

Tyneside Women's Health

(A Company Limited by Guarantee)

Financial Statements For The Year Ended 31 March 2021

Charity No. 1126648
Company Registration No. 06702528

Legal and Administrative Information

Name: **Tyneside Women's Health**

Reg'd Charity No: 1126648

Company No: 06702528

Trustees:	Chair:	Jeannine Hughes Barbara King
	Co. Secretary:	Diana Robertson Christine Sloan Elizabeth Stokes Maria Humphreys Julie Pichler

Address: 30 Half Moon Lane
Gateshead
NE8 2AN

Bankers: The Co-operative Bank
Norfolk House
Grey Street
Newcastle upon Tyne
NE1 6BZ

Independent
Examiner: Mark Thompson MAAT
VODA
Queen Alexandra Campus
Hawkeys Lane
North Shields
NE29 9BZ

Trustees' Annual Report
For the year ended 31 March 2020

The trustees present their report and accounts for the year ended 31 March 2021

Structure

Tyneside Women's Health is led by a Board of Trustees. Although the Trustees have overall responsibility for governance and management, much of this responsibility is delegated to the Chief Executive Officer who ensures the organisation runs efficiently and effectively. The Trustees work closely with the Chief Executive Officer to provide strategic direction for the organisation. The Chief Executive Officer, in turn, provides direction to line managers and delivery staff to ensure Tyneside Women's Health can act to achieve its vision for all women in Tyneside to flourish by having access to the right mental health and wellbeing support at the right time and place

Governance and Management

The Board of Trustees ensures that the organisation is legally compliant in all areas including finance, health and safety, and HR. These matters are reviewed within bi-monthly Board meetings as well as specific sub groups of the Board and time out session. Trustees are recruited to the Board by way of open recruitment processes on an ongoing basis to ensure a minimum of 6 Trustees at any one time.

Financial Review and Reserves Policy

Tyneside Women's Health holds reserves in order to provide running costs for three months in the unlikely event that income does not meet expenditure. In such a case, these running costs will enable the organisation to continue with minimal disruption to service delivery and staffing levels. Three months is currently deemed an adequate length of time by Trustees to generate additional income to secure the future of the organisation. Reserves also include various designated pots of money to cover the costs of redundancy and other liabilities should the organisation close.

Achievements and Performance of Trust

From 1 April 2020 through to 31 March 2021, Tyneside Women's Health has supported 532 women to improve their mental health and emotional wellbeing. Services are provided predominantly from two Centres in Gateshead and Newcastle, and on an outreach basis across North Tyneside, and women usually have access to the following interventions:

- Open Access Activities - providing therapeutic benefit such as singing, dance, drop in, Sunday Lunch, and creative sessions.
- Mental Health courses - a full range of courses are available including Managing Anxiety, Coping with Depression, Positive About Me (confidence building), Better Out Than In (anger management), Mood Food and Me, and Undoing the Damage of Domestic Abuse. Stand alone workshops are also available such as Mindfulness.
- Support Groups - these are targeted at specific groups of women such as those over 55, those affected by domestic abuse, and those with enduring mental health issues.
- Counselling - an integrative short term counselling service is available and provided on a one to one basis.
- Routes to Recovery & Beyond - comprises action planning and goal focussed workshops, future planning, progression support through signposting to external volunteering, employment and training opportunities as well as internal opportunities.

Due to the Covid-19 pandemic we closed our face to face services in March 2020. We very quickly moved to a remote service, which was very different from our usual service offer as described above. We have also provided an unprecedented level of one to one support, which again, is different from our usual group work programmes. We conducted weekly support calls and email check ins for 144 per week at the height of the pandemic.

We re-opened some face to face services in September 2020 for women we knew were the most isolated and whose mental health had deteriorated the most. We kept these services open during the second and third national lockdowns as well as maintaining the remote support services we had developed. We continue to provide a mixture of virtual and face to face services and look forward to developing new interventions based on our learning over the past year.

We have continued to work in partnership where possible and have adapted services as needed and have maintained our role as a delivery partner within the Wise Steps programme. We have participated in podcasts, and many online meetings!

We continue to develop our trading subsidiary as a future source of income and we are in the process of developing a new Strategic Plan for the organisation. Despite missing our 35th birthday celebrations last year we are excited to take the organisation forward as we recover and emerge from the pandemic.

We are extremely proud of the support we have been able to provide for vulnerable women over the last year, and we are especially proud of our service users for how they have managed during lockdowns. A small group of women set up their own creative group called Craftscape during lockdown and this is quickly becoming an enterprise project through selling items that they make so we look forward to supporting them to develop this.

Matters pertaining to the Companies Act 2006

For the year ending 31 March 2021 the company was entitled to exemption from audit under section 447 of the Companies Act 2006. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006. The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

Signed:  on behalf of Trustees

Print name: Jeannine Hughes

Date: 08/09/2021

INDEPENDENT EXAMINER'S REPORT

Report to the
trustees of

Tyneside Women's Health

On accounts for
the year ended

31 March 2021

Charity no 1126648

**Respective
responsibilities of
trustees and
examiner**

The Trustees of the organisation are responsible for the preparation of accounts; they consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 and that an Independent Examination is needed.

It is my responsibility to

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

**Basis of
independent
examiner's
statement**

My examination was carried out in accordance with General Directions given by the Charity Commissioners. 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 the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

**Independent
examiner's
statement**

In the course of my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in, any material respect, the trustees have not met the requirements to ensure that:
 - proper accounting records are kept (in accordance with section 41 of the Act); and
 - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



Date: 28 July, 2021

Name:

Mark Thompson MAAT

Address:

VODA
Queen Alexandra Campus
Hawkeys Lane
North Shields
NE29 9BZ

Tyneside Women's Health

Statement of Financial Activities for the year ended 31 March 2021

		Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
		2021	2021	2021	2020
Receipts				£	£
Grants	Note 5	25300	356623	381923	210841
Donations		1612		1612	753
Fundraising		1289		1289	3594
Other Fees & Refunds		9856		9856	8947
Bank Interest				0	0
Total Receipts		38057	356623	394680	224135
Payments					
Salaries	2		173942	173942	179815
Staff Travel & Training				0	2136
Group Work & Activities		387	13608	13995	14515
Office Expenses		12	13540	13552	16596
Premises Expenses			68200	68200	56386
Governance Costs	3	2068	9484	11552	5825
Depreciation		56		56	70
Total Payments		2523	278774	281297	275343
Surplus / deficit for the year		35534	77849	113383	-51208
Net Movement in Funds				0	0
Funds at 1 April 2019		99156	25603	124759	175967
Funds at 31 March 2020		134690	103452	238142	124759

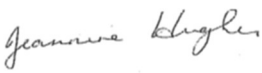
Tyneside Women's Health
Balance Sheet as at 31 March 2021

		2021	2020
		£	£
Fixed Assets	7	225	281
Current Assets			
Debtors	8	750	5179
Cash at Bank & in Hand		237218	126457
Total Cash Balances		237968	131636
Current Liabilities	9	50	7158
Net Current Assets		237918	124478
Net Assets at 31 March 2018		238143	124759
Represented By:	5		
Restricted Funds		103452	25603
Designated Funds		44780	19780
Unrestricted Funds		89911	79376
		238143	124759

For the year ending 31/03/2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors responsibilities:

- a) The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476, of the Companies Act 2006
- b) The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.
- c) The accounts have been prepared in accordance with the special provisions of the Companies Act relating to small companies.

Signed:  Position: Chair of the Board of Trustees

Print Name: Jeannine Hughes

Date: 08/09/2021

Tyneside Women's Health

Notes to the accounts, 2020-21

1. Basis of accounts

The financial statements have been prepared in accordance with 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 2015) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006

Tyneside Womens Health meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Fixed Assets are depreciated over a useful lifeline at the following rates:
Office Furniture - 20% reducing balance

2. Trustees and Staff

No Trustees were remunerated or received expenses payments.

Total Salary Costs	£	173,942
Average no of staff (full time equivalent)		8

3. Costs of financial services

The cost for the Independent Examination for the financial period will be £475

4. Funding received through the year:

Unrestricted:

The 29th May 1961 Charitable Trust	3000
Newcastle City Council	10000
The William Leech Charity	1000
Marsh Christian Trust	300
Changing Lives	5000
The Joseph Strong Frazer Trust	1000
Gateshead Council	5000
Total Unrestricted Funds Received	25300

Restricted:

Lloyds Bank Foundation for England & Wales	24090
Lloyds Bank Foundation React Fund	6477
National Lottery Community Fund Reaching Communities	90447
National Lottery Community Fund Uplift Grant	26000
Community Foundation Covid-19 Response Fund	7168
CAF Coronavirus Emergency Fund	7380
Northumbria Police & Crime Commissioner (Covid-19 Extraordinary Ministry of Justice Funding)	2741
Enterprise Development Programme	8738
Evan Cornish Foundation	4000
European Social Fund LA6 Gateshead Council - Gateshead	5806
European Social Fund LA6 Gateshead Council - Newcastle	4565
LGA Foundation	10000
CAF Resilience Fund	11222
Sport England	9182
The Fore RAFT Transition Fund	14323
The Smallwood Trust (DCMS)	22046
Well Newcastle Gateshead	955
Community Foundation Women's Fund	5500
MIND Covid-19 Response Fund	19953
Northumbria Police & Crime Commissioner Supporting Victims Fund	18632
NHS Newcastle Gateshead (Alliance CCG)	12800

NHS North Cumbria CCG	4916
Gateshead Council (Come on in Service)	36087
Building Better Opportunities (Wise Steps)	3595

Total Restricted Funds Received 356623

5. Fund Analysis

Restricted Funds	April '20	Income	Expend	March '21
Lloyds Bank Foundation for England & Wales	8726	24090	8726	24090
Lloyds Bank Foundation React Fund		6477	6477	0
National Lottery Community Fund Reaching Communities	9859	90447	68170	32136
National Lottery Community Fund Uplift Grant		26000	26000	0
Community Foundation Covid-19 Response Fund		7168	7168	0
CAF Coronavirus Emergency Fund		7380	7380	0
Northumbria Police & Crime Commissioner (Covid-19 Extraordinary Ministry of Justice Funding)		2741	2741	0
Enterprise Development Programme		8738	8738	0
Evan Cornish Foundation		4000	0	4000
European Social Fund LA6 Gateshead Council - Gateshead		5806	5806	0
European Social Fund LA6 Gateshead Council - Newcastle		4565	4565	0
LGA Foundation		10000	0	10000
CAF Resilience Fund		11222	11222	0
Sport England		9182	6000	3182
The Fore RAFT Transition Fund		14323	0	14323
The Smallwood Trust (DCMS)		22046	22046	0
Well Newcastle Gateshead		955	955	0
Community Foundation Women's Fund		5500	0	5500
Hope and Grace Foundation	7019	0	7019	0
MIND Covid-19 Response Fund		19953	9729	10224
Northumbria Police & Crime Commissioner Supporting Victims Fund		18632	18632	0
NHS Newcastle Gateshead (Alliance CCG)		12800	12800	0
NHS North Cumbria CCG		4916	4916	0
Gateshead Council (Come on in Service)		36087	36087	0
Building Better Opportunities (Wise Steps)		3595	3595	0
Total	25604	356623	278772	103455

Notes:

Lloyds Bank Foundation for England & Wales

Grant towards the cost of delivering mental health interventions

Lloyds Bank Foundation React Fund

Grant to support services during the Covid-19 pandemic

National Lottery Community Fund Reaching Communities

Grant to support delivery of mental health courses, support groups, drop in and creative activities

National Lottery Community Fund Uplift Grant

Grant to support services during the Covid-19 pandemic

Community Foundation Covid-19 Response Fund

Grant to support services during the Covid-19 pandemic

CAF Coronavirus Emergency Fund

Grant to support services during the Covid-19 pandemic

Northumbria Police & Crime Commissioner (Covid-19 Extraordinary Ministry of Justice Funding)

Grant to support domestic abuse services during the Covid-19 pandemic

Grant to support domestic abuse services during the Covid-19 pandemic

Enterprise Development Programme

Grant to support the development of our trading subsidiary

Evan Cornish Foundation

Grant towards the cost of delivering mental health interventions

European Social Fund LA6 Gateshead Council - Gateshead

Funds to deliver a Routes to Recovery & Beyond course in Gateshead

European Social Fund LA6 Gateshead Council - Newcastle

Funds to deliver a Routes to Recovery & Beyond course in Newcastle

LGA Foundation

Grant towards the cost of delivering mental health interventions

CAF Resilience Fund

Grant to support services during the Covid-19 pandemic

Sport England

Grant to support delivery of physical health interventions

The Fore RAFT Transition Fund

Funds to support delivery of the Building Blocks to Better Mental Health project

The Smallwood Trust (DCMS)

Grant to fund additional Virtual Mental Health & Wellbeing Worker

Well Newcastle Gateshead

Project funds to explore using the arts to improve mental health

Community Foundation Women's Fund

Grant to support core costs and service development

Hope and Grace Foundation

International grant to provide out of hours support, groups to women with complex needs and additional target groups

MIND Covid-19 Response Fund

Grant to support services during the Covid-19 pandemic

Police & Crime Commissioner Supporting Victims Fund

Grant to deliver interventions to victims of domestic abuse

NHS Newcastle Gateshead (Alliance CCG)

Funding for the provision of mental health services for women living in Newcastle

NHS North Cumbria CCG

Suicide prevention grant to pilot complex needs interventions

Gateshead Council (Come On In Service)

Preventative Services contract for women's mental health and wellbeing provision

Building Better Opportunities (Wise Steps)

Funds to provide specialist interventions for women accessing the BBO Wise Steps programme

Designated Funds

Legal Liability Fund	24780
Office Move & Rebranding	20000
Total	44780

Notes:

Legal Liability Fund

This is in place to cover closing costs for the organisation, so it can fulfil its legal obligations, e.g. leases.

Office Move & Rebranding

To cover office move, rebranding and associated costs.

6. Related party transactions

There were no significant transactions between the project and any related parties during the period. No payments have been made to Trustees.

7. Fixed Assets

	Office Furniture	Total
Cost		
As at 1 April 2020	10858	10858
Additions		
Disposals		
As at 31 March 2021	10858	10858
Depreciation		
As at 1 April 2020	10577	10577
Charge for the year	56	56
Disposals		
As at 31 March 2021	10633	10633
Net Book Value at 31 March 2021	225	225

8. Debtors

Sundry Debtors	750
	750

9. Liabilities

Sundry Creditors	50
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