

Company number: 2835637

Charity Number: 1048788

Women's Health Matters

Report and financial statements
For the year ended 31 March 2018

Women's Health Matters
Reference and administrative information
for the year ended 31 March 2018

Company number 2835637

Charity number 1048788

Registered office and operational address Bridge House, Balm Road, Leeds, LS10 2PT

Trustees Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:

Alison Cater

Caroline Schonrock resigned 17 May 2018

Amie Tolson

Hannah Jones

Emma Dickens

Tracey Glanville

Naffie Wadda co-opted 21 April 2018

Key management	Ruth Mulryne	Director
	Lucy Fishwick	Projects Manager
personnel	Fiona Kellett	Finance Manager

Bankers Unity Trust Bank plc
Nine Brindleyplace, Birmingham, B1 2HB

Independent examiner Susan Cooper FCCA, Slade & Cooper Limited
Greenfish Resource Centre, 46-50 Oldham St, Manchester, M4 1LE

Women's Health Matters
Trustees' annual report
for the year ended 31 March 2018

The Trustees present their report and the unaudited financial statements for the year ended 31 March 2018.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

Objectives and activities

Objects (as set out in the company's memorandum of association)

To preserve and protect the good health, both physical and mental, of women in Leeds and the surrounding area and, in particular, to educate such women about health related matters.

Aims

To work with women across Leeds so that they can take control of their lives and their health.

Objectives

Our objects define the services we provide for women and girls (13 plus) resident in Leeds and the surrounding areas. Leeds is a large city with a population of 399,592 women and girls (Leeds Observatory population estimates 2017). Women's Health Matters (WHM) reduces health inequalities experienced by women from disadvantaged communities across Leeds. We work with women who have unequal access to health and support services due to poverty, ethnicity, disability, sexual orientation or traumatic personal experience. Local authorities are often ranked on the proportion of neighbourhoods in the most deprived 10% nationally. Leeds is ranked at 31 out of 326 local authority districts (1 is most deprived). From a 2017 survey of 88 women we intensively support, 70% lived in the city's 10 most deprived wards. The women we work with face significant health inequalities. Life expectancy is nine years lower for women in the most deprived areas of Leeds than in the least deprived areas (Public Health England). Leeds's 10 most deprived wards account for half the city's 17,000 reported incidents of domestic violence/abuse. A third of these incidents had a child present, and incidents rose every quarter last year (Leeds City Council information, 2016).

We specialise in group work, peer support, and providing one to one support. We work intensively with women who are most at risk, including those experiencing domestic violence, sexual and emotional abuse, those with children in care or at risk of being removed, and women seeking asylum. We take a woman-centred holistic approach, creating a safe, nurturing environment to help women recover their confidence, explore their own needs and regain control over their lives. Our outreach work allows us to broaden our reach to a wide range of women who have often found it more difficult to work with statutory services.

In 2017 Trustees and Staff reviewed our vision and values to reflect our ambition and what is important in the way we work.

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Vision

Our vision is for a just, safe and kind society where women are inspired, and helped, to reach their unique positive potential: where good health, and positive relationships, are valued and nurtured.

Values

- Be passionate for building powerful, positive relationships that develop resilience
- Consistently provide effective support and information
- Provide safe, and confidential, spaces in one to one and group work
- Be advocates for building capacity within communities, and for community action
- Develop and promote the value of volunteering
- Always have the right conversation at the right time
- Influence change for women in Leeds ensuring their voices are heard
- Maintain an approach that is non-stigmatising, non-judgemental, collaborative and empowering.

Our funding limits the number of women we can help. For some services we hold waiting lists when necessary. We ensure that women have information about other services available in the city and are referred appropriately when additional support is required, or is not within our remit.

Our aim is to make our services accessible. All are provided free of charge. We work in ways that help overcome barriers to participation, for example specific services working with disabled women, BAME women, teenage mothers and young women. We build in costs (where funding permits) for crèche, personal assistants, translation, interpreters and travel into our projects and use safe, appropriate, accessible venues from which to run services and events.

We undertake equal opportunities monitoring to try to ensure women from all backgrounds are accessing our services. WHM has an Equal Opportunities Policy that supports recruitment, monitoring, induction, training and all the services we deliver. We recognise that there are disadvantaged groups in our society and affirm that the charity has a responsibility for combating the causes of these disadvantages. We strive to be an Equal Opportunities organisation by ensuring that all women have full access to employment, voluntary work, services provided and Board of Trustees membership. It is fundamental that no one is treated less favourably by WHM on the grounds of race, colour, nationality, religion, disability, age, marital status, class, sexual orientation or responsibility for dependants.

We ensure that staff members are experienced, trained and supervised to carry out the work of the charity and we strive not to embark on areas of work that will cause detriment or harm.

Volunteers support some projects to achieve their aims and objectives. They receive induction, ongoing training and support as well as out of pocket expenses.

The Trustees review the aims, objectives and activities of the charity each year. They support staff to identify new areas of work, influence policy externally and increase understanding and knowledge of the services of the organisation, sustain funding of our activities, assess impact of our work and maintain good quality management.

This report looks at what the charity has achieved and the outcomes of its work in the reporting period. The Trustees report the success of key activities and the benefits the charity has brought to those groups of people that it is set up to help. The review also helps the Trustees ensure the charity's aims, objectives and activities remained focused on its stated purposes.

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The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives that have been set.

Main activities, performance and achievements

An overview of the charity's main activities and whom it tries to support are described below. All its charitable activities focus on women in disadvantaged areas of the city and with groups of women who experience additional disadvantage. Activities are undertaken to further WHM charitable purposes for the public benefit.

In 2017/18 we worked directly with 2898 women and girls, aged 13 and over, across 14 services. Examples of key activities are included below.

Domestic violence and abuse work

Following our successful partnership bid with Leeds Women's Aid (merged with HALT) and Behind Closed Doors the new five-year **Leeds Domestic Violence Service (LDVS)** was launched; working with women, men and families in Leeds, offering emergency accommodation, support, advice and advocacy. WHM delivered three women-only weekly support groups in South, East and West Leeds, providing a safe space for women to meet others who have been through or are going through similar experiences. Week by week women talked through issues that affect their safety and wellbeing, and the safety and wellbeing of those around them. Signposting, advice and referrals for other support were offered when needed. 114 support group sessions were provided throughout the year to 108 women. Women were encouraged to attend a rolling programme of 14 sessions and access peer support. Some one to one support was possible where capacity allowed.

A woman dealing with an abusive ex-husband went to the group and gave this feedback: I was made to feel welcome, normal and supported. I cried the first time I went, a sense of relief that I had found a bunch of women who understood, who didn't judge me for being there and who had all experienced domestic violence in one form or another. It was an amazing feeling. I go to the group each week. Some weeks I talk, some I listen, some a bit of both. Over a period of time I've become stronger, more confident and braver.....My life has turned around. It sounds dramatic, but that's the impact this group has had. I was on the verge of giving everything up, I feel like I found this group just in time. I have everything to live for.

We secured three-year Tampon Tax funding from the Department for Culture, Media and Sport for **Breathing Space**. This year the service provided group work for women who have experienced domestic violence and trauma, have Social Work involvement due to domestic abuse, or require access to counselling. An initial six-week 'closed' stabilisation group was offered, with the opportunity to move on to a longer-term open group. This open group explored issues women bring in relation to domestic abuse through structured issue-based sessions and facilitated peer support. Sessions included managing difficult emotions, coping with stress and developing relaxation techniques. Launched in November 2017 the project has supported 26 (11 with additional one to one support) women to date through 28 group sessions. Leeds Beckett University, Centre for Health Promotion, are evaluating the service through a range of methods including interviews with women, focus groups, service user questionnaires at start and end of participation looking at self reported wellbeing and staff learning logs. An early findings report is due June 2018.

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The Key is a Big Lottery funded service for young women aged 13-25 who have experienced, or who are at risk of experiencing, domestic abuse or unhealthy relationships. We offered support via group work and additional individual support as needed. Group session topics included, healthy friendships, safety planning, consent, assertiveness, grooming, the impact of abuse on children and managing stress and low mood. Following a period of initial development, groups were regularly filled to capacity.

We secured renewed three-year funding from the Big Lottery Fund to double the size of the project, 86 women and girls participated in year one. The funding enabled us to develop early intervention work in schools and towards the end of year one we developed the Moving On Group. This is for those women who had already completed a full set of sessions of our rolling programme to plan their next steps, develop new skills and continue their learning.

Where schools were referring girls into the programme we quickly realised that these girls did not have low-level needs, which required early intervention work. The girls were often already experiencing abusive relationships with a family member or partner, had already experienced sexual exploitation or were struggling with their mental health. We reacted quickly to this and changed the programme to incorporate their needs. Where we had capacity we offered brief one to one interventions, or invited them to our longer rolling group based outside of schools, whilst continuing the schools early intervention work with girls where this was relevant.

Leeds Beckett University, Centre for Health Promotion, is evaluating the service through a range of methods with the interim evaluation report due in June 2018. As an initial snapshot of 20 group and one to one support participants from their reflective scaling forms, 19 said they are now more able to recognise abusive relationships, 19 also said they now felt more able to end or change an abusive relationship and 16 reported feeling safer than when they began the project. It is important to recognise that it is not uncommon for women experiencing abuse to feel less safe when they begin to attend support programmes and they begin to recognise their own relationships as abusive and unsafe.

One participant said: *The Key has really helped me to move forward with my life, I know now that I can leave an abusive relationship, I know the warning signs and I am now strong enough to live alone, not going back to an abusive partner, I feel so much more happier with my life thanks to the support from the Key workers, it's been like a family and I will miss it! Thank you!*

Pregnancy, parenting and support for women whose children are being cared for by someone else

Include, a citywide service, was re-funded by Leeds City Council, providing advice, advocacy and support to young women who thought they might be pregnant, were pregnant or were already mums. We offered support to women on a range of issues from housing, benefits and debts to education and work, accessing support services and dealing with difficult relationships. We provided advocacy and emotional support for young women who were going through care proceedings in court, to ensure that the women felt more engaged in, and better informed about, the process. Young women received practical and emotional support to grow as parents and develop their ideas about how to be a good mother and role model. 44 young women engaged with the service. 89% of participants who completed outcome wheels said that through working with Include they felt an improvement in their emotional health. One young woman said: *I've not told anybody any of this stuff before, (disclosing domestic violence and difficult relationship with mother).* Another woman said: *Without the support of Include I wouldn't know things were bad for me but most importantly the harm it (domestic abuse) was doing to my girls.*

The service worked closely with the referring professionals and examples of feedback included:

I am really relieved she has you helping her now, she is so vulnerable and I don't feel she always understands what I'm trying to explain to her – a Social Worker

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Thank you for coming along, it makes such a difference knowing she can ask you to explain anything she doesn't understand. I've never been sure before that when she leaves here, that she understands what I have said – a Solicitor

I am really pleased to see that you have someone with you today, it's important that you didn't face this by yourself (Judge in court for final hearing)

Leeds City Council also continued to fund **YUMs**, a south Leeds group for young mums. It is a friendly and informal group, which enabled young women to come together and develop important support networks within a range of health and parenting related sessions. 24 women had contact, with the group having a core of regular participants. A high percentage of participants have social care involvement. Group members often take part in consultations requested by statutory or partner organisations, which is an excellent opportunity to influence research and services. For example a health consultation involved sharing experiences of their involvement with Health Visitors and the service they provide, a second consultation was about their child's dental care and accessing a dentist.

The Leeds City Council Family Valued Programme drew to a close in March 2017, other than a further six months continuation of the **Footsteps support group** for women that have previously had a child removed or are at risk of having a child removed, plus additional one to one support. 14 women engaged in this support. Approx. 11 women were on the waiting list at any one time. Women consistently reported they were able to make more positive parenting choices and there was a noticeable change in the way the women discussed children and parenting. WHM hosts a Complex Needs Worker, specialising in work with women who are pregnant / women whose children are at risk of or have been removed, as part of the Women's Lives Leeds service. This role however can only carry a relatively low case number due to the complexity of the work. The new Leeds City Council Futures service, launching in 2018, will support a narrow age band of young women and for the first child removed only. This work is a priority area for WHM to secure new funding, in particular group support, which is lacking across the city. During the project we received extra funding support from the Open Nest charity, enabling sessional support from an Art Therapist and to take part in a photography poetry project. A poem about how it felt to be in Footsteps was shared as part of group feedback.

Footsteps Is

A stormy start, but sun breaking out, mist clearing to rainbows.

A bed of roses, prickly, but each colour soft and different.

Ups and downs, many crossroads. Rollercoaster road.

A safe and steady ship on choppy seas. Life-saver. Life boat.

WHM delivered the new Leeds **Best Start Peer Support service** (three years, launched Jan. 2017) with lead partner Touchstone and Leeds Community Healthcare NHS Trust. It is a South and East CCG funded programme, commissioned by Leeds City Council Public Health. The programme offered free courses to help people manage better when pregnant or if they are a parent/carer of children under 2yrs old, running in South and East Leeds. At the end of the course there were opportunities to join in future Best Start Peer Support groups, events and new projects. Plus the opportunity to train to become a Best Start Peer Supporter and receive further training and support to help other parents and carers in their community. The service contributed to the achievement of the city's Best Start strategy.

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The programme asked the participants to rate their general wellbeing, and how well they think the course measured up to their own hopes and expectations. Participants also completed a self-assessment on entry and end of the course. These measured five aspects. An example of results included:

- | | |
|---|-------------------|
| • Confidence talking to other parents/carers | 26.7% improvement |
| • Recognition of shared parental/caring experiences | 32.3% improvement |
| • Isolation decrease | 30.7% |
| • Knowledge of self-care | 17.6% improvement |
| • Attitude to asking for support | 48.5% improvement |

Specialist support for women seeking asylum and women with learning disabilities

Rainbow Hearts continued to support women seeking asylum through running Leeds' only regular, gender-specific peer support group for women seeking asylum. The group met weekly and 89 women attended over a year. The group is consistently heavily over-subscribed. Women of all ages come together to give and receive emotional support from other women who have had similar experiences. Health and social-support information sessions are offered around topics that are useful for the women such as self-care, wellbeing and healthy eating, plus creative sessions such as therapeutic art activities and English language support.

In December 2017 we were awarded a Leeds Fund Mental Health Strategic Grant of £24,526 to enhance the group's activity around the issues of mental health and mental resilience. It aimed to develop the ability of the women who attend to support themselves and each other to better manage their mental health. It did this primarily through building on knowledge and understanding of self-care, offering a space in which to connect with each other, share experiences, understand their distress and access appropriate support. It also strengthened existing partnerships in order to build on and develop existing provision in the third and public sector. Legal Advice from Manuel Bravo and support from Touchstone's Positive Care Programme enhanced the support offer to women. Building stronger connections with partner agencies led to smoother and more appropriate referrals between services and women having a better idea of the landscape of support services in Leeds.

We continued the development of the **Feel Good** service partnering with People in Action. A weekly group programme for women with learning disabilities was tailored to the needs of the women, with sessions covering issues such as; taking care of your body, having good relationships, keeping safe, being confident and making new friends. 27 women participated. We piloted Carers' and Support Workers' workshops for those who support women with learning disabilities. These focused on understanding the importance of knowledge to keep people safe, identifying boundaries, looking at where people with learning disabilities get their information about sex, and how to appropriately talk about sex without embarrassment.

The success of this work ensured we successfully secured £172,800 over a three-year period from Leeds City Council to further develop the above services. This work commences in April 2018. In addition, WHM secured three-year funding from Lloyds Bank Foundation to fund a Wellbeing Case Worker to provide intensive one to one support for women seeking asylum in the Rainbow Hearts service.

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Voice and access

WHM has a rich history of engaging with the beneficiaries with whom we work, to support the shaping and development of the services we offer, access new services and empower them in dealing with professionals and others in their lives.

The Building Capabilities lottery funding enabled the development of a **Peer Evaluators Advisory Group** from women who have accessed a breadth of our services. This has included them reviewing our annual wide-ranging survey to assess the satisfaction of beneficiaries and background pool data regarding adverse life experiences and current challenges. They supported the planning of our 30-year Open Day/Celebration event, including designing and hosting a 'feedback tree'. They worked with staff to implement a simple face-to-face wellbeing survey to conduct in group work in Feb/Mar 2018, giving women the opportunity to develop their skills and experience and create honest, informative conversations.

WHM continued to co-chair **Leeds Maternity Voices Partnerships** (MVP, previously MSLC) - a citywide forum that brought health professionals and funders for maternity services and third sector organisations together with those who have used maternity services in Leeds. The forum enabled these professionals to listen to those who have recently been pregnant and given birth (and partners) to help improve their services for other people. Through outreach work and our inclusive approach, we were able to support a wide range of people to speak directly to service providers and commissioners and for their experiences to influence how maternity services develop. An example of successful activity this year included Leeds MVP being chosen to pilot the NHS 15 Steps Pilot Toolkit challenge. Six service users attended to 'walkabout' and engage with women at the maternity suites at Leeds General Infirmary and feedback to professionals. WHM secured the funding to continue to deliver the Maternity Voices Partnerships in 2018/19.

WHM's **Information/Enquiry service and BME outreach work** jointly reached 2,393 women across Leeds. These services worked with women from diverse backgrounds, across all age ranges and from multiple geographical areas of Leeds, particularly those areas with greater health inequalities and women who often avoid and mistrust statutory services. Across 32 issues women contacted the Information / Enquiry Service by phone and email; the issues consistently generating the highest volume of contact with us continued to be domestic violence, mental health, advice re children removed into care and feeling socially isolated.

Monitoring and evaluation

From profiling 88 women with whom we have worked intensively, we found that:

When asked how the support they've received from WHM had helped them to improve their lives:

- 89% had increased self-confidence
- 87% were more positive about their future
- 86% made better choices
- 85% said they felt better about themselves
- 81% developed a more positive support network
- 80% had improved mental wellbeing
- 81% felt safer
- 77% felt less lonely
- 74% felt less anxious

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80% of clients better understood what abuse is, enabling 72% to better respond to abusive relationships. 62% had the confidence to leave an abusive relationship.

68% of parents said the support from WHM had increased their confidence about parenting, 58% had improved parenting skills and 49% felt that any children they had in the future were less likely to be removed into care.

85% of clients said the help they've received, they couldn't have got anywhere else.

During the year we focused on ensuring each service in 2018/19 will continue to have comprehensive monitoring embedded in its activities, but also external evaluation where budget level permits this. Projects that we co-run with partners (Women's Lives Leeds, Leeds Domestic Violence Service, Best Start Peer Support programme) have comprehensive evaluation mechanisms that we feed into. Services without this level of funding use a range of impact tools. Building Capabilities lottery funding enabled us to work with external evaluators in January to March, prioritising the services that do not have external evaluation, to review their impact tools and agree revised versions for the start of April 2018.

Building Capabilities support also enabled us to enhance categories and reporting facilities to the bespoke database designed for WHM. It will provide a secure and comprehensive resource to store and report on the broad range of services and women we work with.

Funding sustainability and partnerships development

WHM continued our focus to secure organisational stability through multi-year project funding, moving away from over-reliance on local statutory one year contracts and increasing levels of core funding. In 2013/14, 86% of WHM income was from Leeds City Council and the NHS. Through work in 2016 to 2018 to re-organise services priorities and diversify income we are aiming for approximately 28% of income from local statutory sources in 2018/19.

WHM remains committed to developing robust partnerships to ensure effective service delivery, enhance the reach of our work and access new funding opportunities. Examples include:

- With 10 partner women and girls organisations we continued to work closely through Women's Lives Leeds (WLL). This unique partnership delivers, through four-year Big Lottery funding, specialist services to support the most vulnerable women and girls. One of the WLL Complex Needs Workers is seconded to WHM, specialising in work with women who are pregnant / women whose children are at risk of or have been removed. In addition, we contributed through partnership meetings, the Operations sub group and various task and finish groups to the development of the project. WLL services include the Complex Needs Service, Community Development Service and the WLL online directory for women and girls services in the city. WLL undertakes peer support capacity building and hosts the Leeds Women and Girls hub; a platform for women and girls across our city to come together to share ideas, get their voices heard and ensure they are involved in the development of services. On 29 November WLL reached its one-year anniversary celebrating with a special event bringing together women who access services, WLL partners, staff, hub members, professionals and our funder.
- With our partners Leeds Women's Aid (who merged with HALT) and Behind Closed Doors we launched the newly commissioned Leeds Domestic Violence Service from 1st April 2017. This is a five-year partnership within which WHM delivered the domestic violence group support and worked with our partners on the strategic direction of the service. GIPSIL Engage service provided a co-worker for the DV groups and additional expertise such as provision of housing support advice.

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- WHM delivered the new Leeds Best Start Peer Support service (three years, launched Jan. 2017) with lead partner Touchstone and Leeds Community Healthcare NHS Trust.
- The Feel Good service (programme for women with learning disabilities and work with carers) has partnered to date with People in Action, First Floor (project at Leeds Playhouse for 11 to 19 year olds) and Leeds Mencap.

Additional information

In 2017 WHM celebrated delivering services to women and girls in Leeds for 30 years. A special event celebrated our rich history with partners, funders and other professionals joining the women we work with from across our services to enjoy the event. Supported by staff, women in group work had designed creative display boards to represent some of their experiences and the work they did in groups. We had short presentations about WHM's history and the main focus was women standing up in front of a 100 strong audience to talk about themselves and the support they received from WHM, with peer support being a vital thread running through this. Women seeking asylum who attend the Rainbow Hearts group performed songs for the attendees. These women come from countries across the world and live in challenging circumstances in the UK, but joined together with beautiful voices to inspire the listeners. The event was hosted at Leeds City Museum with support from The Big Lottery Fund, White Rose shopping centre and the ASDA Foundation.

We continued with limited funds to extend the reach of our digital presence. Through the Local Sustainability Fund funding we completed a revamp of our website until future funding enables a new website. We dedicated staff resource to utilise our social media presence through Facebook and Twitter and re-developed our quarterly newsletter to a web based email service using MailChimp.

We reached new audiences about the work of WHM and our partnerships. Examples included our Director delivering a presentation at the University of Leeds, School of Medicine, for an International Women's Day event and the ACEVO Blog for the Charity Leaders Network hosting a piece from us on Empowering Women and Girls in Leeds. Throughout this period the White Rose shopping centre continued their 'gift in kind' support. The parent company Interserve promoted a case study, describing our partnership since 2014 and the £11,000 plus donations/value-in-kind donations, and a video featuring WHM and White Rose on their externally facing SustainAbilities hub.

WHM's staff member Leeanne Rowinska was Highly Recommended in the Jo Cox Award category at the first Compassionate City Awards ceremony in Leeds in December 2017. The category was for an individual or organisation who have gone above and beyond to unite and bring different communities together, supported newer communities to feel welcome into their communities and championed specific issues which help to create more cohesive and integrated communities. Leeanne leads on WHM's work on pregnancy, parenting and supporting women whose children are being cared for by someone else.

We achieved the renewal of our Leeds Domestic Violence Quality Mark, Level 2 (highest level). We are also a signatory of the Mindful Employer Charter; and in 2017 completed and submitted our review for continued commitment to the Charter for Employers who are Positive About Mental Health.

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Beneficiaries of our services

WHM reduces health inequalities experienced by women from communities across Leeds. We work with women who have unequal access to health and support services due to poverty, ethnicity, disability, sexual orientation or traumatic personal experience.

A 2017 survey completed with 88 clients gave the following information.

Almost half (47%) of women supported are aged 26-49, with a significant proportion aged 19-25 (27%). Around one-in-three come from Black or Minority Ethnic Communities. 83% have at least one child (or are currently pregnant) and 45% are single parents.

60% are currently receiving welfare benefits. 30% have been unemployed for more than six months, with 20% not currently in work, education or training. 32% currently have social care involvement in some form.

Two-thirds (66%) who use WHM services, have or previously had a mental health problem. 42% are currently taking or have previously taken anti-depressants or other medication for mental health problems.

59% reported experiencing loneliness and 61% lack self-confidence. One-in-three (34%) have or have had suicidal thoughts and, similarly, 33% have self-harmed.

57% have experienced domestic, emotional or sexual abuse, with 44% having been the victim of violence whilst in a relationship. 59% also recognise themselves as having problems with unhealthy relationships.

27% were sexually assaulted or raped as a child, 18% have had at least one child removed into care, and 19% have had an abortion.

Two-in-five (45%) worry about what people would think of them if they knew about the personal experiences and challenges they have and/or do face.

Being unable to afford basic things and worrying about money is an experience that is or has affected 26%. 24% have used a foodbank and 19% have had their benefits stopped, sanctioned or delayed. One-third have been homeless or vulnerably housed.

Over half (55%) have not received support from anywhere else, other than WHM.

Financial review

WHM continued to raise sufficient funds to continue its main areas of activity. Inflationary increases required to maintain salaries, overheads and running costs continued not to be met in full by some funders. A number of our local statutory contracts were renewed or new funding achieved, such as for the launch with new partners of the five-year Leeds Domestic Violence Service (Leeds City Council) and the three-year Best Start Peer Support Programme with partners (started Jan 2017, Leeds S&E CCG). We continued our strategy launched in 2016 to secure the long-term future of our work by diversifying and securing multi-year income. This included diversification from previous over reliance on local statutory funding. This year saw the start of our three-year funding from the Big Lottery Fund (£285,037) for work with young women at risk of violence/abuse, coupled with a one-year lottery Building Capabilities grant (£13,855) to develop the organisations they fund to maximise impact and legacy. The DCMS via the Tampon Tax funded £206,204 over three years for domestic violence work and The Leeds Fund (£24,526) to develop the work of Rainbow Hearts supporting women seeking asylum. We secured core funding from Garfield Weston Foundation and from The Henry Smith Charity support for the work of WHM's Director.

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We ended the year knowing that eight services were working within or had secured new multi-year funding with applications for additional core funding awaiting answers.

Our total Income for the year was £373,453 (£424,418 in 2016/17). Total expenditure was £393,477 (£410,533 in 2016/17). The deficit amount is the result of spending restricted funds, which had been brought into the organisation in the previous years. All projects remained within budget. In the unrestricted funding there was a surplus mainly due to successful fundraising during the year to support core salaries, overheads and underfunded areas of our project work throughout 2018.

Reserves policy

WHM and its Board of Trustees believes, that in order for the Board to act prudently, they must try and build up a reserve of funds principally to allow for any unexpected or unforeseen events that cannot be met from current funds.

Reserve funds will be built up from two sources:

- Any funds raised by the project through fundraising events, membership fees or donations towards general running costs.
- Any monies remaining from unrestricted funds when all commitments have been met.

Reserves will be available for the following purposes:

- To cover a short term unexpected cost
- To fund investment e.g. match funding, project seed-funding, additional income generating capacity / expertise
- To maintain the organisation for a period of time and allow time to try to secure new funding in the event of a loss of a very significant proportion of / all project funding
- Allow for an orderly closure in the event of the organisation becoming insolvent.

The Trustees have agreed to a target level of Reserves which is based on the following:

- To cover six months running costs
- To cover one person on long term sick
- To cover essential equipment breakdown.

The reserves policy is updated annually. Trustees monitor actual and forecast expenditure of reserves quarterly.

Reserves are invested in a high interest account to maximise earnings.

In making the policy the Trustees have taken into consideration the costings involved with a planned closure including staff redundancies.

At the end of the year, the level of reserves was £34,018 (restricted income funds) and £155,389 (unrestricted income funds).

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Plans for the future

The Trustees' plan for the future direction of the charity is to retain a breadth of its service activity, with the focus for 2018/19 on our domestic violence work, support for young women and girls at risk of violence and abuse, women whose children are at risk of or have been taken into care, women seeking asylum and women with learning disabilities/difficulties. Each service has an agreed set of targets with funders. Our themes of effective service delivery, increasing our reputation and reach and ensuring a robust and sustainable organisation remain integral to our plans.

We will:

- Continue to diversify our funding base, including reviewing new areas such as community fundraising and social enterprise opportunities. This focus remains vital to secure our long-term future in a challenging financial environment
- Prioritise funding bids to continue to provide intensive group and one to one support to women whose children are at risk of or have been taken into care
- Continue to build a body of evidence on the impact of our work, through externally evaluated projects and the internal use of impact tools designed with the support of external evaluators. We will complete a third annual impact measurement survey
- Ensure strong working relations with our existing delivery partners in the multi-year services secured, and seek new partners to further develop the five key areas of our 2018/19 service delivery, noted above, to reach more women and girls
- Further develop our volunteer programme to offer more varied opportunities for women currently involved in our services, and meet requests from ex-service users and others in the community to support our work
- Recruit new Trustees based on the outcome of an October 2017 skills audit completed by the Trustees. They identified commercial skills, legal, contract management and third sector (including fundraising) experience as our target areas for 2018/19 recruitment. Through recruitment of new Trustees we will review the development a new Board sub-committee, which looks at service performance and development – engaging with staff and women we support
- Ensure WHM is prepared for the implementation of the General Data Protection Regulation in May 2018.

Structure, governance and management

Structure and governance

The organisation is a charitable company limited by guarantee, incorporated on 13 July 1993 and registered as a charity on 22 August 1995.

The company was established under a memorandum of association that established the objects and powers of the charitable company and is governed under its articles of association.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at 31 March 2018 was 35 (2017:61).

The Trustees are members of the charity but this entitles them only to voting rights. The Trustees have no beneficial interest in the charity.

All Trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in note 12 to the accounts.

Women's Health Matters
Trustees' annual report
for the year ended 31 March 2018

Recruitment and appointment of Trustees

Board of Trustees members are recruited through advertising and via networking, interviewed by the Chair and Director and attend a Board meeting prior to joining. Members are elected at the annual general meeting and may be co-opted at other times.

Induction and training of Trustees

New Board of Trustees members complete a skills audit and receive a comprehensive induction session with the Director as well as the Good Trustee Guide and additional Trustee guidance from the Charity Commission. Trustees are offered training in areas where there are gaps in skills e.g. financial management.

Organisational direction

The Board of Trustees is responsible for the direction of the organisation and ensuring that effective plans supporting achievement of the strategic direction are in place and being met. They review policy and are responsible for ensuring effective governance including the financial management of the organisation. The Chair line manages the Director who has day-to-day operational management responsibility. The Board meets six to eight times a year, the Personnel and Finance Committee the same, and one of the Trustees meets quarterly to support the Director on fundraising and communications development. The Board has an Away Day per year for strategic planning and an Away Day with the staff once a year.

Operational management

Ruth Mulryne has been in post as Director since August 2015. The Projects Manager and Finance Manager support her in the day-to-day management of the organisation.

Related parties and relationships with other organisations

WHM retains good relationships with its funders and delivers multiple services in partnership with other agencies, under partnership agreements and protocols. There is a breadth of referrals into services from statutory and charitable sector agencies.

The section above entitled 'Funding sustainability and partnerships development' gives examples of the breadth of partnerships. In addition we are active members of a range of Leeds strategic networks, including co-chairing the Leeds Maternity Voices Partnerships (formerly MSLC) and attending the Teenage Pregnancy and Parenthood Partnership Board, Young Lives Leeds and Leeds Migration Partnership. Our Director is part of the ACEVO Yorkshire and Humber CEO Forum and the national GSK Impact Awards Network.

Remuneration policy for key management personnel

When appointing a Director of WHM the Trustees benchmark the salary with other similar positions within Leeds and surrounding areas. Other senior staff are appointed in line with the NJC pay scales. Key management personnel receive the same annual cost of living increment as applied across the staff.

Risk management

WHM has a risk management plan, which is reviewed twice a year by the Personnel and Finance Committee and reported back on to the full Board of Trustees. Organisational risks are assessed. Risks are categorised such as People, Operational, Financial, Governance etc. and a scale of probability and impact and steps taken to mitigate are agreed and monitored.

Funds held as custodian trustee on behalf of others

WHM does not hold any funds as custodian trustee on behalf of others.

Women's Health Matters
Trustees' annual report
for the year ended 31 March 2018

Statement of responsibilities of the Trustees

The Trustees (who are also directors of Women's Health Matters for the purposes of company law) are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year, which 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. In preparing these 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
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- 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 proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Independent Examiner

Susan Cooper of Slade & Cooper Ltd were re-appointed as the charitable company's Independent Examiner during the year and has expressed her willingness to continue in that capacity.

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime of the Companies Act 2006.

The Trustees' annual report has been approved by the Trustees on 13 September 2018 and signed on their behalf by

Alison Cater

Independent examiner's report
to the members of
Women's Health Matters

I report to the charity trustees on my examination of the accounts of the company for the year ended 31st March 2018 which are set out on pages 17 to 34.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Susan Cooper FCCA DChA

Slade & Cooper Limited
Green Fish Resource Centre, 46-50 Oldham Street
Manchester, M4 1LE

Date 15th October 2018

Women's Health Matters
Statement of Financial Activities
(including Income and Expenditure account)
for the year ended 31 March 2018

	Note	Unrestricted funds £	Restricted funds £	Total funds 2018 £	Total funds 2017 £
Income from:					
Donations and legacies	3	2,943	90	3,033	1,798
Charitable activities:	4	93,030	274,610	367,640	420,357
Other trading activities	5	2,591	-	2,591	1,814
Investments	6	189	-	189	449
Total income		98,753	274,700	373,453	424,418
Expenditure on:					
Raising funds	8	10,147	-	10,147	16,296
Charitable activities:	7	51,593	331,737	383,330	394,237
Total expenditure		61,740	331,737	393,477	410,533
Net income/(expenditure) before net gains/(losses) on investments		37,013	(57,037)	(20,024)	13,885
Realised gains/(losses) on investments		-	-	-	-
Unrealised gains/(losses) on investments		-	-	-	-
Net income/(expenditure) for the year	10	37,013	(57,037)	(20,024)	13,885
Transfer between funds		(19,696)	19,696	-	-
Net movement in funds for the year		17,317	(37,341)	(20,024)	13,885
Reconciliation of funds					
Total funds brought forward		138,072	71,359	209,431	195,546
Total funds carried forward		155,389	34,018	189,407	209,431

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

Women's Health Matters
Company number 2835637
Balance sheet as at 31 March 2018

	Note	2018		2017	
		£	£	£	£
Fixed assets					
Tangible assets	15		4,022		8,539
Current assets					
Debtors	16	3,725		7,558	
Cash at bank and in hand	17	206,816		222,543	
Total current assets		210,541		230,101	
Liabilities					
Creditors: amounts falling due in less than one year	18	(25,156)		(29,209)	
Net current assets			185,385		200,892
Total assets less current liabilities			189,407		209,431
Net assets			189,407		209,431
The funds of the charity:					
Restricted income funds	20		34,018		71,359
Unrestricted income funds	21		155,389		138,072
Total charity funds			189,407		209,431

For the year in question, the company was entitled to exemption from an audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- 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,
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts are prepared in accordance with the special provisions of part 15 of the Companies Act 2006 relating to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

The notes on pages 20 to 34 form part of these accounts.

Approved by the trustees on 13/09/2018 and signed on their behalf by:

Alison Cater (Chair)

Hannah Jones (Board Member)

Women's Health Matters
Statement of Cash Flows
for the year ending 31 March 2018

	Note	2018 £	2017 £
Cash provided by/(used in) operating activities	24	(15,916)	(4,627)
<i>Cash flows from investing activities:</i>			
Dividends, interest, and rents from investments		189	449
Proceeds from sale of tangible fixed assets		-	-
Purchase of tangible fixed assets		-	(1,080)
Proceeds from sale of investments		-	-
Purchase of investments		-	-
Cash provided by/(used in) investing activities		189	(631)
<i>Cash flows from financing activities:</i>			
Repayment of borrowing		-	-
Cash inflows from new borrowing		-	-
Cash provided by/(used in) financing activities		-	-
Increase/(decrease) in cash and cash equivalents in the year		(15,727)	(5,258)
Cash and cash equivalents at the beginning of the year		222,543	227,801
Cash and cash equivalents at the end of the year		206,816	222,543

Women's Health Matters

Notes to the accounts for the year ended 31 March 2018

1 Accounting policies

The principal accounting policies adopted, judgments and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

a Basis of preparation

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.

Women's Health Matters meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

b Preparation of the accounts on a going concern basis

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amount of assets and liabilities within the next reporting period.

c Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of a provision of a specified service is deferred until the criteria for income recognition are met.

Women's Health Matters

Notes to the accounts for the year ended 31 March 2018 (continued)

d Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

e Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

f Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

g Operating leases

Operating leases are leases in which the title to the assets, and the risks and rewards of ownership, remain with the lessor. Rental charges are charged on a straight line basis over the term of the lease.

h Tangible fixed assets

Individual fixed assets costing £500 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

Furniture & equipment	4 years
-----------------------	---------

i 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.

j 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.

Women's Health Matters

Notes to the accounts for the year ended 31 March 2018 (continued)

k 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 amount after allowing for any trade discounts due.

l Pensions

Employees of the charity are entitled to join a defined contribution 'money purchase' scheme. The charity's contribution is restricted to the contributions disclosed in note 10. There were no outstanding contributions at the year end.

The money purchase plan is with The People's Pension managed by B&CE Holdings Ltd plc and the plan invests the contributions made by the employee and employer in an investment fund to build up over the term of the plan a pension fund which is then converted into a pension upon the employee's normal retirement year age when eligible for a state pension. The total expense ratio of the plan is 1% and this is deducted from the investment fund annually. The trust has no liability beyond making its contributions and paying across the deductions for the employee's contributions.

2 Legal status of the charity

The charity is a company limited by guarantee registered in England and Wales and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The registered office address is disclosed on page 1.

3 Income from donations and legacies

	Unrestricted £	Restricted £	Total 2018 £	Total 2017 £
Donations	2,943	90	3,033	1,798
Total	2,943	90	3,033	1,798
<i>Total by fund 31 March 2017</i>	1,145	653	1,798	

Women's Health Matters

Notes to the accounts for the year ended 31 March 2018 (continued)

4 Income from charitable activities

	Unrestricted £	Restricted £	Total 2018 £	<i>Total 2017</i> £
Core funding:				
Leeds City Council	78,030	-	78,030	101,480
Garfield Weston Foundation	15,000	-	15,000	-
Henry Smith Charity	-	13,450	13,450	-
	<hr/>	<hr/>	<hr/>	<hr/>
	93,030	13,450	106,480	101,480
Project funding:				
Include				
Leeds City Council	-	36,068	36,068	42,432
Domestic Violence				
Leeds City Council	-	19,863	19,863	35,620
Leeds City Council (creche)	-	-	-	3,000
Cancer Screening				
Leeds City Council	-	-	-	23,750
YUMS				
Leeds City Council	-	13,540	13,540	14,250
The Key				
Big Lottery Fund	-	106,505	106,505	-
Family Values				
Leeds City Council	-	-	-	124,247
Other projects				
MSLC	-	15,215	15,215	15,214
Local Sustainability Fund	-	1,664	1,664	26,907
Leeds Community Foundation	-	5,528	5,528	24,526
DCMS - Tampon Tax	-	34,600	34,600	-
Touchstone	-	22,278	22,278	5,037
Sports Foundation	-	175	175	-
Other	-	5,724	5,724	3,894
	<hr/>	<hr/>	<hr/>	<hr/>
Total	93,030	274,610	367,640	420,357
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
<i>Total by fund 31 March 2017</i>	101,480	318,877	420,357	
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	

Women's Health Matters

Notes to the accounts for the year ended 31 March 2018 (continued)

5 Income from other trading activities

	2018 £	2017 £
Fees, Charges and other income	2,591	1,814
	2,591	1,814
	2,591	1,814

All income from other trading activities is unrestricted.

6 Investment income

	Unrestricted £	Restricted £	2018 £	2017 £
Income from bank deposits	189	-	189	449
	189	-	189	449
	189	-	189	449

7 Analysis of expenditure on charitable activities see table

	2018 £	2017 £
Restricted expenditure	331,737	304,448
Unrestricted expenditure	51,593	89,789
	383,330	394,237
	383,330	394,237

8 Cost of raising funds

	2018 £	2017 £
Staff costs	10,147	16,296
	10,147	16,296
	10,147	16,296

All expenditure on cost of raising funds is unrestricted.

9 Analysis of governance and support costs

	Basis of apportionment	Governance £	Total 2018 £
Independent examiner fees	Governance	2,100	2,100
Board costs	Governance	30	30
		2,130	2,130
		2,130	2,130

Women's Health Matters

Notes to the accounts for the year ended 31 March 2018 (continued)

10 Net income/(expenditure) for the year

This is stated after charging/(crediting):	2018	2017
	£	£
Depreciation	4,517	1,803
Independent examiner - accountancy fees	1,500	1,620
Independent examiner's fee	600	600
	263,559	271,732

11 Staff costs

Staff costs during the year were as follows:

	2018	2017
	£	£
Wages and salaries	211,366	216,766
Social security costs	14,157	15,690
Pension costs	8,300	5,143
Consultancy & HR fees	19,004	25,219
Recruitment & staff expenses	8,763	7,386
Volunteers' expenses and training	1,969	1,528
	263,559	271,732
Allocated as follows:		
Cost of raising funds	10,147	16,296
Charitable activities	253,412	255,436
	263,559	271,732

No employees has employee benefits in excess of £60,000 (2017: Nil).

The average number of staff employed during the period was 11 (2017: 11.5).

The average full time equivalent number of staff employed during the period was 7.5 (2017:8).

The key management personnel of the charity comprise the trustees and the Director. The total employee benefits of the key management personnel of the charity were £26,802 (2017: £34,486).

Women's Health Matters

Notes to the accounts for the year ended 31 March 2018 (continued)

12 Trustee remuneration and expenses, and related party transactions

No trustees were paid in the year (2017: £nil).

None of the trustees received expenses payments during the year (2017 childcare £34).

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity, including guarantees, during the year (2017: nil).

13 Government grants

The government grants recognised in the accounts were as follows:

	2018 £	2017 £
Leeds City Council	147,501	321,029
DCMS	34,600	-
	<hr/>	<hr/>
	182,101	321,029
	<hr/> <hr/>	<hr/> <hr/>

14 Corporation tax

The charity is exempt from tax on income and gains falling within Chapter 3 of Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

Women's Health Matters

Notes to the accounts for the year ended 31 March 2018 (continued)

15 Fixed assets: tangible assets

Cost	Furniture & equipment £	Total £
At 1 April 2017	31,240	31,240
Additions	-	-
Disposals	-	-
	31,240	31,240
At 31 March 2018	31,240	31,240
Depreciation		
At 1 April 2017	22,701	22,701
Charge for the year	4,517	4,517
Disposals	-	-
	27,218	27,218
At 31 March 2018	27,218	27,218
Net book value		
At 31 March 2018	4,022	4,022
	8,539	8,539
<i>At 31 March 2017</i>	<i>8,539</i>	<i>8,539</i>

16 Debtors

	2018 £	2017 £
Grants receivable	1,655	5,037
Other debtors	608	1,143
Prepayments and accrued income	1,462	1,378
	3,725	7,558
	3,725	7,558

17 Cash at bank and in hand

	2018 £	2017 £
Short term deposits	70,000	103,491
Cash at bank and on hand	136,816	119,052
	206,816	222,543
	206,816	222,543

Women's Health Matters

Notes to the accounts for the year ended 31 March 2018 (continued)

18 Creditors: amounts falling due within one year

	2018 £	2017 £
Other creditors and accruals	20,414	9,584
Deferred income	-	15,215
Taxation and social security costs	4,742	4,410
	<hr/>	<hr/>
	25,156	29,209
	<hr/> <hr/>	<hr/> <hr/>

19 Deferred income

	2018 £	2017 £
Deferred grant brought forward	15,215	30,429
Grant received	-	-
Released to income from charitable activities	(15,215)	(15,214)
	<hr/>	<hr/>
Deferred grant carried forward	-	15,215
	<hr/> <hr/>	<hr/> <hr/>

Women's Health Matters

Notes to the accounts for the year ended 31 March 2018 (continued)

20 Analysis of movements in restricted funds

	Balance at 1 April 2017 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2018 £
Include	6,428	36,068	(36,151)		6,345
Domestic Violence					
Domestic Violence	731	19,863	(26,007)	5,413	-
DV (Roma)	-				-
Cancer Screening	6,174	-	(4,640)		1,534
MSLC					
MSLC	4,330	15,215	(17,895)		1,650
MSLCLD	134		(134)		-
YUMS					
YUMS 1	3,587	13,540	(13,883)		3,244
The Key					
Big Lottery Fund	-	92,650	(92,552)	9,640	9,738
Building Capabilities	-	13,855	(13,695)		160
Family Valued	17,127	-	(16,617)		510
Womens's Health Matters					
Small grants	-	175	(135)		40
Other projects					
Tampon Tax	-	34,600	(34,598)		2
Henry Smith Charity		13,450	(6,725)		6,725
Leeds Abortion Fund	1,357	-	(460)		897
Local Sustainability Fund	7,860	1,664	(9,524)		-
Leeds Fund	20,500	5,528	(25,588)		440
WLL	1,284	5,724	(5,018)		1,990
Best Start	1,194	22,278	(28,115)	4,643	-
Other	653	90	-		743
Total	71,359	274,700	(331,737)	19,696	34,018

Women's Health Matters

Notes to the accounts for the year ended 31 March 2018 (continued)

20 Analysis of movements in restricted funds cont.

Previous reporting period	Balance at 1 April 2016 £	Income £	Expenditure £	Transfers £	Balance at 1 April 2017 £
Include	370	42,432	(36,374)	-	6,428
Domestic Violence					
Domestic Violence	-	38,620	(37,889)	-	731
DV (Roma)	2,177	-	(2,177)	-	-
Cancer Screening	5,968	23,750	(23,544)	-	6,174
Shine	108	-	(108)	-	-
MSLC					
MSLC	6,552	15,214	(17,436)	-	4,330
MSLCLD	5,589	-	(5,455)	-	134
YUMS					
YUMS 1	7,199	14,250	(17,862)	-	3,587
The Key	7,778	-	(15,327)	7,549	-
Family Valued	7,466	124,247	(114,586)	-	17,127
Womens's Health Matters					
Small grants	5,000	-	(5,000)	-	-
Other projects					
Leeds Abortion Fund	521	2,300	(1,464)	-	1,357
Local Sustainability Fund		26,907	(19,047)	-	7,860
Leeds Fund	-	24,526	(4,026)	-	20,500
WLL	-	1,594	(310)	-	1,284
Best Start	-	5,037	(3,843)	-	1,194
Other	-	653	-	-	653
Total	48,728	319,530	(304,448)	7,549	71,359

Name of fund	Description, nature and purposes of the fund
Include	Project to support young women who think they may be pregnant, are pregnant or mothers.
Domestic Violence	Project to provide support for women who have experience of Domestic Violence.
Cancer Screening	Project to provide information and awareness sessions to women across Leeds.
Shine	Volunteer project providing free pregnancy tests, condoms and sexual health information to women in South Leeds.
YUMS	YUMS is a young mums tots and tums peer support group.

Women's Health Matters

Notes to the accounts for the year ended 31 March 2018 (continued)

20 Analysis of movements in restricted funds cont.

The Key	Project to provide early intervention work around domestic violence and child sexual exploitation.
Family Valued Projects	Providing preventative initiatives around domestic violence and related issues.
MSLC	MSLC facilitates the maternity services liaison committee meetings and focus groups.
Women's Health Matters	Small grants expended in accordance with the wishes of the donor.
Tampon Tax	For group work to reduce distress and the harmful impact of Domestic Violence on women and their children.
Henry Smith Charity	Funding for the salary and on costs of WHM's Director.
Local Sustainability Fund	Government funding to improve the long term sustainability of the organisation.
Leeds Abortion Fund	The Leeds Abortion Fund is managed by Women's Health Matters, the fund pays for costs involved when women experience difficulty accessing the NHS.
Leeds Fund	To develop the work of Rainbow Hearts (group for women seeking asylum), around the issue of mental health and mental resilience.
WLL	Women's Lives Leeds funding to reimburse expenditure hosting a Complex Needs Worker at WHM.
Best Start	In partnership with Touchstone, Best Start works with parents and carers to deliver a brand new peer support service.
Other Transfers	Donations to specified projects or groups. Transfers from unrestricted funds to cover overspends.

Women's Health Matters

Notes to the accounts for the year ended 31 March 2018 (continued)

21 Analysis of movement in unrestricted funds

	Balance at 1 April 2017 £	Income £	Expenditure £	Transfers £	As at 31 March 2018 £
General fund	118,947	98,753	(48,083)	(43,815)	125,802
Designated funds					
Data Mgt System	8,250	-	(3,510)		4,740
Fundraising					
Consultancy	10,875	-	(10,147)	12,000	12,728
Garfield Weston					
Foundation	-	-	-	11,250	11,250
COL salary rise	-	-	-	869	869
	<u>138,072</u>	<u>98,753</u>	<u>(61,740)</u>	<u>(19,696)</u>	<u>155,389</u>

Previous reporting period	Balance at 1 April 2016 £	Income £	Expenditure £	Transfers £	As at 1 April 2017 £
General fund	101,145	104,888	(80,817)	(6,269)	118,947
Designated funds					
Data Mgt System	11,760	-	(3,510)	-	8,250
Floating Support	8,888	-	(7,164)	(1,724)	-
Management	8,424	-	-	(8,424)	-
Fundraising	7,120	-	(6,245)	10,000	10,875
Auto enrollment	800	-	(800)	-	-
The Key	8,681	-	(7,549)	(1,132)	-
	<u>146,818</u>	<u>104,888</u>	<u>(106,085)</u>	<u>(7,549)</u>	<u>138,072</u>

Name of fund	Description, nature and purposes of the fund
General fund	The free reserves after allowing for all designated funds
Designated funds	Funds designated by the management committee for the support and development of existing work.
Data Management System	The cost of designing and implementing a new data management system.
Fundraising consultancy	Fund for employing fundraising consultants to work on specific project bids.
Garfield Weston Foundation	9 months of a 12 month grant given January 2018 to fund core work.
COL salary rise	Fund to pay for a 1% cost of living salary rise where project budgets cannot fund the expenditure increase.
Floating Support Workers	Two part time posts to support project workers in delivering group work.
Management Hours	Salary for a part time Operations Manager.
Auto enrollment consultancy	For advice and support on implementing an auto enrollment pension scheme for the organisation.
Project support - The Key	Funds to extend The key project to September 2017 while fundraising for continuation.

Women's Health Matters

Notes to the accounts for the year ended 31 March 2018 (continued)

22 Analysis of net assets between funds

	General fund £	Designated funds £	Restricted funds £	Total £
Tangible fixed assets	4,022	-	-	4,022
Net current assets/(liabilities)	94,901	19,125	71,359	185,385
	<hr/>	<hr/>	<hr/>	<hr/>
Total	98,923	19,125	71,359	189,407
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

23 Operating lease commitments

The charity's total future minimum lease payments under non-cancellable operating leases is

	Property		Equipment	
	2018 £	2017 £	2018 £	2017 £
Less than one year	21,900	4,800	-	-
One to five years	11,700	-	-	6,664
	<hr/>	<hr/>	<hr/>	<hr/>
	33,600	4,800	-	6,664
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

24 Reconciliation of net movement in funds to net cash flow from operating activities

	2018 £	2017 £
Net income/(expen	4	(20,024)
Adjustments for:		13,885
Depreciation charge	4,517	4,803
Loss/(profit) on sale of fixed assets	-	-
Dividends, interest and rents from investments	(189)	(449)
Decrease/(increase) in debtors	3,833	(5,760)
Increase/(decrease) in creditors	(4,053)	(17,106)
	<hr/>	<hr/>
Net cash provided by/(used in) operating activities	(15,916)	(4,627)
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