

# BETHEL HEALTH AND HEALING NETWORK'S ANNUAL REPORT AND FINANCIAL STATEMENTS



**APRIL 2021 - MARCH 2022**

**BETHEL'S YEAR OF IMPACT**





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Introduction

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# SECTION 1 - INTRODUCTION - A MESSAGE FROM THE CHAIR



I am honoured to represent Bethel Health and Healing Network as the new Chair and to present the 2021-2022 Annual Report. The report offers insight into our efforts, achievements, and how we have met our objectives over the past 12 months. It is a testament to our determination and ambitions to consistently deliver the highest level of excellence throughout our services, providing much needed support to our service users. The external challenges that we have all experienced during the past few years have been relentless, and I am immensely proud of the Bethel staff, volunteers, and the Board, who have daily gone beyond to ensure that our service user remains the most important focus at the end point of everything that we do as an organisation.

As an organisation, we evaluated how we previously delivered our services and challenged ourselves on areas of improvement. Following a review of our organisation, we restructured and acquired a new CEO, Jennifer Jones-Rigby. She has been tasked to set the foundations of growth for Bethel and forge closer relationships with the new ICBs and ICSs and the wider public health landscape, potential collaborative partners, and funders. She will also ensure that the charity grows unapologetically under the banner of our values, which fundamentally affirms the Christian faith that birthed Bethel's vision. We are currently looking to strengthen our Board of Trustees with 2-3 new Trustees to add to an already talented, diverse, and dynamic group, which I am grateful and honoured to lead.

The challenges in growth that face our two main services, the Bethel Doula Service (that provides an essential and unique service to the vulnerable and isolated pregnant women in Birmingham) and the Bethel Rapha Listening Service (that addresses low-level mental health issues), have grown significantly due to the national socio-economic and health challenges. For instance, within the maternity sector, we know that babies are more like to be born early or small, with its complications, to women from South Asian or Black communities from areas of deprivation. The ethnic and socio-economic inequalities in NHS and perinatal care for women and their babies are an ongoing concern. The mental health epidemic continues to grow and within one of the most extensive stress surveys carried out, 74% of people said that the impact that everyday stress has brought upon their lives has made them feel overwhelmed and unable to cope. As an organisation we are aware of these ongoing issues and, within the last 12 months, have met, faced, and overcome some of those challenges and geared up to stand with those who still are vulnerable within our society and communities.

As of the time of printing, we are observing a time of national mourning for the sudden loss of HRH Queen Elizabeth II, our Queen for seven decades, so in conclusion, and observation of her extraordinary life, what can we take and learn from her? Her life was exemplary, selfless, and always focused on doing the right thing. She was, of course, a woman of faith, and it has been said that although she was our Queen, everyday, without fail, she prayed to a God that she acknowledged as the King of Kings and Lord of Lords. She lived out my favourite biblical text, "whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy...put it into practice" (Philippians 4:8). May she now and forever rest in perfect peace.

Bethel will get stronger in purpose, intention, and clarity and will continue to grow and fulfil its Godly purpose allowing and helping volunteers, staff and board members to find, develop and fulfil their purpose.

**Duncan Moore, Chair of Trustees**





# FROM THE TABLE OF THE CEO



”

When I look back at the impact of Bethel's work throughout 2021 and 2022, I can see an increase in the range, reach, and number of services offered, with an almost 20% increase across both Rapha Listening Service and the Doula Service.

There has been remarkable growth in the number of volunteers and, more importantly, their impact.

I am so proud to have recently become part of Bethel Health and Healing Network as their new CEO. As a woman of faith, it is a privilege to lead a purpose-driven, faith-based organisation built on sound values that resonated with me and caused me to apply. Having joined the team in July, I have witnessed the staff and volunteers' passion and dedication to their support of our service users.

I have joined the organisation at a time when many Third Sector providers in the health sector are challenged with issues of short-term funding compounded by the current financial crisis, including the increased costs of fuel, with no real steer nationally as to where support will be coming from to assist organisations such as Bethel in these unpredictable times. That said, the senior management team and I are working tirelessly to secure Bethel's future and build growth within the organisation over the next year and beyond.

When I look back at the impact of Bethel's work throughout 2021-22, I can see an increase in the range, reach, and number of services offered, with an almost 20% increase across both Rapha Listening Service and the Doula Service. There has been remarkable growth in the number of volunteers and, more importantly, their impact.

Building on previous incumbents' foundations, I am here to build Bethel at scale and enable the unique support services being offered to grow and flourish, increasing both the volume of services being provided and the income for the organisation. We will continue to reach the most challenged communities, working with community assets to ensure long-term sustainable change within these neighbourhoods.

You will see that Board Member, Jonathan Hindle, has written a piece on the Place of Well-being and Welcome (POWW). Our ambitions as an organisation are huge, and unashamedly so. We know that what we provide is excellent, and we intend to continue working with our current commissioners and funders while looking for new partners, investors, and funders to continue this journey with us.

I want to thank the senior management team, staff, volunteers, and, of course, the Board for their continued input to Bethel, and I look forward to working with them all to realise the growth goals and ambitions of Bethel Health and Healing Network.

Jennifer Jones-Rigby, CEO





# ABOUT BETHEL

## VALUES

COMPASSION

INTEGRITY

EMPOWERMENT

FAIRNESS

PARTNERSHIP



### VISION

To enable and empower people to become physically, emotionally and spiritually healthy.

### MISSION

Offer a range of holistic services that promote health and wellbeing to people in need.

## STRATEGIC AIMS

- ✓ Diverse communities have access to quality mental health and wellbeing services.
- ✓ Bethel Health and Healing Network continues to be a place of welcome for those in need.
- ✓ Deliver and develop effective services for existing and new beneficiaries.
- ✓ Increase our impact through strategic partnerships.
- ✓ Bethel Health and Healing Network is an effective and sustainable organisation.





# OUR YEAR IN PICTURES





# OUR YEAR IN PICTURES





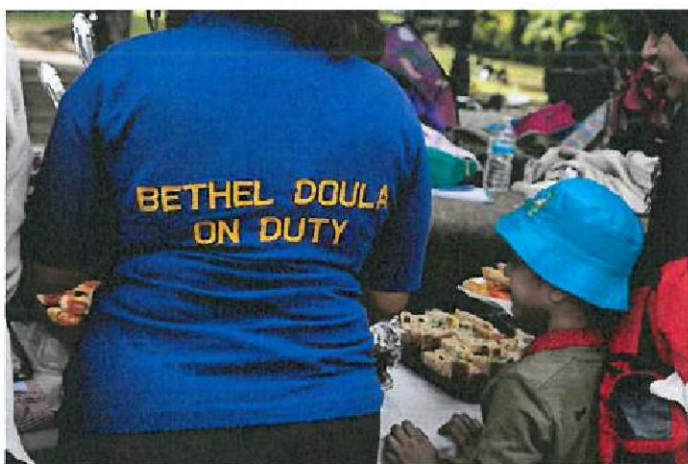
## SECTION 2 - REVIEW OF OUR SERVICES- BETHEL DOULA SERVICE

The Doula service continued to provide safe, confidential support to our vulnerable women and families, some of whom felt abandoned by health and other services. Organisations that they had grown to rely on had disappeared or were inaccessible due to the impact of COVID-19.

Some women were fearful and anxious about leaving their homes and learned how to use varied platforms to communicate and learn. To support and enable them to adjust to 'the new era,' we encouraged, supported, walked with them, signposted, and helped them to build confidence and raise self-esteem, to benefit them and their children.

The restrictions at the maternity units where the Senior Doula or volunteer could only attend when the women were in active labour resulted in some births being missed. The recruitment of volunteers can be challenging and more-so for the doula service, however we were able to provide ongoing support for women all through the year.

At the end of the year, six of our service users had moved on from our Mother and Baby Group and are pursuing their careers including ESOL classes, cyber security, health and social care, health and beauty, and sociology.





# KEY ACHIEVEMENTS & PROJECTS

- Supported 90% of 188 referrals from referral to discharge
- Supported 90 women to access essential items required for their babies and themselves with support from Baby Basics and the Muslim women volunteers
- Senior Doula and volunteers in spite of the COVID-19 restrictions were able to support a number of women in hospital over the last year
- Doula team and volunteers sourced and delivered food parcels to 40 women
- Supported women with varied child safeguarding issues, attending conferences, planning meetings, supporting them with a budget, parenting skills, and building self-esteem

## PROJECTS

- Our weekly Lunch, Learn and Play mother and baby group at Ladywood Leisure Centre, funded through Awards for All, was attended by our service users and mothers from the local community. We provided a varied support programme, including health sessions and massage, craft activities using items from the kitchen to make jewellery and memory pots, and nature walks in the local community.
- Mooresville Theatre Production facilitated discussions on mental and physical health, pregnancy, relationships, building self-esteem, encouraging personal growth, and engaging with children through play and storytelling. The sessions culminated in an event titled 'Looking in looking Out', with participation from mothers, babies/toddlers, staff, and volunteers.
- We continued collaborating with Starting Well to provide a wraparound service for vulnerable women through Maternity Navigators
- Our project to support women who have experienced pregnancy loss in collaboration with Birmingham Maternal Mental Health Service was extended to 2023
- 40 plus participants, including husbands and partners attended parent education sessions delivered in the community by a trainer through funding from the maternity unit at City Hospital





# DOULA SERVICE FEEDBACK

- "Thank you for supporting S; I feel happy referring to your service as I know you will provide the support needed. The Doula support was instrumental in ensuring that she was not admitted for Mental health support." **Perinatal Mental Health Nurse**
- "Your service and the support of the Senior Doula and volunteer were invaluable in the baby staying with her. Thank you." **Social Worker**
- "I was introduced to your service by a colleague as I am new to Birmingham, I never knew of such a service and the support the team provide, and it's free. Thank you for supporting me; I will be calling on you again." **Community Midwife**
- "I did not know what 'Affirmations' were until I met my doula volunteer; she was encouraging. She helped me to write my birth plan, and she told me encouraging words and phrases to encourage me at the birth. They were pinned on the delivery room wall and helped me focus. She is lovely and caring." **Service User**
- "I had a quick delivery and did not have time to call the Doula; she helped me so much when I was pregnant. I wanted her to be with me, but could not contact her until I was 4cms, then I delivered. She visited me on the ward, which was good, and is still in touch." **Service User**
- "I met my Senior Doula today; she has helped me a lot, lifted my mood, she made me laugh. I feel happy to have her. I will be glad to attend the M&B group." **Service User**
- "I enjoy attending the M&B group. The singing, the storytelling, the theatre group. I enjoyed it all. I have friends for life; they are supportive." **Service User**
- "I was unhappy with my care in the hospital, and the Doula did not get to the birth. I went into labour early at 32 weeks. I recommend that the Doula stays in touch more in the later part of pregnancy, especially if you are pregnant with twins and likely to deliver early." **Service User**

"We are grateful for the impact we made this year. This would not have been possible without our funders and volunteers. We look forward to doing more with your help. Visit [www.bethelnetwork.org.uk](http://www.bethelnetwork.org.uk) for more information on how you can be a part of this." **Doula Team**





# REVIEW OF OUR SERVICES - BETHEL RAPHA SERVICE

The Rapha Listening Service, established in 2017, continued to develop over this last year and was embedded into the range of community mental health support services offered during the pandemic. The volunteer workforce remained stable as the country came out of the pandemic to return to the 'new normal'. The Rapha Service offered up to nine listening sessions per service user with a trained volunteer listener, including those who spoke other languages such as Hindi, Urdu and Gujarati.

Regular referrals were received from GPs, social prescribers, and support workers from organisations such as Gateway, Living Well Consortium and Creative Support. When asked, referrers commented that **"their confidence in Rapha was based on the knowledge that clients previously referred had received good care and support from the service"**.

In 2021-22, the listening service supported a diverse group of people from Birmingham and surrounding areas: 69% were female, half were aged 50+, and approximately 49% were from an ethnic background other than White British.

## FEEDBACK FROM SERVICE USERS

- "This service helps me and supports me to think positively. I have improved my trust as I know that the person I am talking with understands the confidentiality." **Black British female, 57**
- "This service has helped me. This service may help lots of people like me. It helps you get to know the same person, increasing my confidence." **Indian female, 55**
- "He's done a fantastic job, and I feel so much better than I did before. Though I am still reluctant to go out, he has helped restore my confidence, and now I can cope with my isolation much better." **White British male, 52**





# KEY ACHIEVEMENTS

## Midpoint feedback

- 100% having someone to talk to
- 87% felt valued
- 92% helping to get things off my chest
- 89% having someone listen
- 79% reduced isolation and loneliness

## End of support feedback

- 75% felt less lonely and isolated
- 72% felt more positive about themselves
- 64% felt more able to cope with their personal circumstances
- 48% improved health and wellbeing

## HIGHLIGHTS:

- 196 referrals were received, and 172 individuals (88%) engaged with the Listening Service
- Top 3 reasons for referral: low mood 42.6%, anxiety 21.3% and depression 19.3%
- 643 support sessions delivered, compared to 558 in 2020/21 (15% increase)
- 551 hours of support provided
- 44 volunteers engaged in providing support





# SECTION 3 – STRUCTURE, GOVERNANCE AND MANAGEMENT

## Governing Document

The charity is controlled by its governing document, a deed of trust, and is also constituted as a limited company by guarantee, as defined by the Charities Act 2006. The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report, with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

Finance: Mr Nick Wallace

Independent Examiner: Mr David Chittenden

In setting objectives and planning for activities, the trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit.

## Duncan Moore - Chair of Trustees

Duncan has enjoyed a long successful career as a leader in Medical Sales and Marketing within the Healthcare sector spanning over 30 years. In the past 15 years, he has specialised in working with SMEs and particularly enjoys the challenge of taking on big institutions. Duncan is currently the business owner of a small independent Orthopaedic company and an innovative Medical Technology distribution company.

Duncan is respected, motivated, focussed and well known within the community of Professors, Consultants and Clinicians throughout the UK, and this has driven one of his passions to advocate for men's health.

As a committed Christian and former Pastor, Duncan allows his faith to influence how he behaves and interacts with those around him.

His passion for seeing social, racial, health and economic justice prevail for all levels of society has led Duncan to be an active Board Member for the Human Rights Organisation, Journey to Justice, who assists those with no voice to be heard.

Duncan is happily married and has three grown-up children. He enjoys a healthy lifestyle, regularly exercises and plays golf.



## Jacynth Ivey

Jacynth currently sits at the helm of two companies: Inspiring Hope, Ltd and [jacynthivey.com](http://jacynthivey.com). She is a multi-award-winning Transformational Leader, Coach, Author, Mentor and sought-after Inspirational Speaker. Having launched her career as a nurse, midwife and health visitor, things evolved from there and Jacynth found her true passion in developing people and organisations, supporting them to achieve their goals. She has over 30 years of experience as a senior leader - former NHS Executive Director of Nursing and a senior leader in commercial, third sector organisations and SMEs. In addition to her nursing and senior leadership roles, Jacynth is a competent and experienced speaker and advocate. Jacynth enjoys inspiring others and is known for her expertise in diversity, inclusion, organisational development and corporate culture transformation. She credits her success to having strong beliefs, being clear and focused, and fostering strong relationships with others.







#### **Christine Parkinson**

Dr Christine Parkinson obtained a doctorate in medical research at a London hospital, in Child Behaviour, then moved to Birmingham in the 80s to become involved with inner-city regeneration. She set up, with others, a women's refuge in 1994, a training and employment project for the long-term unemployed in 1998 and was the founder of the Bethel Health and Healing Project in 2006.

She is also a trustee of another charity, which supports young people in Uganda to become social entrepreneurs. She is committed to social justice, as well as in working to combat climate change, and has an interest in prayer ministry. She has published three books, as well as numerous scientific papers in learned journals.

#### **Michele Lawrence**

Having gained nursing, midwifery and health visiting qualifications and experience over three decades, Michele's expertise has been at the population public health level. Working on emergency planning and immunisation coordination. Michele has a vast amount of experience in managing teams and developing quality and safeguarding systems.



#### **Jonathan Hindle**

Jonathan spent 35 years in the technology industry in a variety of senior roles ranging from Engineering to Sales and Marketing. He has worked with teams across the globe bringing cross-cultural knowledge to Bethel. His knowledge of sales and marketing brings a perspective to Bethel, helping develop outbound communications and fundraising activities. Jonathan is married and has three daughters. In his spare time, he plays football, tennis and enjoys walking in the countryside.

#### **Tim Tranter**

Tim Tranter, Trustee and Chair of our Finance & Risk Sub Committee has extensive experience in disaster relief, project management and logistics with Doctors without Borders (MSF) UK & Ireland. Tim is also experienced as a recruiter.



#### **Louise Jackson-Sanders**

Louise has a background of working in public health and the third sector. She has an interest in maternal health and wellbeing and was drawn to Bethel due to the amazing work the Doula service does to reduce the inequity some women experience in accessing maternity services and support.





# STAFF MEMBERS

## CORE TEAM



Jennifer Jones-Rigby  
Chief Executive Officer



Santosh Rai  
Senior Operations  
Manager



Calis Roberts  
Volunteer Coordinator



Mariam Momoh  
Marketing and  
Communications Officer



Iram Tariq  
Administrator

## DOULA TEAM



Margaret King  
Doula Service Manager



Jennifer Marlow  
Senior Doula



Dionne Augustine  
Senior Doula



Teresa Richards  
Senior Doula



Bukl Hannaway  
Peer Support Worker -  
Baby Loss



Maverney Kettle  
Group Facilitator



Raj Kaur  
Group  
Facilitator

## RAPHA TEAM



Alison Thompson  
Rapha Service Manager



Iffat Abbas  
Rapha Support Officer



Dilara Begum  
Rapha Support Officer

## PREVIOUS STAFF

Madge Milligan-Green (Finished March 2022) - Chief Executive Officer

Fiona MacNeil (Finished Dec 2021) - Fundraising Officer

Georgette Wright (Finished May 2022) - Marketing and Communications Officer

Kathy Sennessie (Finished Jan 2022) - Rapha Support Officer

Julia Brown (Finished April 2022) - Senior Doula





# VOLUNTEER HIGHLIGHTS

Bethel was supported by 58 volunteers comprising six trustees, 8 Doula volunteers and 44 Rapha listeners.

Following the challenges arising from the COVID-19 pandemic and its impact on income, volunteers began transitioning from a home-based lifestyle back into the workforce, reducing the number available to offer support. Additionally, individuals needing to upskill became available to volunteer as they sought opportunities to gain experience in mental health services and maternity professions. Bethel quickly embarked on marketing campaigns to attract volunteers initially to the Rapha Listening Service and then to the Doula Service. These campaigns resulted in overwhelming expressions of interest. The Listening Service received 74 expressions of interest, with 24 individuals shortlisted for interview. Likewise, the Doula Service received 99 expressions of interest, and 26 were shortlisted for interviews over the period.

From July to October 2021, applicants were primarily university students seeking placement opportunities rather than ongoing volunteering opportunities. However, most of these were not shortlisted due to limited capacity, as each service could only accommodate one placement student.

Several potential volunteers shortlisted experienced personal bereavement, which meant they could not continue with the onboarding process. We all felt this impact with the sad loss of one of our beloved volunteers, Robert Peart. A thanksgiving service was conducted during our quarterly Volunteer Thanksgiving Event in December 2021 in his honour with the support of the whole team.





# VOLUNTEER HIGHLIGHTS

## FEEDBACK

"Many thanks for your thank you card and attached pen; much appreciated. It was unexpected, which makes it more appreciated. Being a listener is a blessing as it keeps me in contact and attuned to reality." **Ray**

"The training equips you well to go out and do the job, lots of useful tips, delightful and nice to sit with a group of like-minded people." **(Feedback on Doula Training Course)**

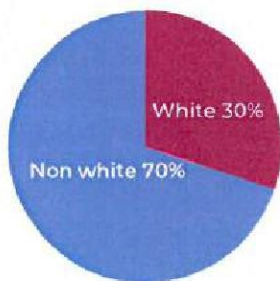
"Thank you so much for providing a reference in support of my application for a job with a medical project; I appreciate it." **Ruth**

"I am currently a Midwifery student looking for volunteer work. I was happy to be trained and volunteered with you in 2017 - 2018 for one year." **Demi**

"The most memorable experience for me over the past five years has been the look on my ladies' faces when I have been supporting them, especially over the Covid period where I continued along with others supporting the families by dropping items to them." **Dionne**

## STATISTICS

Ethnic diversity



Trainings

- 1X Doula course
- 6X Listening courses
- 2X Safe guarding sessions
- 1X Confidentiality
- 2X Suicide first aid/domestic violence
- 2X Mental health first aid
- 1X Mental capacity training

Languages spoken

- English
- Urdu
- Punjabi
- Bengali
- French
- Romanian
- Hindi





# SECTION 4 – STRATEGY

## PLACE OF WELCOME AND WELLBEING (POWW)

A key strategic aim for Bethel is to establish a place of welcome and wellbeing. To that end, we have been working closely with key contacts across the NHS to explore locations and possible funding. We have established a vision and proposal for the services that would be delivered and the principles that would apply to the building.



Figure 1: Major Themes at the Place of Welcome

During our work to identify a location, we have been working with the Heart of England Baptist Association to explore the viability of a building in Sparkbrook. This is a very exciting option as it aligns to both the spiritual aspect of Bethel's work, as well as being an ideal location from which to deliver a broad range of services.

Work is underway to understand the cost of developing the site so that it can be a modern and efficient location that will meet the needs of the local community as well as becoming the new headquarters of Bethel.

We will continue to work closely with key stakeholders to deliver a Place of Welcome and Wellbeing that serves the needs of the local community in conjunction with the NHS.

- Jonathan Hindle, Trustee





# SECTION 5 – FINANCIAL REVIEW & STATEMENTS

## Trustee Responsibilities for the Financial Statements

Charity and Company Law require 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 at the balance sheet date and of its incoming resources and application of resources, including income and expenditure for that period. In preparing those financial statements, the Trustees are required to:

Select suitable accounting policies and apply them consistently to:

- Make judgements and estimates that are reasonable and prudent
- State whether applicable accounting standards 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 assume that the Charity will continue in business

The Trustees are responsible for keeping financial records which disclose with reasonable accuracy at any time the financial position of the Charity and that enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Charity and hence must take reasonable steps for the prevention and detection of fraud and other irregularities.

## Financial Review

Income for the year amounted to £305,725 (2021: £383,490) whilst expenditure was £378,998 (2021: £284,797). This resulted in a deficit of (£73,273) (2021: surplus of £98,694) and a decrease in funds for the year to £74,749 (2021: £148,022). The plan for this year was to run a deficit, and utilise the surplus and associated reserves from the previous year to further develop services and implement an enhanced staffing structure.

## Reserves Policy

Reserves are required to:

- smooth out surpluses and deficits year on year;
- replace capital expenditure or restructure the organisation;
- deal with the effects of any risks that materialise e.g. significant losses of income and delays in payments;
- allow the organisation to take on opportunities that may arise in a timely manner;
- deal with the unexpected.

Trustees are required to set an appropriate minimum level of reserves, and in doing so take into account these reasons for holding reserves, as well as current and future financial needs. The trustees have decided to set minimum reserves at 4 months of unrestricted expenditure, as indicative of the operating reserves required by the nature and size of the charity. As at 31 March 2022, that will require minimum free reserves of approximately £98,270 to be held (2021: £70,190). Both the policy and its implementation are under regular scrutiny.





## **Bethel Health and Healing Network**

### **Independent Examiners Report to the Trustees of the Bethel Health and Healing Network**

I report on the financial statements of the Charity for the year ended 31st March 2022

#### **Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of accounts. The trustees consider that an audit is not required for this year under section 43(2) of the Charities Act 1993 ('the 1993 Act') and that an independent examination is needed. The charity has prepared accrued accounts and I am qualified to undertake the examination.

It is my responsibility to:

- examine the accounts under Section 43 (3) (a) of the 1993 Act
- follow the procedures laid down in the General Directions given by the Charity Commissioners made under section 43 (7) (b) of the 1993 Act.
- state whether particular matters have come to my attention

#### **Basis of Independent Examiner's Statement**

My examination was carried out in accordance with the General Directions given by the Charity Commissioners and with Regulation 11 of the 2006 Regulations. An examination includes a review of the accounting records kept by the church, and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

#### **Independent Examiner's Statement**

In connection with my examination, no matter has come to my attention :-

1. which gives me reasonable cause to believe that in any material respect, the requirements: to keep accounting records in accordance with section 41 of the 1993 Act and Regulation 4 of the 2006 Regulations; and to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 1993 Act and Regulation 8 of the 2006 Regulations; and which are consistent with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met, or
2. to which, in my opinion, attention should be drawn to enable a proper understanding of the accounts to be reached.

Signed:



Date:

14/9/2022

David Chittenden  
18 Cunningham Road  
Peterborough  
PE2 9RG





Statement of Financial Activities  
Year Ended 31st March 2022

	Note	Restricted	Unrestricted	Total Funds 2022	Total Funds 2021
<b>Income and Endowments from:</b>					
Donations and legacies	2	22,515	44,098	66,613	177,077
Charitable activities	3	0	236,074	236,074	202,976
Interest			4	4	8
Other income			3,034	3,034	3,430
		22,515	283,210	305,725	383,490
<b>Expenditure on:</b>					
Raising funds	4		11,817	11,817	13,769
Charitable activities	5/6/7	22,515	344,666	367,181	271,028
Total expenditure		22,515	356,483	378,998	284,797
Net income		0	(73,273)	(73,273)	98,694
<b>Reconciliation of Funds</b>					
Total Funds brought forward		0	148,022	148,022	49,328
Total Funds carried forward		0	74,749	74,749	148,022
<b>Balance Sheet as at 31st March 2022</b>					
<b>Current Assets</b>					
Debtors	11			29,533	15,986
Cash at bank and in hand	12			61,488	148,235
				91,021	164,221
<b>Current Liabilities</b>					
Liabilities falling due within one year	13			16,272	16,199
<b>Net Assets</b>				74,749	148,022
<b>Represented by:-</b>					
Unrestricted Funds	15			74,749	148,022
Restricted Funds	15			0	0
<b>Total Funds</b>				74,749	148,022

The trustees (who are also the directors of the company for the purposes of company law) confirm that for the period ended 31 March 2022:-

- the company was entitled to exemption from audit under section 477 of the Companies Act 2006 ("the Act"), and
- members have not required the company to obtain an audit of its accounts for the period in question in accordance with section 476 of the Act. However, in accordance with section 145 of the Charities Act 2011 and section 44 of the Charities and Trustee Investment (Scotland) Act 2005, the accounts have been examined by an independent examiner.

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

The notes form an integral part of these accounts. They have been reviewed in the preparation of these accounts with changes to the classification and presentation.

These accounts, which have been prepared in accordance with the provisions in the Companies Act 2006 relating to small companies, were approved by the trustees on 04/10/2022 and signed on their behalf by:

Duncan Moore  
Chair of Trustees

Date: 04/10/22



Notes:

1. Accounting Policies

(a) Basis of Preparation

These accounts have been prepared on the basis of historic cost in accordance with the Accounting Regulations set out under the Charities Act 1993 and with the Charities Statement of Recommended Practice (SORP) 2005 - Second Edition

(b) Form of Financial Statements

- (i) Unrestricted funds are those that may be used at the discretion of the trustees in furtherance of the objects of the charity
- (ii) Restricted funds may only be used by specific purposes. Restrictions arise when specified by the donor or when funds are raised for specific purposes.

(c) Incoming Resources

- (i) Incoming Resources are recognised and included in the Statement of Financial Activities (SOFA) when the Charity becomes entitled to the resources; the trustees are virtually certain they will receive the resources; and the monetary value can be measured with sufficient reliability.
- (ii) Where incoming resources have related expenditure (as with fundraising), the incoming resources and related expenditure are reported gross in the SOFA.
- (iii) Donations are accounted for gross when received.
- (iv) Bank interest is recognised when it is credited to the account.

(d) Expenditure and Liabilities

- (i) Expenditure is accounted for on an accruals basis.
- (ii) Liabilities are recognised as soon as there is a legal or constructive obligation to pay out resources.

(e) Assets

Tangible fixed assets are capitalised if they cost more than £1,000 and can be used for more than one year. They are valued at cost or, if gifted, at value on receipt. The charity does not currently have any capitalised fixed assets.

(f) Taxation

The charity is not liable for income or capital gains tax on its charitable activities. Irrecoverable VAT is included in the asset cost or expense to which it relates.

2. Income from donations and legacies	Restricted	Unrestricted	2022	2021
Donations received	0	2,898	2,898	923
Grants received:				
Baron Davenport's Charity	750		750	0
Edward Cadbury Charitable Trust			0	5,000
GB Partnerships	2,000		2,000	0
Groundworks			0	500
Hall Green Neighbourhood Network Scheme			0	7,886
Heart of England Community Foundation	1,972		1,972	3,410
Lloyds Bank Foundation		25,000	25,000	94,776
Lord Mayor of Birmingham's Charity			0	0
Movement for Good (Benefact Group)		1,000	1,000	0
Oakdale Trust			0	0
Pears Foundation		10,000	10,000	0
Richard Kilcuppe Charity	500		500	0
Roger & Douglas Turner Charitable Trust			0	2,000
St Thomas Dole Charity			0	1,575
The 29th May 1961 Charitable Trust	5,000		5,000	0
The Arnold Clark Community Fund		3,500	3,500	0
The ASDA Foundation	900		900	0
The Big Give Trust Ltd		700	700	0
The Cole Charitable Trust	1,000		1,000	1,000
The Edward and Dorothy Cadbury Trust			0	500
The Goodenough Charitable Trust		1,000	1,000	2,000
The Grimmit Trust			0	2,000
The National Lottery Community Fund	9,893		9,893	49,757
The Roughley Trust			0	3,000
The Tudor Trust			0	1,000
The W.E.D. Charitable Trust	500		500	0
Other			0	1,750
	22,515	44,098	66,613	177,077



3. Income from charitable activities	Restricted	Unrestricted	2022	2021
Best Beginnings			0	1,345
Birmingham Maternal Mental Health Service		19,975	19,975	
Living Well Consortium		32,998	32,998	0
Murray Hall Community Trust Ltd		7,380	7,380	0
NHS BHAM Women & Childrens NHSFT			0	12,000
NHS Birmingham and Solihull CCG		104,320	104,320	104,320
NHS Hodge Hill			0	13,911
NHS Black Country and West Bham CCG		71,400	71,400	71,400
	0	236,074	236,074	202,976
4. Expenditure on generating donations and legacies			2022	2021
Unrestricted funds				
Raising funds			11,817	13,769
5. Costs of charitable activities by fund type			2022	2021
Doula	18,043	213,501	231,544	176,526
Rapha listening service	4,472	71,594	76,066	45,668
Trusted Charity (PQASSO)			0	0
Support costs		59,571	59,571	48,834
	22,515	344,666	367,181	271,028
6. Costs of charitable activities by activity type	Activities undertaken directly	Support costs	Total	Total
Doula	231,544	44,840	276,384	215,322
Rapha listening service	76,066	14,731	90,797	55,705
Trusted Charity (PQASSO)			0	0
	307,610	59,571	367,181	271,028
7. Analysis of support costs			2022	2021
Communication costs			12,809	8,978
Office costs			13,435	22,761
Premises costs			12,452	11,809
Legal and professional			39,833	36,725
Other operating costs			13,793	9,520
			92,322	89,793
8. Independent examiner's remuneration				
The Independent examiner provided services on a voluntary basis so no fee was charged (2021: Nil)				
9. Trustees' remuneration and expenses				
During the year, no Trustees received any remuneration or other benefits and no expenses were claimed (2021: Nil)				
10. Staff costs and emoluments			2022	2021
Salaries and wages			260,418	154,786
Social security costs			17,482	10,679
Employers contribution to defined contribution pension scheme			4,607	2,548
			282,507	168,013
There was one employee whose emoluments (salaries, wages, benefits in kind) fell in a band between £60,000 and £70,000 (2021: Nil)				
The average number of persons employed by the Charity, including part time staff, calculated on a full time equivalent basis was:				
Core staff			8.66	5.16
11. Debtors			2022	2021
Accounts Receivable			26,814	5,315
Accrued Revenue			1,153	9,320
Prepaid Expenses			1,567	1,351
Other				
			29,533	15,986
12. Bank and Cash Balances			2022	2021
TSB current account			45,785	132,342
Triodos deposit account			15,677	15,673
Petty Cash			26	220
			61,488	148,235



### 13. Current Liabilities (payable within one year)

	2022	2021
Accounts Payable	3,531	8,729
Accruals and deferred income	2,183	787
Payroll Liabilities	10,558	3,713
Prepaid Income	0	2,970
	<u>16,272</u>	<u>16,199</u>

### 14. Related party transactions

There were no donations from trustees (2021: £360 from 1 trustees)  
These amounts do not include the gift aid associated with these donations

### 15. Statement of Funds

	At 1st April 2021	Income	Expenditure	At 1st April 2022
<b>Unrestricted Funds</b>				
General	106,259	47,136	11,817	141,578
Doula designated	41,763	236,074	344,666	(66,829)
	<u>148,022</u>	<u>283,210</u>	<u>356,483</u>	<u>74,749</u>
<b>Restricted Funds</b>				
Doula		18,043	18,043	0
Rapha		4,472	4,472	0
	<u>0</u>	<u>22,515</u>	<u>22,515</u>	<u>0</u>
<b>Total Funds</b>	<u>148,022</u>	<u>305,725</u>	<u>378,998</u>	<u>74,749</u>
<b>Prior year</b>				
<b>Unrestricted Funds</b>				
General	13,740	106,288	13,769	106,259
Doula designated	35,589	202,976	196,802	41,763
	<u>49,328</u>	<u>309,264</u>	<u>210,570</u>	<u>148,022</u>
<b>Restricted Funds</b>				
Doula		44,466	44,466	0
Rapha		29,760	29,760	0
	<u>0</u>	<u>74,226</u>	<u>74,226</u>	<u>0</u>
<b>Total Funds</b>	<u>49,328</u>	<u>383,490</u>	<u>284,797</u>	<u>148,022</u>



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## LIST OF FUNDERS

- Birmingham and Solihull ICB (Formerly Birmingham and Solihull CCG)
- Black Country NHS ICB (formerly Black Country and West Birmingham CCG)
- Living Well Consortium
- Birmingham and Solihull Mental Health Foundation Trust
- Murray Hall
- GB Consulting
- Birthbliss
- Lloyds Bank Foundation
- 1961 Charitable Trust
- Heart of England Community Trust
- Awards for All
- Sport England
- The Cole Trust
- Movement for Good
- Arnold Clark
- Asda Foundation
- Luv Brum





**Registered Charity Number: 1116225**

**Company Number: 05813084**



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