

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

CONTENTS

	Page
Trustees' report	1 - 2
Independent examiner's report	3
Statement of financial activities	4
Balance sheet	5
Notes to the financial statements	6 - 10

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 2008 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

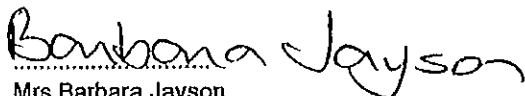
(Resigned 15 July 2022)

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 Unrestricted funds 2022 £	Restricted funds 2021 £	Total 2021 £
Income from:						
Donations and legacies	2	824	5,000	5,824	1,624	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	40,314
Total charitable expenditure		480	5,000	5,480	6,537	40,314
Total expenditure		930	5,000	5,930	6,972	40,749
Net outgoing resources before transfers		(106)	-	(106)	(5,348)	(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)
Fund balances at 1 May 2021		-	3,280	3,280	2,249	6,798
Fund balances at 30 April 2022		-	3,174	3,174	-	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	(480)		(450)	
Net current assets			3,174		3,280
Income funds					
Restricted funds - general	10		3,174		3,280
Unrestricted funds			-		-
			3,174		3,280

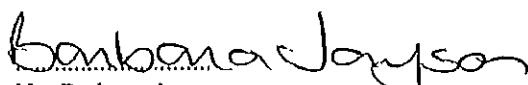
The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 30 April 2022.

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
	-	480	480	-	450
Analysed between Charitable activities	-	480	480	-	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	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2022	2022	2022	2021	2021	2021
	£	£	£	£	£	£
Fund balances at 30 April 2022 are represented by:						
Current assets/(liabilities)	-	3,174	3,174	-	3,280	3,280
	-	3,174	3,174	-	3,280	3,280

12 Related party transactions

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