

Company number: 2835637

Charity Number: 1048788

# Women's Health Matters

Report and financial statements  
For the year ended 31 March 2019

Women's Health Matters  
Reference and administrative information  
for the year ended 31 March 2019

**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

Amie Tolson

Hannah Jones

Emma Dickens

Tracey Glanville

Naffie Wadda

Kate Lawrance appointed 23/05/2019

**Key management** Ruth Mulryne Director

**personnel** Lucy Fishwick Projects Manager

Fiona Kellett Finance Manager

**Bankers** Unity Trust Bank plc

Nine Brindleyplace, Birmingham, B1 2HB

**Independent** Catherine Hall FCCA, Slade & Cooper Limited

**examiner** Greenfish Resource Centre, 46-50 Oldham St, Manchester, M4 1LE

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The Trustees present their report and the unaudited financial statements for the year ended 31 March 2019.

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 437,946 women and girls (White A, Erskine S and Seims A, The State of Women's Health in Leeds, Leeds City Council 2019). 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.

From a 2018 survey of 103 women and girls we intensively support, over half live in the top 3% most deprived wards in England and almost all live in the 20% most deprived wards. The women we work with face significant health inequalities. The State of Women's Health in Leeds report noted 23% of women (98,556) live in the most deprived areas of Leeds, with only 8% in the wealthiest. In addition that deprivation has a major impact on the health of the population with the mortality rate in women in the more deprived areas of Leeds 40% higher than that in the wealthiest areas. According to the West Yorkshire Police Performance Unit, there were 20,434 domestic incidents in Leeds during 2017/2018, of which 77% of victims were female.

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. Where capacity allows we undertake outreach work that enables us to broaden our reach to a wide range of women who have often found it more difficult to work with statutory services.

Our vision and values reflect our ambitions and what is important in the way we work.

### **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.

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**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 women with learning disabilities, women seeking asylum with interpretation support and young women. We build in costs (where funding permits) for crèche, interpreters and travel into our services and use safe and accessible venues from which to run services and events.

We undertake equal opportunities monitoring to try to ensure women from multiple 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 ensure 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 services to achieve their aims and objectives. They receive induction and ongoing 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.

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.

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## **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 and girls (13 plus) in disadvantaged areas of the city and with groups of women and girls who experience additional disadvantage. Activities are undertaken to further WHM charitable purposes for the public benefit.

In 2018/19 we worked directly with 1529 women and girls, aged 13 and over, across 12 services. 533 women and girls accessed intensive group and 1 to 1 support and 996 were reached through lighter touch outreach contact. We increased the number of professionally facilitated support groups we run during term time to 46 per month. In addition our Best Start Peer Support Programme, Feel Good courses and our schools based programme ran blocks of group work and course dates.

Further information and examples of key activities are included below.

### **Domestic violence and abuse work**

We successfully maintained in 2018/19 the delivery of five professionally facilitated DV and Abuse support groups – three groups per week as part of the city wide Leeds Domestic Violence Service and two through Breathing Space (funded by the DCMS through the Tampon Tax fund). In a survey across the five groups, 96% of women reported they now understand what abuse is and are better able to respond to abusive relationships. 85% report the support they had received helped them to leave an abusive relationship.

Our successful partnership with Leeds Women's Aid and Behind Closed Doors continued to deliver the **Leeds Domestic Violence Service**; working with women, men and families in Leeds, offering emergency accommodation, support, advice and advocacy. WHM delivered the 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. Women were encouraged to attend a rolling programme of 14 sessions and access peer support. 122 support group sessions were provided throughout the year to 129 women. A participant said:

*Before group I felt lost and unsure about so many things past and present, I thought I was crazy and didn't know how to understand my feelings and what I'd been through. I think that the group and everyone who attends is fab! I can't thank them enough for their current and continued support. I really enjoy attending group and am growing in confidence and strength. Since coming to the group I feel a lot less lonely and am starting to make sense of the abuse in my head as well as prepare myself for future relationships.*

**Breathing Space** continued to deliver its stabilisation support for women who have experienced DV and trauma. All participants 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 year the service supported 56 women (15 with additional one to one support) through 92 group sessions. Leeds Beckett University, Centre for Health Promotion, evaluate the service and presented their interim evaluation report in December, drawing upon qualitative and quantitative data collected throughout 2018. Interim findings included that:

- Service users reported positive experiences of attending Breathing Space. They felt safe, trusted the workers, and valued the supportive peer environment.
- Women reported a range of learning from participating within the groups, in relation to knowledge of healthy relationships, self-management techniques such as breathing exercises and strategies to cope with their emotions.
- Women also reported a range of positive outcomes such as increased confidence and being better able to cope.
- Women interviewed noted the level of support that they were being given by the Breathing Space workers, comparing this favourably to previous experiences. They were also referred into

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other services where appropriate and viewed this positively. The provision of on-going support was noted as being valuable by several women.

- Stakeholders recognised the value of Breathing Space's holistic approach to supporting women, which focuses upon all of their needs. They also described the need for Breathing Space, noting gaps in wider service provision and a lack of flexibility to meet the needs of women experiencing domestic violence, especially given the trauma.

**The Key**, primarily funded by the National Lottery Community Fund, ran 135 sessions reaching 111 young women and girls experiencing/at risk of domestic abuse or unhealthy relationships. There are three strands to the project – group work, individual support and our offer to schools, colleges and other youth settings. This service supports a group of very vulnerable young women and girls. A survey found 56% of young women had self-harmed and 37% been sexually assaulted or raped as a child. 70% reported they currently or in the past had experienced mental health problems.

We are pleased to report that in addition to the group work and schools based work, the Moving On group flourished over the last year. This enables vital additional support for young women and girls reluctant to leave group support and the structured programme. It creates more space for independence from WHM whilst sustaining and reinforcing the work done on emotional wellbeing, safety, safe & healthy relationships. It looks at life skills and how to move on into the next steps of their lives, whether that's going to college, volunteering or something else. An important change during this period was to widen access to this support for our 13 year old plus participants (previously 18 plus). We also used year two of the main funder's three-year grant to assess all aspects of the service, including group content and length of support. This ensured we could enhance the support provided and pilot new ideas.

Leeds Beckett University continued to provide the independent evaluation for this project. Their year 2 report noted a range of key findings including:

- Young women engaging in The Key reported changes in their knowledge across areas such as staying safe, and being happy with their lives. The largest change in knowledge was in the abusive relationship category across all groups, indicating that following working with The Key young women felt better able to recognise the signs of an abusive relationship.
- Following engagement with The Key, some young women had been able to either gain or retain custody of their children, and others had exited harmful relationships. Many young women reported improvements in mental health such as increased self-esteem, feeling less socially isolated and an improved ability to manage anger. Young women also reported having increased their ability to stay safe.

As a result of our support, 79% of girls within the schools work increased knowledge of abusive relationships; 75% increased skills to keep themselves safe from abuse.

In the wider project for those completing impact scaling sheets:

- 88% reported a better ability to recognise that their relationships are abusive
- 84% felt better to end or change their relationships if they wanted
- 92% felt safer having attended group
- 92% reported feeling less lonely
- 92% reported feeling more confident
- 96% reported improved mental wellbeing.

One participant said:

*I left my volatile relationship with the support from Women's Health Matters. I am currently in a new settled relationship, had another child and currently pregnant again, I went back to college and got my GCSEs, a diploma in social sciences and have just started university to study for my Social Work degree. Without the support from Women's Health Matters I'm not sure which path my life would have taken me because I know before being involved with them, I was not in control of my life.*

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

A key target for WHM in this year was to secure new funding to provide intensive group and one to one support, where capacity allows, to women whose children are being cared for by someone else; this can be through adoption, foster care or any other kind of kinship or special guardianship order.

Persistence was key to re-securing funding for our post removals group work and it was challenging for staff to be unable to provide specialist support for women in this situation.

*You miss hearing their footsteps on the stairs. The house seems dead when they're not there. They're like ghosts.* (Quote from a women WHM supports whose children were removed)

Our part time Complex Needs Worker through the Women's Lives Leeds project carries a caseload of about 10 women per year. She specialises in pregnancy and post removals 1 to 1 intensive support and thus can support only limited numbers. We have excellent relations with the statutory Leeds based Futures programme, but it is restricted in age reach and not for women with multiple removals. It was vital to ensure new services were developed led by the needs of women. Seven women took part in a focus group in July 2018. All had experienced physical, sexual and domestic abuse. Many were also experiencing mental health and/or substance misuse problems. The majority (if not all) had had challenging upbringings including experiences of physical and sexual abuse, domestic violence in the households they were raised in. The women had 21 children between them placed with other people. They told us about their experiences of domestic abuse, its impact on their family and their often poor relationship with social services. This focus group formed a crucial bed of evidence to help secure the revival of this work. Feedback included:

- *They [statutory services] said I chose a man over my kids. But I was scared of him.*

(Lack of support was a key issue raised by women).

- *It's a case of fear... and you're left on your own without any help or support.*
- *I have to go to the Child Protection meetings on my own. They tell me things I need to do but don't help me do them. I don't understand some of the things that are said.*

(Women particularly highlighted the need for early intervention services).

- *I would like support right at the beginning. I had no-one outside the Court to turn to.*
- *You should be offered support really early so it can make a difference*

By December 2018 we had successfully secured funding to launch two new services.

**Rosebuds** launched in early 2019 offering a city wide social and peer support group for women living apart from their children. The group will help women overcome loneliness and isolation as well as increasing confidence and self esteem. The women will learn new coping techniques, share skills, stories and experiences and think about healthy relationships and friendships in a informal, friendly setting. The project is funded by The Leeds Fund, Leeds Community Foundation, as part of strategic work across the city to help overcome loneliness and promote inclusion.

In addition we secured three years funding from the Charles Hayward Foundation to enable development of the work piloted through our previous Footsteps project. **Inside Out** will launch in spring 2019 focusing on improving women's wellbeing and strengthening their understanding of safe, consistent and appropriate parenting. It will aim to break the cycle of children removed into the care of someone else, as well as developing a better understanding of how women's own past experiences may have impacted on their parenting. The work will be aimed at women who have experienced (or are still experiencing) domestic violence or exploitation, have already have one child removed into care and are at high risk of future children being placed for adoption.

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Leeds City Council continued to fund **YUMs**, a south Leeds group for young mums. It is a friendly and informal group, which enables young women to come together and develop important support networks within a range of health and parenting related sessions. Women feel a real sense of ownership of the group, genuine supportive relationships have been built and the local feel means it's easier to build relationships. The crèche provision means mums can have time out and it supports children getting ready for nursery/school or parents going to work or college. Women report that the group is a group for them as women not 'just mums', that it feels different from other mum and toddler groups. Most of the young women have been and have felt isolated or they have had mental health difficulties and no support. YUMs helped decrease social isolation building the young women's resources of support and friendships. Some participants said:

*My HV told me about YUMS. I moved to Leeds when I was 32 weeks pregnant. I had anxiety and wouldn't leave the house and everyone made me feel really welcome. Now I come to every session.*

*At normal stay and play they are quite clicky, somewhere like this is age specific. Once you settle in its like family.*

*If I hadn't come to this I wouldn't have felt comfortable going to other groups but I do now so I go to play and stay too now.*

20 women had contact with the group, with 26 sessions run.

Participants completed regular evaluation forms and responses included:

- 97% agreed YUMs is a safe space to talk about issues and concerns
- 67% felt more confident as a parent
- 80% felt they can make healthy choices for myself and my children
- 90% agreed they had found out about groups, courses or services that might be helpful to them
- 73% felt.....'I have hopes and aspirations for the future'
- 93% agreed that coming to YUMs has made a positive difference to their life.

An exciting collaboration during the year was with The Tetley Art Gallery in Leeds, funded by the Building Connections Youth Strand (Government and Co-op Foundation). The Tetley believes that everyone should have access to life changing experiences, make new friends with shared interests and take part in activities designed to raise their aspirations. Their building however, was an underused community resource space for young mums and their children living in South Leeds. The Tetley has regular free and accessible family friendly activity, but needed the funding and WHM's expertise to help to pilot breaking through the barriers to access and bring young mums together. Young mums are often isolated in the community and The Tetley wanted to combat loneliness and offer a fun space for them and their children. We co-piloted a series of activities such as messy time t-shirt making for children, creative clay and den making. The creativity was both therapeutic and fun and it gave the mums a chance to be hands on with the children giving them ideas for their own activities at home. The mums made a video of their experiences that was widely circulated on social media. They also negotiated with the Tetley to go back and run self-directed sessions using the room and resources provided by The Tetley and expressed interest in Tetley activities with the wider community they would not previously have accessed.

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WHM continued to deliver the Leeds **Best Start Peer Support service** with Touchstone (lead provider) and NHS Leeds Community Healthcare. The service supports pregnant women, mothers, fathers and other primary carers of 0-2 year olds and is delivered to support the aims of Leeds' Best Start Plan. The current focus is supporting people who live in the most deprived neighbourhoods in South and East Leeds. The partnership employs an outreach approach to engage people who (for a very wide variety of reasons) would not usually access or benefit from mainstream services such as NHS, parenting courses/support or Children's Centres. This year 56 participants accessed the 6 week programme of support with an on-site crèche. At the end of the course there were opportunities to train to become a Best Start Peer Supporter, receiving further training and support to help other parents and carers in their community. There are also paid Best Start Peer Support Worker roles and many of the beneficiaries have gone on to gain employment.

Participants who completed an entry and exit self evaluation form confirmed their general wellbeing had improved. Participants also rated how well they thought the course measured up to their own hopes and expectations. There was a consistent rating of 70% plus feeding back positively on issues such as developing coping techniques for the hard times, learning things to give me a better future, building my self esteem and looking after myself more, improving confidence talking to others and meeting new people and building social networks.

### **Specialist support for women seeking asylum and women with learning disabilities**

**Rainbow Hearts**, the only Leeds regular gender-specific peer support group for women seeking asylum, continued to generate large numbers of participants per week. 93 women (from 25 counties) were supported in 2018/19 and the team ran 39 support sessions. The group is consistently over-subscribed with traumatic experiences of rape, fleeing their home country, being trafficked or forced into marriage being a common experience of many participants. Around 75% of attendees report mental health problems.

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. We developed a pathway for volunteers to support the Health and Wellbeing information stall that WHM hosts weekly at Leeds Kirkgate Market. Across a year 996 people approached the stall for advice and support.

We continued to develop strong links with specialist refugee and asylum seeking charities in Leeds, and other partners, whose staff deliver sessions and support within Rainbow Hearts. Examples included:

- Legal support around women's asylum claims by Manuel Bravo and PAFRAS.
- West Yorkshire Police (Community Engagement) - many women have had poor experiences of police in their own countries, where police are often corrupt and abuse is not always recognised as a crime. Many women were surprised that police services were free. Women reported that they are now far more confident to call on the police.
- Skyline - HIV awareness and free testing and Leeds Tuberculosis Nurses Team on latent TB.
- Leeds Safeguarding Adults Board - safeguarding information and abuse awareness.
- Health Watch visited to consult on women's experiences of registering with GP surgeries.
- We were able to offer destitute women over 50 a weekly bus pass. These were supplied by our partner LASSN and designed to tackle isolation in older people.

Leeds City Council Public Health support the work above through a 3 year grant. In addition we were delighted to appoint in June, through a Lloyds Bank Foundation 3 year grant, a Wellbeing Case Worker. This role provides specialist 1 to 1 support alongside the Rainbow Hearts group work, to support at least 20 women per year with experiences of complex trauma: providing tailored plans to address

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issues of wellbeing, safety, isolation and relationships. The year one evaluation, conducted by School of Social Policy, University of Birmingham will be available in July 2019.

We continued the development of the **Feel Good** service partnering with People in Action and First Floor (the latter tailoring a course specifically to young women). 23 Feel Good sessions were delivered reaching 31 women.

Feel Good is a group programme for women with learning disabilities 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. Every woman who had attended the course declared that they now knew how to check their own breasts. Many women were extremely anxious about cervical screening. All women who had not previously attended for screening had a better idea of what to expect. Some feedback comments included:

*I have enjoyed doing the training, it was very good.*

*It help (sic) me be a better mum and keeping my kids safe.*

*It's helped me be more safe.*

Feel Good also provides workshops for those who support women with learning disabilities. It has been challenging however to get carers/support workers/parents signed up to the courses and workshops. It became apparent there was a reluctance among some people supporting the women to engage in conversations around intimate relationships. Many believed that the women they care for are not engaging or interested in engaging in sexual activities. Statistics tell us that this isn't true. Also women with learning disability are four times as likely to be sexually abused. Most women with learning disability do not get any sex education at school and so most of their information around sex and relationships is gleaned from the media.

The updated Leeds Strategic Plan for adults with learning disabilities "Being Me" states that all adults with learning disabilities should know about cancer and checking themselves, get support to have and be safe in relationships and have support to explore sexuality and gender identity. We have been working this year to identify those who have signed up to the plan so that we can encourage managers to request their staff attend our workshops and support the women they work with to attend the Feel Good course. Engagement has been difficult but we will continue to explore the best ways to pursue this support for women.

### **Voice and access**

WHM has a long history of engaging with the beneficiaries with whom we work, to support the shaping and development of the services. Examples from this year include the below.

**Women volunteered from Breathing Space** (DV and trauma group work) to host a fantastic event in March 2019. They worked hard alongside an external trainer to shape the event so they could share the learning gained through the DV work they participated in. They wanted to influence statutory services, future potential partners and raise the profile for continued funding. They developed a mixed programme of icebreakers, presentations and attendees activities. They were delighted a range of attendees from professional backgrounds came including the targeted statutory organisations, the voluntary sector and funding bodies. The feedback was superb and with amazing confidence and warmth the women really brought home how vital it is for domestic abuse services to draw on the insights and experiences of those who have lived through abusive relationships and encourage the women themselves to drive the shape of services that will exist for others in the future. One attendee said "you got the important messages across in a very powerful way and I'm sure everyone here won't

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forget it". Another said, "the survivors stories were extremely powerful and thought provoking – such inspirational women – I wish them every success!! "

WHM continued to chair the **Leeds Maternity Voices Partnerships (MVP)** - a citywide forum that brings health professionals, funders for maternity services and third sector organisations together with those who have used maternity services in Leeds, to help improve services for other people. Through additional outreach work and our inclusive approach, we can engage a wide range of people to become involved. It was a very busy year for the MVP. Two events in particular showed the profile that has been built and enabled some of the activity and learning to be shared on a regional and national basis.

As part of the Maternity Transformation Plan the MVP sits inside the Local Maternity Plan for West Yorkshire and Harrogate. This includes eight MVP chairs who meet every two months to help collaborate and share ideas, including co-producing an event which was held in March in York. WHM's Chair delivered two presentations alongside senior maternity professionals - on the journey of implementing the maternity transformation plan within the clinical network from a service user aspect and on the evidence of the successful partnership between the trust and service user elements in Leeds.

In addition the Head of Midwifery at the Leeds Hospital Trust, and WHM Chair, spoke at the NHS Maternity and Neonatal Quality Improvement event held in London. To 400 delegates they presented on the MVP's work with the hospital, including the monthly 'Walking the Patch'. MVP volunteers meet families and speak with staff in antenatal clinics, post natal, antenatal wards and delivery suites. It captures a snap shot each time around the experience of the mother and partner and feeds back any concerns and positive comments to the team leaders directly. This has been a useful tool for midwives to make relevant improvements, families to feel heard and staff to feel valued and respected.

WHM have continued to champion the **value of support to access our services and reducing barriers to engagement**. In times of a challenging funding environment this can be more difficult to secure. A key principal of the group work support for example is creating an inclusive environment, which allows sustained participation from women and girls. We know from monitoring this, the difference access to transport, crèche and interpreters can make to women in vulnerable, and often unsafe circumstances, and their ability to consistently engage in support.

We had experienced a reduction in funding for Domestic Violence and Abuse group work by Leeds City Council, which enabled the continuation of the group delivery, but allowed for no provision of access costs for those most in need of this support. We tracked group numbers and case studies of individual women and the significant impact on their ability to attend group support. The Council agreed an 'access fund' to alleviate this restriction. WHM then secured an additional 5k funding to further support access to our wider DV group work from the Safer Communities Fund – West Yorkshire PCC.

WHM are also committed to delivering a trauma informed service where women feel safe and welcome. We recognise the challenges that women experiencing multiple disadvantages can have on the individual and their ability to access support. Once a woman is referred to a DV group for example the facilitators will make numerous attempts to contact the woman and reduce any barriers that prevent attendance. We often arrange to meet women and girls prior to starting group work with us, or if funding does not permit this on a service, to meet outside of the venue prior to the group starting. This support reduces fear and anxiety related to engaging with group and increases the likelihood of attendance. The group agreement participants make together is clear that safety is a key priority.

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**Monitoring and evaluation**

We profiled 103 women with whom we have worked intensively. When asked how the support they've received from WHM had helped them to improve their lives:

- 95% had increased self-confidence
- 88% were more positive about their future
- 91% made better choices
- 95% said they felt better about themselves
- 92% developed a more positive support network
- 92% had improved mental wellbeing
- 90% felt safer
- 86% felt less lonely
- 85% felt less anxious

96% of clients better understood what abuse is, enabling 91% to better respond to abusive relationships. 92% had the confidence to leave an abusive relationship.

95% of parents said the support from WHM had increased their confidence about parenting, 88% had improved parenting skills and 88% felt that any children they had in the future were less likely to be removed into care.

93% of clients said the help they've received, they couldn't have got anywhere else.

In addition to this annual in depth survey, we also ensured each service has comprehensive monitoring embedded in its activities. Services where funding level permitted have independent external evaluation. Services 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. Those services that have not got this level of funding use a range of impact tools, but designed with external evaluators through a previous piece of work funded by the National Lottery Community Fund.

We have continued to develop the structure of the bespoke internal database, to ensure a secure and comprehensive resource to store and report on the broad range of projects and women we work with.

**Funding sustainability and partnerships development**

We continued our focus to move the organisation from one that had previously been almost wholly dependent on local statutory funding, often one year grants or contracts, to a more balanced mix of income sources and multi-year funding.

In 2013/14, 86% of WHM income was from local statutory sources. Our focus on sustainability and diversification is enabling us to enter 2019/20 estimating only 33% of income will come from local statutory sources, 18% from central government. We entered 2019/20 with 12 funders, nine being multi-year funders, some of whom funded more than one service. The breadth of funders has changed, now including a wider portfolio of statutory sources, The National Lottery Community Fund and a number of charitable trusts. Our annual income in 2013/14 was 341,707. We start 2019/20 with £477,209 secured with funders. Our ongoing challenge is sustainability and growth of the reach of our work.

We continued our commitment and passion for working in partnership. We were awarded in a competitive tender process, with lead partner Touchstone and Holbeck Elderly Aid, the funding from Leeds City Council for a completely new service – Wellbeing Space and Support Service (Your Space). The service starting in April 2019 will target four deprived postcodes in South and East Leeds, in order

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to promote and develop opportunities to access mental health support and services. Young women are one of the key target groups, hence the value of our expertise.

Our funding to Chair the Leeds Maternity Voices Partnerships was renewed and we continued to co-deliver:

- The very successful Women's Lives Leeds consortium of 11 organisations that delivers a range of services for vulnerable women and girls in Leeds (funded by The National Lottery Community Fund). One of our roles in this hosts a Complex Needs Worker seconded to WHM, specialising in work with women who are pregnant / women whose children are at risk of or have been removed.
- The domestic violence group work for the Leeds City Council commissioned Domestic Violence and Abuse Service in a strong partnership with Leeds Women's Aid and Behind Closed Doors. The Engage Leeds service continues to provide additional expertise, such as provision of housing support advice. for the DV groups.
- The innovative Leeds Best Start Peer Support service led by Touchstone and with Leeds Community Healthcare NHS Trust.

Our strong relationships within the sector remain and numbers have grown. We are active participants in seven Leeds based knowledge sharing networks, covering issues such as DV and abuse, safeguarding, migration, young lives in Leeds and pregnancy and parenting.

### **Additional information**

2018 marked the 100 year anniversary of women of Great Britain starting to win the right to vote. We hosted a celebration for women we support, staff, Trustees and external guests. We were grateful to the Women's Lives Leeds Centenary Celebration Community Outreach programme and White Rose for contributing to the funding of this event.

We were delighted to welcome Kim Leadbeater (MP Jo Cox's sister) and Leeds Councillor Alison Lowe as our guest speakers. They spoke brilliantly, engaging the audience and sharing their passion for the work they are involved in and the importance of women using their voice and voting in local and national elections. Women from our Rainbow Hearts group for women seeking asylum sang beautifully to a 100 strong audience. Many women we support shared a little of their story and their work with WHM. This is always a moving reminder of the value of what we do, the strength of the women and girls we support and how wonderfully they support each other. Women prepared display boards about their work with WHM and the themes of voting, change and rights. Many women also contributed to our 'on the day vote' sharing their thoughts with us on...."if I could vote for anything it would be....." One of the women from our Leeds Domestic Violence Service groups wrote a poem for others going through similar experiences. She read out the poem at the Centenary Celebration.

### **Hold Tight**

What I want for you my dearest is that it stops here.  
That your bruised, exploited mind and body  
begins its healing here.  
That you find within yourself the truth of who you are –  
a unique, and solitary entity who stands alone,  
who has her own song to sing,  
her own story to write,  
her own life to live –  
free from the abusive, corrosive elements that wish you harm.  
Hold tight my dearest,  
hold tight to self-belief as small as it may be –  
just a spark perhaps –  
yet as it breathes and lives your truth  
it will set you free.

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In addition for the centenary year, our Director was asked to Chair another Leeds based charity's event. Connect in the North hosted 'Women Speak to Power'. They are a Centre for Inclusive Living led by people with learning difficulties. The Panel at the event for women with learning difficulties consisted of Rachel Reeves, Member of Parliament for Leeds West, and female councillors representing different parties, who faced a wide-ranging and lively debate!

WHM were one of the WLL partners involved in the launch of the Women's Voices in Film that WLL worked on with Headingley Enterprise and Arts Centre and led by A Listening Space (Sonia Mayor). The drive was to host a season of films produced by women producers/directors to address the issue of the under representation of women in this sector. To act however also as a positive role model to other independent businesses to demonstrate how steps can be taken to promote women's empowerment and engage in a global issue. The screenings were sold out.

During this year, Nobody Left Behind: Good Health and a Strong Economy, the annual report of the Director of Public Health 2017/18 was made available. WHM was profiled within this via a powerful case study from The Key featured in the section on women's mental health.

We continued with limited funds to extend the reach of our digital presence, developing further our website, in particular our blog section. Through an active social media presence on Facebook and Twitter we increased the numbers of those who follow our work. In June two of the management team spent a day with a group of Lloyds Bank employees as the topic of one of their community business forums. One of their staff who was involved decided to dedicate some of his Content Design team's time to review our website and social media – we are implementing changes as time and money permit with a longer term view to a new and more interactive website. In addition the day was useful profile building. WHM always takes opportunities presented to raise the profile of our work, that of Women's Lives Leeds, and the sector in general. The group chair fed back:

*"I have to say I learnt a lot about the charitable sector and you helped dispel some myths in my mind as to how it all works. I am now an advocate for all the great work you do!"*

In January 2019 we had to move offices. This was in our longer-term plan but the landlord's decision to sell the old building brought this action forward. It was an important time factor for staff in planning and moving. In a charity our size there is little capacity for major change projects unless we bring in additional funding to facilitate them. We put a comprehensive moving plan in place however and are now based in a much improved working environment in South Leeds. Our location enables continued access across the city to deliver our work and has ensured minimal impact on staff in terms of travel to work.

## **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 2018 survey completed with 103 clients gave the following information.

Almost half (48%) of women supported are aged 26-49, with a significant proportion aged 19-25 (30%). Around one-in-four come from Black or Minority Ethnic Communities. 77% have at least one child (or are currently pregnant) and 33% are single parents.

59% are currently receiving welfare benefits. 22% have been unemployed for more than six months, with 24% not currently in work, education or training. 28% currently have social care involvement in some form.

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Two-thirds (66%) who use WHM services, have or previously had a mental health problem. 44% are currently taking or have previously taken anti-depressants or other medication for mental health problems.

64% reported experiencing loneliness and 57% lack self-confidence. Almost half (49%) have or have had suicidal thoughts and, similarly, 26% have self-harmed.

57% have experienced domestic, emotional or sexual abuse, with 56% having been the victim of violence whilst in a relationship. 62% recognise themselves as having problems with unhealthy relationships.

One-in-four were sexually assaulted or raped as a child. 25% have had at least one child removed into care, and 22% have had an abortion.

52% worry about what people would think of them if they knew about the personal experiences and challenges they have faced.

Being unable to afford basic things and worrying about money is an experience that is or has affected over half (52)%. 32% have used a foodbank and 29% have had their benefits stopped, sanctioned or delayed. One-third (34%) have been homeless or vulnerably housed.

Over half (59%) 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. We continued our strategy launched in 2016 to secure the long-term future of our work by diversifying and securing multi-year income.

We were delighted during 2018/19 to bring on board seven new funders supporting us in a range of ways including our Domestic Violence work, our support of women seeking asylum, enabling the relaunch of our work with women whose children are being looked after by someone else and supporting the roles of our management team.

We were also delighted that Public Health extended their support of our work with women seeking asylum and with learning disabilities for a 3 year period and that the NHS Leeds CCG renewed our contract to Chair the Maternity Voices Partnership.

We ended the year knowing that nine services were working within or had secured new multi-year funding.

Our total Income for the year was £442,484 (£373,453 in 2017/18). Total expenditure was £399,792 (£393,477 in 2017/18).

The surplus is due to unspent project funds being carried forward into the next financial year. The majority of our projects receive funding in advance of delivery and for those projects that run across the financial year end, they can carry large amounts of restricted funds into the new financial year. This year, the largest of which is £24,000 from The Charles Hayward Foundation for a project starting April 2019.

Within this overall surplus, our unrestricted funds show a planned-for loss this year where we have designated funds from our reserves to support existing projects, part-fund management salaries and to sustain the development of the organisation.

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**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 £84,189 (restricted income funds) and £147,950 (unrestricted income funds).

**Plans for the future**

The Trustees' plan for the charity's services activity in 2019/20 remains focused 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 be completing our review and planning with the Cranfield Trust to develop the future strategic direction of the charity over the next 3 years. This work is supported by Lloyds Bank Foundation as part of their Enhance Programme.

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Whilst completing the work on our future strategy we will prioritise resource in the year ahead to:

- Continue to assess and develop the diversity of our funding base, including reviewing areas as yet untapped such as community fundraising and social enterprise opportunities.
- Prioritise funding bids to sustain and continue the growth of our Domestic Violence and Abuse work, ensuring replacement of funding when the multi-year support of some of our current funders ends in March 2020.
- Launch and develop the new Your Space - Wellbeing Space and Support Services with lead partner Touchstone and Hobeck Elderly Aid.
- Grow the capacity, reach and networks for our services for women whose children are at risk of or have been taken into care. We will build on the success of securing funding for two new projects in 2019/20 – Inside Out and Rosebuds.
- Ensure strong working relations with our existing delivery partners and seek new partners to further develop the key areas of our 2019/20 service delivery, noted above, to reach more women and girls.
- Continue to build the body of evidence on the impact of our work, through externally evaluated projects and the internal use of impact tools. We will complete a fourth annual impact measurement survey.
- Review and develop the opportunities for women currently involved in our services to support our work through helping at events and activities or through formal volunteering. Our volunteer programme and staff capacity will be assessed for feasibility to meet requests from ex-service users and others in the community to support our work.
- Recruit three new Trustees with the support of Reach Volunteering (supported by Lloyds Bank Foundation as part of their Enhance Programme) and our networks. Continue to develop the skills of our Board of Trustees and review the sub-committees structure and Trustees / staff level of representation on these.

## **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 2019 was 43. (2018:35).

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.

### **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.

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**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 receiving good practice guidelines such as the Good Trustee Guide (NCVO) and additional Trustee guidance from the Charity Commission. Trustees are offered training in areas where there are gaps in skills e.g. governance and 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 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 chairing the Leeds Maternity Voices Partnerships and attending the 3P Network, Leeds Domestic Violence Forum, Third Sector Safeguarding Group, Forum Central Networks (Mental Health and Third Sector Health and Care Leaders), Leeds Migration Partnership and Young Lives Leeds. 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.

**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).

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Trustees' annual report  
for the year ended 31 March 2019

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.

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 19 September 2019 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 31<sup>st</sup> March 2019 which are set out on pages 20 to 41.

**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.

Catherine Hall FCCA DChA

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

14<sup>th</sup> November 2019

Womens Health Matters  
Statement of Financial Activities  
(including Income and Expenditure account)  
for the year ended 31 March 2019

	Note	Unrestricted funds £	Restricted funds £	Total funds 2019 £	Total funds 2018 £
<b>Income from:</b>					
Donations and legacies	3	7,591	561	8,152	3,033
Charitable activities:	4	77,749	352,999	430,748	367,640
Other trading activities	5	3,040	-	3,040	2,591
Investments	6	544	-	544	189
<b>Total income</b>		<b>88,924</b>	<b>353,560</b>	<b>442,484</b>	<b>373,453</b>
<b>Expenditure on:</b>					
Raising funds	8	8,347	-	8,347	10,147
Charitable activities:	7	86,751	304,654	391,405	383,330
<b>Total expenditure</b>		<b>95,098</b>	<b>304,654</b>	<b>399,752</b>	<b>393,477</b>
<b>Net income/(expenditure) for the year</b>	10	<b>(6,174)</b>	<b>48,906</b>	<b>42,732</b>	<b>(20,024)</b>
Transfer between funds		(1,265)	1,265	-	-
<b>Net movement in funds for the year</b>		<b>(7,439)</b>	<b>50,171</b>	<b>42,732</b>	<b>(20,024)</b>
<b>Reconciliation of funds</b>					
Total funds brought forward		155,389	34,018	189,407	209,431
<b>Total funds carried forward</b>		<b>147,950</b>	<b>84,189</b>	<b>232,139</b>	<b>189,407</b>

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

Womens Health Matters  
Company number 2835637  
Balance sheet as at 31 March 2019

	Note	2019		2018	
		£	£	£	£
<b>Fixed assets</b>					
Tangible assets	15		1,389		4,022
<b>Current assets</b>					
Debtors	16	7,861		3,725	
Cash at bank and in hand	17	243,988		206,816	
<b>Total current assets</b>		<b>251,849</b>		<b>210,541</b>	
<b>Liabilities</b>					
Creditors: amounts falling due in less than one year	17	(21,099)		(25,156)	
<b>Net current assets</b>			<b>230,750</b>		<b>185,385</b>
<b>Total assets less current liabilities</b>			<b>232,139</b>		<b>189,407</b>
<b>Net assets</b>			<b>232,139</b>		<b>189,407</b>
<b>The funds of the charity:</b>					
Restricted income funds	19		84,189		34,018
Unrestricted income funds	20		147,950		155,389
<b>Total charity funds</b>			<b>232,139</b>		<b>189,407</b>

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 23 to 41 form part of these accounts.

Approved by the trustees on 19 September 2019 and signed on their behalf by:

Alison Cater (Chair)

Amie Tolson (Board Member)

Womens Health Matters  
Statement of Cash Flows  
for the year ending 31 March 2019

	Note	2019 £	2018 £
<b>Cash provided by/(used in) operating activities</b>	23	<b>38,121</b>	<b>(15,916)</b>
<i>Cash flows from investing activities:</i>			
Dividends, interest, and rents from investments		544	189
Purchase of tangible fixed assets		(1,493)	-
<b>Cash provided by/(used in) investing activities</b>		<b>(949)</b>	<b>189</b>
Increase/(decrease) in cash and cash equivalents in the year		37,172	(15,727)
Cash and cash equivalents at the beginning of the year		206,816	222,543
<b>Cash and cash equivalents at the end of the year</b>		<b>243,988</b>	<b>206,816</b>

# Womens Health Matters

## Notes to the accounts for the year ended 31 March 2019

### **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.

Womens 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.

## Womens Health Matters

### Notes to the accounts for the year ended 31 March 2019 (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.

## Womens Health Matters

Notes to the accounts for the year ended 31 March 2019 (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 2019 £	Total 2018 £
Donations	6,513	561	7,074	3,033
Donations in kind	1,078	-	1,078	-
<b>Total</b>	<b>7,591</b>	<b>561</b>	<b>8,152</b>	<b>3,033</b>
<i>Total by fund 31 March 2018</i>	<i>2,943</i>	<i>90</i>	<i>3,033</i>	

## Womens Health Matters

Notes to the accounts for the year ended 31 March 2019 (continued)

### 4 Income from charitable activities

	Unrestricted £	Restricted £	Total 2019 £	Total 2018 £
<b>Core funding:</b>				
Henry Smith Charity	-	27,000	27,000	13,450
Leeds City Council	57,600	1,000	58,600	78,030
Pilgrim Trust	-	10,000	10,000	-
Garfield Weston Foundation	-	-	-	15,000
	<hr/>	<hr/>	<hr/>	<hr/>
	57,600	38,000	95,600	106,480
<b>Project funding:</b>				
<b>Include</b>				
Leeds City Council			-	36,068
<b>Domestic Violence</b>				
The Brelms Trust CIO	-	1,305	1,305	-
Leeds City Council	-	19,863	19,863	19,863
Leeds City Council (Access)	-	8,000	8,000	-
Trusthouse Charitable Foundation	-	2,900	2,900	-
<b>YUMS</b>				
Leeds City Council	-	13,540	13,540	13,540
<b>The Key</b>				
Big Lottery Fund	-	91,301	91,301	106,505
The Brelms Trust CIO	-	3,000	3,000	-
Trusthouse Charitable Foundation		8,405	8,405	-
<b>Other projects</b>				
Charles Hayward Foundation	-	24,000	24,000	-
DCMS - Tampon Tax	-	79,754	79,754	34,600
Leeds Community Foundation	-	10,427	10,427	5,528
Lloyds Bank Foundation	-	24,886	24,886	-
NHS Leeds CCG	-	16,241	16,241	-
Touchstone	20,149	-	20,149	22,278
West Yorkshire Police	-	4,992	4,992	-
Other	-	6,385	6,385	5,724
Local Sustainability Fund	-	-	-	1,664
MSLC	-	-	-	15,215
Sports Foundation	-	-	-	175
	<hr/>	<hr/>	<hr/>	<hr/>
	20,149	314,999	335,148	261,160
	<hr/>	<hr/>	<hr/>	<hr/>
<b>Total</b>	77,749	352,999	430,748	367,640
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
<i>Total by fund 31 March 2018</i>	93,030	274,610	367,640	
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	

## Womens Health Matters

Notes to the accounts for the year ended 31 March 2019 (continued)

### Income from charitable activities continued...

#### **Previous reporting period**

	<i>Unrestricted</i>	<i>Restricted</i>	<i>Total 2018</i>
	<i>£</i>	<i>£</i>	<i>£</i>
<b>Core funding:</b>			
<i>Leeds City Council</i>	<i>78,030</i>	<i>-</i>	<i>78,030</i>
<i>Garfield Weston Foundation</i>	<i>15,000</i>	<i>-</i>	<i>15,000</i>
<i>Henry Smith Charity</i>	<i>-</i>	<i>13,450</i>	<i>13,450</i>
	<i>93,030</i>	<i>13,450</i>	<i>106,480</i>
<b>Project funding:</b>			
<b>    Include</b>			
<i>Leeds City Council</i>	<i>-</i>	<i>36,068</i>	<i>36,068</i>
<b>    Domestic Violence</b>			
<i>Leeds City Council</i>	<i>-</i>	<i>19,863</i>	<i>19,863</i>
<b>    YUMS</b>			
<i>Leeds City Council</i>	<i>-</i>	<i>13,540</i>	<i>13,540</i>
<b>    The Key</b>			
<i>Big Lottery Fund</i>	<i>-</i>	<i>106,505</i>	<i>106,505</i>
<b>    Other projects</b>			
<i>MSLC</i>	<i>-</i>	<i>15,215</i>	<i>15,215</i>
<i>Local Sustainability Fund</i>	<i>-</i>	<i>1,664</i>	<i>1,664</i>
<i>Leeds Community Foundation</i>	<i>-</i>	<i>5,528</i>	<i>5,528</i>
<i>DCMS - Tampon Tax</i>	<i>-</i>	<i>34,600</i>	<i>34,600</i>
<i>Touchstone</i>	<i>-</i>	<i>22,278</i>	<i>22,278</i>
<i>Sports Foundation</i>	<i>-</i>	<i>175</i>	<i>175</i>
<i>Other</i>	<i>-</i>	<i>5,724</i>	<i>5,724</i>
	<b><i>93,030</i></b>	<b><i>274,610</i></b>	<b><i>367,640</i></b>
	<b><i>93,030</i></b>	<b><i>274,610</i></b>	<b><i>367,640</i></b>

## Womens Health Matters

Notes to the accounts for the year ended 31 March 2019 (continued)

### 5 Income from other trading activities

	2019 £	2018 £
Fees, Charges and other income	3,040	2,591
	3,040	2,591
	3,040	2,591

All income from other trading activities is unrestricted.

### 6 Investment income

	Unrestricted £	Restricted £	2019 £	2018 £
Income from bank deposits	544	-	544	189
	544	-	544	189
	544	-	544	189

All investment income is unrestricted.

## Womens Health Matters

Notes to the accounts for the year ended 31 March 2019 (continued)

### 7 Analysis of expenditure on charitable activities

	Staff costs	Admin costs	Premises	Depreciation	Other project costs	Governance costs (see note 9)	Total 2019	Total 2018
	£	£	£	£	£	£	£	£
Women's Health Matters	80,705	4,368	4,867	4,126	8,106	520	102,692	58,162
Include	(19)	-	-	-	98	-	79	36,152
Domestic Violence	19,711	1,243	2,100	-	6,802	246	30,102	26,007
Cancer Screening	1,428	7	-	-	98	-	1,533	4,640
MSLC	-	-	-	-	-	-	-	134
YUMS	6,917	487	768	-	4,988	91	13,251	13,883
The Key	66,139	4,226	7,227	-	26,427	843	104,862	106,247
Family Valued	305	-	-	-	205	-	510	16,616
Other projects	90,422	6,929	10,242	-	38,182	948	146,723	121,489
<b>Total</b>	<b>265,608</b>	<b>17,260</b>	<b>25,204</b>	<b>4,126</b>	<b>84,906</b>	<b>2,648</b>	<b>399,752</b>	<b>383,330</b>
<i>Total 2018</i>	<u><u>253,412</u></u>	<u><u>21,854</u></u>	<u><u>22,772</u></u>	<u><u>4,517</u></u>	<u><u>78,645</u></u>	<u><u>2,130</u></u>	<u><u>383,330</u></u>	
					Restricted expenditure		304,654	331,737
					Unrestricted expenditure		86,751	51,593
							<u>391,405</u>	<u>383,330</u>

## Womens Health Matters

Notes to the accounts for the year ended 31 March 2019 (continued)

### Analysis of expenditure on charitable activities continued

#### *Previous reporting period*

	Staff costs	Admin costs	Premises	Depreciation	Other project costs	Governance costs (see note 9)	<i>Total 2018</i>
	£	£	£	£	£	£	£
Women's Health Matters	37,132	5,425	2,189	4,517	8,612	287	58,162
Include	29,704	2,289	3,213	-	653	293	36,152
Domestic Violence	21,339	1,597	2,341	-	517	213	26,007
Cancer Screening	3,833	243	455	-	-	109	4,640
MSLC	-	-	-	-	134	-	134
YUMS	7,370	594	873	-	4,966	80	13,883
The Key	70,636	6,878	4,354	-	23,873	506	106,247
Family Valued	7,740	541	719	-	7,457	159	16,616
Other projects	75,658	4,287	8,628	-	32,433	483	121,489
<b>Total</b>	<b>253,412</b>	<b>21,854</b>	<b>22,772</b>	<b>4,517</b>	<b>78,645</b>	<b>2,130</b>	<b>383,330</b>

## Womens Health Matters

### Notes to the accounts for the year ended 31 March 2019 (continued)

#### 8 Cost of raising funds

	2019 £	2018 £
Staff costs	8,347	10,147
	8,347	10,147
	8,347	10,147

All expenditure on cost of raising funds is unrestricted.

#### 9 Analysis of governance and support costs

	Basis of apportionment	Governance £	Total 2019 £	2018 £
Independent examiner fees	Governance	2,100	2,100	2,100
Board costs	Governance	30	30	30
		2,130	2,130	2,130
		2,130	2,130	2,130
<i>Total 31 March 2018</i>		<i>2,130</i>	<i>2,130</i>	
		<i>2,130</i>	<i>2,130</i>	

#### 10 Net income/(expenditure) for the year

This is stated after charging/(crediting):	2019 £	2018 £
Depreciation	4,126	4,517
Independent examiner - accountancy fees	1,500	1,500
Independent examiner's fee	600	600
	4,226	6,617
	4,226	6,617

## Womens Health Matters

### Notes to the accounts for the year ended 31 March 2019 (continued)

#### 11 Staff costs

Staff costs during the year were as follows:

	2019 £	2018 £
Wages and salaries	217,380	211,366
Social security costs	14,399	14,157
Pension costs	8,974	8,300
Consultancy & HR fees	10,937	19,004
Recruitment & staff expenses	10,616	8,763
Volunteers' expenses and training	2,002	1,969
Redundancy	1,300	-
	<hr/>	<hr/>
	265,608	263,559
	<hr/>	<hr/>
<b>Allocated as follows:</b>		
Cost of raising funds	8,347	10,147
Charitable activities	257,261	253,412
	<hr/>	<hr/>
	265,608	263,559
	<hr/>	<hr/>

No employees has employee benefits in excess of £60,000 (2018: Nil).

The average number of staff employed during the period was 11.75 (2018: 11).

The average full time equivalent number of staff employed during the period was 7.9 (2018 7.5)

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 £27,440 (2018: £26,802).

#### 12 Trustee remuneration and expenses, and related party transactions

One trustee, Alison Cater, was paid £1,750 in the year (2018: £nil). This was for providing coproduction workshops and volunteer training for the Tampon Tax project.

Legal authority for this payment is within the charity's memorandum and articles of association approved by the Charity Commission

No trustees received expenses payments during the year (2018 childcare £nil).

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

No other 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 (2018: nil).

## Womens Health Matters

Notes to the accounts for the year ended 31 March 2019 (continued)

### 13 Government grants

The government grants recognised in the accounts were as follows:

	2019 £	2018 £
Leeds City Council	100,003	147,501
DCMS	79,754	34,600
NHS Leeds CCG	16,241	-
West Yorkshire Police	4,992	-
	<hr/>	<hr/>
	179,757	182,101
	<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.

## Womens Health Matters

### Notes to the accounts for the year ended 31 March 2019 (continued)

#### 15 Fixed assets: tangible assets

<b>Cost</b>	Furniture & equipment £	Total £
At 1 April 2018	31,240	31,240
Additions	1,493	1,493
Disposals	(8,740)	(8,740)
	23,993	23,993
	23,993	23,993
<b>Depreciation</b>		
At 1 April 2018	27,218	27,218
Charge for the year	4,126	4,126
Disposals	(8,740)	(8,740)
	22,604	22,604
At 31 March 2019	22,604	22,604
	22,604	22,604
<b>Net book value</b>		
At 31 March 2019	1,389	1,389
	1,389	1,389
	1,389	1,389
<i>At 31 March 2018</i>	<i>4,022</i>	<i>4,022</i>
	<i>4,022</i>	<i>4,022</i>
	<i>4,022</i>	<i>4,022</i>

#### 16 Debtors

	2019 £	2018 £
Grants receivable	6,656	1,655
Other debtors	-	608
Prepayments and accrued income	1,205	1,462
	7,861	3,725
	7,861	3,725

#### 17 Cash at bank and in hand

	2019 £	2018 £
Short term deposits	70,000	70,000
Cash at bank and on hand	173,988	136,816
	243,988	206,816
	243,988	206,816

## Womens Health Matters

Notes to the accounts for the year ended 31 March 2019 (continued)

### 17 Creditors: amounts falling due within one year

	2019	2018
	£	£
Other creditors and accruals	16,632	20,414
Deferred income	-	-
Taxation and social security costs	4,467	4,742
	21,099	25,156
	21,099	25,156

### 18 Deferred income

	2019	2018
	£	£
Deferred grant brought forward	-	15,215
Grant received	-	-
Released to income from charitable activities	-	(15,215)
	-	-
	-	-

## Womens Health Matters

Notes to the accounts for the year ended 31 March 2019 (continued)

### 19 Analysis of movements in restricted funds

	Balance at 1 April 2018 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2019 £
<b>Include</b>	6,345	-	(79)	-	6,266
<b>Domestic Violence</b>					
LDVS	-	19,863	(20,046)	183	-
LDVS (Access)		8,561	(6,504)		2,057
The Brelms Trust CIO		1,305	(653)		652
Trusthouse C F		2,900	(2,900)		-
<b>Cancer Screening</b>	1,534	-	(1,534)	-	-
<b>MVP</b> (formerly MSLC)	1,650	16,849	(16,313)	-	2,186
<b>YUMS</b>					
YUMS 1	3,244	13,540	(13,251)	-	3,533
<b>The Key</b>					
Big Lottery Fund	9,738	91,301	(94,796)	1,082	7,325
Building Capabilities	160	-	(160)	-	-
The Brelms Trust CIO	-	3,000	(1,500)	-	1,500
Trusthouse C F		8,405	(8,405)		-
<b>Family Valued</b>	510	-	(510)	-	-
<b>Womens Health Matters</b>					
Small grants	40	1,000	(1,000)	-	40
<b>Other projects</b>					
Tampon Tax	2	79,754	(79,159)	-	597
Henry Smith Charity	6,725	27,000	(26,929)	-	6,796
Leeds Abortion Fund	897	(608)	(223)	-	66
Leeds Fund	440	10,427	(2,961)	-	7,906
WLL	1,990	6,385	(5,554)	-	2,821
Inside Out	-	24,000	-	-	24,000
Lloyds Bank Foundati	-	24,886	(14,049)	-	10,837
Safer Communities	-	4,992	(557)	-	4,435
Pilgrim Trust	-	10,000	(7,500)	-	2,500
Your Space	-	-	(71)	-	(71)
Other	743	-	-	-	743
<b>Total</b>	<b>34,018</b>	<b>353,560</b>	<b>(304,654)</b>	<b>1,265</b>	<b>84,189</b>

## Womens Health Matters

Notes to the accounts for the year ended 31 March 2019 (continued)

### 19 Analysis of movements in restricted funds cont.

<b>Previous reporting period</b>	<i>Balance at 1 April 2017 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers £</i>	<i>Balance at 1 April 2018 £</i>
<b>Include</b>	6,428	36,068	(36,151)	-	6,345
<b>Domestic Violence</b>					
Domestic Violence	731	19,863	(26,007)	5,413	-
<b>Cancer Screening</b>	6,174	-	(4,640)	-	1,534
<b>MSLC</b>					
MSLC	4,330	15,215	(17,895)	-	1,650
MSLCLD	134		(134)		-
<b>YUMS</b>					
YUMS 1	3,587	13,540	(13,883)	-	3,244
<b>The Key</b>					
Big Lottery Fund	-	92,650	(92,552)	9,640	9,738
Building Capabilities	-	13,855	(13,695)	-	160
<b>Family Valued</b>	17,127	-	(16,617)	-	510
<b>Womens Health Matters</b>					
Small grants	-	175	(135)	-	40
<b>Other projects</b>					
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
<b>Total</b>	<b>71,359</b>	<b>274,700</b>	<b>(331,737)</b>	<b>19,696</b>	<b>34,018</b>

<b>Name of fund</b>	<b>Description, nature and purposes of the fund</b>
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.

## Womens Health Matters

Notes to the accounts for the year ended 31 March 2019 (continued)

### 19 Analysis of movements in restricted funds cont.

MVP (Formerly MSLC)	MVP facilitates the Maternity Voices Partnership meetings and focus groups.
YUMS	YUMs is a young mums tots and tums peer support group.
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.
Women's Health Matters	Small grants expended in accordance with the wishes of the donor.
Tampon Tax	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.
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	Group work supporting women who's children are being looked after by someone else.
WLL	Women's Lives Leeds funding to reimburse expenditure hosting a Complex Needs Worker at WHM.
Inside Out	A parenting course for women who have had children removed from their care.
Lloyds Bank Foundation	Funds a wellbeing case worker to provide one to one support to asylum seeking women.
Safer Communities	Funds the access needs of women who have experienced domestic abuse who would otherwise not be able to attend groups.
Pilgrim Trust	Supporting WHM's work providing intensive and early intervention support to women with complex needs.
Trusthouse Foundation	Funds towards the running costs of domestic violence support groups in Leeds
Brelms Trust CIO	Funds towards the facilitation costs of domestic violence support groups in Leeds
Your Space	Provision of an health and wellbeing outreach worker based with our partners at Touchstone
Other	Donations to specified projects or groups.
Transfers	Transfers from unrestricted funds to cover overspends.

## Womens Health Matters

Notes to the accounts for the year ended 31 March 2019 (continued)

### 20 Analysis of movement in unrestricted funds

	Balance at 1 April 2018 £	Income £	Expenditure £	Transfers £	As at 31 March 2019 £
General fund	125,802	88,924	(69,892)	(12,017)	132,817
<b>Designated funds</b>					
Data Mgt System	4,740	-	(4,740)	-	-
Fundraising					
Consultancy	12,728	-	(8,347)	10,752	15,133
Garfield Weston					
Foundation	11,250	-	(11,250)	-	-
COL salary rise	869	-	(869)	-	-
	155,389	88,924	(95,098)	(1,265)	147,950
	155,389	88,924	(95,098)	(1,265)	147,950
<b>Previous reporting period</b>	<i>Balance at 1 April 2017 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers £</i>	<i>As at 1 April 2018 £</i>
General fund	118,947	98,753	(48,083)	(43,815)	125,802
<b>Designated funds</b>					
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
	138,072	98,753	(61,740)	(19,696)	155,389
	138,072	98,753	(61,740)	(19,696)	155,389

<b>Name of fund</b>	<b>Description, nature and purposes of the fund</b>
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.

## Womens Health Matters

Notes to the accounts for the year ended 31 March 2019 (continued)

### 21 Analysis of net assets between funds

	General fund £	Designated funds £	Restricted funds £	Total £
Tangible fixed assets	1,389	-	-	1,389
Net current assets/(liabilities)	181,599	15,133	34,018	230,750
<b>Total</b>	<b>182,988</b>	<b>15,133</b>	<b>34,018</b>	<b>232,139</b>
<b><i>previous reporting period</i></b>				
	<i>General fund £</i>	<i>Designated funds £</i>	<i>Restricted funds £</i>	<i>Total £</i>
<i>Tangible fixed assets</i>	<i>4,022</i>	<i>-</i>	<i>-</i>	<i>4,022</i>
<i>Net current assets/(liabilities)</i>	<i>94,901</i>	<i>19,125</i>	<i>71,359</i>	<i>185,385</i>
<b>Total</b>	<b>98,923</b>	<b>19,125</b>	<b>71,359</b>	<b>189,407</b>

### 22 Operating lease commitments

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

	Property		Equipment	
	2019 £	2018 £	2019 £	2018 £
Less than one year	-	21,900	-	-
One to five years	-	11,700	-	-
<b>Total</b>	<b>-</b>	<b>33,600</b>	<b>-</b>	<b>-</b>

## Womens Health Matters

Notes to the accounts for the year ended 31 March 2019 (continued)

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

	2019 £	2018 £
<b>Net income/(expenditure) for the year</b>	42,732	(20,024)
<b>Adjustments for:</b>		
Depreciation charge	4,126	4,517
Loss/(profit) on sale of fixed assets	-	-
Dividends, interest and rents from investments	(544)	(189)
Decrease/(increase) in debtors	(4,136)	3,833
Increase/(decrease) in creditors	(4,057)	(4,053)
	38,121	(15,916)
<b>Net cash provided by/(used in) operating activities</b>	38,121	(15,916)