

THE FOUNDATION FOR MOTHER AND CHILD HEALTH

England & Wales · Charity number 1117795

Details

Other names	FMCH
Status	Registered
Legal form	Charitable company
Company number	05765489
Registered	2007-02-02
Register	View on the Charity Commission register

Contact

Address	Luham Farm Edenhall Penrith Cumbria CA11 8TA
Phone	07939031959
Email	contact@fmch.co.uk
Website	www.fmch-uk.org

Activities

Objects: COMMUNITY CAPACITY BUILDING, RELIEF OF SICKNESS, RELIEF OF FINANCIAL HARDSHIP AND PROVISION OF RELIEF IN DISASTERS FOR A DETAILED DESCRIPTION OF THE OBJECTS ABOVE, PLEASE SEE PAGE 3A IN THE MEMORANDUM.

Activities: The Foundation for Mother and Child Health (FMCH) is a group of three sister organisations working to improve the lives of mothers, fathers and children in local communities in India, Indonesia and the UK, by providing programmes focused on health, nutrition, education, and sustainable skills training. Our aim is to help children reach their potential through the provision of these programmes.

Classification

- **How:** Makes Grants To Organisations, Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty, Overseas Aid/famine Relief, Economic/community Development/employment
- **Who:** Children/young People, Other Charities Or Voluntary Bodies, Other Defined Groups, The General Public/mankind

Geography

- **Area of benefit:** NATIONAL AND OVERSEAS
- India
- Indonesia
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-30	£5,224	£4,755	-	-
2024-04-30	£1,554	£1,775	-	-
2023-04-30	£1,042	£804	-	-
2022-04-30	£5,824	£5,930	-	-
2021-04-30	£34,984	£40,749	-	-

Trustees

Name	Role	Appointed
BARBARA JAYSON MBE		2007-02-02
Hugh Penrhyn Jones		2018-10-01
Lou Simpson		2017-01-31

THE FOUNDATION FOR MOTHER AND CHILD HEALTH

England & Wales - Charity number 1117795

Accounts

Charity registration number 1117795

Company registration number 05765489 (England and Wales)

**FOUNDATION FOR MOTHER & CHILD HEALTH
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 APRIL 2022**

FOUNDATION FOR MOTHER & CHILD HEALTH

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr H Penrhyn Jones Mrs L Simpson Mrs Barbara Jayson
Charity number	1117795
Company number	05765489
Registered office	Luham Farm Edenhall Penrith Cumbria CA11 8TA
Independent examiner	Champion TLL Limited 7-9 Station Road Hesketh Bank Preston Lancashire PR4 6SN

FOUNDATION FOR MOTHER & CHILD HEALTH

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FOUNDATION FOR MOTHER & CHILD HEALTH

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 30 APRIL 2022

The trustees present their annual report and financial statements for the year ended 30 April 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's [governing document], the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

The objective of the charity is to improve the lives of mothers and children in local communities by providing programmes focused on health, nutrition, education and sustainable skills training. It aims to meet this objective by having a presence whereby it can raise funds in the UK and pass these onto 'grass roots' charities in other parts of the world. At present, we work with communities in India and Indonesia, in order they can continue to extend the vital work done in those countries.

Public Benefit

The Trustees have considered the Charity Commission Guidance regarding Public Benefit and are satisfied that the Charity has met the necessary criteria during the year, through the activities described in this document.

The charity is reliant on the trustees who are key volunteers to the organisation. In addition, the trustees would in turn like to record their appreciation to all who have helped in starting to raise funds for the charity and publicising its cause.

Achievements and performance

Sadly, this year was marked by further COVID outbreaks world-wide, not just affecting FMCH-UK, but also our sister organisations FMCH-Indonesia and FMCH-India.

In the UK, our mental health film programmes continued to be translated, in collaboration with Chelsea and Westminster hospital, and were subsequently uploaded to the 'Perinatal Positivity' website where they have been viewed many times by health professionals and parents alike. The translation film programme aims to provide opportunities for women/parents from non-English speaking homes, the opportunity to understand the importance of maintaining their emotional wellbeing during pregnancy and after childbirth.

In Indonesia, our sister organisation FMCH-Indonesia continued with their core programmes of the First 1000 days & early childhood, and women & girls. Programmes often had to be conducted remotely as on many occasions, whole villages were closed due to COVID infections. Staff returned to working in the FMCH office in October 2021.

The First 1000 days programmes focus on provision of programmes improving health, nutrition, and well-being of children from conception to early childhood, and include supporting pregnant and caregiving mothers. Girls and women programmes focus on provision of programmes aimed at improving the health, nutrition, well-being, literacy and empowerment of women and girls, during their reproductive years.

A Health Campaign using social media, animations, booklets and story-telling was carried out by FMCH Indonesia on their Instagram and YouTube accounts. Mental health during COVID was one of the main themes explored in videos and booklets culminating in 2000 parents and 500 pregnant women receiving information on mental health in Jakarta, West Java and NTT (mainly the island of West Timor).

In India, COVID waves were a part of 2021. In mid 2021, FMCH India began work on updating their Nu-Tree app and by Dec 2021 an updated version of the Nu-Tree app was launched. There are 3.3 million malnourished children in India and the app has a protocol for front line workers handling severely and moderately malnourished children – a hugely important piece of work. FMCH India were supported in their work by becoming a part of the Nudge Accelerator programme supported by Meta.

Other new programmes working with local community health workers were drawn up and piloted by FMCH India. Results were encouraging allowing work to begin scaling up these programmes.

Financial review

FOUNDATION FOR MOTHER & CHILD HEALTH

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 30 APRIL 2022

The Charity is in its twelfth year, and has needed to distribute all of its unrestricted reserves to date for direct charitable purposes. The funds held at the year end of £3,174 are restricted specifically for work in Jakarta and west Timor.

Structure, governance and management

The charitable company is controlled by its governing document, being its Memorandum and Articles of Association, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 1985. Each trustee is also a Member of the charity and in the event of the charity being wound up, the liability of each member is limited.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Mr H Penrhyn Jones

Mrs K B Compton - NLA

(Resigned 15 July 2022)

Mrs R Penrhyn Jones - NLA

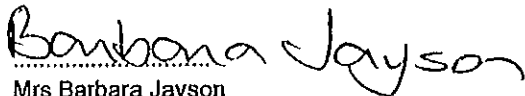
(Resigned 15 July 2022)

Mrs L Simpson

Mrs Barbara Jayson

When new trustees are required, either to replace an existing trustee or to expand the experience and knowledge represented across the Board, appointment is made upon unanimous decision of the existing Board.

The trustees' report was approved by the Board of Trustees.



Mrs Barbara Jayson

Trustee

Date: 11/12/22

FOUNDATION FOR MOTHER & CHILD HEALTH

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF FOUNDATION FOR MOTHER & CHILD HEALTH

I report to the trustees on my examination of the financial statements of Foundation for Mother & Child Health (the charity) for the year ended 30 April 2022.

Responsibilities and basis of report

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

Having satisfied myself that the financial statements of the charity 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 the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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 charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements 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 financial statements 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 financial statements to be reached.



Champion TLL Limited

P Buck FCA, DChA
7-9 Station Road
Hesketh Bank
Preston
Lancashire
PR4 6SN

Dated: 1/12/2022

FOUNDATION FOR MOTHER & CHILD HEALTH

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 30 APRIL 2022

	Notes	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
Income from:							
Donations and legacies	2	824	5,000	5,824	1,624	33,360	34,984
Expenditure on:							
Raising funds	3	450	-	450	435	-	435
Charitable activities							
Over seas support - grants payable	4	480	5,000	5,480	6,537	33,777	40,314
Total charitable expenditure		480	5,000	5,480	6,537	33,777	40,314
Total expenditure		930	5,000	5,930	6,972	33,777	40,749
Net outgoing resources before transfers		(106)	-	(106)	(5,348)	(417)	(5,765)
Gross transfers between funds		106	(106)	-	3,099	(3,099)	-
Net income/(expenditure) for the year/							
Net movement in funds		-	(106)	(106)	(2,249)	(3,516)	(5,765)
Fund balances at 1 May 2021		-	3,280	3,280	2,249	6,798	9,045
Fund balances at 30 April 2022		-	3,174	3,174	-	3,280	3,280

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

FOUNDATION FOR MOTHER & CHILD HEALTH

BALANCE SHEET

AS AT 30 APRIL 2022

	Notes	2022 £	£	2021 £	£
Current assets					
Cash at bank and in hand		3,654		3,730	
Creditors: amounts falling due within one year	9	<u>(480)</u>		<u>(450)</u>	
Net current assets			<u>3,174</u>		<u>3,280</u>
Income funds					
Restricted funds - general	10		3,174		3,280
Unrestricted funds			-		-
			<u>3,174</u>		<u>3,280</u>

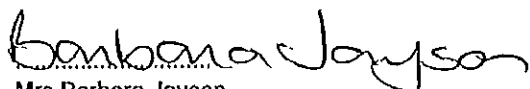
The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 30 April 2022.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on 11/12/22


Mrs Barbara Jayson
Trustee

Company registration number 05765489

FOUNDATION FOR MOTHER & CHILD HEALTH

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 APRIL 2022

1 Accounting policies

Charity Information

Foundation for Mother & Child Health is a private company limited by guarantee incorporated in England and Wales. The registered office is Luham Farm, Edenhall, Penrith, Cumbria, CA11 8TA.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

FOUNDATION FOR MOTHER & CHILD HEALTH

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 APRIL 2022

1 Accounting policies (Continued)

1.5 Expenditure

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

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

2 Donations and legacies

	Unrestricted funds	Restricted funds general	Total	Unrestricted funds	Restricted funds general	Total
	2022	2022	2022	2021	2021	2021
	£	£	£	£	£	£
Donations and gifts	824	-	824	1,624	-	1,624
Grants received	-	5,000	5,000	-	33,360	33,360
	<u>824</u>	<u>5,000</u>	<u>5,824</u>	<u>1,624</u>	<u>33,360</u>	<u>34,984</u>

3 Raising funds

	Unrestricted funds	Unrestricted funds
	2022	2021
	£	£
<u>Fundraising and publicity</u>		
Other fundraising costs	450	435
	<u>450</u>	<u>435</u>

FOUNDATION FOR MOTHER & CHILD HEALTH

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 APRIL 2022

4 Charitable activities

	Over seas support - grants payable 2022 £	Over seas support - grants payable 2021 £
Grant funding of activities (see note 5)	5,000	39,864
Share of governance costs (see note 6)	480	450
	<u>5,480</u>	<u>40,314</u>
Analysis by fund		
Unrestricted funds	480	6,537
Restricted funds - general	5,000	33,777
	<u>5,480</u>	<u>40,314</u>

5 Grants payable

	Over seas support - grants payable 2022 £	Over seas support - grants payable 2021 £
Grants to institutions:		
West Timor and Jakarta, Indonesia and Balita	5,000	33,760
Orchid Project	-	17
Formed Films	-	6,087
	<u>5,000</u>	<u>39,864</u>

FOUNDATION FOR MOTHER & CHILD HEALTH

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 APRIL 2022

6 Support costs	Support costs	Governance costs	2022 Support costs		Governance costs	2021
	£	£	£	£	£	£
Accountancy fees	-	480	480	-	450	450
	-	480	480	-	450	450
Analysed between Charitable activities	-	480	480	-	450	450

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

8 Employees

	2022 Number	2021 Number
Total	-	-

9 Creditors: amounts falling due within one year

	2022 £	2021 £
Accruals and deferred income	480	450

10 Restricted funds

The balance on restricted funds relates wholly to monies awaiting transfer to various projects, which may be summarised as follows :-

- FMCH Indonesia - Jakarta activities £2,739
- FMCH Indonesia- West Timor activities £435

FOUNDATION FOR MOTHER & CHILD HEALTH

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 APRIL 2022

11 Analysis of net assets between funds

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
Fund balances at 30 April 2022 are represented by:						
Current assets/(liabilities)	-	3,174	3,174	-	3,280	3,280
	<u>-</u>	<u>3,174</u>	<u>3,174</u>	<u>-</u>	<u>3,280</u>	<u>3,280</u>
	<u>-</u>	<u>3,174</u>	<u>3,174</u>	<u>-</u>	<u>3,280</u>	<u>3,280</u>

12 Related party transactions

There were no disclosable related party transactions during the year (2021 - none).

THE FOUNDATION FOR MOTHER AND CHILD HEALTH

England & Wales - Charity number 1117795

Accounts

REGISTERED COMPANY NUMBER: 05765489 (England and Wales)
REGISTERED CHARITY NUMBER: 1117795

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30TH APRIL 2021
FOR
THE FOUNDATION FOR MOTHER AND CHILD
HEALTH

Champion TLL Ltd
Chartered Accountants
7-9 Station Road
Hesketh Bank
Preston
Lancashire
PR4 6SN

**THE FOUNDATION FOR MOTHER AND CHILD
HEALTH**

**CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30TH APRIL 2021**

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**THE FOUNDATION FOR MOTHER AND CHILD
HEALTH**

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 30TH APRIL 2021**

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 30th April 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objective of the charity is to improve the lives of mothers and children in local communities by providing programmes focused on health, nutrition, education and sustainable skills training. It aims to meet this objective by having a presence whereby it can raise funds in the UK and pass these onto 'grass roots' charities in other parts of the world. At present, we work with communities in India and Indonesia, in order they can continue to extend the vital work done in those countries.

Public Benefit

The Trustees have considered the Charity Commission Guidance regarding Public Benefit and are satisfied that the Charity has met the necessary criteria during the year, through the activities described in this document.

Volunteers

The charity is reliant on the trustees who are key volunteers to the organisation. In addition, the trustees would in turn like to record their appreciation to all who have helped in starting to raise funds for the charity and publicising its cause.

**THE FOUNDATION FOR MOTHER AND CHILD
HEALTH**

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 30TH APRIL 2021**

ACHIEVEMENT AND PERFORMANCE

**Charitable activities
FMCH UK**

Globally, this has been a tumultuous year. The COVID 19 pandemic has resulted in millions of people dying and many more millions becoming infected. Families around the world are grieving. Unemployment has risen, and around the world people have had to change their lifestyles - working in lockdown from home, unable to mix socially. Individuals have found lockdown hugely stressful - the numbers of people suffering from mental health illnesses have increased hugely. Global supply chains have broken down leading to shortages of food and essential medication and equipment. Inflation is rising.

However, through this dark period, there are glimmers of hope.

Temporary lockdown measures appear to help reduce the spread of COVID infection within populations, pharmaceutical companies are developing vaccines that appear to slow the rate of COVID infection and offer protection for vulnerable people. And although at the moment, not all countries have equal access to these vaccinations, and those governments who do have vaccines, have not always found it easy to vaccinate their populations, this appears to be slowly improving.

We have all learnt to adapt to our different working lifestyles, learning new ways of communicating with peers and beneficiaries through new apps, and using platforms like Zoom and Teams. We have all inadvertently reduced our carbon footprint as we cut down on face-to-face meetings, but still endeavour to carry on our work wherever we live in the world.

In the UK, we have continued to work with colleagues to translate the 'Perinatal Positivity' animated film into several different languages. Progress has been slow through lockdown, but the project will be complete by the end of 2021.

FMCH-India summary 2020-2021

"2020-21: the year that was..."

We may not be born with resilience, but it can be built over time as our experiences interact with our unique, individual genetic makeup. We all respond differently to stress and adversity, like the COVID-19 pandemic.

During the pandemic at FMCH India, we leveraged the spirit of teamwork to grow resilience. Initially, working virtually, our team and beneficiaries faced problems such as connectivity issues, lack of access to smartphones and difficulty in using video calling applications. But we continued to stay in touch with mothers, completing need assessments with them and collecting data about their mental and physical health through telephone interviews.

We hosted fundraisers, and distributed rations and hygiene kits amongst our community members. Our staff continued to educate mothers through phone calls. We formed several **W h a t s A p p** groups for p r e g n a n t and lactating mothers and mothers of children aged between 7-24 months. If they had any questions, the information was provided in the group. These groups were very successful, with information reaching people through videos and IEC materials.

Our team and field officers missed meeting in person, but we understood how difficult and uncertain the situation was. We allowed ourselves to slow down and develop a greater sense of empathy towards ourselves and others. Social connectedness ensured that none of our team and community members were alone in spirit. As COVID cases started going down, we resumed operations with full precautions and safety protocols in place.

Our field officers were instrumental in making the mothers feel at home through it all. At the same time, our **NuTree App**, launched in June 2020, added a layer of support for field workers. As the world continues to venture into uncharted waters, at FMCH, we have learnt the importance of collective resilience which has helped us come out stronger in trying times in the last one year. And we will keep fighting the good fight

To find out more about FMCH India and their work during 2020/21:

www.fmch-india.org

FMCH Indonesia - summary report 2020-2021

**THE FOUNDATION FOR MOTHER AND CHILD
HEALTH**

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 30TH APRIL 2021**

"2020-21: We made it..."

FMCH Indonesia's programmes focus on:

1. The first 1000 day & early childhood - health, nutrition, and wellbeing of children from conception to early childhood; and expectant and caregiving mothers
2. Girls and Women - health, nutrition, wellbeing, literacy, and/or empowerment of girls, and women particularly during their reproductive age, and social enterprise

COVID-19 Response and FMCH Indonesia:

Unprecedented times call for unprecedented measures. As COVID-19 restrained the world, our collective resilience to the global pandemic was put to the test. Hand in hand with various partners, FMCH Indonesia, worked to support women and children's health and well-being during the pandemic.

1,500 cloth masks were made by FMCH Indonesia and distributed to communities we support in Jakarta, West Java, and Nusa Tenggara Timur.

1,500 hygiene packs were distributed to FMCH beneficiaries in Jakarta, Jawa Barat, and Nusa Tenggara Timur.

2,000 activity books, produced by FMCH Indonesia, were distributed to pre-school children in Jakarta, West Java, and Nusa Tenggara Timur.

6,000 book series about Covid-19, created especially for children, parents, and pregnant women were distributed.

Three Covid-19 Education Animation series were launched through FMCH Indonesia's social media.

Throughout 2020/21, FMCH Indonesia adapted quickly to the 'new normal', changing their strategies and approaches to running programmes and ensuring all activities maintained strict health protocols. We converted face-to-face teaching and training for pre-school children, mothers, and factory workers, into learning from home, using online meeting platforms such as Zoom, Google Meeting and WhatsApp Group Meetings. We also changed the learning methods that integrated physical and mental health well-being for children.

As COVID infection levels gradually fall and restrictions across Indonesia gradually relax, less programmes are being held via telephone and more programmes are taking place face to face. We are waiting to see what the future holds for us in 2021/2.

To find out more about FMCH Indonesia and their work during 2020/21:

www.fmch-indonesia.org

FINANCIAL REVIEW

Reserves policy

The Charity is in its eleventh year, and has needed to distribute all of its unrestricted reserves to date for direct charitable purposes. The funds held at the year end of £3,280 are restricted specifically for work in Jakarta and west Timor.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charitable company is controlled by its governing document, being its Memorandum and Articles of Association, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 1985. Each trustee is also a Member of the charity and in the event of the charity being wound up, the liability of each member is limited.

Recruitment and appointment of new trustees

When new trustees are required, either to replace an existing trustee or to expand the experience and knowledge represented across the Board, appointment is made upon unanimous decision of the existing Board.

**THE FOUNDATION FOR MOTHER AND CHILD
HEALTH**

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 30TH APRIL 2021**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Induction and training of new trustees

New trustees are provided with a copy of the charity's governing document and financial accounts, together with a detailed brief as to the background and activities of the charity. Trustees are also each provided with a copy of the Charity Commission guidance regarding trustee responsibilities and good governance.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

05765489 (England and Wales)

Registered Charity number

1117795

Registered office

4 Spencers Belle Vue
Landsdown Road
Bath
BA1 5ER

Trustees

Mrs B M Jayson MBE
Mrs K Compton
Mrs R Penrhyn Jones
Mrs L Simpson
H Penrhyn Jones

Company Secretary

Independent Examiner

Mr P Buck FCA, DChA
Champion TLL Ltd
Chartered Accountants
7-9 Station Road
Hesketh Bank
Preston
Lancashire
PR4 6SN

Advisers

TLL Accountants

Bankers

HSBC Bank plc

Approved by order of the board of trustees on8/12/2021..... and signed on its behalf by:


.....
Mrs B M Jayson MBE - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
THE FOUNDATION FOR MOTHER AND CHILD
HEALTH

Independent examiner's report to the trustees of The Foundation for Mother and Child Health ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 30th April 2021.

Responsibilities and basis of report

As the charity's 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 charity'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

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:

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.



Mr P Buck FCA, DChA
Champion TLL Ltd
Chartered Accountants
7-9 Station Road
Hesketh Bank
Preston
Lancashire
PR4 6SN

Date: 9/12/2021

**THE FOUNDATION FOR MOTHER AND CHILD
HEALTH**

**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 30TH APRIL 2021**

	Notes	Unrestricted fund £	Restricted fund £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		1,624	33,360	34,984	7,584
 EXPENDITURE ON					
Raising funds	2	435	-	435	393
Charitable activities	3				
Overseas Support - Grants payable		6,537	33,777	40,314	9,135
 Total		6,972	33,777	40,749	9,528
 NET INCOME/(EXPENDITURE)		(5,348)	(417)	(5,765)	(1,944)
 Transfers between funds	9	3,099	(3,099)	-	-
Net movement in funds		(2,249)	(3,516)	(5,765)	(1,944)
 RECONCILIATION OF FUNDS					
Total funds brought forward		2,249	6,796	9,045	10,989
 TOTAL FUNDS CARRIED FORWARD		-	3,280	3,280	9,045

The notes form part of these financial statements

**THE FOUNDATION FOR MOTHER AND CHILD
HEALTH**

**BALANCE SHEET
30TH APRIL 2021**

	Notes	Unrestricted fund £	Restricted fund £	2021 Total funds £	2020 Total funds £
CURRENT ASSETS					
Cash at bank		450	3,280	3,730	9,495
CREDITORS					
Amounts falling due within one year	8	(450)	-	(450)	(450)
NET CURRENT ASSETS		-	3,280	3,280	9,045
TOTAL ASSETS LESS CURRENT LIABILITIES					
		-	3,280	3,280	9,045
NET ASSETS					
		-	3,280	3,280	9,045
FUNDS					
Unrestricted funds	9			-	2,249
Restricted funds				3,280	6,796
TOTAL FUNDS					
				3,280	9,045

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30th April 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 30th April 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 8-12-2021 and were signed on its behalf by:


Mrs B M Jayson MBE - Trustee

The notes form part of these financial statements

**THE FOUNDATION FOR MOTHER AND CHILD
HEALTH**

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30TH APRIL 2021**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Grants payable

Grants awarded during the year are shown as direct charitable expenses. Any amounts not actually paid out at the year end are accrued as creditors due if an award has been communicated or minuted prior to the year end.

Support costs

Since all of activities/costs relate to the charity's single charitable activity heading, all support costs have been allocated here and as such a separate analysis/description or allocation basis is not required.

**THE FOUNDATION FOR MOTHER AND CHILD
HEALTH**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30TH APRIL 2021**

2. RAISING FUNDS

Raising donations and legacies

	2021	2020
	£	£
Bank charges	219	159
On-line giving fees	216	234
	<u>435</u>	<u>393</u>

3. CHARITABLE ACTIVITIES COSTS

	Grant funding of activities (see note 4)	Support costs (see note 5)	Totals
	£	£	£
Overseas Support - Grants payable	<u>39,864</u>	<u>450</u>	<u>40,314</u>

4. GRANTS PAYABLE

	2021	2020
	£	£
Overseas Support - Grants payable	<u>39,864</u>	<u>8,685</u>

The total grants paid to institutions during the year was as follows:

	2021	2020
	£	£
West Timor and Jakarta, Indonesia and Balita.	33,760	8,685
Orchid Project	17	-
Formed Films	6,087	-
	<u>39,864</u>	<u>8,685</u>

As described in the trustees' report, grants payable to the registered charities noted above are key to the achievement of this charity's objectives.

5. SUPPORT COSTS

	Governance costs
	£
Overseas Support - Grants payable	<u>450</u>

**THE FOUNDATION FOR MOTHER AND CHILD
HEALTH**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30TH APRIL 2021**

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30th April 2021 nor for the year ended 30th April 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 30th April 2021 nor for the year ended 30th April 2020.

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	2,584	5,000	7,584
 EXPENDITURE ON			
Raising funds	393	-	393
Charitable activities			
Overseas Support - Grants payable	450	8,685	9,135
 Total	843	8,685	9,528
 NET INCOME/(EXPENDITURE)	1,741	(3,685)	(1,944)
 RECONCILIATION OF FUNDS			
Total funds brought forward	508	10,481	10,989
 TOTAL FUNDS CARRIED FORWARD	2,249	6,796	9,045

**THE FOUNDATION FOR MOTHER AND CHILD
HEALTH**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30TH APRIL 2021**

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Accrued expenses	450	450

9. MOVEMENT IN FUNDS

	At 1.5.20 £	Net movement in funds £	Transfers between funds £	At 30.4.21 £
Unrestricted funds				
General fund	2,249	(5,348)	3,099	-
Restricted funds				
Restricted	6,796	(417)	(3,099)	3,280
TOTAL FUNDS	<u>9,045</u>	<u>(5,765)</u>	<u>-</u>	<u>3,280</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	1,624	(6,972)	(5,348)
Restricted funds			
Restricted	33,360	(33,777)	(417)
TOTAL FUNDS	<u>34,984</u>	<u>(40,749)</u>	<u>(5,765)</u>

Comparatives for movement in funds

	At 1.5.19 £	Net movement in funds £	At 30.4.20 £
Unrestricted funds			
General fund	508	1,741	2,249
Restricted funds			
Restricted	10,481	(3,685)	6,796
TOTAL FUNDS	<u>10,989</u>	<u>(1,944)</u>	<u>9,045</u>

**THE FOUNDATION FOR MOTHER AND CHILD
HEALTH**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30TH APRIL 2021**

9. **MOVEMENT IN FUNDS - continued**

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	2,584	(843)	1,741
Restricted funds			
Restricted	5,000	(8,685)	(3,685)
TOTAL FUNDS	<u>7,584</u>	<u>(9,528)</u>	<u>(1,944)</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.5.19 £	Net movement in funds £	Transfers between funds £	At 30.4.21 £
Unrestricted funds				
General fund	508	(3,607)	3,099	-
Restricted funds				
Restricted	10,481	(4,102)	(3,099)	3,280
TOTAL FUNDS	<u>10,989</u>	<u>(7,709)</u>	<u>-</u>	<u>3,280</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	4,208	(7,815)	(3,607)
Restricted funds			
Restricted	38,360	(42,462)	(4,102)
TOTAL FUNDS	<u>42,568</u>	<u>(50,277)</u>	<u>(7,709)</u>

Restricted funds

The balance on restricted funds relates wholly to monies awaiting transfer to various projects, which may be summarised as follows :-

- FMCH Indonesia - Jakarta activities £2,845
- FMCH Indonesia- West Timor activities £435

**THE FOUNDATION FOR MOTHER AND CHILD
HEALTH**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30TH APRIL 2021**

10. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 30th April 2021.

