

REGISTERED COMPANY NUMBER: 06215916 (England and Wales)  
REGISTERED CHARITY NUMBER: 1120531

**REPORT OF THE TRUSTEES AND**  
**UNAUDITED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 30 APRIL 2024**  
**FOR**  
**BIRTH TRAUMA ASSOCIATION**

Hysons  
Chartered Accountants  
14 London Street  
Andover  
Hampshire  
SP10 2PA

**BIRTH TRAUMA ASSOCIATION**

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**FOR THE YEAR ENDED 30 APRIL 2024**

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**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 30 APRIL 2024**

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 30 April 2024. 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 Charity's main aim is to support parents experiencing psychological distress as a result of having, or witnessing, a traumatic birth. This includes women whose symptoms qualify them for a PTSD diagnosis (about 4-5% of those giving birth) and those with other psychological symptoms such as anxiety or depression. About 1% of fathers and partners develop PTSD after witnessing a traumatic birth, and we also offer support to them, and to the wider group who experience some trauma symptoms after witnessing a traumatic birth.

Our other aim is to work for improvement in maternity services through training professionals, campaigning, intervening in policy and taking part in research projects.

**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 30 APRIL 2024**

**ACHIEVEMENT AND PERFORMANCE**

**Charitable activities**

The support the Charity offers to parents is largely through a trained team of 15 peer supporters, including two fathers, answering emails and phone calls, and through a very active private Facebook group, with 18,400 members who provide valuable support to each other. The Charity also offers support by responding to people who contact us over different channels (public Facebook page, enquiries inbox, Instagram page) by signposting them either to our own services, or other relevant services, such as NHS Talking Therapies. Our website also has six Frequently Asked Questions (FAQ) documents offering answers to questions such as: How do I access my birth notes? and How do I take legal action against the hospital where I gave birth?

In order to improve awareness and understanding of birth trauma amongst health professionals, the Charity offers three free training videos on our website. We also offer face-to-face training sessions to doctors, midwives and students for a small fee, usually provided by our chair, Rachael McGrath.

Our campaigning work includes an annual Awareness Week in July where we create social media content centred on a particular theme (in 2024, this was informed consent) and share stories where possible in the mainstream media. This year the Times ran a story about our informed consent survey. We work with journalists throughout the year on stories about birth trauma, and also take part in interviews for radio, tv and press about stories relating to maternity.

Our policy work includes responding to national consultations on health and maternity, such as the National Maternity Review, the Maternity Safety Enquiry and the Women's Health Strategy consultation. We frequently comment on draft NICE guidelines relating to maternity, had a representative on the NICE working party to update the postnatal care guideline, and represented the patient voice on the OASI care bundle project, a collaboration between RCOG and RCM to reduce severe obstetric tearing. We are now involved in another collaboration between obstetricians, midwives and service users on the use of instruments during birth, which will produce a consensus statement to be adopted by the RCOG. We were the secretariat for the APPG on birth trauma, and wrote the final report of the APPG's inquiry into birth trauma this year, which was published in May 2024 and received extensive media coverage.

We have participated as the PPI (patient and public involvement) lead in numerous research projects. These include DISCERN, which aims to improve disclosure to families when things go wrong in maternity care, and Rotate, a randomised controlled trial to assess the use of rotational forceps during birth. Among the research projects we're currently involved in is one to reduce postpartum haemorrhage and another to assess the use of total intravenous anaesthesia (TIVA) when a caesarean is being performed under general anaesthetic. We are also frequently approached by academic researchers looking into birth trauma to advertise for case studies for their research, which we do through our social media and Facebook group.

**FINANCIAL REVIEW**

**Financial position**

Free reserves available for use by the charity entirely at the Board's discretion are deemed to be those that are readily realisable for spending, less trust funds whose uses are restricted by charity law and any corporate reserves we have designated for particular purposes.

At the end of the financial year, the charity's free reserves available for current and future charitable projects amounted to £25,925 (2023 - £34,667).

**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 30 APRIL 2024**

**FINANCIAL REVIEW**

**Reserves policy**

Reserves need to be adequate to reflect the variability of the Charity's funding which is affected by three key components:

- Variation in donation receipts which are significantly affected by media publicity around traumatic birth.
- Receipts of large single donations or fundraising activities by supporters. Our experience is that these can be unpredictable both in frequency and amount.
- Grant funding.

Until the next review, the trustees recommend maintaining 8- 12 months core reserves; consisting of staffing, core establishment and administration costs in addition to funds allocated for ongoing projects or parts of projects that will be completed within the financial year.

Reserve funds may be spent if income falls below expectations or for unanticipated cost overruns for individual projects.

Reserves policy will be reviewed annually.

**FUTURE PLANS**

The Charity plans shortly to introduce face-to-face peer support groups. The first one will be in the North West of England, followed by another in either the North East or London. We have been awarded a small grant to do this. We are hoping also to extend our peer support, currently available over phone and email, to WhatsApp.

We would also like to make sure our two main leaflets, Coping with a traumatic birth and, Fathers and Partners: Coping with a traumatic birth, are translated into the main minority languages in the UK. So far, Coping with a traumatic birth is available in both Urdu and Polish, but we would like to translate the others too to extend our reach to the very many parents with birth trauma whose first language isn't English.

We are currently in the process of setting up a legal panel of trusted legal partners, who we will feature on our website as recommended lawyers for medical negligence litigation. The law firms will pay us a fixed annual fee, and will offer pro bono advice on complaints and dealing with hospitals over issues like accessing birth notes. The income will help us pay some of our staff who currently work on a voluntary basis, and therefore to expand our peer support services and training offer.

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Company number**

06215916 (England and Wales)

**Registered Charity number**

1120531

**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 30 APRIL 2024**

**Registered office**

16 Pentre Close  
Ashton Hayes  
Chester  
CH3 8BR

**Trustees**

Mr P Alway  
Dr C Jones  
Ms R Rhodes-Kemp  
Mrs M L Treadwell

**Independent Examiner**

Christopher Joyce FCCA  
Hysons  
Chartered Accountants  
14 London Street  
Andover  
Hampshire  
SP10 2PA

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 2 December 2024 and signed on its behalf by:

Mrs M L Treadwell - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
BIRTH TRAUMA ASSOCIATION**

**Independent examiner's report to the trustees of Birth Trauma Association ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 April 2024.

**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.

Christopher Joyce FCCA

Hysons  
Chartered Accountants  
14 London Street  
Andover  
Hampshire  
SP10 2PA

2 December 2024

**BIRTH TRAUMA ASSOCIATION**

**STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 30 APRIL 2024**

		2024 Unrestricted fund £	2023 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>	Notes		
Donations and legacies	2	26,753	29,734
<b>Charitable activities</b>	4		
Principal activity		2,250	3,160
Investment income	3	105	-
<b>Total</b>		<u>29,108</u>	<u>32,894</u>
 <b>EXPENDITURE ON</b>			
Raising funds		648	446
<b>Charitable activities</b>	5		
Principal activity		<u>37,202</u>	<u>42,247</u>
<b>Total</b>		<u>37,850</u>	<u>42,693</u>
 <b>NET INCOME/(EXPENDITURE)</b>		 (8,742)	 (9,799)
 <b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward		34,667	44,466
 <b>TOTAL FUNDS CARRIED FORWARD</b>		 <u><u>25,925</u></u>	 <u><u>34,667</u></u>

The notes form part of these financial statements

**BALANCE SHEET**

**30 APRIL 2024**

	Notes	2024 Unrestricted fund £	2023 Total funds £
<b>CURRENT ASSETS</b>			
Debtors	8	64	-
Cash at bank		28,746	34,667
		<hr/>	<hr/>
		28,810	34,667
<b>CREDITORS</b>			
Amounts falling due within one year	9	(2,885)	-
		<hr/>	<hr/>
<b>NET CURRENT ASSETS</b>		25,925	34,667
		<hr/>	<hr/>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		25,925	34,667
		<hr/>	<hr/>
<b>NET ASSETS</b>		25,925	34,667
		<hr/>	<hr/>
<b>FUNDS</b>	10		
Unrestricted funds		25,925	34,667
		<hr/>	<hr/>
<b>TOTAL FUNDS</b>		25,925	34,667
		<hr/>	<hr/>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 April 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 April 2024 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.

**BALANCE SHEET - continued**  
**30 APRIL 2024**

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 2 December 2024 and were signed on its behalf by:

Mrs M L Treadwell - Trustee

## **BIRTH TRAUMA ASSOCIATION**

### **NOTES TO THE FINANCIAL STATEMENTS** **FOR THE YEAR ENDED 30 APRIL 2024**

#### **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.

##### **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.

##### **Pension costs and other post-retirement benefits**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

# BIRTH TRAUMA ASSOCIATION

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 30 APRIL 2024

### 2. DONATIONS AND LEGACIES

	2024	2023
	£	£
Donations	14,315	15,732
Grants	9,525	7,358
Membership subscription	2,913	6,644
	<u>26,753</u>	<u>29,734</u>

Grants received, included in the above, are as follows:

	2024	2023
	£	£
The Light Fund	4,800	4,800
Other grants	4,725	2,558
	<u>9,525</u>	<u>7,358</u>

### 3. INVESTMENT INCOME

	2024	2023
	£	£
Deposit account interest	105	-
	<u>105</u>	<u>-</u>

### 4. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2024	2023
		£	£
Research	Principal activity	2,250	2,250
Other	Principal activity	-	910
		<u>2,250</u>	<u>3,160</u>

### 5. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs	Totals
	£	£	£
Principal activity	36,122	1,080	37,202
	<u>36,122</u>	<u>1,080</u>	<u>37,202</u>

# BIRTH TRAUMA ASSOCIATION

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 30 APRIL 2024

### 6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30 April 2024 nor for the year ended 30 April 2023.

#### Trustees' expenses

There were no trustees' expenses paid for the year ended 30 April 2024 nor for the year ended 30 April 2023.

### 7. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2024	2023
Volunteer manager	1	1
	<u>1</u>	<u>1</u>

No employees received emoluments in excess of £60,000.

### 8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Prepayments	64	-
	<u>64</u>	<u>-</u>

### 9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade creditors	1,000	-
Other creditors	805	-
Accrued expenses	1,080	-
	<u>2,885</u>	<u>-</u>

### 10. MOVEMENT IN FUNDS

	At 1.5.23	Net movement in funds	At 30.4.24
	£	£	£
<b>Unrestricted funds</b>			
General fund	34,667	(8,742)	25,925
	<u>34,667</u>	<u>(8,742)</u>	<u>25,925</u>
<b>TOTAL FUNDS</b>	<u>34,667</u>	<u>(8,742)</u>	<u>25,925</u>

**BIRTH TRAUMA ASSOCIATION**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 30 APRIL 2024**

**10. MOVEMENT IN FUNDS - continued**

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	29,108	(37,850)	(8,742)
	<hr/>	<hr/>	<hr/>
<b>TOTAL FUNDS</b>	<u>29,108</u>	<u>(37,850)</u>	<u>(8,742)</u>

**Comparatives for movement in funds**

	At 1.5.22 £	Net movement in funds £	At 30.4.23 £
<b>Unrestricted funds</b>			
General fund	44,466	(9,799)	34,667
	<hr/>	<hr/>	<hr/>
<b>TOTAL FUNDS</b>	<u>44,466</u>	<u>(9,799)</u>	<u>34,667</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	32,894	(42,693)	(9,799)
	<hr/>	<hr/>	<hr/>
<b>TOTAL FUNDS</b>	<u>32,894</u>	<u>(42,693)</u>	<u>(9,799)</u>

**BIRTH TRAUMA ASSOCIATION**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 30 APRIL 2024**

**11. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 30 April 2024.