
- ❖ Smallwood Trust
- ❖ Ballinger Trust
- ❖ Inspire (to host the PTC Community Facilitator)
- ❖ Postcode Neighbourhood Trust
- ❖ National Lottery Connecting Places
- ❖ Sir James Knott
- ❖ Rise North East
- ❖ South Tyneside Integrated Care Board
- ❖ Newcastle Building Society via Tyne and Wear Community Foundation
- ❖ Be the Sea – Seascapes Community Grant
- ❖ The Joicey Trust
- ❖ Kellet Foundation via Tyne and Wear Community Foundation
- ❖ Linden Family via Tyne and Wear Community Foundation
- ❖ Changing Lives

Supporting the key objectives

- ❖ The funding from the above sources paid towards staff salaries and the organisation overheads enabling the project to provide services and support the users.
- ❖ Funding from several organisations enabled us to provide personal development and exercise courses. We worked with **Active Families** who financed a weekly Seated Exercise class.
- ❖ All funding is used to provide support services for the beneficiaries and to cover the organisation overheads.
- ❖ **£63,483** of the total expenditure for the year was paid to partners to deliver the Food Fair project of which WHiST was the lead organisation.

Fundraising

The volunteers and members raised funds from coffee bar provision and donations in addition to the funding raised by the staff team.

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.

WOMEN'S HEALTH IN SOUTH TYNESIDE
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT *(continued)*
YEAR ENDED 31 MARCH 2024

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 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

Sue Key
Chair

Approved by the Trustees on 14 August 2024

WOMEN'S HEALTH IN SOUTH TYNESIDE
INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
WOMEN'S HEALTH IN SOUTH TYNESIDE
YEAR ENDED 31 MARCH 2024

I report on the accounts of Women's Health in South Tyneside for the year ended 31 March 2024, which are set out on pages 17 to 35.

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 2024

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: 14 August 2024

WOMEN'S HEALTH IN SOUTH TYNESIDE
COMPANY LIMITED BY GUARANTEE
STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING THE INCOME STATEMENT)
YEAR ENDED 31 MARCH 2024

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Income and endowments					
Donations and legacies:					
Donations and legacies	5	5,958	–	5,958	10,940
Charitable activities	6	<u>20,720</u>	<u>431,068</u>	<u>451,788</u>	<u>406,329</u>
Investment income	7	14,061	–	14,061	3,260
Other trading activities	8	<u>7,830</u>	<u>–</u>	<u>7,830</u>	<u>9,969</u>
Total income		<u>48,569</u>	<u>431,068</u>	<u>479,637</u>	<u>430,498</u>
Expenditure on:					
Charitable activities		<u>26,305</u>	<u>509,026</u>	<u>535,331</u>	<u>480,966</u>
Total expenditure	9	<u>26,305</u>	<u>509,026</u>	<u>535,331</u>	<u>480,966</u>
Net income/(expenditure)	11	22,264	(77,958)	(55,694)	(50,468)
Transfer between funds		–	–	–	–
Balances brought forward		<u>355,348</u>	<u>848,200</u>	<u>1,203,548</u>	<u>1,254,016</u>
Balances carried forward		<u>377,612</u>	<u>770,242</u>	<u>1,147,854</u>	<u>1,203,548</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 35 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 2024

	Note	2024		2023	
		£	£	£	£
Fixed assets					
Tangible assets	12		752,955		779,763
Current assets					
Debtors	13	59,144		24,662	
Cash at bank and in hand		<u>415,012</u>		<u>433,975</u>	
		474,156		458,637	
Creditors: amounts falling due within one year	14	<u>(79,257)</u>		<u>(34,852)</u>	
NET CURRENT ASSETS			<u>394,899</u>		<u>423,785</u>
NET ASSETS			1,147,854		1,203,548
FUNDS					
Restricted income funds	15		770,242		848,200
Unrestricted income funds:					
Designated funds	16		244,000		230,000
General unrestricted funds	16		<u>133,612</u>		<u>125,348</u>
TOTAL FUNDS	17		1,147,854		1,203,548

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 2024 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 14 August 2024 and are signed on their behalf by:

Sue Key
Chair

The notes on pages 19 to 35 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 2024

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
YEAR ENDED 31 MARCH 2024

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 2024

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 property	– 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 2024

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 2024 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 2024**

4 Statement of Financial Activities for the prior year

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

5 Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total funds 2024 £	Total funds 2023 £
Donations	3,486	–	3,486	6,379
Subscriptions	2,472	–	2,472	4,561
Gifts in kind	<u>–</u>	<u>–</u>	<u>–</u>	<u>–</u>
	<u>5,958</u>	<u>–</u>	<u>5,958</u>	<u>10,940</u>

WOMEN'S HEALTH IN SOUTH TYNESIDE
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024

6 Charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	<i>Total Funds 2023 £</i>
ST Joint Commissioning Team	–	38,912	38,912	44,912
Coffee bar sales	4,251	–	4,251	4,566
Miscellaneous income	832	–	832	2,470
Big Lottery Fund – Wise Group	9,579	–	9,579	27,053
Community Foundation Women's Fund Northumbria Police and Crime Commissioner	–	7,000	7,000	–
Changing Lives	–	85,684	85,684	79,000
Ballinger	–	11,000	11,000	10,000
Smallwood Trust and Rosa	–	20,000	20,000	15,000
National Lottery Community Fund	–	10,000	10,000	–
Sir James Knott	–	–	–	9,600
South Tyneside CCG	–	5,000	5,000	5,750
Money Saving Expert	–	20,680	20,680	20,680
Community Foundation – Know Your Neighbourhood	–	641	641	5,768
Virgin Foundation	–	40,586	40,586	16,087
Inspire	–	–	–	33,000
STC – household vouchers	4,500	8,000	8,000	–
Community Foundation – Linden Family	–	–	–	4,200
STC Skills	–	–	–	8,712
STC Public Health	–	–	–	206
Warm Space	–	–	–	101,396
Community Foundation – Port of Tyne	–	–	–	5,000
Community Foundation – Kellet Fund	–	–	–	1,000
The Joicey Trust	–	11,929	11,929	11,929
Rise - Courses	–	2,000	2,000	–
Community Foundation – Newcastle Building Society	–	1,248	1,248	–
Postcode Neighbourhood Trust	–	4,391	4,391	–
UK Shares Prosperity Fund – Food Care	–	25,000	25,000	–
Community Foundation – Waiting Well	–	128,892	128,892	–
Be The Sea	–	5,000	5,000	–
UK Shares Prosperity Fund – Rise	–	2,000	2,000	–
Access to Work	1,558	3,105	3,105	–
	<u>1,558</u>	<u>–</u>	<u>1,558</u>	<u>–</u>
	<u>20,720</u>	<u>431,068</u>	<u>451,788</u>	<u>406,329</u>

7 Investment income

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	<i>Total Funds 2023 £</i>
Bank interest receivable	<u>14,061</u>	<u>–</u>	<u>14,061</u>	<u>3,260</u>

WOMEN'S HEALTH IN SOUTH TYNESIDE
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024

8 Other trading activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Fundraising events	–	–	–	159
Room hire	<u>7,830</u>	<u>–</u>	<u>7,830</u>	<u>9,810</u>
	<u>7,830</u>	<u>–</u>	<u>7,830</u>	<u>9,969</u>

9 Total resources expended costs of charitable activities

	Staff Costs £	Direct Costs £	Depre- ciation £	Support Costs £	Total Funds 2024 £	Total Funds 2023 £
Charitable activities:						
Coffee shop	86,603	843	7,092	36,689	131,227	115,471
Studio	86,603	18,695	7,092	32,861	145,251	131,603
Counselling	86,603	2,826	7,091	32,861	129,381	114,834
Seminars	86,603	156	7,091	32,862	126,712	112,329
Gifts in kind	–	–	–	–	–	–
Governance costs	<u>–</u>	<u>–</u>	<u>–</u>	<u>2,760</u>	<u>2,760</u>	<u>6,729</u>
	<u>346,412</u>	<u>22,520</u>	<u>28,366</u>	<u>138,033</u>	<u>535,331</u>	<u>480,966</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 £509,026 (2023: £477,052) and unrestricted costs of £48,569 (2023: £3,914).

10 Staff numbers and emoluments

The aggregate payroll costs were:

	2024 £	2023 £
Wages and salaries	293,488	300,928
Social security costs	18,224	19,593
Other pension costs	<u>34,700</u>	<u>35,164</u>
	<u>346,412</u>	<u>355,685</u>

**WOMEN'S HEALTH IN SOUTH TYNESIDE
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024**

10 Staff numbers and emoluments (continued)

Particular of employees

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

	2024	2023
	£	£
Number of management and administration staff	<u>10</u>	<u>11</u>

No employee received emoluments of more than £60,000 during the year (2023: £60,000 - none).

The total remuneration and benefits paid to key management amounted to £49,777 (2023: £48,698).

No (2023: none) trustee received reimbursement of expenses for their role as a volunteer. The amount claimed was £nil (2023: £nil). Trustee/volunteer indemnity insurance has been provided by the charity at a cost of approximately £550 (2023: £550).

11 Net movements in funds

Net movement in funds is stated after charging:

	2024	2023
	£	£
Accountancy and Independent Examination	2,760	2,760
Depreciation	<u>28,366</u>	<u>28,428</u>

12 Tangible fixed assets

	Freehold Property £	Equipment £	Total £
Cost			
At 1 April 2023	1,129,672	66,128	1,195,800
Additions	–	1,558	1,558
Disposals	<u>–</u>	<u>–</u>	<u>–</u>
At 31 March 2024	<u>1,129,672</u>	<u>67,686</u>	<u>1,197,358</u>
Depreciation			
At 1 April 2023	360,492	55,545	416,037
Charge for the year	22,593	5,773	28,366
Disposals	<u>–</u>	<u>–</u>	<u>–</u>
At 31 March 2024	<u>383,085</u>	<u>61,318</u>	<u>444,403</u>
Net book value			
At 31 March 2024	<u>746,587</u>	<u>6,368</u>	<u>752,955</u>
At 31 March 2023	<u>769,180</u>	<u>10,583</u>	<u>779,763</u>

**WOMEN'S HEALTH IN SOUTH TYNESIDE
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024**

13 Debtors

	2024	2023
	£	£
Trade debtors	7,870	23,180
Prepayments and accrued income	51,177	1,385
Other debtors	<u>97</u>	<u>97</u>
	<u>59,144</u>	<u>24,662</u>

14 Creditors: amounts falling due within one year

	2024	2023
	£	£
Trade creditors	12,801	2,499
Taxation and social security	5,871	5,807
Accruals	60,585	25,955
Other creditors	<u>—</u>	<u>591</u>
	<u>79,257</u>	<u>34,852</u>

15 Restricted funds

For the year ended 31 March 2024

	<i>Balance at 1 Apr 2023</i>	Movement in resources:			Balance At 31 Mar 2024
	£	Incoming £	Outgoing £	Transfers £	£
Freehold property ***	680,465	—	(22,386)	—	658,079
Coalfields – Regional Impact Fund **	9,501	—	(6,538)	—	2,963
Changing Lives	39,126	11,000	(11,000)	—	39,126
ST Joint Commissioning Team	—	38,912	(38,912)	—	—
WEA	2,893	—	(2,893)	—	—
Garfield Weston **	3,022	—	(70)	—	2,952
Community Foundation Women's Fund	—	7,000	(7,000)	—	—
Ballinger Trust	—	20,000	(20,000)	—	—
Cloth Workers Fund **	5,041	—	(123)	—	4,918
Northumbria Police and Crime Commissioner	—	85,684	(85,684)	—	—
Wise Group BBO **	23,009	—	(17)	—	22,992
Smallwood Trust and Rosa	—	10,000	(8,682)	—	1,318
Virgin Foundation	11,201	—	(11,201)	—	—
Tudor Trust **	861	—	(161)	—	700
Awards For All **	3,597	—	(899)	—	2,698
Community Foundation	6,420	—	—	—	6,420
Karbon Homes **	134	—	(53)	—	81
ST PHE	37,252	—	(34,525)	—	2,727

WOMEN'S HEALTH IN SOUTH TYNESIDE
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024

15 Restricted funds (continued)

For the year ended 31 March 2024 (continued)

	<i>Balance at 1 Apr 2023</i>	Movement in resources:			Balance At 31 Mar 2024
		Incoming	Outgoing	Transfers	
	£	£	£	£	£
The Joicey Trust	–	2,000	(2,000)	–	–
Community Foundation Newcastle Building Society	–	4,391	(4,391)	–	–
Community Foundation – Linden Family	5,517	–	(4,682)	–	835
South Tyneside CCG	100	20,680	(20,780)	–	–
Sir James Knott	3,563	5,000	(6,451)	–	2,112
Community Foundation – Kellet Fund	4,858	11,929	(14,646)	–	2,141
Lottery Community Fund	7,502	–	(7,502)	–	–
Money Saving Expert	3,768	641	(4,409)	–	–
Community Foundation – Port of Tyne	370	–	(370)	–	–
Community Foundation – Know Your Neighbourhood	–	40,586	(40,586)	–	–
UK Shared Prosperity Fund – Food Fare Project	–	128,892	(120,268)	–	8,624
Postcode Neighbourhood Trust	–	25,000	(18,444)	–	6,556
Inspire	–	9,248	(9,248)	–	–
Community Foundation – Waiting Well	–	5,000	–	–	5,000
Be The Sea	–	2,000	(2,000)	–	–
UK Shared Prosperity Fund - Rise	–	3,105	(3,105)	–	–
	848,200	431,068	(509,026)	–	770,242

For the year ended 31 March 2023

	<i>Balance at 1 Apr 2022</i>	Movement in resources:			Balance At 31 Mar 2023
		Incoming	Outgoing	Transfers	
	£	£	£	£	£
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
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
YEAR ENDED 31 MARCH 2024

15 Restricted funds *(continued)*

For the year ended 31 March 2023 *(continued)*

	Movement in resources:				Balance At 31 Mar 2023
	<i>Balance at 1 Apr 2022</i>	Incoming	Outgoing	Transfers	
	£	£	£	£	£
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>

** 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 £2,963 (2023: £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 2024

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 £2,875 (2023: £2,944).

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 £4,918 (2023: £5,041).

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 £xx (2023: £23).

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 £700 (2023: £861).

Awards For All

Funding received for counselling, Covid-19 equipment and remote teaching. The capital balance carried forward is £225 (2023: £1,124).

Co-operative Community Fund

Funding received for tutor costs to facilitate a support group.

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

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

15 Restricted funds (continued)

Karbon Homes

Funding received for support worker costs to support women dealing with complex circumstances due to Covid. The capital balance carried forward is £81 (2023: £134).

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.

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.

Smallwood Trust

Funding for urgent financial support for women.

Postcode Neighbourhood Trust

Funding received for core costs.

The Joicey Trust

Funding received for core costs.

Rise – UK Shared Prosperity Fund

Funding for the Learning Programme as part of an employability project.

UK Shared Prosperity Fund – Food Fair Project

A partnership with Hospitality and Hope, Apna Ghar, and the local authority. The contract funds a Community Connector post and Women's Advocacy service at WHiST and posts at partner organisations.

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

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

15 Restricted funds (*continued*)

Inspire

Funding for Community Connector post recruiting community commissioners with lived experience of poverty for the independent Poverty Truth Commission.

Community Foundation – Waiting Well

Funding received for courses supporting women both pre and post-surgery.

Be the Sea - Seascapes Community Grant

Funding towards choir workshops to recreate sounds identified at the coast.

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

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

16 Unrestricted funds

For the year ended 31 March 2024

	<i>Balance at 1 Apr 2023 £</i>	Incoming £	Outgoing £	Transfers £	Balance At 31 Mar 2024 £
<i>Designated funds:</i>					
Building maintenance and repair	20,000	–	–	5,000	25,000
Reserves	145,000	–	–	–	145,000
Contingencies for end of contractual term	<u>65,000</u>	–	–	<u>9,000</u>	<u>74,000</u>
Total designated funds	230,000	–	–	14,000	244,000
<i>General funds</i>	<u>125,348</u>	<u>48,569</u>	<u>(26,305)</u>	<u>(14,000)</u>	<u>133,612</u>
	<u>355,348</u>	<u>48,569</u>	<u>(26,305)</u>	–	<u>377,612</u>

For the year ended 31 March 2023

	<i>Balance at 1 Apr 2022 £</i>	Incoming £	Outgoing £	Transfers £	Balance At 31 Mar 2023 £
<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>

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 2024**

17 Analysis of net assets between funds

For the year ended 31 March 2024

	Tangible Fixed Assets £	Net Current Assets £	Total £
Restricted funds			
Freehold Property	658,079	–	658,079
Changing Lives	–	39,126	39,126
Garfield Weston	2,873	79	2,952
Cloth Workers Fund	4,918	–	4,918
Wise Group BBO	6	22,986	22,992
Tudor Trust	700	–	700
Coalfields – Regional Impact Fund	2,963	–	2,963
Awards for All	225	2,473	2,698
Community Foundation	–	6,420	6,420
Karbon Homes	81	–	81
Community Foundation – Linden Family	–	835	835
ST PHE	–	2,727	2,727
Sir James Knott	–	2,112	2,112
Community Foundation – Kellet Fund	–	2,141	2,141
Smallwood Trust	–	1,318	1,318
UK Shared Prosperity Fund – Food Share Project	–	8,624	8,624
Postcode Neighbourhood Trust	–	6,556	6,556
CF – Waiting Well	–	5,000	5,000
	<u>669,845</u>	<u>100,397</u>	<u>770,242</u>
Designated funds:			
Building maintenance and repair	–	25,000	25,000
Reserves	–	145,000	145,000
Contingencies for end of contractual term	–	74,000	74,000
General unrestricted funds	<u>83,110</u>	<u>50,502</u>	<u>133,612</u>
Total funds	<u>752,955</u>	<u>394,899</u>	<u>1,147,854</u>

**WOMEN'S HEALTH IN SOUTH TYNESIDE
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024**

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

For the year ended 31 March 2023

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