

**WOMEN'S HEALTH IN SOUTH TYNESIDE**

**Company Limited by Guarantee**

**FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31 MARCH 2025**

**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 2025**

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**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**MEMBERS OF THE BOARD AND PROFESSIONAL ADVISERS**  
**YEAR ENDED 31 MARCH 2025**

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<b>The board of trustees</b>	Donna di Stefano Judith Helen Taylor Anna Kozaczek Jayne Estelle Daghish – 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 & 35 Mile End Road South Shields Tyne and Wear NE33 1TA
<b>Charity number</b>	1119901
<b>Company registration number</b>	06175697
<b>Accountants</b>	Debère 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 2025**

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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 2025.

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)".

### **1. 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 equity, 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
- Personal development and training courses
- Cooking on a budget provision
- Volunteering opportunities
- Listening ear service
- Support around financial hardship
- Advocacy
- Support for women's progression relating to education, work, and career
- Services for Black and minoritised women
- Support groups
- Drop-in sessions
- Exercise sessions
- Health and wellbeing support
- Information, advice & guidance
- Social and awareness raising events
- Support for the development of a Poverty Truth Commission

## WOMEN'S HEALTH IN SOUTH TYNESIDE

### COMPANY LIMITED BY GUARANTEE

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

#### YEAR ENDED 31 MARCH 2025

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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.

### 2. Achievement and Performance

- We delivered services to **2,615** members, accessing in person, online or by phone.
  - We secured funding to continue delivery of all major projects.
  - **58 volunteers** and **8 volunteer counsellors** were central in the planning and delivery of services and peer support.
  - Volunteers offered over **7,000 hours** of support across the year, an increase of **30.5%**.
  - We continued to work in partnership with other organisations who delivered support at WHiST.
    - ✓ With **Apna Ghar, Sangini and CREST** we are planning a 'United Women' project in response to the racist violence seen in the UK in 2024.
    - ✓ Numerous partners supported the delivery of financial wellbeing support from our Tuesday drop in including **Hannay Family Law Solicitors, South Tyneside Council Welfare Support, Gateshead CAB, STARS, NECA** and **Changing Lives**.
    - ✓ We continued to work with **Changing Lives** and **Probation** to support women in the criminal justice system, delivering a weekly women's hub from WHiST.
    - ✓ Our long-standing partnership with the **WEA** (Workers Educational Association) provided access to adult education for local women.
    - ✓ We continued as lead organisation of the Food Fair partnership, addressing food insecurity and sustainability with the **local authority, Apna Ghar** and **Hospitality and Hope**, funded by the UKSPF.
    - ✓ We worked with **Rise NE** to support women furthest removed from the labour market to build confidence and take steps toward work.
    - ✓ **The Angelou Centre** delivered therapeutic play for children living with domestic abuse from WHiST creche. They also provided support for their mothers at fortnightly sessions.
    - ✓ **Rape Crisis Tyneside Northumberland (RCTN)** delivered specialist counselling at WHiST for women who have experienced rape and childhood sexual abuse. Having RCTN and Angelou Centre deliver from WHiST allowed South Tyneside residents to access trauma informed support nearer to home without the need to travel to Newcastle.
    - ✓ We continued to support the development of a **Poverty Truth Commission** for South Tyneside acting as a steering group member and employing the Community Facilitator whose role is to recruit and support people with lived experience of poverty to work as Community Commissioners.
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## WOMEN'S HEALTH IN SOUTH TYNESIDE

### COMPANY LIMITED BY GUARANTEE

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

YEAR ENDED 31 MARCH 2025

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### 3. Provision

#### Learning Programme

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

- **397** individual women have accessed one or more of the **103** different short courses and workshops provided this year, with **995** course places taken meaning women are attending 2-3 courses a year.
- **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.
- We worked in partnership with the following organisations to provide additional courses within our learning programme: **Tailored Leisure, Thriving Alone CIC, Active Families** and **WEA**.
- The ages of women attending ranged from **18-91 years**.
- **91%** of women completing an evaluation said they felt more positive following attendance on a course.
- **79%** of women completing an evaluation reported an improved sense of wellbeing and **87%** of women felt more confident.
- **72%** 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.

- **58** volunteers, supported by Volunteer Coordinator, Joy Nancarrow, and project and admin support workers Gell Kay, Wendy Stonehouse and Debra McBride, delivered services to over **650** women. Volunteers have offered over **7000** hours of support to women over this year
  - Many women report feeling isolated and alone, this year **10** volunteers have provided a service to welcome women who may be feeling anxious about accessing services and support into WHiST. Welcome volunteers are now also making sure that all women attending WHiST are made aware of activities that are both ongoing and current events.
  - **8** volunteers provided meet and greet to introduce **153** women, new to WHiST, to our services. Workers from over **18** organisations from across South Tyneside attended professional meet and greet sessions.
  - **14** 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.
  - **8** volunteers worked in our garden throughout the year to ensure women can access this tranquil outdoor space.
  - **16** volunteers facilitated groups including a craft group, memory group, book club, digital skills drop in and women and activism group who supporting local transport and digital awareness surveys
  - **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, a summer garden party at WHiST and a Makers Market to support women to build confidence and skills to take their ideas to market.
  - 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.
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## WOMEN'S HEALTH IN SOUTH TYNESIDE

### COMPANY LIMITED BY GUARANTEE

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

YEAR ENDED 31 MARCH 2025

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#### Counselling Service

- We are largely funded by the Office of the Police Crime Commissioner with additional funding from the Integrated Care Board.
- We offered short term structured therapy and medium to longer term therapy including Cognitive Behavioural Therapy (CBT), Person Centred Therapy, Creative Action Methods, Gestalt, and Integrative approaches. Medium to longer term therapy was required by most clients with an average of **16.5** sessions per client.
- **15** counsellors delivered sessions from WHiST this year. In March, we selected four new advanced counselling trainees for supervised placement. Over the year, we had **8** advanced counselling trainees on supervised placement working with us.
- All counsellors receive clinical supervision in line with BACP and UKCP regulations; counsellor's group supervision is also offered.
- The Coordinator and Senior Counsellor offered a minimum of **127** clinical supervision sessions in the year; additionally, there was a minimum of 11 additional consultations for safeguarding/urgent support. **180** assessments were offered in the year
- **2,125** sessions of counselling were offered with 72% attendance rate
- We recorded a minimum of **150** additional support and follow up calls, mainly to women on the counselling waiting list who were isolated and managing emotional crisis.
- **174** new women were referred, and **129** women received counselling support over the year.
- We use the wellbeing evaluation tool WEMWBS with clients at the start, part way and at the end of therapy. Statistics gathered over the year to date, show a median wellbeing score of **34.2** at the start of counselling and a median score of **49** at completion for all clients who did the questionnaires, with **71.8%** of clients who completed the full number of WEMWBS indicated a **meaningful positive change**.
- 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.

- **593** women benefitted from the Food Fair Project in 24-25.
- **85%** of course and workshop participants increased their knowledge and skill of cooking on a budget.
- **15** organisations were contacted to engender interest in the Food Fair project.
- **72** 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.
- **2** tutors were recruited and have delivered workshops on affordable cooking and health related topics

## WOMEN'S HEALTH IN SOUTH TYNESIDE

### COMPANY LIMITED BY GUARANTEE

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

YEAR ENDED 31 MARCH 2025

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#### **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". 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.

- **133** women supported via 1-2-1 advocacy
- **31** women were supported to engage with Children's Services
- **25** with debt issues
- **42** with housing issues.
- **24** support with benefits
- **61** referrals came from the WHiST counselling service
- **33** Women received support at the weekly Tuesday drop-in session, where women can get advocacy support or meet with partner organisations.
- **4** partner organisations regularly attend the weekly financial wellbeing drop-in with other partners attending as required.

#### **Self Help and Peer Support groups**

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

- Fortnightly 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 groups.
- Book club.
- Late night Thursday food and social 4pm – 6pm

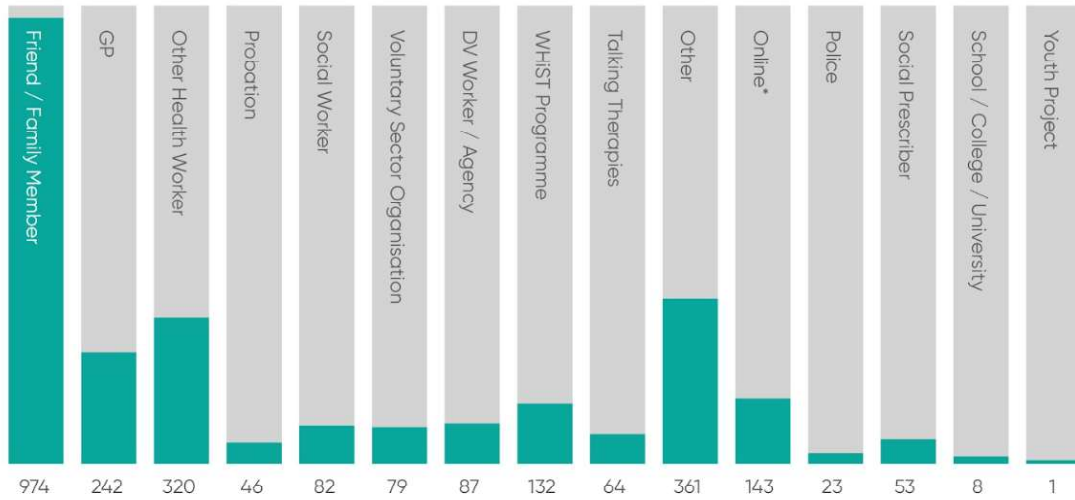
#### **4. Profile of members**

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.

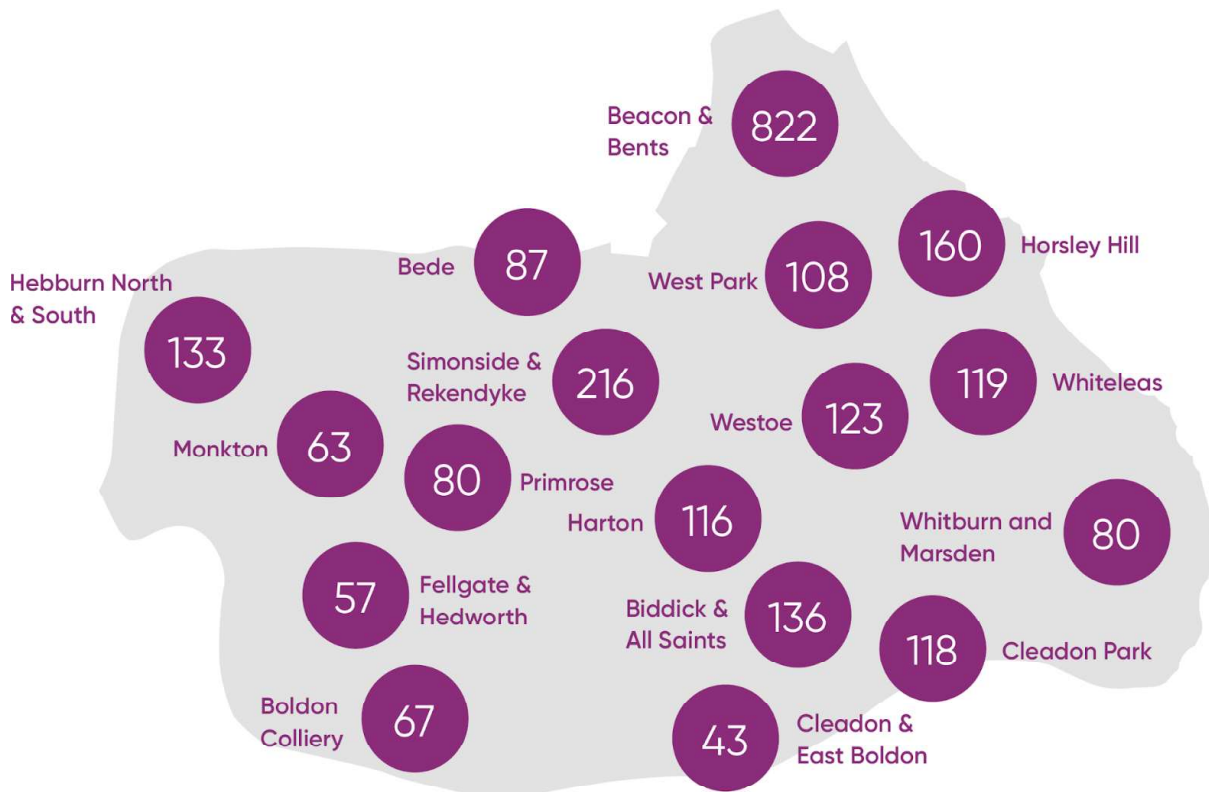
24% of referrals to WHiST were from statutory health professionals. 37% of referrals were via a friend or family member. 11% of members self-referred after viewing WHiST marketing including programmes, website and social media.

**WOMEN'S HEALTH IN SOUTH TYNESIDE  
COMPANY LIMITED BY GUARANTEE  
TRUSTEES' ANNUAL REPORT (continued)  
YEAR ENDED 31 MARCH 2025**

**Members by Referral Source**



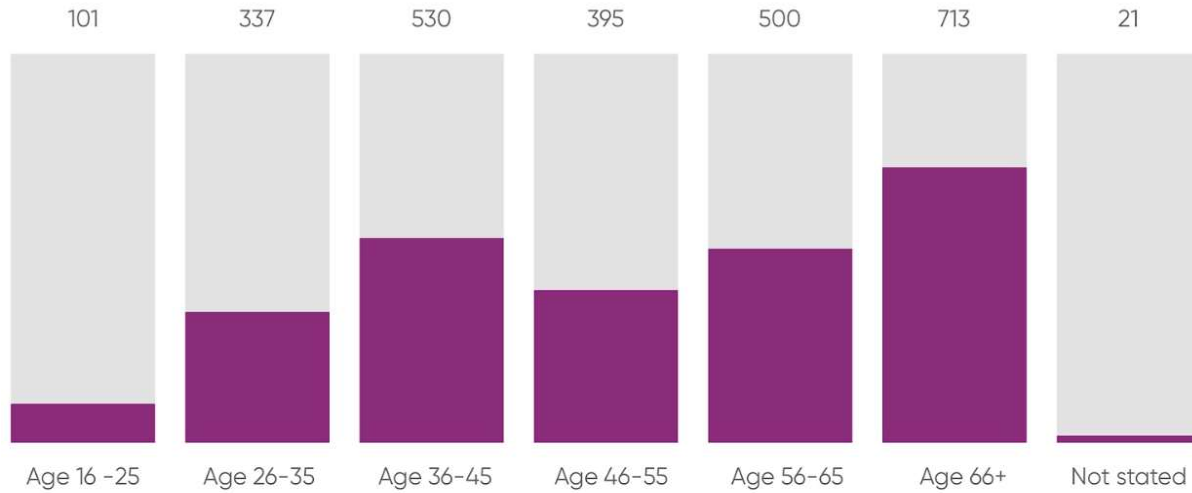
**Women attending WHiST live in the following wards**



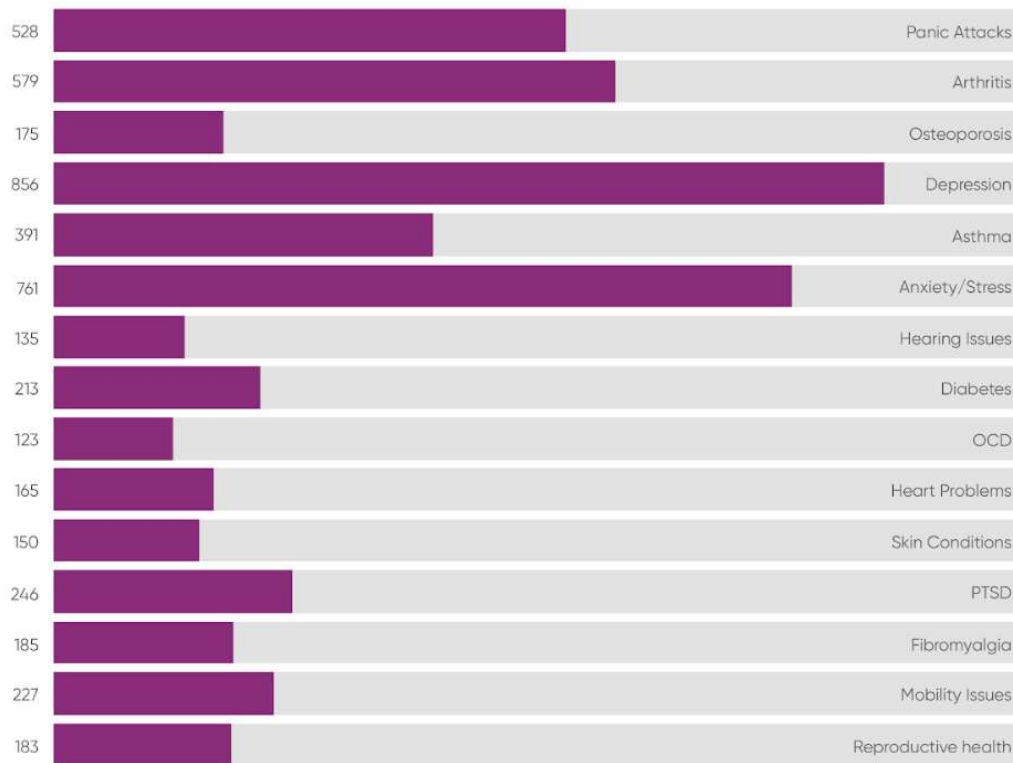
87 members attend from outside of South Tyneside

**WOMEN'S HEALTH IN SOUTH TYNESIDE  
COMPANY LIMITED BY GUARANTEE  
TRUSTEES' ANNUAL REPORT (continued)  
YEAR ENDED 31 MARCH 2025**

**Members by Age Group**



**Health Conditions**    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 2025**

Ethnicity



Most members are White British. **14.7%** of members are from the following ethnic groups

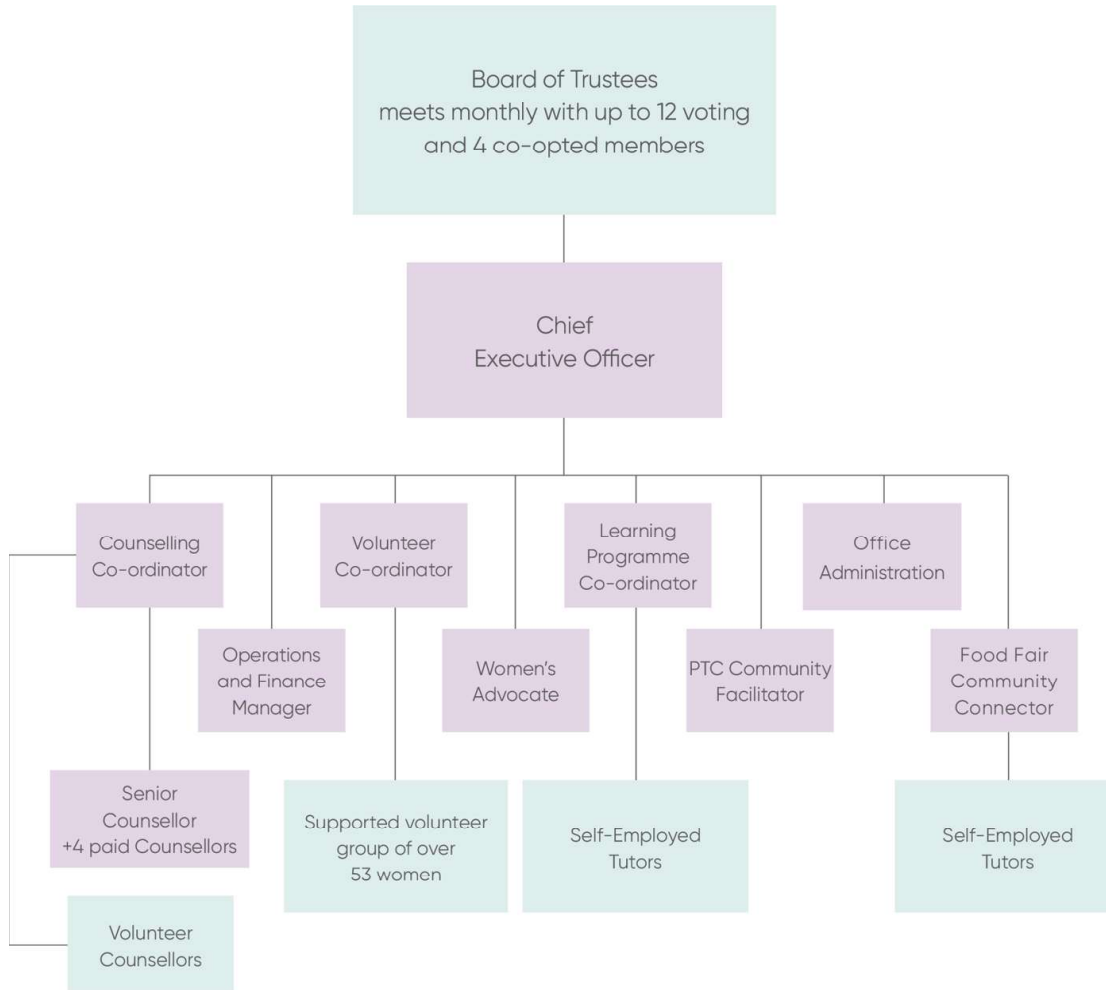
- |   |   |  |
|---|---|--|
| <span style="color: purple;">■</span> Asian / Asian British - Indian    | <span style="color: grey;">■</span> Asian / Asian British - Other               | <span style="color: darkgrey;">■</span> Other Ethnic Group |
| <span style="color: purple;">■</span> Asian / Asian British - Pakistani | <span style="color: teal;">■</span> Black / African / Caribbean / Black British | <span style="color: lightgrey;">■</span> White - Irish     |
| <span style="color: teal;">■</span> Asian / Asian British - Bangladeshi | <span style="color: purple;">■</span> Mixed / Multiple Ethnic Groups            | <span style="color: darkgreen;">■</span> White - Other     |

**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**COMPANY LIMITED BY GUARANTEE**  
**TRUSTEES' ANNUAL REPORT** *(continued)*  
**YEAR ENDED 31 MARCH 2025**

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**6. Governance**

**Management Structure**



- There have been 6 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 2025**

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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. This year we reviewed our safeguarding practices including support for staff following serious incidents.

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

Judith Helen Taylor; Councillor

Anna Shields – resigned 5 September 2024

**RESERVES AND FINANCIAL HEALTH**

**Our Finances**

The Statement of Financial Activities show:

- ❖ Incoming resources of **£553,480**
- ❖ Expenditure of **£555,569**

The total funds of **£1,145,765** includes:

- ❖ Restricted Funds of **£721,427**– mainly consisting of the freehold property and other tangible fixed assets of **£635,693**
- ❖ Unrestricted Funds of **£180,338**
- ❖ 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.

## WOMEN'S HEALTH IN SOUTH TYNESIDE

### COMPANY LIMITED BY GUARANTEE

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

### YEAR ENDED 31 MARCH 2025

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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, equity, 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**

- ❖ Ballinger Trust
  - ❖ Changing Lives
  - ❖ Community Foundation North East
    - Kellet Foundation
    - Know Your Neighbourhood fund
    - Linden Family Fund
    - NHS North East and Cumbria Waiting Well Fund
    - Proctor and Gamble (P&G)
    - Pargiter Trust
    - Port of Tyne
    - Women's Fund
  - ❖ Foundation of Light – Get out, Get Active
  - ❖ Hadrian Trust
  - ❖ Inspire (to host the PTC Community Facilitator)
  - ❖ Integrated Care Board
  - ❖ LGA Foundation
  - ❖ Northumberland Police and Crime Commissioner
  - ❖ Postcode Neighbourhood Trust
  - ❖ Rise North East
  - ❖ Rosa
  - ❖ Sir James Knott
  - ❖ Smallwood Trust
  - ❖ South Tyneside Strategic Commissioning Unit
  - ❖ UK Shared Prosperity Fund
  - ❖ Virgin Money Foundation
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## WOMEN'S HEALTH IN SOUTH TYNESIDE

### COMPANY LIMITED BY GUARANTEE

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

YEAR ENDED 31 MARCH 2025

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#### Supporting the key objectives

- ❖ The funding from the above sources paid towards staff salaries, tutor costs and the organisation overheads enabling the project to provide services and support the users.
- ❖ **£63,234** of the total expenditure for the year was paid to partners to deliver the Food Fair project of which WHiST was the lead organisation.
- ❖ We work with a range of partners who deliver their services and give advice from WHiST to our members (details under section 2).

#### 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.

#### 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 2019 (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.

**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**COMPANY LIMITED BY GUARANTEE**  
**TRUSTEES' ANNUAL REPORT** *(continued)*  
**YEAR ENDED 31 MARCH 2025**

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**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 trustees

A handwritten signature in blue ink that reads "Sue Key". The signature is written in a cursive, slightly slanted style.

Sue Key  
Chair

Approved by the trustees on 13 August 2025

**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF**  
**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**YEAR ENDED 31 MARCH 2025**

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I report on the accounts of Women's Health in South Tyneside for the year ended 31 March 2025, 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 2025**

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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.

*debere limited*

Claire Miller BA (Hons) FCA  
Independent Examiner

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

Date: 13 September 2025

**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**COMPANY LIMITED BY GUARANTEE**  
**STATEMENT OF FINANCIAL ACTIVITIES**  
**(INCORPORATING THE INCOME STATEMENT)**  
**YEAR ENDED 31 MARCH 2025**

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	<i>Total Funds 2024 £</i>
<b>Income and endowments</b>					
<b>Donations and legacies:</b>					
Donations and legacies	5	18,378		18,378	5,958
Charitable activities	6	8,049	499,750	507,799	451,788
Investment income	7	12,629	–	12,629	14,061
<b>Other trading activities</b>	8	<u>11,374</u>	<u>3,300</u>	<u>14,674</u>	<u>7,830</u>
<b>Total income</b>		<u>50,430</u>	<u>503,050</u>	<u>553,480</u>	<u>479,637</u>
<b>Expenditure on:</b>					
Charitable activities		<u>3,704</u>	<u>551,865</u>	<u>555,569</u>	<u>535,331</u>
<b>Total expenditure</b>	9	<u>3,704</u>	<u>551,865</u>	<u>555,569</u>	<u>535,331</u>
<b>Net income/(expenditure)</b>	11	46,726	(48,815)	(2,089)	(55,694)
Transfer between funds		–	–	–	–
Balances brought forward		<u>377,612</u>	<u>770,242</u>	<u>1,147,854</u>	<u>1,203,548</u>
Balances carried forward		<u>424,338</u>	<u>721,427</u>	<u>1,145,765</u>	<u>1,147,854</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.

**WOMEN'S HEALTH IN SOUTH TYNESIDE****COMPANY LIMITED BY GUARANTEE***Registered Number 06175697***STATEMENT OF FINANCIAL POSITION****31 MARCH 2025**

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	Note	2025		2024	
		£	£	£	£
<b>Fixed assets</b>					
Tangible assets	12		727,151		752,955
<b>Current assets</b>					
Debtors	13	74,344		59,144	
Cash at bank and in hand		<u>484,123</u>		<u>415,012</u>	
		558,467		474,156	
<b>Creditors: amounts falling due within one year</b>	14	<u>(139,853)</u>		<u>(79,257)</u>	
<b>NET CURRENT ASSETS</b>			<u>418,614</u>		<u>394,899</u>
<b>NET ASSETS</b>			1,145,765		1,147,854
<b>FUNDS</b>					
Restricted income funds	15		721,427		770,242
Unrestricted income funds:					
Designated funds	16		244,000		244,000
General unrestricted funds	16		<u>180,338</u>		<u>133,612</u>
<b>TOTAL FUNDS</b>	17		1,145,765		1,147,854

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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 2019 (FRS 102)).

For the year ended 31 March 2025 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 13 September 2025 and are signed on their behalf by:



Sue Key  
Chair

The notes on pages 19 to 35 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 2025**

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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**  
**YEAR ENDED 31 MARCH 2025**

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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 2019 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 2025**

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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 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 2025**

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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 2025 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 2025**

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

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

**5 Donations and legacies**

	<b>Unrestricted Funds £</b>	<b>Restricted Funds £</b>	<b>Total funds 2025 £</b>	<b>Total funds 2024 £</b>
Donations	15,786	–	15,786	3,486
Subscriptions	2,592	–	2,592	2,472
Gifts in kind	<u>–</u>	<u>–</u>	<u>–</u>	<u>–</u>
	<u>18,378</u>	<u>–</u>	<u>18,378</u>	<u>5,958</u>

**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**COMPANY LIMITED BY GUARANTEE**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**YEAR ENDED 31 MARCH 2025**

**6 Charitable activities**

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
ST Joint Commissioning Team	–	38,912	38,912	38,912
Coffee bar sales	4,149	–	4,149	4,251
Miscellaneous income	1,000	–	1,000	832
Big Lottery Fund – Wise Group	–	–	–	9,579
Community Foundation Women's Fund	–	7,000	7,000	7,000
Northumbria Police and Crime				
Commissioner	–	84,000	84,000	85,684
Changing Lives	–	11,000	11,000	11,000
Ballinger	–	20,000	20,000	20,000
Smallwood Trust and Rosa	–	20,000	20,000	10,000
Sir James Knott	–	–	–	5,000
South Tyneside CCG	–	20,680	20,680	20,680
Money Saving Expert	–	–	–	641
Community Foundation – Know Your				
Neighbourhood	–	52,554	52,554	40,586
Virgin Foundation	–	156	156	–
Inspire	–	12,000	12,000	8,000
STC – household vouchers	1,500	–	1,500	4,500
LGA	–	10,000	10,000	–
Community Foundation – Port of Tyne	–	1,625	1,625	–
Community Foundation – Kellet Fund	–	–	–	11,929
The Joicey Trust	–	–	–	2,000
Rise - Courses	–	34,576	34,576	1,248
Community Foundation – Newcastle				
Building Society	–	–	–	4,391
Postcode Neighbourhood Trust	–	–	–	25,000
UK Shares Prosperity Fund – Food Fare	–	147,407	147,407	128,892
Community Foundation – Waiting Well	–	–	–	5,000
Be The Sea	–	–	–	2,000
UK Shares Prosperity Fund – Rise	–	25,065	25,065	3,105
Access to Work	–	–	–	1,558
CF – Pargiter Fund	–	9,775	9,775	–
Foundation of Light	–	4,000	4,000	–
Hadrian Trust	–	1,000	1,000	–
Northumbria University	1,400	–	1,400	–
	8,049	499,750	507,799	451,788

**7 Investment income**

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Bank interest receivable	<u>12,629</u>	<u>–</u>	<u>12,629</u>	<u>14,061</u>

**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**COMPANY LIMITED BY GUARANTEE**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**YEAR ENDED 31 MARCH 2025**

**8 Other trading activities**

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Fundraising events	529	–	529	–
Room hire	<u>10,845</u>	<u>3,300</u>	<u>14,145</u>	<u>7,830</u>
	<u>11,374</u>	<u>3,300</u>	<u>14,674</u>	<u>7,830</u>

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

	Staff Costs £	Direct Costs £	Depre- ciation £	Support Costs £	Total Funds 2025 £	Total Funds 2024 £
<b>Charitable activities:</b>						
Coffee shop	89,802	629	6,837	36,468	133,736	131,227
Studio	89,802	33,084	6,837	32,505	162,228	145,251
Counselling	89,801	2,461	6,837	32,505	131,604	129,381
Seminars	89,801	6	6,838	32,505	129,150	126,712
Gifts in kind	–	–	–	–	–	–
Governance costs	<u>–</u>	<u>–</u>	<u>–</u>	<u>(1,149)</u>	<u>(1,149)</u>	<u>2,760</u>
	<u>359,206</u>	<u>36,180</u>	<u>27,349</u>	<u>132,834</u>	<u>555,569</u>	<u>535,331</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 £551,865 (2024: £509,026) and unrestricted costs of £3,704 (2024: £26,305).

**10 Staff numbers and emoluments**

**The aggregate payroll costs were:**

	2025 £	2024 £
Wages and salaries	303,890	293,488
Social security costs	19,295	18,224
Other pension costs	<u>36,021</u>	<u>34,700</u>
	<u>359,206</u>	<u>346,412</u>

**WOMEN'S HEALTH IN SOUTH TYNESIDE  
COMPANY LIMITED BY GUARANTEE  
NOTES TO THE FINANCIAL STATEMENTS  
YEAR ENDED 31 MARCH 2025**

**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:

	<b>2025</b>	<b>2024</b>
	£	£
Number of management and administration staff	<u>10</u>	<u>10</u>

No employee received emoluments of more than £60,000 during the year (2024: £60,000 - none).

The total remuneration and benefits paid to key management amounted to £51,022 (2024: £49,777).

No (2024: none) trustee received reimbursement of expenses for their role as a volunteer. The amount claimed was £nil (2024: £nil). Trustee/volunteer indemnity insurance has been provided by the charity at a cost of approximately £550 (2024: £550).

**11 Net movements in funds**

Net movement in funds is stated after charging:

	<b>2025</b>	<b>2024</b>
	£	£
Accountancy and Independent Examination	2,820	2,760
Depreciation	<u>37,349</u>	<u>28,366</u>

**12 Tangible fixed assets**

	<b>Freehold Property £</b>	<b>Equipment £</b>	<b>Total £</b>
<b>Cost</b>			
At 1 April 2024	1,129,672	67,686	1,197,358
Additions	–	1,545	1,545
Disposals	<u>–</u>	<u>–</u>	<u>–</u>
At 31 March 2025	<u>1,129,672</u>	<u>69,231</u>	<u>1,198,903</u>
<b>Depreciation</b>			
At 1 April 2024	383,085	61,318	444,403
Charge for the year	22,593	4,756	27,349
Disposals	<u>–</u>	<u>–</u>	<u>–</u>
At 31 March 2025	<u>405,678</u>	<u>66,074</u>	<u>471,752</u>
<b>Net book value</b>			
At 31 March 2025	<u>723,994</u>	<u>3,157</u>	<u>727,151</u>
At 31 March 2024	<u>746,587</u>	<u>6,368</u>	<u>752,955</u>

**WOMEN'S HEALTH IN SOUTH TYNESIDE  
COMPANY LIMITED BY GUARANTEE  
NOTES TO THE FINANCIAL STATEMENTS  
YEAR ENDED 31 MARCH 2025**

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**13 Debtors**

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Trade debtors	53,359	7,870
Prepayments and accrued income	20,888	51,177
Other debtors	<u>97</u>	<u>97</u>
	<b>74,344</b>	<b>59,144</b>
	<u><u>          </u></u>	<u><u>          </u></u>

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

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Trade creditors	9,240	12,801
Taxation and social security	5,657	5,871
Accruals	119,614	60,585
Other creditors	<u>5,342</u>	<u>—</u>
	<b>139,853</b>	<b>79,257</b>
	<u><u>          </u></u>	<u><u>          </u></u>

**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**COMPANY LIMITED BY GUARANTEE**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**YEAR ENDED 31 MARCH 2025**

**15 Restricted funds**

**For the year ended 31 March 2025**

	<b>Movement in resources:</b>				<b>Balance At 31 Mar 2025</b>
	<i>Balance at 1 Apr 2024</i>	<b>Incoming</b>	<b>Outgoing</b>	<b>Transfers</b>	
	£	£	£	£	£
Freehold property ***	658,079	–	(22,386)	–	635,693
Coalfields – Regional Impact Fund **	2,963	–	(2,930)	–	33
Changing Lives	39,126	11,000	(14,211)	–	35,915
ST Joint Commissioning Team	–	38,912	(38,912)	–	–
WEA	–	3,300	(3,300)	–	–
Garfield Weston **	2,952	–	(149)	–	2,803
Community Foundation Women's Fund	–	7,000	(7,000)	–	–
Ballinger Trust	–	20,000	(20,000)	–	–
Cloth Workers Fund **	4,918	–	(123)	–	4,795
Northumbria Police and Crime Commissioner	–	84,000	(82,919)	–	1,081
Wise Group BBO **	22,992	–	(22,992)	–	–
Smallwood Trust and Rosa	1,318	20,000	(19,715)	–	1,603
Virgin Foundation	–	156	(156)	–	–
Tudor Trust **	700	–	(63)	–	637
Awards For All **	2,698	–	(225)	–	2,473
Community Foundation	6,420	–	–	–	6,420
Karbon Homes **	81	–	(53)	–	28
ST PHE	2,727	–	–	–	2,727
Community Foundation – Linden Family	835	–	(835)	–	–
South Tyneside CCG	–	20,680	(20,680)	–	–
Sir James Knott	2,112	–	–	–	2,112
Community Foundation – Kellet Fund	2,141	–	(2,141)	–	–
Community Foundation – Port of Tyne	–	1,625	(1,625)	–	–
Community Foundation – Know Your Neighbourhood	–	52,554	(50,811)	–	1,743
UK Shared Prosperity Fund – Food Fare Project	8,624	147,407	(146,534)	–	9,497
Postcode Neighbourhood Trust	6,556	–	(6,556)	–	–
Inspire	–	12,000	(12,000)	–	–
Community Foundation – Waiting Well	5,000	–	(1,804)	–	3,196
UK Shared Prosperity Fund - Rise	–	59,641	(57,270)	–	2,371
LGA Foundation	–	10,000	(10,000)	–	–
Get out, Get active	–	4,000	(4,000)	–	–
Community Foundation - Pargiter Fund	–	9,775	(2,475)	–	7,300
Community Foundation - Hadrian Trust	–	1,000	–	–	1,000
	<u>770,242</u>	<u>503,050</u>	<u>(551,865)</u>	<u>–</u>	<u>721,427</u>

**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**COMPANY LIMITED BY GUARANTEE**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**YEAR ENDED 31 MARCH 2025**

**15 Restricted funds (continued)**

**For the year ended 31 March 2024**

	<b>Movement in resources:</b>				<b>Balance At 31 Mar 2024</b>
	<b>Balance at 1 Apr 2023</b>	<b>Incoming</b>	<b>Outgoing</b>	<b>Transfers</b>	
	£	£	£	£	£
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
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)	–	–
	<u>848,200</u>	<u>431,068</u>	<u>(509,026)</u>	<u>–</u>	<u>770,242</u>

**WOMEN'S HEALTH IN SOUTH TYNESIDE  
COMPANY LIMITED BY GUARANTEE  
NOTES TO THE FINANCIAL STATEMENTS  
YEAR ENDED 31 MARCH 2025**

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

\*\* 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 £33 (2024: £2,963).

**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.

**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 £2,803 (2024: £2,952).

**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 £4,795 (2024: £4,918).

**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 £nil (2024: £6).

**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**COMPANY LIMITED BY GUARANTEE**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**YEAR ENDED 31 MARCH 2025**

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

**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 working with women to improve digital inclusion.

**Tudor Trust**

Funding received towards the purchase of some assets. The capital balance carried forward is £637 (2024: £700).

**Awards For All**

Funding received for counselling, Covid-19 equipment and remote teaching. The capital balance carried forward is £nil (2024: £225).

**Karbon Homes**

Funding received for support worker costs to support women dealing with complex circumstances due to Covid. The capital balance carried forward is £27 (2024: £81).

**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.

**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.

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

**NOTES TO THE FINANCIAL STATEMENTS**

**YEAR ENDED 31 MARCH 2025**

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**15 Restricted funds (continued)**

**Smallwood Trust**

Funding received to enable urgent financial wellbeing support to 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.

**Inspire**

Funding for Community Facilitator 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.

**Get Out, Get Active**

Funding for exercise courses.

**Community Foundation – Pargiter Fund**

Funding for health awareness sessions and exercise courses.

**Community Foundation – Hadrian Trust**

Funding for wellbeing courses.

**LGA Foundation**

Funding towards core costs.

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

**NOTES TO THE FINANCIAL STATEMENTS**

**YEAR ENDED 31 MARCH 2025**

**16 Unrestricted funds**

**For the year ended 31 March 2025**

	<i>Balance at 1 Apr 2024</i>	<b>Incoming</b>	<b>Outgoing</b>	<b>Transfers</b>	<b>Balance At 31 Mar 2025</b>
	£	£	£	£	£
<i>Designated funds:</i>					
Building maintenance and repair	25,000	–	–	–	25,000
Reserves	145,000	–	–	–	145,000
Contingencies for end of contractual term	<u>74,000</u>	<u>–</u>	<u>–</u>	<u>–</u>	<u>74,000</u>
<b>Total designated funds</b>	<b>244,000</b>	<b>–</b>	<b>–</b>	<b>–</b>	<b>244,000</b>
<i>General funds</i>	<u>133,612</u>	<u>50,430</u>	<u>(3,704)</u>	<u>–</u>	<u>180,338</u>
	<u>377,612</u>	<u>50,430</u>	<u>(3,704)</u>	<u>–</u>	<u>424,338</u>

**For the year ended 31 March 2024**

	<i>Balance at 1 Apr 2023</i>	<b>Incoming</b>	<b>Outgoing</b>	<b>Transfers</b>	<b>Balance At 31 Mar 2024</b>
	£	£	£	£	£
<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>–</u>	<u>–</u>	<u>9,000</u>	<u>74,000</u>
<b>Total designated funds</b>	<b>230,000</b>	<b>–</b>	<b>–</b>	<b>14,000</b>	<b>244,000</b>
<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>–</u>	<u>377,612</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 2025**

**17 Analysis of net assets between funds**

**For the year ended 31 March 2025**

	<b>Tangible Fixed Assets £</b>	<b>Net Current Assets £</b>	<b>Total £</b>
<b>Restricted funds</b>			
Freehold Property	635,693	–	635,693
Changing Lives	–	35,915	35,915
Garfield Weston	2,803	–	2,803
Cloth Workers Fund	4,795	–	4,795
Tudor Trust	637	–	637
Coalfields – Regional Impact Fund	33	–	33
Awards for All	–	2,473	2,473
Community Foundation	–	6,420	6,420
Karbon Homes	28	–	28
ST PHE	–	2,727	2,727
Sir James Knott	–	2,112	2,112
Smallwood Trust	–	1,603	1,603
UK Shared Prosperity Fund – Food Share Project	–	9,497	9,497
CF – Waiting Well	–	3,196	3,196
Know Your Neighbourhood	616	1,127	1,743
Shared Prosperity Fund - Rise	745	1,626	2,371
Community Foundation – Pargiter Fund	–	7,300	7,300
Hadrian Trust	–	1,000	1,000
Northumbria Police and Crime Commissioner	–	<u>1,081</u>	<u>1,081</u>
	645,350	76,077	721,427
<b>Designated funds:</b>			
Building maintenance and repair	–	25,000	25,000
Reserves	–	145,000	145,000
Contingencies for end of contractual term	–	74,000	74,000
<b>General unrestricted funds</b>	<u>81,801</u>	<u>98,537</u>	<u>180,338</u>
<b>Total funds</b>	<u>727,151</u>	<u>418,614</u>	<u>1,145,765</u>

**WOMEN'S HEALTH IN SOUTH TYNESIDE**  
**COMPANY LIMITED BY GUARANTEE**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**YEAR ENDED 31 MARCH 2025**

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

For the year ended 31 March 2024

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

**18 Future Sustainability**

We will continue to apply for funding to provide a sustainable range of services to support the women in South Tyneside. We have a large asset in the building which we operate from, and this is shown in the accounts. This results in the impression 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 2025**

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

**WOMEN'S HEALTH IN SOUTH TYNESIDE****COMPANY LIMITED BY GUARANTEE****MANAGEMENT INFORMATION****YEAR ENDED 31 MARCH 2025**

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	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
<b>Income</b>		
STC – CEO	38,912	38,912
Donations	15,786	3,486
Fund Raising Events	529	–
Coffee bar sales	235	522
Drop-in sales	3,914	3,729
Subscription members	2,592	2,472
Room hire	14,145	7,830
Interest received	12,629	14,061
Miscellaneous income	1,000	832
Changing Lives	11,000	11,000
Northumbria Police and Crime Commissioner	84,000	85,684
Big Lottery Fund – Wise Group	–	9,579
Community Foundation Women's Fund	7,000	7,000
Ballinger Trust	20,000	20,000
Smallwood Trust	20,000	10,000
CF – Newcastle Building Society	–	4,391
Postcode Neighbourhood Trust	–	25,000
UK Shared Prosperity Fund – Food Share	147,407	128,892
CF – Waiting Well	–	5,000
Virgin Foundation	156	–
STC – household vouchers	1,500	4,500
Community Foundation – Port of Tyne	1,625	–
Community Foundation – Kellett Fund	–	11,929
Money Saving Expert	–	641
Community Foundation – Know Your Neighbourhood	52,554	40,586
St – PCT – Counselling	20,680	20,680
Sir James Knott	–	5,000
The Joicey Trust	–	2,000
Rise - Courses	34,576	1,248
Be The Sea	–	2,000
Inspire	12,000	8,000
UKSPF – Rise	25,065	3,105
Access to Work	–	1,558
Northumbria University	1,400	–
Community Foundation – Pargiter Fund	9,775	–
Foundation of Light	4,000	–
Hadrian Trust	1,000	–
LGA Foundation	<u>10,000</u>	<u>–</u>
<b>Total income</b>	<b>553,480</b>	<b>479,637</b>

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**WOMEN'S HEALTH IN SOUTH TYNESIDE****COMPANY LIMITED BY GUARANTEE****MANAGEMENT INFORMATION****YEAR ENDED 31 MARCH 2025**

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	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
<b>Charitable Activities</b>		
Staff salaries and pension costs	359,206	346,412
Coffee bar purchases	624	687
Sundry purchases	3,234	1,901
Drop-in supplies	3,964	3,828
Sessional workers	33,079	18,539
Supervision	2,455	2,670
Material for courses	4,186	3,638
Water	1,710	1,189
General rates	475	395
Refuse collection	574	827
Heat and light	6,544	5,567
Travel expenses	4,644	5,116
Printing, postage and stationery	4,584	4,208
Telephone	5,979	5,582
Computer software and consumables	11,001	12,092
Repairs and renewals	4,340	5,643
Cleaning	7,053	8,460
Subscriptions	585	492
Training costs	441	246
Insurance	5,921	6,726
Refreshments and entertaining	1,567	2,202
Depreciation	27,349	28,366
Flowers and gifts	135	235
Legal fees	1,572	1,489
Bank charges	573	293
Consultancy fees	-	383
Function costs	23	624
Garden purchases	150	151
Volunteer expenses	1,005	1,127
Partnership salary costs	63,247	63,483
Recruitment expenses	60	-
Advertising	438	-
	<u>438</u>	<u>-</u>
<b>Total Expenditure</b>	<b>556,718</b>	<b>532,571</b>
	<u><u>556,718</u></u>	<u><u>532,571</u></u>

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WOMEN'S HEALTH IN SOUTH TYNESIDE

COMPANY LIMITED BY GUARANTEE

MANAGEMENT INFORMATION

YEAR ENDED 31 MARCH 2025

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	<b>2025</b>	<i>2024</i>
	<b>£</b>	<b>£</b>
<b>Governance costs</b>		
Accountancy fees and independent examination	2,820	2,760
Accreditation fees	(3,969)	–
<b>Total expenditure</b>	<u>555,569</u>	<u>535,331</u>
<b>Net (expenditure)/income for the year</b>	<u>(2,089)</u>	<u>(55,694)</u>